

SWIMINE NO 2000 SCOTTISH AMATEUR SWIMMING ASSOCIATION. NEWSLETTER

June 1994

Volume 1 Number 9

COMMONWEALTH GAMES 1994 Y SCOTTISH AQUATICS TEAM

After disappointing performances at the Uncle Ben's National Open Swimming and Diving Championships the selectors had the task of deciding on the final team members. The overwhelming decision from the technical side and the management was to adhere to the selection policy which required the achievement of consideration times and points. As always there was disappointment for some who had worked hard and failed to make the standard set. The Swimming Committee debated the options for several hours before arriving at the decision.

Event	Time/Points	Venue	Date
200 I/M	02:04:96	Edinburgh	31:03:94
1500 F/S	15:17:99	Cardiff	30:04:94
100 FLY	00:55:39	Leeds	24:02:94
200 BR	02:21:04	Victoria	09:03:94
200 BK	02:06:46	Edinburgh	02:04:94
200 I/M	02:06:45	Edinburgh	15:06:94
200 BK	02:05:89	Edinburgh	16:06:94
100 BK	01:05:12	Charleroi	10:04:94
400 F/S	04:19:26	Victoria	07:03:94
100 F/S	00:58:28	Charleroi	10:04:94
Figures	79.808	Calgary	20:03:94
Figures	77.802	Calgary	20:03:94
Duet	82.96	Sweden	25:05:94
	200 I/M 1500 F/S 100 FLY 200 BR 200 BK 200 I/M 200 BK 100 BK 400 F/S 100 F/S Figures Figures	200 I/M 02:04:96 1500 F/S 15:17:99 100 FLY 00:55:39 200 BR 02:21:04 200 BK 02:06:46 200 I/M 02:06:45 200 BK 02:05:89 100 BK 01:05:12 400 F/S 04:19:26 100 F/S 00:58:28 Figures 79.808 Figures 77.802	200 I/M 02:04:96 Edinburgh 1500 F/S 15:17:99 Cardiff 100 FLY 00:55:39 Leeds 200 BR 02:21:04 Victoria 200 BK 02:06:46 Edinburgh 200 I/M 02:06:45 Edinburgh 200 BK 02:05:89 Edinburgh 100 BK 01:05:12 Charleroi 400 F/S 04:19:26 Victoria 100 F/S 00:58:28 Charleroi Figures 79.808 Calgary Figures 77.802 Calgary

SYNCHRO SMILES

Sarah Burgon and Jane Liston are delighted with their selection especially as Synchro missed out in 1990 when only speed swimmers and divers were selected.







Staff

Team Manager Chief Swimming Coach Swimming Coach Swimming Coach Synchronised Swimming Ccach

Danny McGowan Jim Park Alex McNeil Kim Swanwick Helen Murray

DIVING DOLDRUMS

Saddest outcome from the selection meeting was the lack of any divers. Bill Law will be in Victoria as a Diving Judge but he would have been happier to have had a Scottish diver in the competition. Since the golden era of Sir Peter Heatly Scotland have had at least one diver in every Games Team.



TAKE THE PLUNGE WITH THE ALL NEW SCOTTISH SPEEDO AWARDS

FOR FURTHER INFORMATION CONTACT SCOTTISH SPEEDO SWIMMING SCOTTISH SPEEDO SWIMMING AWARDS 44 FREDERICK STREET, EDINBURGH, EH2 1EX TEL/FAX 031 225 7271



Page 1

SYMCHRO MEWS

SWEDISH OPEN SYNCHRONISED SWIMMING **CHAMPIONSHIPS** Ludvika - Sweden

20 - 22 May 1994

Team

Sarah Burgon Edinburgh SSC Edinburgh SSC Jane Liston

Staff

Mrs. Helen Murray Coach/Team Manager

The team departed from Glasgow airport on Wednesday morning arriving in Ludvika late afternoon. They went straight to the pool from the airport to look at the facilities then onto the hotel. There were 11 teams taking part in this the first Swedish Open Synchronised Swimming Championships. Training was available on the Thursday and Friday during the day and the competition started on the Friday evening with the Duet prelim.

Jane and Sarah performed well and qualified for the final. The figure competition was on the Saturday morning. There were 40 competitors and Jane finished in 7th place with Sarah just behind her in 8th place.

The Solo prelims took place on the Saturday afternoon. There were 28 entries, Sarah finished 6th which gave her a place in the final and Jane finished

All the finals took place on the Sunday starting with the Solos.

Jane swam as a pre-swimmer and performed a well presented routine. Sarah was the fourth swimmer in order of appearance and performed a solid routine which gained her the silver medal. The Duet finals followed and Jane and Sarah performed an extremely well synchronised and polished routine receiving a score of 82.920 which took them into silver medal position. The Swedish pair took the gold and the duet from Finland took the bronze.

All in all, this was a well organised, enjoyable and very successful event. The girls send their thanks to the SASA and to Helen Murray for her continued support and enthusiasm.

Send your news items to Bill Black, Editor, C/O SASA Office Holmhills Farm. Greenlees Road, CAMBUSLANG, Glasgow, G72 8DT Telephone: 041-641-8818 FAX: 041-641-4443

SASA EAST DISTRICT OPEN SYNCHRONISED SWIMMING **CHAMPIONSHIPS**

Kirkcaldv 28 May 1994

There was a total of 72 competitors from 9 clubs that took part in this year's event. Congratulations to all the swimmers on an excellent performance. The results are as follows :-

