

Swimming 2000

SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

JANUARY 1994

Volume 1 Number 5

94 XV COMMONWEALTH GAMES YEAR

18 - 28
AUGUST

The run-up to the XV Commonwealth Games has now commenced and training programmes are set out to provide the best preparation possible for our swimmers, synchronised swimmers and divers. Only those achieving the high standards set will go to Victoria.

PRESELECTION

The Swimming Committee has preselected Fraser Walker and Graeme Smith after their outstanding performances at the World Short Course Championships in Palma de Mallorca, in Spain. The boys can now concentrate on reaching a peak for the Games.

94 VII FINA WORLD CHAMPIONSHIPS YEAR

1 - 11
SEPTEMBER

World class Commonwealth competitors will have problems with the close proximity of the VII FINA WORLD CHAMPIONSHIPS in Rome starting only a few days after the end of the Games in Victoria.

COMPETITION PLAN - January to August 1994

18,19,20 January	S	Gloucester Grand Prix	April	SS	ASA Northern Counties
11,12,13 February	D	Czech National Championships	2, 3 April	S	*8 Nations, Belgium (50m)
25,26,27 February	S	*Leeds Grand Prix (50m)	30 April-2 May	S	*Cardiff Grand Prix (50m)
5,6,7,8,9, March	S	*Canadian Trials, Victoria (50m)	20,21,22 May	SS	Swedish Open
12,13 March	S	World Cup Rome	11 June	SS	SASA Age Group Champs.
15, 16 March	S	World Cup, Malmo	15,16,17 June	S	**SASA National Champs
19, 20 March	S	World Cup, Gelsenkirchen	16,17 July	S	International Team Comp. 50m
22, 23 March	S	World Cup, Sheffield			
25,26,27 March	SS	German Open, Bonn	NB Events marked with an Asterix (*) are accredited for swimmers to achieve consideration times for Commonwealth Games selection purposes.		
26,27, March	S	World Cup, Paris	** Participation at SASA National Championships is compulsory for swimmers.		
28 March-1 April	D	Titrex Dive, Victoria			
31 March-2 April	S	*Edinburgh Grand Prix (50m)			

memo:

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

Views expressed by contributors are not necessarily those of the Scottish Amateur Swimming Association.

Advertising rates set by B.o.M.
£15.00 1/4 page: £30.00 A5
£60.00 A4

SASA SELECTORS FOR THE COMMONWEALTH GAMES:
The Board of Management have appointed the group to make nominations to the CGC for Scotland :-
Chairman BoM, Vice Chairman Disciplines, Director of Swimming, Team Manager, Synchronised Swimming Convener, Diving Convener, and the Swimming Convener. The final meeting will take place in Edinburgh on Saturday 18th June, 1994 at the Royal Commonwealth Pool. The Commonwealth Games Council meet on Sunday 26th of June.

IMPORTANT DATES 1994 FOR THE COMMONWEALTH GAMES

15-16-17 June:

SASA National Championships, RCP

18 or 19 June

SASA Aquatics Team - Nominations Meeting

26 June (Sunday)

Commonwealth Games Selection Meeting

22-23-24 July

Commonwealth Games Team Meeting - issue of uniforms etc.

7 August (Sunday)

Depart for Victoria - Glasgow Airport (pm)

18 August (Thursday)

Commonwealth Games Opening Ceremony

19 August (Friday)

Swimming, Diving and Synchronised Swimming Competitions start.

22 August (Monday)

Synchronised Swimming Competition ends

24 August (Wednesday)

Swimming Competition ends

25 August (Thursday)

Diving Competition ends

28 August (Sunday)

Closing Ceremony

30 August (Tuesday)

Depart for Scotland 12 noon

31 August (Wednesday)

Arrive Glasgow Airport 8.45 am

TRAINING WEEKENDS AND COMBINED SQUADS

8-9 January Tulliallan Castle

Synchronised Swimming

22/23 January Tulliallan Castle

Synchronised Swimming

5-6 February Tulliallan Castle

Synchronised Swimming

22-23-24 February Leeds

Swimming

12-13 March Tulliallan Castle

Synchronised Swimming

18-19-20 March Inverclyde

All Squads

28 March-1 April Pre 8 Nations

Swimming

1-5 April TBC

Synchronised Swimming

9-10 July RCP Edinburgh

Commonwealth Aquatics Team

22-23-24 July Inverclyde

Entire Commonwealth Games Team - to collect uniform etc.

