



"928"

# SWIMMING 2000

SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER  
 JULY 1994 VOLUME 1 NUMBER 10

## ON COURSE !

The Board of Management are on course with the process of putting in place the appointment of full-time National Development Officers. Ian Mason, supported by Sandy Brunton and Win Hayes successfully lead a bid for one of the Development posts under the the Scottish Sports Council Team Sport Scotland scheme. The scheme is aimed at creating more opportunities for young people to participate in sport.

The competition for the post was fierce with a number of Governing Bodies bidding. The Board is therefore to be congratulated for the work which went into the preparation of the submission to the Scottish Sports Council. The new post will come with the full backing of the Scottish Sports Council's many facilities such as producing printed matter and use of equipment etc. One of the factors which brought credibility to the Association's bid was the fact that the Districts had proved

their commitment to the path set by the EGM last year by putting up the cash to finance a National Development Officer. The Association can now look forward to the benefits of having a Director of Swimming supported by two NDOs. The structure is gradually taking shape but only as a result of a great deal of hard work by the members of the Board and others. It will be a continuous process of development as plans are prepared and modified to meet the needs of the members - Forward with the Future !

THE SCOTTISH SPORTS COUNCIL SEEKS A

**SWIMMING CO-ORDINATOR**


FOR TEAM SPORT SCOTLAND  
 (Salary Scale £ 19,173 - £ 24,226 pa)  
 (Fixed Term Contract to 31 July 1997)


Contributory Pension Scheme

Team Sport Scotland is a Scottish Sports Council initiative, launched in 1991, which aims to improve the opportunities for young people to participate in sport.

The Co-ordinator will work to support the S.A.S.A. in the development and implementation of their youth strategy. Applicants should have knowledge and understanding of the process of swimming development and have coaching expertise and qualifications, together with a qualification in physical education or a sport related discipline.


Application forms and further details are available:-


 Scottish Amateur Swimming Association  
 Holmhill Farm, Greenlees Road,  
 Cambuslang, Glasgow, G72 8DT.  
 Tel: 041 641 8818


 Closing date for receipt of completed application forms:  
 Friday 12 August 1994.

The Scottish Sports Council is an equal opportunities employer.

**FORWARD WITH THE FUTURE**


 Scottish Amateur Swimming Association

Following a major review applications are invited for the post of:

**NATIONAL DEVELOPMENT OFFICER**

S.S.C. GRADE - B  
 STARTING SALARY £ 14,297

The key functions of this post will be:-

- Liaison with internal and external bodies in delivery of the National Plan.
- Promote, support and monitor the development of swimming in Scotland.

Application forms and full details available from:

Scottish Amateur Swimming Association  
 Holmhill Farm, Greenlees Road,  
 Cambuslang, Glasgow, G72 8DT.  
 Telephone: 041 641 8818

Closing date for applications: Thursday 8th September 1994

## NEWS FROM GLASGOW

Congratulations to Andrew Aitken on his selection to the Scottish Commonwealth Games Team. Andrew is ample proof that hard work really does pay off when he swam to two best times at the Commonwealth Trials in the 100m/200m Backstroke. Andrew who renewed his partnership with Head Coach Dave Bance trained in Glasgow upon returning from University in the States. At present he is travelling to the RCP for long course training three times per week with Bance before his departure with the Games Team.

WELL DONE ANDREW !

## BRITISH CAP

Neil Aitken (no relation) has been making waves in swimming with multiple titles and British records in the Junior and Senior British Disabled Championships and this has been followed up with a Great Britain selection for the "Uprising Cup" in the Czech Republic.

## NATIONAL TITLES

Glasgow had a successful year at the Scottish National events with 2 Senior and 7 Junior titles at the Long Course followed by 11 Age Group titles in Ayr this gave a team total of 20 National titles. It has been a good start in the re-emergence of the Glasgow Team.