Grade 1- Solo

3 Lyndsey Coyle

Grade 5 - Solo

1 Sarah Burgon

2 Jane Liston

District

DISCRICE		
1 Amanda Scott	Glenrothes	82.580
2 Laura Anderson	Dunfermline	82.273
3 Tanya Knight	Edinburgh	81.050
Open	8	
1 Cheryl Mackintosh	Nairn	84.110
2 Amanda Scott	Glenrothes	82.580
3 Laura Anderson	Dunfermline	82.273
Grade 2 - Solo		
District and Open		
1 Emma Clark	Glenrothes	95.337
2 Sharon Purves	Glenrothes	94.477
3 Jillian Wilson	Edinburgh	93.693
Grade 3 - Solo		
District		
1 Helen Rae	Edinburgh	99.359
2 Rebecca Peltenburg	g Edinburgh	97.441
3 Joleen McCool	Glenrothes	96.860
Open		
1 Hayley Craggs	Newcastle	102.542
2 Erin Cameron	Nairn	101.357
3 Catriona Munro	Nairn	99.710
Grade 4 - Solo		
District		
1 Caroline Rae	Edinburgh	109.488
2 Leanne Brown	Edinburgh	108.456
3 Nicola Brown	Edinburgh	107.838
Open		
1 Julie Roddam	Newcastle	117.620
2 Pauline McFadyen	Nairn	114.567

Edinburgh 156.142 1 Sarah Burgon Edinburgh 155.044 2 Jane Liston 135.694 3 Isla Dunban Elgin Grade 1 & 2 - Duet District 1 Sharon Purves/Emma Clark Glenrothes 90.941 2 Jillian Wilson/Emma Edis Edinburah 88.614

Clydebank

113413

Edinburgh 156.142

Edinburgh 155.044

3 Alana Gunn/Jennifer Hendry Edinburgh 85.189 1 Sharon Purves/Emma Clark Glenrothes

2 Michelle McBean/Julie Mackintosh Nairn 88.952 3 Jillian Wilson/Emma Edis Edinburgh

Grade 3,4 & 5 - Duet

1 Jane Liston/Sarah Burgon Edinburgh 157.694 2 Leanne Brown/Caroline Rae Edinburgh 108.042 3 Ruth & Heather Greenshields Glenrothes 105.804

SYNCHRO NORTH

JUNE 1994

Since January the North District Squad have completed five successful training weekends. Helen Elkington who runs the famous Bedford Summer Synchro School travelled north to coach three of the weekends. Jo Cooper from Ealing assisted by Dance Tutor Peggie Angus coached at another weekend. Both the swimmers and North District Coaches enjoyed the weekends and have gained a lot of experience

The Squad consists of 20 swimmers at present - 10 from Elgin Synchronised Swimming School and 10 from Nairn Synchro Club

Another three weekends are scheduled before the end of the year and it is hoped to repeat the programme next year

SYNCHRO DISPLAY

Two girls from Elgin Synchronised Swimming School gave a synchro display and coaching session at Peterhead last month and were rewarded by the enthusiasm and results from the swimmers. The Elgin group enjoyed the day and the hospitality of the Peterhead Swimming Club.

Margaret Dunbar ND Synchro

Open long Liston/Consh Bungar

1 Jane Liston/Saran Burgon	
Edinburgh	157.694
2 Isla Dunbar/Julie Thomson	Elgin
	121.363
3 Pauline McFadyen/Fiona Car	meron
Nairn	112.404
Teams	
District	
1 Edinburgh A	104.501
2 Glenrothes	95.414
3 Edinburgh B	89.550
Open	
1 Nairn	105.469
2 Edinburgh A	104.501
3 Clydebank	101.821

Reporters wanted !



CLUB MEWS

(Clackmannan)

Lisa McLuckie

FREESTYLE

CLACKMANNAN DISTRICT SWIMMING CLUB

Clackmannan and District Swimming Club hosted their 4th Summer Festival Swim Meet sponsored by Donaldson Construction at Grangemouth Sports Complex. The 16 clubs taking part from all over central Scotland and as far afield as Dumfries and Abendeen put on a fabulous day's competition with an electric atmosphere.

Top performance (Cutting Edge Trophy) went to Lisa McLuckie (Clackmannan) with a 60.6 secs in the 100 M Freestyle and runner-up to Adele Dickson (Lanark).

Central FM Radio sponsored the men's' and women's' 50M Sprint - winners were Craig Oliver (Boness) and Lisa McLuckie (Clackmannan). Central FM Radio broadcast "live" throughout the competition, interviewing swimmers, coaches and officials adding an exciting different element to the highly successful day. The final event and "bringing the roof down" was the 6 X 50M squadron relay with the Clackmannan District Squad pipping Glenrothes and Boness for the Runsport Shield.

WINNERS WERE --

AAIIAIAFUO AAFUF .	
FLY	The second second
10 and under	
David Convoy	(Boness)
Catriona Harkins	(Bellshill)
11/12	
Daniel Clare	(Boness)
Claire Alexander	(Clackmannan)
13/14	
Alan Thomson	(Larkhall)
Adele Dickson	(Lanark)
15/17	
Liam Gordon	(Bathgate)
Nicola Redfern	(Clackmannan)
BACKSTROKE	
10 and under	
Graeme Pow	(Ronece)

DACKSIKUKE	
10 and under	
Graeme Pow	(Boness)
Suzanne McKee	(Bathgate)
11/12	
Robert Lee	(Boness)
Hazel Marshall	(Grangemouth)
13/14	
Alan Thomson	(Larkhall)
Adele Dickson	(Lanark)
15/17	
David Lyon	(Dumfries)
Jennifer McKinlay	(Hamilton)
BREASTSTROKE	
10 and under	
Greg Sibbald	(Boness)

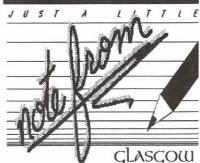
(Lanark)

(Clackmannan)

Greg Sibbald
Kirsty McDonald
11/12
Neil McAlonie
Laura Simpson
13/14
Alex Carter
Adele Dickson
15/17
Ben Harkin

(Grangemouth) (Glenrothes) (Glenrothes) (Lanark)