30-31 July RCP Edinburgh

Commonwealth Aquatics Team

of Honour. Mr George Philp is the host for the night and he is looking forward to an entertaining night.

THE PAST PRESIDENTS' DINNER

The Association's Past Presidents are holding their annual dinner at the Barnton Hotel in Edinburgh on Saturday evening the 26th February after the Annual General Meeting. Mrs Helen Brunton, SASA President elect will be the guest



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 :-

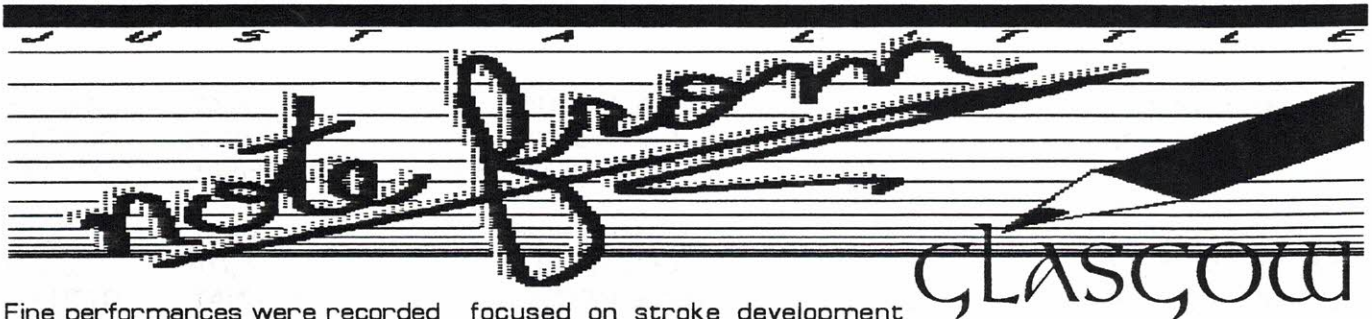
- > 3 universities and 21 colleges which provide a huge variety of educational and vocational courses.
- > Impressive training facilities in the City's 15 pools, with the addition of the new 10 lane 25m pool due to open in 1994.
- > Overseas and UK based training camps and competitions.
- > Funding opportunities 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

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Fine performances were recorded by City of Glasgow swimmers at the Scottish Winter Championships in December. Samantha Peacock, Neil Tait and David Cox all swam exceptionally well to qualify either the final or consolation final of their respective events. Neil's second place in the 400m free-style and fourth in the 200m free-style were the team's best performances.

NEW YEAR CAMP '94

50 young athletes from Glasgow started the new year with a positive commitment towards reaching their athletic goals in 1994 and beyond. They registered for the week long new year training camp organised by Glasgow City Council's Swimming Development Scheme. The camp was held at Castlemilk Pool and Sports Centre from Monday 3rd to Friday 7th January.

The camp provided these future Glaswegian stars with the opportunity to train three times a day interspersed with lectures in psychology, nutrition and stroke technique. Camp organiser Dave Bance felt that the sports psychology offered on a daily basis was quite unique in Great Britain and provided athletes with sessions on goal setting, visualisation and race simulation. To reinforce this daily work every athlete had to set themselves a daily sessional training goal.

On land a wide variety of activities was also offered to enhance the overall conditioning of the athletes. These activities included running, step aerobics, weight and circuit training together with daily flexibility. The training load in the pool varied from 25,000m for the development squad which mainly

focused on stroke development and swimming education to in excess of 50,000m for the senior swimmers. The athletes nutritional needs were met by the parents and friends of Kingston Swimming Club who provided lunch every day to the athletes and staff.

Further training camps have been organised for the junior swimmers to further develop their skills and prepare them for competition. The first of these is to be held in Girvan on 28-30 January with a subsequent camp booked for March 11-13 in Dunoon.