## WALES

A small team travelled to the Welsh ASA Championships mainly for experience, but one member Neil Carrick was rewarded with a 6th place in the Juvenile Breaststroke event.

## SPEEDO SPONSORSHIP

Speedo will be helping Glasgow next year by sponsoring a monthly awards for Intermediate and Development Squads. As the 1993/94 season is coming to a close, plans are now in place for next season, the first step being registration at Castlemilk Pool during the morning of 6th August.

## OLYMPIC PATHWAY

The second Olympic Pathway, one day training camps, were held at four sites within the City, Castlemilk, Pollokshaws, Drumchapel and Easterhouse. These development days involve gymnastics, volleyball, basketball and aquatic skills, provide the link between the Learn to Swim Programme and competitive swimming and they are also used as part of the talent identification programme. The camps are scheduled every eight weeks, during this camp seventy swimmers attended throughout the City, many were identified as future potential squad members and offered places within the City's coaching structure.

## BIOMECHANICS CONFERENCE

The Welsh Amateur Swimming Association in conjunction with the Sports Council for Wales are presenting a major Biomechanics Conference at the Welsh Institute of Sport, Sophia Gardens, Cardiff, on Saturday and Sunday 15th and 16th October 1994.

The principal speaker is -

**Rein Haljand** - Professor of Biomechanics, Dean of Faculty, Tallin University. He worked for 20 years on the Soviet National Swimming Team where his specialist contribution was in Biomechanics. Professor Haljand has lectured world wide on his subject and has made a significant contribution to the success enjoyed by FINLAND, a

country that has placed great emphasis on technical preparation.

He is well known within L.E.N. where he is a member of the Swimming Technical Committee and has also officiated at many major championships.

During the two days of the conference Professor Haljand's themes will be :-

Technical Preparation of Swimmers,  
Analysis of Starts & Turns,  
Analysis of Strokes,  
Testing in Competition,  
Testing in Training.

The other speakers are as follows:-

**Rene Nevola** - M.MED.SCI.  
Project Leader in Biomechanics at the Centre for Human Sciences, Defence Research Agency, Farnborough

Rene was educated at Champion School, Essex and Loughborough University of Technology where he gained a BSc (Hons) in Human Biological Sciences. His Master of Medical Sciences was achieved at the Royal Hallamshire Hospital, University of Sheffield.

**Carl Payton**, BA (Hons) Human Movement Studies, PGCE - South Glamorgan Institute, MSc Physical Education and Sports Science, Loughborough University of Technology. Currently Head of Biomechanics in the Department of Sport and Environmental Studies at the Crewe and Alsager Faculty of the Manchester Metropolitan University. Member of B.A.S.E.S. and Secretary of the Biomechanics Section. These two speakers will outline their methodology for three dimensional analysis with particular reference to elite swimmers.

**Kim Swanwick**, B Ed (Hons) Bedford 1988, M M.Med Sci - University of Sheffield. Former Head Coach of Warrender Baths Club and a member of the Scottish Coaching Panel. Kim was a GB Coach at the European Championships 1993 and is Coach to World Short Course and World Student Games medallist Fraser Walker. Kim's main theme will be an overview of the practical application of sports science in the coaching of swimming.

## MASTERS FIVE TIMES WORLD CHAMPION - FOUR MASTERS WORLD RECORDS !

That was the Stop Press News from FINA World Masters Championships in Montreal - Flora Connolly had won all five of her events and set four World Masters records in the process a truly outstanding performance. The full results will be available for the next issue of Swimming 2000. Flora is Scotland's most successful Masters swimmer and has been in top form from the start of the season. 60 year old Flora started her season with the Welsh National Masters Championships where she broke four World Masters records, 100m Breaststroke 1.32.12, 200m Breaststroke 3.19.67, 200m Butterfly 3.17.0, and the 200m I/M 3.12.74.

At the Scottish Championships in May, she broke two more records, her own 200m I/M record 3.11.84 and the 100m Butterfly 1.29.99.

