

SWIMMING 2000

FORWARD WITH THE FUTURE

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GREENLEES ROAD, CAMBUSLANG, GLASGOW G72 8DT

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GOALS SET AT AGM

At an extremely well attended AGM in Perth, Chairman Ian Mason reviewed the successes of the past 12 months and set out the areas of focus for the Association over the coming year.

Some 230 people including 177 voting delegates heard of the excellent progress made by the Association in the previous year and the major challenges facing us in the future. The following specific areas were identified as requiring attention over the next 12 months :-

FINANCE

Ongoing financial stability. This should include a decreasing dependency on Scottish Sports Council funding as well as a continued growth in income generation and membership in 1995 and in subsequent years.

THIRD NATIONAL DEVELOPMENT OFFICER

Further progress is required in relation to the appointment of a third Development Officer, hopefully to be based in the North District. This appointment is seen as a potential post in partnership with a Local Authority.

DEVELOPMENT PLAN

The key in 1995 is the ongoing implementation and monitoring of the 53 individual project plans from the Development Plan. Three and six monthly reviews of progress will take place.

INVESTORS IN PEOPLE

It is our intention in 1995 to become the first Governing Body to achieve the Investors in People Award. This is an award that indicates that quality management systems and professional development systems are available within our organisation.

TECHNICAL STAFF

1995 will see increased pressure on the professional staff. There will be an expectation of increased contact with clubs, Local Authorities and specific swimmers.

COMPETITIVE STANDARDS

The critical measurement for the disciplines of Scottish Swimming over the coming years will be increased quality of performance.

COMPETITION FORMATS

A review of national championship formats is urgently required. These events must become modern, efficient and attractive.

A NATIONAL STRATEGY FOR TALENTED YOUTH SWIMMERS

A longer term plan and progressive development programme is required for our best youth swimmers.

FACILITY DEVELOPMENT AND ACCESS

Ongoing progress will be required to further develop facility provision and access to facilities across the country.

GREAT BRITAIN REVIEW

This will come to a conclusion over the next 12 months and will require each of the constituent countries to make a decision based upon the options placed in front of them. **1995** should see the talking decrease and the activity and performance of elected, nominated and professional personnel increase. We should reflect with pleasure the progress of the last 12 months and face up to the challenges of the next year which will be much more demanding. We should be optimistic, however, that we have the ingredients in place to continue to improve the sport.

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**"928"**

EUROPEAN JUNIOR CHAMPIONSHIPS 1995

The qualifying standards for 1995 are set out below :- NB * shows an improvement on the 1994 qualifying time and is based on the 7th fastest time last year.

GIRLS	EVENT	BOYS
1980 - 81		1978 - 79
0:59.27*	100m Freestyle	52.87
2:07.93	200m Freestyle	1:55.79
4:28.30*	400m Freestyle	4:03.09
9:07.47*	800m/1500m Freestyle	16:06.57*
1:06.37	100m Backstroke	59.29
2:22.45*	200m Backstroke	2:07.31
1:13.23	100m Breaststroke	1:06.09
2:37.39	200m Breaststroke	2:23.35
1:04.89	100m Butterfly	57.40*
2:21.35*	200m Butterfly	2:06.85
2:24.63*	200m Individual Medley	2:10.57
5:06.51	400m Individual Medley	4:37.46

1 Qualifying trials will be held at Pond's Forge, Sheffield on 20 - 23 April 1995

2 The team will be selected following the trials on Sunday, 23 April 1995

3 SELECTION

(a) The fastest Junior swimmer in each individual event at the trials will be selected provided that they achieve the event qualifying time set out above.

NB 0 It is the responsibility of the Coach if a Junior makes a Senior final to decide which final he or she should swim in.

0 If a Junior swims in a Senior final they can be eligible for the Senior European Championships.

0 The Junior selection will be based on the best times from two finals and if the Junior is slower in the Senior final than the Junior final then the fastest swimmer will be selected.

(b) Consideration will be given to all second placed swimmers, in the trials who achieve the event qualifying time, up to a maximum of two swimmers per event.