10 and under David Convov (Boness) (Lanark) Lauren Currie 11/12 Robert Lee (Boness) Hazel Marshall (Grangemouth) Derek Porter (Boness) Adele Dickson (Lanark) 15/17 (Hamilton) Billy Sayer Lisa McLuckie [Clackmannan]



West District Championships

The final round of the West District Championships has just been completed, and the clubs that comprise the City of Glasgow Swim Team have had their best year on record by far. The number of swimmers competing in the preliminaries increased over sixfold compared with the previous best year, and the number of athletes competing at the main championship events showed a similar increase. Over 120 personal best times were recorded, along with 32 senior national and age group qualifying times, and three new West District Championship records. Final placings were achieved by the following

swimme	rs :-		
10 Year	9		
50 F/S	Louise Coull	00.35.84	5th
50 B/K	Louise Coull	00.39.87	3rd
50 FLY	Louise Coull	00.40.84	2nd
200 F/S	Louise Coull	02.50.15	2nd
200 I/M	Louise Coull	03.15.44	3rd
12 Year	s		
100 BR	Laura Cook	01.33.70	5th
13 Year	s		
100 F/S	Ruth Leaver	01.04.60	2nd
200 F/S	Ruth Leaver	02.24.41	4th
400 F/S	Ruth Leaver	04.56.70	1st
800 F/S	Ruth Leaver	10.23.58	4th
100 B/R	Ruth Leaver	01.18.02	1st
200 B/R	Ruth Leaver	02.46.90NR	1st
100 FLY	Ruth Leaver	01.15.50	2nd
200 FLY	Ruth Leaver	02.51.69	5th
200 I/M	Ruth Leaver	02.37.96	1st
400 I/M	Ruth Leaver	05.37.27	2nd
14 Year	s		
400 F/S	Stephanie Dick	05.01.35	3rd
800 F/S	Stephanie Dick	10.23.62	5th

400 I/M Stephanie Dick 05.57.45	6th
15/16 Years	
100 F/S Craig Miller 00.53.78	1st
100 F/S Stewart Hogg 00.56.16	3rd
200 F/S Craig Miller 01.57.49 NR	1st
400 F/S Craig Miller 04.11.54	1st
1500 F/S Craig Miller 16.57.83	1st
100 BK Craig Miller 01.01.70	1st
200 BK Craig Miller 02.11.78	1st
100 BR Stewart Hogg 01.09.83	2nd
200 BR Stewart Hogg 02:30.67	1st
100 FLY Craig Miller 01.00.19NR	1st
200 FLY Craig Miller 02.14.03	1st
400 I/M Craig Miller 05.01.03	2nd
17/18 Years	
100 F/S Carol Brown 01.00.76	1st
400 F/S Carol Brown 04.41.58	3rd
100 BR Carol Brown 01.22.90	3rd
200 FLY Louise McLay 02.49.41	3rd
200 I/M Carol Brown 02.39.52	6th
400 I/M Michelle Bryce 06.25.76	6th
19/24 Years	
200 BR Anne Marie Greene 03.1	8.79
4th	

100 FLY Stephanie Dick 01.15.54

200 FLY Stephanie Dick 02.51.73 2nd

ANNUAL GENERAL MEETING

The first AGM of the City of Glasgow Swim Team was held on 12th May at the City Chambers in Glasgow. It was attended by over 70 swimmers and parents who came to hear the plans for the next 12 months for the City Team and to get involved in the development of swimming in Glasgow

TRAINING CAMPS

The last of the training camps for the 1993/94 season was held in Dunoon on 6 - 8 May. This camp was aimed at those swimmers who had shown great commitment in training at the previous camps, and who were identified as talented performers.

The camp was used to run a series of tests on the swimmers to identify strengths and weaknesses in their training programmes. Body composition test, flexibility and strength test were undertaken as well as a series of water tests incorporating starts and

The provision of training camps is an essential part of the City of Glasgow Swim Team's talent identification programme which plays an ongoing role in targeting athletes towards excellence. The camps have provided athletes with a strong incentive to become part of an elite squad working towards a common goal. The selection for the camps differs from camp to camp, becoming increasingly more difficult and chal-

The training programme for the 1994/ 95 competitive season has been finalised. There will be a series of camps targeted at different age groups and abilities as follows:

200 B/K Susan Simpson 02.39.92 6th

OLYMPIC PATHWAY

The Olympic Pathway camps form the foundation of the overall camp programme. They are aimed at the top performers at all stages in the Learn To Swim lessons run by Glasgow City Council in 14 centres throughout the City. The camps consist of a half-day multi-sport programme to develop motor skill learning in young swimmers. They are held every eight weeks.

ONE DAY STROKE CLINICS Aimed at the 10 years and under

swimmers. There will be five one day intensive clinics designed to review and improve the technique of swimmers within the City training scheme via the use of video and stroke analysis.

NEW WAVE CAMPS

These three weekend residential training camps are for the 11 and 12 year olds. They will provide an in depth programme to build on the work carried out in training. Each camp will include educational lectures, water work, video stroke analysis and land conditioning.

RISING STARS CAMPS

Four weekend camps for 13 and 14 year olds. These are aimed at those swimmers who have the potential to make Scottish junior and senior teams in the next four years. They will cover the same aspects as the New Wave camps, but with an emphasis on athlete testing - anthropometrics, basic speed tests, starts and turns and threshold testing.

ELITE CAMPS

For the very best Glasgow athletes of all ages. These will range from a one week Glasgow based camp to a two week warm weather camp and will provide a full programme of swimming and dry land activity including lactate testing and individual video sessions.

AWARDS BANQUET

The Swim Team rounded off the season with an Awards Banquet on June 25th at the Pollokshaws Burgh Hall. The awards night honoured a number of athletes, volunteers and builders of sport. In the case of athletes there are two categories of award:

1. Time improvement over the year based on two distances 100m/200m except for the 10 years and under where only one measurement was used 2. Excellence, based upon times measured on the World Points Tables.