Over the long course at the Great Britain Masters Championships in Leeds it was another two World Masters records, 200m Breaststroke 3.24.83 200m Butterfly 3.26.76. She just missed the 400m I/M record by two fifths of a second.

Flora's eight World best times was a record in itself and a boost for the hopes of the Scottish contingent which travelled to Montreal :-

Betty McMillan, Janet Stobie, Pauline Harrington, Eddie Riach, Alec Galletly and Matt Nelson.

## FINA RULES

The FINA Masters Technical Congress was held in Montreal prior to the Championships watch SWIMMING 2000 for details in a future issue.

Next Scottish Masters event, Saturday 20th August Vale of Leven Masters, Alexandria, followed by the Silver City Masters in Aberdeen on Saturday 27th August.

## SCOTTISH MASTERS LONG COURSE CHAMPIONSHIPS

At the first Scottish Masters Long Course event held for some years there were several fine performances.

In the 40 - 44 age group Eddie Riach reduced his own 200m Individual Medley European and British Masters records by more than one and a half seconds with an excellent 2.24.02.

It was good to see former Olympian Bob McGregor back in action and a great "debut" it was too - he set a new Great Britain 50 - 54 age group record in the 50m Butterfly with a 30.45 swim. He also won the 50m Freestyle in 27.72.

Swimming the first leg of the relay Brian Archibald swam a 25.91 for a new GB record in the 35 - 39 section.

Other new British records were set by Joseph Philips 60 - 64 50m Freestyle 30.82 and in the 65 - 69 group Ken McKay reduced clubmate Forbes Gentleman's time in the 200m Individual Medley by 1 second.

Flora Connolly 60 - 64 and Janet Stobie 65 - 69 both had a clean sweep winning all five of their events.

The prizewinning teams - teams nearest world Masters records - were won by Motherwell Masters 240 + years Men, Glasgow Nomads 120 + years Men. The womens prizewinners were Motherwell Masters 120 + years and Milngavie and Bearsden 160 + years.

*Jeanette Paterson*

## RECEPTION

The Walter Scott Commonwealth Games Scottish Team 1994 are being given a reception at the Palace of Holyroodhouse, Edinburgh - *by kind permission of Her Majesty The Queen* - on 27th July. The reception is being given by His Grace the Duke of Hamilton and Brandon, The Commonwealth Games Council for Scotland and The Scottish Sports Association supported by the Royal Bank of Scotland.

## SYNCHRO

The following is a quiz devised by Judy McGowan (USA) for Synchro Judges :

Quiz 1 True or False

Circle whether or not the statement is true or false.

1. When judging difficulty in a routine, it applies only to figures or parts thereof.

True False

2. The placement of a movement in a routine may increase the difficulty of the movement.

True False

3. It is impossible for a short figure to be difficult

True False

4. It is impossible for a long figure to be easy

True False

5. As a general rule, tight, compact patterns are more difficult.

True False

Quiz 2 Multiple Choice

Circle all the phrases that **DO NOT RELATE** to the difficulty of a routine!

Choices:-

1. What is done.
2. When it is done.
3. Type of movement that is used.
4. Who is doing it.
5. Movements that you like.
6. Choreography.
7. Airborne weight.
8. Colour of costume.
9. Creativity.
10. Angles of arms and legs

## RLSS COURSES

Pearl Meldrum RLSS Training  
36 Hamilton Road,  
GRANGEMOUTH,  
FK3 0LH  
Tele:- 0324 471 006

Pearl is offering the following courses at Wallace High School, Stirling on Sunday 28th August 1994.

TRAINER/ASSESSORS  
UPDATE  
SPINAL CORD INJURY  
MANAGEMENT

## LONG DISTANCE SWIMMING

The Long Distance Section is now in the capable hands of Mr Ian McIntosh, and already the programme is well underway.