TEACHING SEMINARS

A series of seminars for the Glasgow City Council swimming coaches got underway in December. Tutored by Mrs Margaret Paton, the seminars are focusing on a re-appraisal of teaching methods and the importance of water skill acquisition linked to stroke development. These seminars will provide the coaches of the Council's Learn To Swim programme and the City of Glasgow Swim Team with a review of the latest teaching techniques as well as a library of quality reference material.

DEVELOPMENT SQUAD

The City of Glasgow Swim Team is pleased to announce the formation of a new junior development squad. This squad will be based at the Castlemilk pool and will train twice a week. This will allow talented youngsters in this area to further develop their skills and provide a feed in to the three established squads.

ADRIAN MOORHOUSE TO VISIT GLASGOW

Adrian Moorhouse, Olympic Gold Medalist and five times World record holder will be in Glasgow

on 20 February. Adrian will be hosting a one day swim clinic to advise swimmers on what it takes to become an Olympic Champion. The clinic will combine practical pool sessions, land training and lectures on motivation, nutrition and stroke analysis.

COMMONWEALTH GAMES FUNDRAISING SCHEMES

A great deal of activity is now going on to raise funds to help send the Scottish Commonwealth Games Team to Victoria.

A fundraising Dinner has already been held in Edinburgh sponsored by the Forte Hotel group and another takes place in Glasgow at the Forte Crest Hotel on the 10th February. The £30 per head cost will be donated entirely to the Appeal Fund plus anything more raised on the night a very generous offer indeed from Forte.

Kelvin Juba has been organising Uncle Ben's Commonwealth Games Swims throughout Britain two swims are planned for Scotland one in Aberdeen at Bucksburn and the other at the Allander Sports Centre in Milngavie.

Chieftain Airlines who were providing the charter flight to Victoria for the Scottish Team have gone into receivership.

Fortunately Air Canada have come to the rescue and are providing a wide-bodied Boeing 767 for comfort. The flight leaves on Sunday 7th August and if filled by those travelling to Victoria it will go direct. The return flight arrives back in Glasgow on 31st August. The cost is £599.00.

SCOTTISH NATIONAL WINTER CHAMPIONSHIPS - 17-19 DECEMBER 1993 ABERDEEN
MEN

1ST 100 FREESTYLE	PAUL MCQUAID	UNAT	00.50.75
2ND 100 FREESTYLE	JOHN BRADLEY	W/MB	00.50.80
3RD 100 FREESTYLE	FRASER WALKER	E/WB	00.51.81
1ST 200 FREESTYLE	RICHARD HOPE	M/CD	01.50.84
2ND 200 FREESTYLE	JOHN BRADLEY	W/MB	01.50.97
3RD 200 FREESTYLE	PAUL MCQUAID	UNAT	01.51.43
1ST 400 FREESTYLE	RICHARD HOPE	M/CD	03.59.09
2ND 400 FREESTYLE	NEIL TATE	W/CG	04.00.15
3RD 400 FREESTYLE	BRUCE DRUMMOND	E/WB	04.09.24
1ST 1500 FREESTYLE	ROSS PATERSON	E/WB	16.22.06
2ND 1500 FREESTYLE	IAIN KERR	W/SG	16.59.29
3RD 1500 FREESTYLE	DAVID LIVERSIDGE	N/AN	17.08.21
1ST 100 BREASTSTROKE	IAN EDMOND	E/WB	01.04.83
2ND 100 BREASTSTROKE	MARTIN LEE	M/CD	01.05.54
3RD 100 BREASTSTROKE	NEIL HUDGHTON	N/AN	01.05.78
1ST 200 BREASTSTROKE	FRASER WALKER	E/WB	02.19.96
2ND 200 BREASTSTROKE	NEIL HUDGHTON	N/AN	02.20.02
3RD 200 BREASTSTROKE	IAN EDMOND	E/WB	02.24.19
1ST 100 BACKSTROKE	FRASER WALKER	E/WB	00.56.31
2ND 100 BACKSTROKE	JONATHAN HUNTER	E/WB	00.56.36
3RD 100 BACKSTROKE	PAUL LATIMER	E/WB	00.58.39
1ST 200 BACKSTROKE	PAUL LATIMER	E/WB	02.02.04
2ND 200 BACKSTROKE	JONATHAN HUNTER	E/WB	02.02.07
3RD 200 BACKSTROKE	FORBES DUNLOP	W/MB	02.08.67
1ST 100 BUTTERFLY	EUAN STEWART	M/CD	00.55.14
2ND 100 BUTTERFLY	JOHN BRADLEY	W/MB	00.55.27
3RD 100 BUTTERFLY	PAUL LATIMER	E/WB	00.56.72
1ST 200 BUTTERFLY	PAUL LATIMER	WBO	02.02.34
2ND 200 BUTTERFLY	ANDREW BUCHANAN	W/SG	02.04.50
3RD 200 BUTTERFLY	JAMES LEITCH	W/RD	02.21.12
1ST 200 I.M.	FRASER WALKER	E/WB	02.02.18
2ND 200 I.M.	PAUL LATIMER	E/WB	02.03.75
3RD 200 I.M.	ANDREW BUCHANAN	W/SG	02.07.43
1ST 400 I.M.	PAUL LATIMER	E/WB	04.25.67
2ND 400 I.M.	ROSS PATERSON	E/WB	04.41.80
3RD 400 I.M.	SIMON PYGOTT	UNAT	04.47.18
1ST 4 x 50 FREESTYLE RELAY	MILNGAVIE ~ BEARSDEN A.S.C.		01.34.61
2ND 4 x 50 FREESTYLE RELAY	WARRENDER "A" A.S.C.		01.36.40
3RD 4 x 50 FREESTYLE RELAY	CITY OF DUNDEE A.S.C.		01.37.25
1ST 4 x 50 MEDLEY RELAY	WARRENDER "A" A.S.C.		01.45.93
2ND 4 x 50 MEDLEY RELAY	MILNGAVIE ~ BEARSDEN A.S.C.		01.46.06
3RD 4 x 50 MEDLEY RELAY	CITY OF DUNDEE A.S.C.		01.47.83