The following swimmers were nominated for the awards

Improvement:-

10 and under

Debbie Taylor, Louise Coull, Joanne Clark Paul Finnegan, Martin McPhee, Daniel Norman.

11/12

Kimberley Stark, Laura Cook, Helen Finnegan, David Coull, Alan Crum, Paul Clark

13/14

Louise Jackson, Claire McGowan, Gillian Ferguson, Billy Joe McDade, Scott McGillivary, John Paul Coyle.

15 and over

Karen Dastey, Lynsey Reynolds, Carol Brown, Mark Jackson,lan Withers, David Connelly.

Excellence

10 and under

Megan Sharp, Debbie Taylor, Louise Coull, Tony Muir, Paul Finnegan, Darren De Rosa.

11/12

Kate Wallace, Kimberley Stark, Laura Cook, Bryan Taylor, Alan Crum, Paul

13/14

Susan Simpson, Stephanie Dick, Ruth Leaver, Alan Crosbie, Chris Johnstone, Barry Davie

15 and over

Fiona Johnstone, Carol Brown, Anne Marie Greene, Stewart Hogg, Craig Miller, Alasdair Morrison.

SCOTTISH NATIONAL CHAMPIONSHIPS

Congratulations go to the following Glasgow athletes who achieved entry times for the senior national and age group championships:

Senior Nationals

Andrew Aitken, Carol Brown, Craig Miller, Ruth Leaver, Stewart Hogg, Neil Tair.

Age Group Nationals

Craig Miller, Carol Brown, Stewart Hogg, Ruth Leaver, Barry Davie, Susan Simpson, Chris Johnstone, Stephanie Dick, Louise Jackson.

Special congratulations to Andrew Aitken who qualified for the Scottish Commonwealth Games Team at the Championships.

The Swim Team are also attending the English National Age Groups and the Welsh Long Course National Championships in what will be a very busy end to a very successful season.

A WARM GLASGOW WELCOME...

to Lindsay and Debbie Brown, and Joanne Rowbory who have recently joined the City Swim Team. We look forward to sharing many great training sessions with them !!!!!!!

We also extend a very warm welcome to Colin Cresswell, the latest addition to the Glasgow coaching team. Colin, who has many years experience in Scottish swimming has accepted the

position of Coach to one of the two expanding senior squads.

JUNE 1994

....AND FINALLY

The City of Glasgow Swim Team will close for the summer on July 8th and reopen for training on August 8th. There will be a Team meeting on Saturday August 6th at Castlemilk Pool to mark the beginning of the 1994/95 season. All new and existing swimmers will be required to register for the 1994/95 competitive season at this meeting.

Graham Wardell

MASTERS

Fourteen Scottish Masters took part in the Great Britain Masters Championships at Leeds at the beginning of June. Pride of place went to Flora Connolly of Edinburgh.

With her sights set on the FINA World Masters in July, the 60 year old has been breaking World Masters records each time she competes and her 200m Breaststroke time of 3.24.83 broke her own World Masters record! In the 100m Butterfly she established a new European Masters record of 1.35.17. Eddie Riach (Motherwell) set three new European Masters records, 30.17 in the 50m Backstroke, 2.25.5 in the 200m Backstroke and 5.09.15 in the 400m Individual medley - all were set in the 40 - 45 year age group.

Ken McKay of Motherwell (65 + years) was also in record form with new British Masters records in the 100m Fly 1.46.37 - a 10.6 seconds improvement and in the 400m Individual Medley 7.32.81.

Flora, Eddie and Ken all won the maximum 7 gold medals.

Thirty five Masters attended the Training Weekend held at the University of Stirling at the end of May. The weekend involved 8 hours in the water plus discussions and a social evening on the Saturday.

Next course is to be held in the 50m heated open air pool at Stonehaven in August. A week's training course is proposed for January 1995 in the Canary Islands.

EDUCATION DEVELOPMENT

To enable the Education Committee to plan for the year ahead would Tutors please submit courses they intend to run throughout the year. These courses can be advertised in the Swimming Times - through ISTC representative Mrs Winnie Ferguson, 125 Grangehill Drive, MONIFIETH, Tayside, 0382-532045. This applies to all course in all disciplines also RLSS courses. Please ensure this information reaches all Tutors and Coaches via the newsletter. Courses can also be advertised in the SWIMMING 2000 newsletter.



SYNCTORO SCOCLANO STIKHRONISTO SWIMMING

COACH DEVELOPMENT CLINIC

CANADIAN COACH LESLIE SPROUL 9TH - 10TH JULY ROYAL COMMONWEALTH POOL, EDINBURGH

Saturday 12 noon till 7pm -Sunday 6.30 am till 2.30 pm

COST

COACHES £25 SWIMMERS £5 FURTHER INFORMATION FROM THE SASA OFFICE 041 641 8818

SPEEDO HELPS TOP SWIM TEAM

Sponsorship from Speedo Swimwear ensured that the latest Graded Meet run by Milngavie and Bearsden was the most successful ever.

The competition was designed to offer the younger developing swimmers the opportunity to compete with others of the same ability and to experience the excitement of a multi-club meet. This aim was achieved in fine style with some of the swimmers grabbing the chance to show just how much their season's training had improved their times. The winners of each event were rewarded not only with gold medals but also a towel from Speedo, the meet sponsor, and this was enthusiastically received.

The meet was so successful that a similar meet has been arranged for December and enquiries have already been received for entries to it

Meanwhile at the other end of the club. further support from Speedo assisted a strong team to compete in the National Championships at the Royal Commonwealth Pool in Edinburgh where they comfortably took the award for the hest team. This was also the final selection meet for Scottish swimmers seeking a place in the Scottish Commonwealth Games Squad and, although Alison Sheppard again achieved selection a number of her club mates failed by the narrowest of margins to book a place on the plane to Canada Unfortunately this disappointment took away some of the pleasure of winning such an important title but the club's status in the sport was once again significantly enhanced.