(c) Consideration will be given to relay team selections where teams are judged to be of a sufficiently high calibre.

4 **Only performances achieved at the Trials in Sheffield will be considered for selection for this event**

5 GENERAL NOTES ON SELECTION

0 Swimmers will be selected on places gained in the finals, these will take priority over heat times and placings.

0 all selected team members may be invited to attend programmed training camps and meetings organised between the team selection and the European Junior Championships.

0 Swimmers living and training overseas must comply with this training policy.

Further information will be available from the Team Manager,
Craig Hunter, 2 Portman Close, Hitchin, Hertfordshire, SG5 2UX (Tel: 01462 437210)

HEAD COACH

DUMBARTON DISTRICT DOLPHINS ASC



This relatively small ambitious club urgently seeks an enthusiastic, committed ASA COACH (or aspiring ASA Coach) to help develop and structure the club as outlined in its "SWIM PLAN"

Currently DDD has 100 swimming members with 20 swimmers training in the top squad. Experience in interpreting LACTIC ACID results would be an advantage as the club has its own poolside analyser and operator.

The fee payable and terms of engagement would be negotiable

For further information and appointment to meet swimmers and teaching staff, please contact :-

Jenny Puxty, DDD Secretary

"Lindens"

9 Victoria Drive,

HELENSBURGH

Tel:- 01436 676878

HADDINGTON AND DISTRICT
ASC

REQUIRE A

SQUAD COACH

To take charge of the coaching, training and competition aspects of our top squad of swimmers - up to seven and a half hours per week

For further information or to apply for the post please contact the club President :-

Gordon Hastie
Alderston Mains
Haddington
East Lothian
EH41 3SL

Tel :- (0620) 822960



SWIMMING DEVELOPMENT OFFICER

APIII £14,637 (all inclusive)
(This is a one year post subject to review)

Perth and Kinross Recreational Facilities Ltd., the Scottish Sports Council, through Team Sport Scotland, and the Perth and Kinross Composite Swimming Team are jointly funding this exciting new position with the aim of increasing development throughout Perth and Kinross District.

You will be required to play an enabling, co-ordinating and development role for all SASA registered swimming clubs in Perth and Kinross District. You will lead the development and education of various teachers and coaches, working together with the Education Authority to assist in the programmed development of swimming within Perth and Kinross District. Additionally, you will liaise with the facility operators and the SASA Development Officer to ensure that local initiatives link into and benefit from current National developments.

Essential Qualifications :

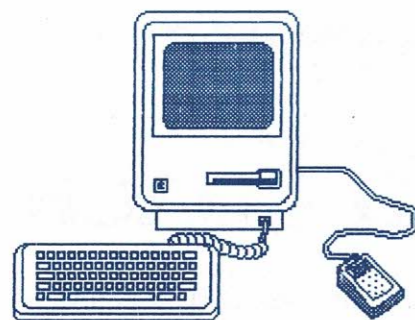
- 0 ASA Assistant Coaches Certificate
- 0 effective organisational and communication skills
- 0 self motivation and a flexible approach to working unsocial hours
- 0 a current driving license

Desirable Qualification :

- 0 Educated to degree level in a relevant discipline

Application forms are available from:
Perth and Kinross Recreational Facilities Ltd., Perth Leisure Pool, Glasgow Road, PERTH PH2 OHZ.
Tel : (01738) 635454
CLOSING DATE 28 APRIL 1995





NORTH DISTRICT COMPUTER SERVICE

The North District have made available a laptop computer to clubs organising District Swimming competitions.

The computer has a programme installed which greatly reduces the work involved in organising a swim meet.

The programme only requires the entries to be typed in and it will then produce a list of all swimmers entered for each event, withdrawals can be made on the day of the meet and the programme will then seed the events either according to FINA Rules or the deck seeding method. The District Secretary issues the equipment to interested North clubs at no charge.



LONG DISTANCE SWIMMING

The Long Distance Swimming Committee have met to review last year's programme and to start planning for 1995.