### Great Britain Trials

Mr McIntosh, who attended as the Scottish representative on the Great Britain Technical Long Distance Committee, has made the following report on the trials and selection meeting held at Weymouth on the 26th June.

The meeting was held on completion of the ASA 25k Championships which doubled as the GB Team Trials. The objective, to select the swimmers to represent GB in the World Championships at Terracino, Italy on 8th September 1994.

It was hoped to take the first and second in both the mens and womens events if the performances were good enough. The criteria, to complete the course with the two hour cut-off point in accordance with FINA Rules. Regrettably only one swimmer, Miss Sara Ward, the outright winner at Weymouth in 5 hours 58 minutes, was accepted by the Committee. Sara will represent Great Britain accompanied by Miss Sarah Hunt as the staff official.

The only other swimmers in the frame, Simon Lee and Rachel Godburn, were considered too slow on the Weymouth performance to justify inclusion.

### The Championship Itself.

I was very disappointed with various aspects of the organisation, in particular the standard of support vessels and the quality of crews provided. I would not have got off with it at club level. I have a copy of Miss Linlay Agley's comments and although I cannot comment on her remarks concerning the briefing on Saturday 25th June, I endorse fully her comments in section four of her letter. The swimmers negotiated the first half to threequarters of a mile without boats, which included circumventing a certain landmark. At the start of a 25k event, with so much riding on the result, confidence and motivation are vital and this lack of support does nothing for morale. Apart from

Miss Agley, several "top" swimmers retired early into the swim and I know a few of them were far from pleased.

It had been hoped to confirm a bid for a future World Championship to be held at Weymouth. The location is superb and it offers alternate routes in the event of rough weather. The water temperature is usually 66° in September which meets FINA requirements but the organisational standards and quality of back up are so far short of the mark. The bid has been deferred until the matter can be fully appraised.

It was the first open water event to be held at Weymouth and obviously improvements can be made.

Mr Eric Wilkinson was elected Chairman of the Committee for the next year with Mr Trevor Symmons as Secretary. The next meeting of the TOWC will be held in York mid October.

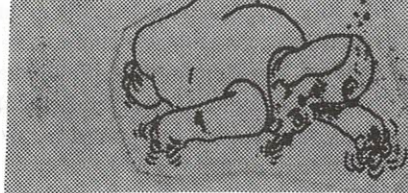
## EVENTS

Senior and Junior Championships are being held at Loch Lubnaig on Saturday 30th July. There are three boys and three girls in the Junior event with two men and three women in the Senior Championship. Presentations will be held in the Munro Hotel, Strathyre, in the afternoon.

The 10 mile Senior Championship at Loch Rannoch on Saturday 13th August was missed from the BLDSA Handbook and the English swimmers who usually take part have made other arrangements and consequently a low entry is expected.

## ANSWERS TO SYNCHRO QUIZ

QUIZ 1	QUIZ 2
FALSE	4
TRUE	5
FALSE	8
TRUE	
TRUE	



## SPORT FOR THE 21ST CENTURY

The Government have announced at long last their proposals for support for sport which involves a major re-shaping of the present administration.

A new United Kingdom Sports Council and English Sports Council will replace the Great Britain Sports Council in the next financial year i.e. from April 1995.

The new UKSC will concentrate on helping to bring major international sporting events to Britain and to increase greatly the influence of the UK in international sport.

For the first time professional sport will be fully and specifically represented.

As an early task, the UKSC will look at what sporting policies should have a UK-wide application and where there is unnecessary overlap and duplication.

The new English Sports Council will cut back on sports bureaucracy and marginal activities. Instead, it will concentrate its resources on helping grassroots sport and the governing bodies of sport. England will thus be in the same position as Scotland, Wales and Northern Ireland.

The UKSC will consist of 10 members; an independent Chairman, the Chairmen of the four Home Country Sports Councils, one representative each of the British Olympic Association, of amateur non-Olympic sport, and of professional sport and two independent members with strong sporting credentials, one from a professional and one from an amateur background.