"HOW THEY TRAIN"

For those of youat the Orjan Madsen Talks at Perth you will remember a suggestion that we provide articles on "Training Methods" to get the ball rolling we will be running a series of "How They Train". The first one is Helen Slatter, Great Britain International who has competed at the last two Olympics also the World Championships, Europeans and Commonwealth Games and has recently been selected for the English Commonwealth Games Team going to Victoria.

Helen is basically a 400m Individual Medley swimmer who can also compete at international level on 100 and 200 Backstroke and also 200m Butterfly. Helen believes the "I/M'ers" must have good all round ability and be able to produce good 200 times on all four strokes and then be fit enough to put all four strokes together into one swim. To give you some idea of Helen's all round ability I list her best long course times: - (50 metres)

mes	:- (50 metres)	
0	Free	00.29.3
00	Free	01.03.2
00	Free	02.11.5
00	Free	04.36.4
00	Free	
0	Breast	00.37.6
00	Breast	01.19.0
00	Breast	02.48.3
0	Fly	00.31.5
00	Fly	01.03.44
00	Fly	02.14.62
0	Back	00.30.70
00	Back	01.03.9
00	Back	02.14.5
00	I/M	02.17.2
00	I/M	04.49.6

Helen's training plan leading into a major competition is divided into the following phases:-

3 - 4 weeks - Rest No Training

2 - 3 weeks - 5 - 7 sessions per week mainly on Stroke work and gently building into basic sets.

24 week Major Cycle divide in four cycles of 6 weeks. 10 sessions per week plus Land work.

2 week - Taper Period to Major Meet.

Helen's training programme is very systematic, if you study the "Cycles" listed you will see that the "Core Sets" are repeated week in week out with the number and turn-round time being altered to stress adaption to new levels of fitness.

Sessions are generally divided into the following aspects:-

WARM-UP

Core Set - Major set of session, usually on either backstroke, Freestyle, Individual Medley.

Main Set - Usually on Butterfly or Breaststroke.

Pulling - Usually Backstroke, Freestyle

or I/M.

Kicking - Usually Backstroke, I/M or Breaststroke.

Pace Work - Usually I/M or Backstroke or Butterfly.

Sprint - Backstroke and all four strokes **Misc** - Change-over stroke work i.e.

-	Cridinge Gre	001 0110	*****
	Fly	to	Back
	Back	to	Breast
	Breast	to	Free

SWIM DOWN

Please note whilst the sample sessions are written down in the above order they do not follow this sequence during the work-out. Helen trains two sessions a day Monday to Friday, morning sessions 5.30 - 8.00am (first 10 minutes stretching) and 4,30 - 6.30pm additionally Helen does 3 one hour land work sessions.

Because the medley swimmer needs to cover all four strokes in training Helen sticks to the following weekly format:

CIVI	141014	IOLO	***	
CORE	F/S	I/M F/S	F/S	I/M F/S F/S
MAIN	BRST	BACK	BRST	BACK BRST
KICK	I/M	BRST	1/M	BRST I/M
PULL	BACK	I/M	BACK	I/M BACK
PACE	BACK	BRST	BACK	BRST BACK
PM	MON	TUE	WED	THU FRI
CORE	BACK	1/M	BACK	I/M BACK
MAIN	FLY	BRST	FLY	BRST FLY
KICK	BRST	BACK	BRST	BACK BRST
PULL	F/S	BACK	F/S	BACK F/S
PACE	I/M	FLY	I/M	FLY I/M

The following cycles were completed between 27 September 1993 and 7 March 1994 and the weeks training for week 4 in Cycle 2. - see page 6/7

I should explain to you how the sets are completed. In the main Helen would start each set repeating on a comfortable time, moving gradually and consistently faster through the set for example core set 10 X 200 Back at 2.30 (25yard pool) starting time 2.20.0 bringing time down to under 2.10.0 improving by 1 second each rep. If sets are say 4 or 5 reps ie. core set 4 X 400 Back at 5.15 the set reduces 1 to four as follows:

1st - 5 minutes 2nd - 4.45 3rd - 4.30 4th - 4.20

Most of Helen's Pace Work sets are broken swims i.e. 5 X 200 I/M at 4 with 10 seconds at 50 trying to swim in a race fashion as close to race pace as possible.

Sprint work is usually done in one of two ways either reducing 1 to 3

- i.e. Monday am 30 X 25 at 30 Back or from a dive.
- e. Thursday pm 15 X 25 at 1 minute choice, all done at race pace or better.

Looking at sessions alone cannot give you the full idea of how a swimmer trains so maybe you should understand some of Helen's beliefs also - Helen feels that yardage alone is not the answer, although there is a basic required yardage this should be quality yardage (although she does two very low quality yardage swims each week i.e. Tuesday and Thursday morning total aerobic swims of between 1000 and 3000 yards). Helen's belief is the more often you swim fast in training the faster you will race. She also feels that you should practise what you are trying to do in a race whatever the race tactic is this must be rehearsed many times in

Finally, as Helen's coach for the past years I must tell you about her qualities, she works extremely hard (but still realises that even the best swimmers need telling if they let their standards of self discipline drop). Helen is also a fierce competitor and she enjoys the challenge of competition. Helen's greatest ability is her single minded approach to training for example whilst she rarely misses sessions if she does or swims particularly badly in a session she will come back to the pool on her own to do the session again. I hope that you have found this article interesting and you would like further information please ask me. Whilst this "How They Train" was about my own swimmer Helen Slatter my intention is to cover other coaches and swimmers so if you would like a similar article on a particular swimmer please let me know.