SCOTTISH NATIONAL WINTER CHAMPIONSHIPS - 17-19 DECEMBER 1993 ABERDEEN

WOMEN

1ST 100 FREESTYLE	ALISON SHEPPARD	W/MB	00.56.49
2ND 100 FREESTYLE	KERRY MARTIN	W/SG	00.58.77
3RD 100 FREESTYLE	PAULINE MCLEAN	W/SG	00.59.00
1ST 200 FREESTYLE	ANGELA PENDRICH	W/CD	02.03.68
2ND 200 FREESTYLE	KATHRYN BURKE	E/WB	02.06.62
3RD 200 FREESTYLE	KERRY MARTIN	W/SG	02.06.86
1ST 400 FREESTYLE	ANGELA PENDRICH	W/CD	04.18.05
2ND 400 FREESTYLE	JULIE CRAIK	W/MB	04.31.70
3RD 400 FREESTYLE	GILLY LEADER	UNAT	04.32.41
1ST 800 FREESTYLE	ANGELA PENDRICH	W/CD	08.47.64
2ND 800 FREESTYLE	HAZEL SEARLE	W/RD	09.27.09
3RD 800 FREESTYLE	MARION KANE	W/MB	09.29.81
1ST 100 BREASTSTROKE	KATHRYN BURKE	E/WB	01.11.44
2ND 100 BREASTSTROKE	HELEN EYLES	W/CD	01.13.01
3RD 100 BREASTSTROKE	ALISON SHEPPARD	W/MB	01.13.17
1ST 200 BREASTSTROKE	KATHRYN BURKE	E/WB	02.32.45
2ND 200 BREASTSTROKE	DERNA CAMPBELL	W/CD	02.37.02
3RD 200 BREASTSTROKE	HELEN EYLES	W/CD	02.38.20
1ST 100 BACKSTROKE	JILL EWING	W/RD	01.04.09
2ND 100 BACKSTROKE	NICOLA STEEL	N/AN	01.04.57
3RD 100 BACKSTROKE	PAULINE MCLEAN	W/SG	01.06.90
1ST 200 BACKSTROKE	NICOLA STEEL	N/AN	02.16.37
2ND 200 BACKSTROKE	JILL EWING	W/RD	02.18.98
3RD 200 BACKSTROKE	JULIE CRAIK	W/MB	02.20.56
1ST 100 BUTTERFLY	ALISON MACKAY	UNAT	01.03.08
2ND 100 BUTTERFLY	ANNA GRAY	UNAT	01.03.99
3RD 100 BUTTERFLY	KERRY MARTIN	W/SG	01.04.81
1ST 200 BUTTERFLY	ALISON MACKAY	UNAT	02.16.82
2ND 200 BUTTERFLY	GILLY LEADER	UNAT	02.22.86
3RD 200 BUTTERFLY	LINDA MCLAREN	E/WB	02.23.31
1ST 200 I.M.	KATHRYN BURKE	E/WB	02.18.91
2ND 200 I.M.	ALISON SHEPPARD	W/MB	02.21.49
3RD 200 I.M.	GILLY LEADER	UNAT	02.23.33
1ST 400 I.M.	KATHRYN BURKE	E/WB	04.56.73
2ND 400 I.M.	GILLY LEADER	UNAT	04.58.93
3RD 400 I.M.	LINDSAY WIGHT	E/WB	05.16.84
1ST 4 x 50 FREESTYLE RELAY		RENFREW DISTRICT ASC	01.50.53
2ND 4 x 50 FREESTYLE RELAY		MILNGAVIE & BEARSDEN "A" A.S.C.	01.50.61
3RD 4 x 50 FREESTYLE RELAY		STIRLING "A" A.S.C.	01.50.82
1ST 4 x 50 MEDLEY RELAY		MILNGAVIE & BEARSDEN A.S.C.	02.03.02
2ND 4 x 50 MEDLEY RELAY		ABERDEEN A.S.C.	02.03.25
3RD 4 x 50 MEDLEY RELAY		RENFREW DISTRICT A.S.C.	02.03.95