The UKSC will not have a supervisory remit but it will oversee those areas where there is a need for a UK-wide policy; for example, on doping control, sports science, sports medicine and coaching. However, the Home Country Sports Councils would be responsible for the delivery of these policies.

The Home Country Sports Councils will be responsible for the distribution of the National Lottery but the UK body will offer expert advice on applications of UK importance.

# The winners!



Mrs Kenley and family travelled to Coatbridge to receive the first prize in the Grand Raffle. She was delighted with the Fiat Panda car which was presented by Mrs Helen Brunton SASA President. Mr Tom Jones of Hamilton Brothers who provided the car was on hand to give advice to the new owners. The Kenleys are members of Milngavie and Bearsden ASC, the new car will be ideal for transporting the children to training sessions. Mrs Kenley runs the Club shop.



**Start planning now for the 1995 Super Raffle - One club has paid for a warm weather training camp with their share of this year's raffle - YOUR CLUB could be a winner too!**



The Council's National Development Services section is involved in implementing programmes to raise standards of achievement in Welsh sport. This involves dealing primarily with governing bodies of sport, statutory bodies and other agencies.

The section manager will be responsible for six officers implementing initiatives with a total budget of around £1.5m. In particular, the post-holder will manage the operation of specific grant-aid schemes to raise standards of performance and excellence.

Ideally educated to degree-level or equivalent, candidates should have a wide knowledge of sport and recreation, and have several years' relevant experience. They should also possess the necessary leadership and management qualities to run a high-profile section of the Council.

**Starting salary will depend on qualifications and experience, and will include a 20 per cent addition for the normally long and unsocial hours. Benefits include a contributory pension (to which the Council contributes 4% of salary) and performance-related pay.**

Further details and application forms are available from:

**The Personnel Office  
Sports Council for Wales  
Sophia Gardens Cardiff CF1 9SW  
Tel: 0222 397571 ext 308**

*Closing date for applications: September 1, 1994*

## Manager National Development Services

**CARDIFF**

**£23,058 - £26,318**

*(with PRP to £28,552)*

*plus lease car*



**THE SPORTS  
COUNCIL  
FOR WALES**

**CYNGOR  
CHWARAEON  
CYMRU**

## NATIONAL RAFFLE 1994 PRIZEWINNERS

Fifty lucky prizewinners tickets were drawn at the Tetley Tea Scottish National Age Group Championships at Ayr. Mr Bill Charles as Promoter was Master of Ceremonies assisted by Mr Stewart Martin and Miss Hazel Maguire plus a host of V.I.P.s.

Here is the full list :-

1. FIAT PANDA CAR  
The Kenley Family, Bearsden
2. £1000 HOLIDAY for TWO  
Kenny Christie, Kirkcaldy
3. VIDEO RECORDER  
Mrs Burns, Aberdeen
4. COLOUR TELEVISION  
Mr B. Sutherland, Glasgow
5. WEEKEND BREAK IN ANY MARRIOTT HOTEL IN THE UK  
Sandie Smyth, Wishaw
6. WEEKEND BREAK IN ANY MARRIOTT HOTEL IN THE UK  
Ashley Rafferty, Blantyre
7. WEEKEND BREAK IN ANY MARRIOTT HOTEL IN THE UK  
Jane Hill, Edinburgh
8. WEEKEND BREAK IN ANY MARRIOTT HOTEL IN THE UK  
Baker, Largs
9. WEEKEND BREAK IN ANY MARRIOTT HOTEL IN THE UK  
Sue Kessell, Kinloss
10. WEEKEND BREAK IN ANY SCOTTISH FRIENDLY HOTEL  
Dave Butler, Penicuik
11. WEEKEND BREAK IN ANY SCOTTISH FRIENDLY HOTEL  
C. Robinson, Paisley
12. WEEKEND BREAK IN THE ABERDEEN MARRIOTT HOTEL-  
Farrah, Busby
13. WEEKEND BREAK IN THE ABERDEEN MARRIOTT HOTEL-  
J. Jackson, Kilmarnock
14. WEEKEND BREAK IN THE ABERDEEN MARRIOTT HOTEL-  
H. Crossley, Glasgow
15. £100 VOUCHER for SLATER MENSWEAR -  
Aitken, Cupar
16. £30 VOUCHER for EDINBURGH WOOLLEN MILL  
J. McEwan, East Kilbride
17. WORLD ATLAS  
Innes, Helmsdale