90% of the members of the committee are resident in the Dundee area so whilst it makes economic sense to hold meetings in Dundee it makes it awkward for those in other Districts to travel especially to mid-week evening meetings. It seems that there is a lack of interest in other areas to participate in open water swimming in spite of efforts in the past to stimulate interest. The sport is certainly a very demanding

one and the challenge of swimming in Scotland's many beautiful lochs and rivers a daunting one to the "hot water" swimmers.

The National Development Plan for Long Distance Swimming is constrained by the lack of input from the North and West Districts - with only a small involvement of the East District the sport is almost entirely based in the Midland District.

NEW TROPHIES

The Agley Family of Dundee have donated two new National Trophies for the Junior Championship at Loch Lubnaig these were presented to the 1994 winners, Gemma Tierney (Dundee Arnhall) and Tareq Sholi of City of Dundee.

DOMESTIC PROGRAMME

Loch Lubnaig will be the venue for the Junior Long Course Championships and the Senior Short Course Championships after the success of this format in 1994.

Entry forms for all events are available from the Convener Mr. Ian McIntosh, 85b Queen Street, Broughty Ferry, DUNDEE. Telephone 01382 75312 (H) 01382 23151 (B) Swimmers who provide their own boat and crew will receive a 50% discount on the entry fee.

GB TRIALS

The ASA Championships at Holme Pierpoint in Nottingham on 23/24 June over 5km and 25km are GB trials for team selection for the European Championships in Vienna. There will be a two hour cut off time. The Committee is considering sending a composite team of two seniors and two juniors if extra funding can be found. Scottish trials would require to be held in early June.

BLDSA EVENTS

The Committee also considered the following BLDSA events :-

Torbay 1 July 8 miles;
Lake Bala 8/9 July 6 and 3 miles;
Lake Windermere 2 September 10.5 miles;
Lake Coniston 3 September 5.25 miles (Junior event).

Swimmers would require to join the BLDSA to participate in these events at a cost of £16.00 Senior and £4.50 Junior.

EUROPEAN EVENTS

Sluis in Holland was considered a suitable venue and further enquires are being made regarding costs.



HEART OF MIDLOTHIAN ASC

WORLD MASTERS CHAMPION FLORA CONNOLLY

At their AGM, Heart of Midlothian ASC honoured Flora Connolly by bestowing on her Life Membership for her achievements in swimming. At the present time, she holds the following World Masters Records:-

SHORT COURSE
100m & 200m Breaststroke
100m & 200m Butterfly
100m & 200m Individual Medley
LONG COURSE
100m & 200m Breaststroke
200m Butterfly

200m & 400m Individual Medley
She began swimming as a teenager for the Dundee Whitehall Club who have also honoured her with Life Membership. Her first big event was the Club Championships where she won the Junior and Senior 100m Freestyle. She remained Club Champion for 10 years during which period she competed in all strokes at every distance, winning 90% of her races breaking the Midland District Record for 200m Breaststroke in the process. She was Scottish Champion in the 100 yards Freestyle and Butterfly and the 300 and 400 yards Individual Medley. She represented Scotland from 1954 - 1957 and retired when her first daughter was born.

She started swimming Masters in 1980 while living in Surrey when her daughter, Karen (who also swam for Scotland) took up the sport.

Her first World Masters Record was the 100m Breaststroke. She returned to Scotland in 1983 and, together with her son, joined Heart of Midlothian Swimming Club. Every year she competes in the Scottish Masters Short Course, Glasgow International Masters Short Course and British Masters Long Course. She has entered the European Masters Championships once, in Blackpool, where she won all of her seven events. She has also taken part in two World Masters Championships in 1985 and 1994, both in Canada where she achieved 4 Gold, 2 Silver and a Bronze. A superb ambassador for the sport of swimming.

MASTERS

1995

TRAINING WEEKENDS

Two training weekends have been arranged for the following dates :-
Saturday and Sunday 1/2 April
and
Saturday Sunday 1/2 September
at

The Scottish Police College
Tulliallan Castle, Kincardine.