CLOSING DATE FOR APPLICATIONS 22 FEBRUARY 1994

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**

HI TECHS!

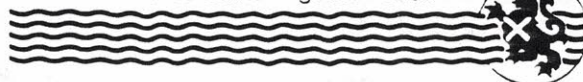
The TTO Committee is becoming more active and involved in the affairs of the Association and just like the other committees preparing a four year development plan.

The 1993 examination results were well subscribed with a 75% - 80% pass rate, however, only one candidate out of ten passed the Referees' Examination.

The recent arrangements of exchange visits is now extending beyond the British Isles with a request from the Icelandic Amateur Swimming Association for one of their senior FINA Referees, Kirstin Gudmundsdottir, to attend the Edinburgh International Meet on the 30 April to the 1 May 1994. Edinburgh District Council have generously offered to host Kirstin.

The Technical Officials from the ASA and Wales who attended the Winter Championships in Aberdeen really enjoyed the meet. Already further Co-operation is taking place with exchanges of training and examining procedures. Invitations have been received for our National Convener to attend Seminars in England.

Scottish Amateur Swimming Association



EASTER SWIM SCHOOL 1994

The SASA Easter Swim School will again be held at
Moray House College, Edinburgh.

Brochures and application forms can be obtained from:

**Moray House College
Community Activities Department
Cramond Road North
Edinburgh, EH4 6JD
Telephone: (031) 312 6506**

Week 1 Saturday 26th March - Friday 1st April, 1994

Courses during this period include ASA Teacher of Disabled, ASA Preliminary Teacher of Disabled, ASA AquaFit, Land Training for Competitive Swimmers.

Week 2 Friday 1st April - Saturday 9th April, 1994

Courses during this period include SASA Preliminary Teacher of Swimming, ASA Teacher, ASA Advanced, ASA Preliminary Club Coach, ASA Assistant Club Coach, ASA Club Coach/Coach, ASA Preliminary Teacher of Synchronised Swimming