Martyn Woodroffe Director of Swimming

FORWARD WITH THE FUTURE

THE ASSOCIATION OF THE PROPERTY OF THE PROPERT

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:-

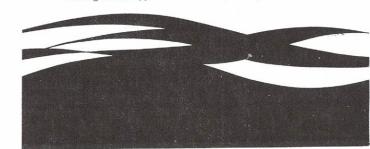
- Liason with internal and external bodies in delivery of the National Plan.
- Promote, support and monitor the development of swimming in Scotland.

Application forms and full details available from:

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

Telephone: 041 641 8818

Closing date for applications: Thursday 8th September 1994



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	1		2		3		1
NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME
10	1:25	10	1:20	30	1:05	30	1:10
20	1:20	20	1:15	. 20	1:10	20	1:15
30	1:15	30	1:10	10	1:15	10	1:20
10	1:20	10	1:15	30	1:10	30	1:15
20	1:15	20	1:10	20	1:15	20	1:20
30	1:10	30	1:05	10	1:20	10	1:25
	10 20 30 10 20	10 1:25 20 1:20 30 1:15 10 1:20 20 1:15	10 1:25 10 20 1:20 20 30 1:15 30 10 1:20 10 20 1:15 20	NO. TIME NO. TIME 10 1:25 10 1:20 20 1:15 30 1:10 10 1:20 10 1:15 20 1:15 20 1:15 20 1:10 20 1:15 20 1:10 20 1:10 20 1:15 20 1:10 20 20 20 20 20 20 20	NO. TIME NO. TIME NO. 10 1:25 10 1:20 30 20 1:20 20 1:15 20 30 1:15 30 1:10 10 10 1:20 10 1:15 30 20 1:15 20 1:10 20	NO. TIME NO. TIME NO. TIME 10 1:25 10 1:20 30 1:05 20 1:20 20 1:15 20 1:10 30 1:15 30 1:10 10 1:15 10 1:20 10 1:15 30 1:10 20 1:15 20 1:10 20 1:15	NO. TIME NO. TIME NO. TIME NO. 10 1:25 10 1:20 30 1:05 30 20 1:20 20 1:15 20 1:10 20 30 1:15 30 1:10 10 1:15 10 10 1:20 10 1:15 30 1:10 30 20 1:15 20 1:10 20 1:15 20

	10.5			CYC	CLE				
200 F/S		 I		2		3	4		
WEEK	NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME	
1	15	3:00	5	3:00	5	3:00	15	3:00	
2	10	2:45	10	2:45	10	2:45	10	2:45	
3	3	2:30	15	2130	18	- 2:30	8	2:30	
4	5	2:30	15	2:30	15	2:30	5	2:30	
5	10	2:45	10	2:45	10	2:45	10	2:45	
6	15	3:00	5	3:00	5	3:00	15	3:00	
	1								

			CYC	CLE			
I			2		3		1
NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME
6	6	10	5:30	10	5:30	6	6
8	5:30	8	5:00	8	5:00	8	5:30
10	5:00	6	4:30	6	4:30	10	5:00
10	5:00	6	4:30	6	4:30	10	5:00
	5:30	8	5:00	8	5:00	8	5:30
G	6	10	8130	10	8130	6	
	6 	6 6 8 5:30 10 5:00 10 5:00 8 5:30	6 6 10 8 5:30 8 10 5:00 6 10 5:00 6 8 5:30 8	1 2 NO. TIME NO. TIME	NO. TIME NO. TIME NO. 6 6 10 5:30 10 8 5:30 8 5:00 8 10 5:00 6 4:30 6 10 5:00 6 4:30 6 8 5:30 8 5:00 8	NO. TIME NO. TIME NO. TIME 6 6 10 5:30 10 5:30 8 5:30 8 5:00 8 5:00 10 5:00 6 4:30 6 4:30 10 5:00 6 4:30 6 4:30 8 5:30 8 5:00 8 5:00	NO. TIME NO. TIME NO. TIME NO. 6 6 10 5:30 10 5:30 6 8 5:30 8 5:00 8 5:00 8 10 5:00 6 4:30 6 4:30 10 10 5:00 6 4:30 6 4:30 10 8 5:30 8 5:00 8 5:00 8

1	2	3	4
27 SEPT 93	8 NOVEMBER 93	20 DECEMBER 93	31 JANUARY 94
4 OCTOBER 93	15 NOVEMBER 93	17 DECEMBER 93	7 FEBRUARY 94
11 OCTOBER 93	22 NOVEMBER 93	3 JANUARY 94	14 FEBRUARY 94
18 OCTOBER 93	29 NOVEMBER 93	10 JANUARY 94	21 FEBRUARY 94
25 OCTOBER 93	6 DECEMBER 93	17 JANUARY 94	28 FEBRUARY 94
1 NOVEMBER 93	13 DECEMBER 93	24 JANUARY 94	7 MARCH 94
	4 OCTOBER 93 11 OCTOBER 93 18 OCTOBER 93 25 OCTOBER 93	4 OCTOBER 93 15 NOVEMBER 93 11 OCTOBER 93 22 NOVEMBER 93 18 OCTOBER 93 29 NOVEMBER 93 25 OCTOBER 93 6 DECEMBER 93	4 OCTOBER 93 15 NOVEMBER 93 27 DECEMBER 93 11 OCTOBER 93 22 NOVEMBER 93 3 JANUARY 94 18 OCTOBER 93 29 NOVEMBER 93 10 JANUARY 94 25 OCTOBER 93 6 DECEMBER 93 17 JANUARY 94

CYCLE

					*****			and the second
400 1/M	 	1		2				
WEEK	NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME
1	6	6	4	5:45	4	5:45	6	6
2	8	5:45	6	5:30	6	5:30	8	5:45
3	4	5:30	8	5:15	8	5:15	4	5:30
4	4	8:30		3113	8	8118	4	8130
5	8	5:45	6	5:30	6	5:30	8	5:45
6	6	6	4	5:45	4	5:45	6	6