18. £25 BEAUTY VOUCHER  
G. McLaughlin, Golspie
19. RUSSELL ATHLETIC SWEATSHIRT-  
James Black, Dunoon
20. £20 WRANGLER VOUCHER  
B. Dunn, Prestwick
21. £12 BEAUTY VOUCHER  
Lindsell, Edinburgh
22. LEVIS T-SHIRT  
Jean Gent, Glenfarg
23. LEVIS T-SHIRT  
J. Thomson, Wishaw
24. £10 MARKS & SPENCER VOUCHER-  
J. McGregor, Dundee
25. £10 MARKS & SPENCER VOUCHER-  
A. McKenzie, Dundee
26. £10 MARKS & SPENCER VOUCHER-  
J. McLaughlan, Dalmeir
27. £10 MARKS & SPENCER VOUCHER-  
M. Goodlad, Peterhead
28. £10 MARKS & SPENCER VOUCHER-  
J. White, Glasgow
29. £10 MARKS & SPENCER VOUCHER-  
J. Greenhill, Arbroath
30. £10 MARKS & SPENCER VOUCHER-  
A. Beattie, Cupar
31. £10 MARKS & SPENCER VOUCHER-  
C. Stratford, Larbert
32. £10 MARKS & SPENCER VOUCHER-  
C.D. McGill, Ayr
33. £10 BOOTS VOUCHER  
Lucy Morgan, Stonehaven
34. £10 BOOTS VOUCHER  
G. Brynes, Banchory
35. £10 BOOTS VOUCHER  
Mrs L. Hood, Dundee
36. £10 BOOTS VOUCHER  
Dean Brunton, Wishaw
37. £10 BOOTS VOUCHER  
Mr J. Smith, Dundee
38. £10 BOOTS VOUCHER  
T. McNeill, Glasgow
39. £10 BOOTS VOUCHER  
W. Nicol, East Whitburn
40. £10 BOOTS VOUCHER  
R. Openshaw, Aberdeen
41. £10 BOOTS VOUCHER  
L. Roberstson, Kingsmuir
42. £10 BOOTS VOUCHER  
A.R. Towns, Brechin

43. £10 BOOTS VOUCHER  
T. Keenan, Dundee
44. £10 TESCO VOUCHER  
Peter McIntyre, Livingstone
45. HOT "CURL AND BLOW" HAIR BRUSH  
M. Bowers, Peterhead
46. CURLING TONGS  
J. Strachan, Glasgow
47. GOLF UMBRELLA  
H. Lonsdale, Stockton
48. GOLF UMBRELLA  
D. Swallow, Shetland
49. TIN of MCVITIES BISCUITS-  
Mr R. White, Edinburgh
50. TIN of MCVITIES BISCUITS-  
Z. Hamid, Edinburgh

## THANKS

Thanks are due to all those who contributed the prizes for the Raffle making it the biggest one so far. Thanks are also due to all those club members and officials who supported the Raffle by selling lots of tickets.

## ANNUAL EVENT

It is hoped to make this an annual event which all clubs could include in their planning and fundraising activities each year - a golden opportunity with all the prizes provided so all you have to do is sell tickets!

The final income from the Raffle is yet to be completed but will be over £28,000, which is a good total but after expenses not as good as expected. Clubs, which participated, of course received half of this income. The Association half is reduced by the amount of expenses.



One Size Fits All