water polo news

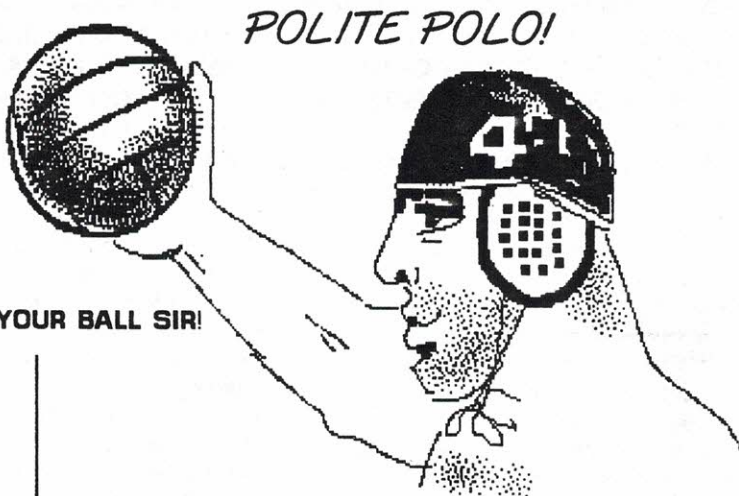
The SWPC have appointed Mr H. Cartwright as the National Coach for 1994.

More Success at Great Britain level the following players were selected after the recent GB Junior Trials:

Gary Elder	Dunfermline WPC
David Fleming	Portobello ASC
Neilson Rutherford	Portobello ASC
Craig Hutchison	Renfrew Aqua
Mark Dornan	Renfrew Aqua
Peter McDowall	Renfrew Aqua
Andrew Stoddart	Hamilton Baths

Ross Elder has been appointed to Referee at the European Junior Water Polo Championships in Bratislava (Slovakia) 31st July to 7th August 1994.

The Senior and Junior Scottish Squads are in hard training for the Home Nations Tournament at Cardiff on the 18-19 March 1994.



YOUR BALL SIR!

REFEREES' SEMINAR

The recent number of Disciplinary Hearings arising for misbehaviour of players, spectators and officials has led to the formation of a Scottish Water Polo Referees' Group to improve the training and opportunities of Referees to gain experience at higher level matches. A seminar is being held on the 6th March details from Ross Elder, National Convener.



Trials are being held at the Royal Commonwealth Pool in Edinburgh on Sunday 13th February to select the 13/14 year old squad and the 15 plus squad. The younger group have a competition on the 9th April whilst the older girls compete on the 16th April.

A four day training camp has been organised at Tulliallan Castle Police College from the 1st to 4th April to help the girls polish up their routines. The Synchronised Swimming Committee are hoping that two choreography specialist coaches will be able to attend and

work with the appointed team staff.

Jane Liston and Sarah Burgon have accepted an invitation to train in Calgary for a month prior to the German Open Synchronised Swimming Championships 25th to 27th March 1994.

They will be joined by Morag Duncan and Team Staff Gwen Duncan, Coach and Helen Murray who is also attending a Judges/coaches' conference three days prior to the championships.

MASTERS

SCOTTISH MASTERS SHORT COURSE CHAMPIONSHIPS 1994

This year's championships move back to the Hector McNeil Baths in Greenock, one of the favourite venues for Masters events. The inaugural Scottish Masters was staged here in 1980.

SCOTTISH MASTERS LONG COURSE CHAMPIONSHIPS 1994

The Masters Championships has been integrated with the National Championships at the Royal Commonwealth Pool in Edinburgh the Masters events will be held on Friday the 17th June.

TRAVEL

Masters wishing to attend the World Masters events in Montreal and Brisbane should contact Ken McKay for travel information.

The Masters Committee is still looking for District representatives - DON'T LEAVE IT ALL TO KEN

EDUCATION MATTERS

ADVANCED COACH EDUCATION INTERNATIONAL COACHING SCHOOL/NATIONAL COACHES SEMINAR - VICTORIA CANADA - 29TH AUGUST - 4TH SEPTEMBER 1994

This major coaching seminar follows on from the Commonwealth Games. Its programme includes several 8 hour courses in the mornings on topics such as :

- energy systems
 - enhancing coaching performances
 - planning + periodization
 - psychological preparation
- plus an extensive programme of :
- sport specific technical courses
 - management workshops
 - special interest workshop (eg. coaching women, sports medicine)

Details of the outline programme are available from the SASA Office although the full brochure is not available till the end of March.