			27	CY	CLE				
200 I/M				2		3	4		
WEEK	NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME	
1	5	3:15	15	3:00	15	3:00	5	3:15	
2	10	3:00	10	2:45	10	2:45	10	3:00	
3	15	2:45	5	2:30	5	2:30	15	2:45	
4	15	2:45 .	5	2:30	5	2:30	15	2:45	
5	10	3:00	10	2:45	10	2:45	10	3:00	
6	5	3:15	15	3:00	15	3:00	5	3:15	

Page 6

DATE 29-11-93			MON			A	М		TRAININ			
SETS	NO	7	DIST	7	IN	TE	RVAL	STROKE	YARDS	TIME	TOTAL	LS
WARM UP	1	×	400	Û	6	:	0	CHOICE	400	6	400	6
CORE SET	6	×	400		4	:	30	F/S	2400	. 29	. 2800	35
MAIN SET	4	x	200		3	:	15	NO.2/3	800	15	3600	50
PULLING	16	×	100		1	:	25	NO.1.	1600	25	5200	75
KICKING	4	x	200		3	:	30	NO.1.	800	16	6000	91
PACE	12	x	75		2	:	0	CHOICE	900	26	6900	117
SPRINT	30	x	25		0	:	30	NO.1.	750	17	7650	134
MISC	0	x				:			(N/A)	(N/A)	7650	134
SWIM DOWN	1		400		5		0	CHOICE	400	5	8050	139

SWIMMING 2000

DATE 01-12-93 WED AM				м	WARRING N SQUAD	TRAININ		NCIL AMME				
SETS	NO	T	DIST	1	INTERVAL		RVAL	STROKE	YARDS	TIME	TOTALS	
WARM UP	1	x	400	0	6	:	0	CHOICE	400	6	400	6
CORE SET	30	x	100		1	:	10	F/S	3000	37	3400	43
MAIN SET	20	x	50		0	:	55	NO.2/3	1000	20	4400	63
PULLING	5	x	200		3	:	30	NO.1.	1000	20	5400	83
KICKING	20	×	50		0	:	55	NO.I.	1000	20	6400	103
PACE	5	x	100		2	:	0	CHOICE	500	12	6900	115
SPRINT	10	x	50		1	:	40	NO.1.	500	. 19	7400	134
MISC	0	x				:			(N/A)	(N/A)	7400	134
SWIM DOWN	1	x	400	0	5	:	0	CHOICE	400	5	7800	139

DATE 03-12-93						A	м	WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME					
SETS NO		ì	DIST		INTER		RVAL	STROKE	YARDS	TIME	TOTALS		
WARM UP	1	×	400	9	6	:	0	CHOICE	400	6	400	6	
CORE SET	15	x	200		2	:	30	F/S	3000 .	40	3400	46	
MAIN SET	10	x	100	0	1	:	45	NO.2/3	1000	20	4400	65	
PULLING	20	x	50	0	0	:	45	NO.1.	1000	17	5400	82	
KICKING	10	A	100		1	i	45	NO.1.	1000	20	6400	102	
PACE	5	×	200		4	1	0	CHUICE	1000	22	7400	124	
SPRINT	5	×	75	0	- 1	:	40	NO.1.	375	10	7775	134	
MISC	0	×				:			(N/A)	(N/A)	7775	134	
SWIM DOWN	1	x	400		5	:	0	CHOICE	400	5	8175	139	

					CLE		12	
200 No 1		1		2		3		4
WEEK	NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME
1	5	3:15	15	3:00	15	3:00	5	3:15
2	10	3:00	5	2:45	5	2:45	10	3:00
3	15	2:45	10	2:30	10	2:30	15	2:45
4	15	2:45	10	2:30	10	2:30	15	2:45
5	10	3:00	5	2:45	5	2:45	10	3:00
6	5	3:15	15	3:00	15	3:00	5	3:15

			•	*****			ř.	
100 No 1		ı		2		3		4
WEEK	NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME
1	30	1:30	20	1:30	20	1:30	30	1:30
2	20	1:25	15	1:20	15	1:20	20	1:25
3	15	1:20	30	1:25	30	1:25	15	1:20
4	15	1:20	30	1:25	30	1:25	15	1:20
5	20	1:25	20	1:20	20	1:20	20	1:25
6	30	1:30	15	1:30	15	1:30	30	1:30

CYCLE

0220							1	
400 No 1		1		2)		4
WEEK	NO.	TIME	NO.	TIME	NO.	TIME	NO.	TIME
1	4	6	6	5:45	6	-5145	4	6
2	5	5:45	5	5:30	5	5:30	5	5:45
3	6	5:30	4	5:15	4	5:15	6	5:30
4	6	5:30	4	5:15	4	5:15	6	5:30
5	5	5:45	5	5:30	5	5:30	5	5:45
6	4	6	6	5:45	6	5:45	4	6

DATE 30-11-93	30-11-93			DA	Y	P	м	WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME						
SETS	TS NO DIST INTERVAL		RVAL	STROKE	YARDS	YARDS TIME		TOTALS						
WARM UP	1	×	400		6	:	0	CHOICE	400	6	400	-		
CORE SET	8	×	400		5	:	15	I/M	3200	44	3600	50		
MAIN SET		X	800		0	:	0	NO.2/3	(N/A)	(N/A)	3600	50		
PULLING	32	x	50		0	:	45	NO.1.	1600	26	5200	76		
KICKING	16	x	25		0	:	30	CHOICE	400	10	5600	86		
PACE	6	x	100		1	:	45	NO.1.	600	13	6200	99		
SPRINT	8	x	25	0	0	:	45	CHOICE	200	8	6400	107		
MISC	B	R	25		0	1	45	DIVES	200		6600	118		
SWIM DOWN	- 1	×	400		3	1	U	CHOICE	400	8	7000	120		

DATE DAY THURSDAY PM						н	WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME						
SETS	NO	7	DIST	INTERVAL		STROKE	YARDS	TIME TOTALS		LS			
WARM UP	1	×	400	0	6	:	0	CHOICE	400	6	400	6	
CORE SET	5	×	200		2	:	30	I/M	1000	15	1400	21	
MAIN SET	30	x	25		0	:	30	NO.2/3	750	17	2150	38	
PULLING	1	x	1000		15	:	0	NO.1.	1000	17	3150	55	
KICKING	- 1	×	1000		19	:	0	NO.1.	1000	21	4150	76	
PACE	5	×	200		4	:	0	NO.1.	1000	22	5150	98	
SPRINT	10	x	50		1	:	30	CHOICE	500	. 17	5650	115	
MISC		X		0	-	:			(N/A)	(N/A>	5650	115	
SWIM DOWN	1	x	400		5	:	0	CHOICE	400	5	6050	120	

DATE 30-11-93							и	WARRINGTON BOROUGH COUNCIL N BQUAD TRAINING PROGRAMME						
SETS	NO	1	DIST	T	INT	E	RVAL	STROKE	YARDS	TIME	TOTAL	LS		
WARM UP	1	x	400	0	6	:	0	CHOICE	400	6	400	6		
CORE SET	1	x	2000		32	:	0	I/M	2000	34	2400	40		
MAIN SET	5	x	100		2	:	0	NO.1.	500	12	2900	52		
PULLING	20	x	50		1	:	0	I/M	1000	22	3900	74		
KICKING	1	x	1000	ê	20	:	0	NO.1:	1000	22	4900	96		
PACE	5	×	200		4	:	0	I/M	1000	22	5900	118		
SPRINT	10	×	50		1	:	30	CHOICE	500	17	6400	135		
MISC		×	-			:			(N/A)	(N/A)	6400	135		
SWIM DOWN	1	×	400		5	1	0	CHOICE	400	5	6800	140		

DATE DAY THURSDAY AM						A	м	WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME						
SETS	S NO DIST		INTERVAL			STROKE	YARDS	TIME	TOTAL	LS				
WARM UP	1	x	400	0	6	:	0	CHOICE	400	6	400	6		
CORE SET	1	x	2000	0	28	:	0	F/S	2000	30	2400	36		
MAIN SET	5	x	200		3	:	30	NO.1.	1000	20	3400	56		
PULLING	10	x	100		1	:	45	I/M	1000	20	4400	75		
KICKING	40	x	25		0	:	30	NO.1.	1000	22	5400	97		
PACE	10	×	100		2	:	0	CHOICE	1000	22	6400	119		
SPRINT	15	×	25		1	:	0	CHOICE	375	. 17	6775	136		
MISC		×			- 2	1	-	7,23,23	(N/A)	(N/A)	6775	136		
SWIM DOWN	1	*	400		3	1	D	CHOICE	400	8	7175	141		

DATE 29-11-9						P	м	WARRINGTON BOROUGH COUNCIL N SQUAD TRAINING PROGRAMME					
SETS	NO	7	DIST	T	INTERVAL		RVAL.	STROKE	YARDS	TIME	TOTA	LS	
WARM UP	1	×	400	0	6	:	0	CHOICE	400	6	400	6	
CORE SET	10	x	200		2	:	30	NO.1.	2000	27	2400	33	
MAIN SET	10	x	50		1	:	0	NO.2/3	500	12	2900	45	
PULLING	15	x	100		1	:	15	F/S	1500	21	4400	66	
KICKING	20	x	50		0	:	50	NO.1.	1000	19	5400	84	
PACE		x	400			:	0	I/M	<n a=""></n>	<n a=""></n>	5400	84	
SPRINT	30	x	50		0	:	55	CHOICE	1500	30	6900	114	
MISC		x				:			<n a=""></n>	<n a=""></n>	6900	114	
SWIM DOWN	1	x	400		5	:	0	CHOICE	400	5	7300	119	

DATE 01-12-93		I	WED			P	м	N SQUAD	TRAININ	IG PROGR		
SETS	NO	Ī	DIST	T	IN	E	RVAL	STROKE	YARDS TIME TO		TOTAL	LS
WARM UP	1	×	400		6	1	0	CHOICE	400	6	400	6
CORE SET	4	×	400	60	5	1	15	NO.1.	1600	23	2000	29
MAIN SET	8	×	100		1	:	40	NO.2/3	800	15	2800	44
PULLING	8	x	200		2	:	20	F/S	1600	21	4400	65
KICKING	8	x	100	0	1	:	45	NO.1.	800	16	5200	81
PACE	8	x	100		1	:	40	CHOICE	800	15	6000	96
SPRINT	8	×	75		1	:	30	NO.1.	600	. 14	6600	110
MISC		x		0		:			<n a=""></n>	<n a=""></n>	6600	110
SWIM DOWN	1	x	400		5	:	0	CHOICE	400	5	7000	115

DATE 03-12-93			DAY FRID	AY		P	м		TON BORG			
SETS	NO	1	DIST	T	IN	TE.	RVAL	STROKE	YARDS	TIME	TOTA	LS
WARM UP	1	x	400	0	6	:	0	CHOICE	400	6	400	6
CORE SET	30	x	100		1	:	25	NO.1.	3000	45	3400	51
MAIN SET	5	x	200		3	:	0	NO.2/3	1000	17	4400	68
PULLING	5	x	400		4	:	40	F/S	2000	25	6400	93
KICKING	5	x	200		3	:	20	NO.1.	1000	19	7400	112
PACE		x	200		3	:	30	I/M	(N/A)	(N/A)	7400	112
SPRINT	10	×	25		0	:	30	NO.1.	250	7	7650	119
MISC		x				:			(N/A)	(N/A)	7650	119
SWIM DOWN	1	X	400	0	5	:	0	CHOICE	400	5	8050	124