The Board of Management is currently in process of securing some money to grant aid some of the Association's top coaches to attend this event and some similar events in the course of the year. Through this project they are starting what is hoped will be a programme of Advanced Coach Education that reaches beyond the limits of the certification programme and meets the development needs of our top coaches. It is intended that this programme will include attendance at overseas conferences, seminars and meets, a programme of seminars at home, an attachment programme to coaches with specific expertise and a constant updating service on new ideas, references etc. Obviously it will take some time to get all the elements of the programme into place as the top coaches are by no means the only group whose needs require to be addressed.

Any coach who feels that they would like to apply for financial support to attend the Canadian Coaches Seminar should make application in writing to Win Hayes c/o the SASA Office fully stating their case for selection for this programme. Application should be in by 8th March 1994

CLUBS IN FIFE AREA NATIONAL COACHING FOUNDATION COURSES BEING HELD AT THE FIFE INSTITUTE, GLENROTHES

For Coaches
 Sunday 13th February
 Mental Preparation for performance
 Sunday 20th March
 Prevention and treatment of injury
 For Administrators of Sports Courses:
 Wednesdays 2nd and 9th February
 (two evenings)
 Personal Effectiveness & Time Management
 Wednesday 23rd March (evening)
 Money Matters
 Further Information/application forms from David Watt: Fife Institute 0592-771-700.

ALL CLUBS

* Is your club's development being limited by lack of qualified well informed teachers and coaches?

* Are your swimmers having their progress limited by out of date knowledge and teaching methods?

* Are your teachers and coaches needing opportunities for training, updating, re-motivation or just the opportunity to discuss their ideas with others?

In our work situations most of us get training, updating, new information provided by our employers. The society we live in nowadays expects high standards. To provide quality swimming teaching and coaching, teachers and coaches need training and frequent updating.

IS YOUR CLUB ACTIVELY ENSURING THAT THIS HAPPENS.....

SEE THE SWIM SCHOOL INFORMATION ON PAGE SIX AND THIS PAGE FOR COURSES WHICH WILL HELP YOUR TEACHERS AND COACHES..... TO HELP YOUR SWIMMERS!

* Draw the opportunities to their attention.

* Encourage them to attend

* Offer them some financial support to go.

DON'T LOSE YOUR PLACE!



TEACHERS AND COACHES

* Are there areas of knowledge you would like more information on?

* Are there areas where you feel that you might be a bit out of date?

* Would you like to improve your qualifications?

* Would you be able to help your club and swimmers in your care more if only you had some more knowledge and training?

IF YOUR ANSWER TO ANY OF THE QUESTIONS IS YES..... SEE THE SWIM SCHOOL INFORMATION BELOW.

SASA EASTER SWIM SCHOOL

The following courses are taking place as part of our annual Swim School. The School takes place in Edinburgh based at Cramond Campus of Moray House College and will use several other pools in the area.

Brochures and application forms are available from the Community Activities Department, Moray House College, Cramond Road North, EDINBURGH, EH4 6JD
 Tel: 031-312-6506

The courses are running during the Easter holiday period and applications should be submitted before the end of February.

ASA Coaches/Club Coaches 31 March/9 April

ASA Assistant Coach 3 - 9 April

ASA Preliminary Coaches

a) 31 March - 3 April

b) 6 - 9 April

SASA Preliminary Teachers

a) 1 - 4 April

b) 4 - 7 April

c) 6 - 9 April

ASA Teachers 2 - 8 April.

ASA Advanced Teachers 2 - 9 April.

Induction Course for Tutors of Prelim Coaches 8 - 9 April.

Induction Course for Tutors of Prelim Teachers 2 - 3 April.

ASA Tutors 1 - 9 April.

ASA Prelim Teachers of Disabled

a) 26 - 29 March

b) 29 March - 1 April

ASA Teacher of Disabled 26 March - 1 April

ASA Aquafit

a) 26 - 29 March

b) 29 March - 1 April.

Landtraining for Competitive Swimmers

27 - 29 March

Weight-Training for Competitive Swimmers

29 - 31 March

ASA Prelim Teachers of Synchronised

Swimming 25 - 27 March



SCOTTISH AMATEUR
SWIMMING ASSOCIATION

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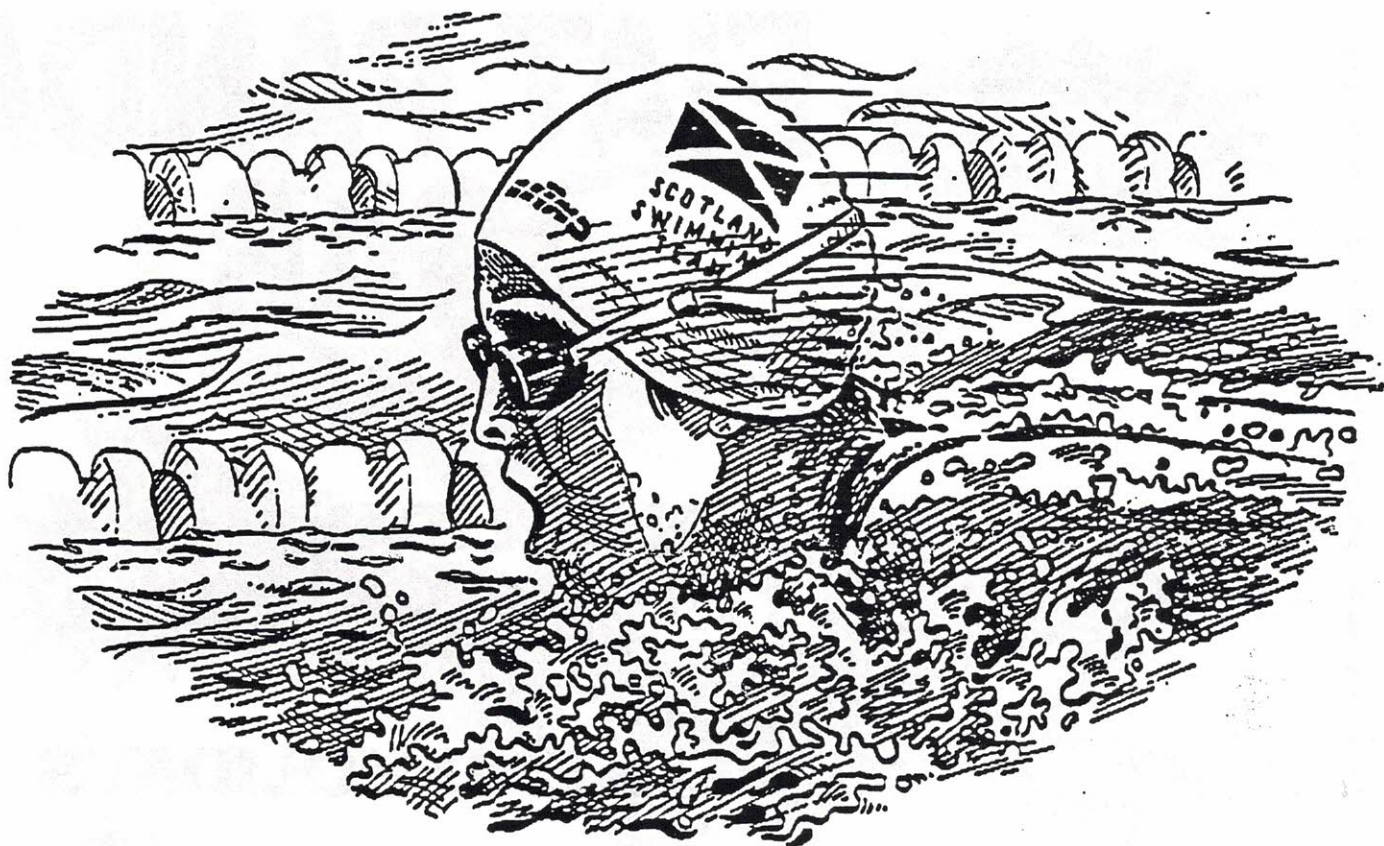
HOTELS · RESORTS · SUITES

RAFFLE PROMOTER: W. D. Charles, S.A.S.A., Holmhill Farm, Greenlees Road, Cambuslang, Glasgow.

To be drawn on 3rd July, 1994 at Ayr Baths, Ayr.

GET SERIOUS!

GET HIND!



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