Tulliallan is a superb setting with first class meals and accommodation. The 25m pool is available all weekend, so water time can be provided at social hours. The courses will be available to all Masters, regardless of standard.

New Masters are especially welcome as it provides opportunities to exchange ideas and improve stroke and training methods.

PROVISIONAL PROGRAMME

Saturday

10.00 am Assemble, Coffee
Introduction - aims of course

11.00 am Pool Introduction -
Strokes

01.00 pm Lunch
02.30 pm Pool - Stroke tuition
05.00 pm Evening Meal - Social
Time - Bar available.

Sunday

09.00 am Breakfast
10.00 am Pool - Training
12.30 pm Lunch
01.30 pm Masters Development
Plan

03.00 pm Pool - Training
04.30 pm Finish

Staff
Ken McKay
Sandy Gordon

Cost
Residential £45.00
Saturday £12.00
Sunday £15.00

The above costs are dependant on the number of participants. Coaches interested in Masters are welcome. Further information from SASA Office, Holmhills Farm, Greenlees Road, Cambuslang, Glasgow, G72 8DT
Tel : 0141 641 8818

HEARTS
ANNUAL SPRINT GALA
Saturday 7 October 1995
Ainslie Park Leisure Centre
Edinburgh

MASTERS DATES

Tayside Masters Saturday 8 April
at Arbroath
NB includes 200m Breaststroke.

Scottish Short Course Masters Championships - 12 - 14 May at Whitehill Pool, Glasgow.

VII Great Britain Masters Swimming Championships - 2 - 4 June at Crystal Palace National Sports Centre, London.

Programme

Session One Friday 2 June 1pm
Warm-up from 12.00 noon

1 Ladies & Mens 1500m F/S

Session Two Friday 2 June 6.30pm
Warm-up from 5.30pm

2 Mens 200m Butterfly
3 Ladies 200m Butterfly
4 Mens 100m Backstroke
5 Ladies 100m Backstroke
6 Mens 50m Breaststroke
7 Ladies 50m Breaststroke

Session Three Saturday 3 June at 9.00 am
Warm-up from 8.00 am

8 Mens 200m Individual Medley
9 Ladies 200m Individual Med.
10 Mens 200m F/S
11 Ladies 200m F/S
12 Mens 50m Backstroke
13 Ladies 50m Backstroke
14 Mens 240 years and over
4 x 50 F/S Team
15 Ladies 240 years and over
4 x 50m F/S Team
16 Mens 160 years and over
4 x 50m Medley Team
17 Ladies 160 years and over
4 x 50m Medley Team
18 Mens 100 years and over
4 x 50m F/S Team
19 Ladies 100 years and over
4 x 50m F/S Team

Session Four Saturday 3 June at 2.00 pm
Warm-up from 1.00 pm

20 Mens 400m Individual Medley
21 Ladies 400m Individual Med.
22 Mens 100m Freestyle
23 Ladies 100m Freestyle
24 Mens 100m Breaststroke
25 Ladies 100m Breaststroke
26 Mens 240 years and over
4 x 50m Medley Team

27 Ladies 240 years and over
4 x 50m Medley Team
28 Mens 160 years and over
4 x 50m F/S Team
29 Ladies 160 years and over
4 x 50m F/S Team
30 Mens 100 years and over
4 x 50m Medley Team
31 Ladies 100 years and over
4 x 50m Medley Team

Session Five Saturday 3 June at 6.30 pm
Warm-up from 5.30 pm

32 Ladies & Mens 800m F/S

Session Six Sunday 4 June at 9.00am
Warm-up from 8.00 am

33 Mens 400m F/S
34 Ladies 400m F/S
35 Mens 200m Backstroke
36 Ladies 200m Backstroke
37 Mens 50m Butterfly
38 Ladies 50m Butterfly
39 Mens 280 years and over
4 x 50m F/S Team
40 Ladies 280 years and over
4 x 50m F/S Team.
41 Mens 200 years and over
4 x 50m Medley Team
42 Ladies 200 years and over
4 x 50m Medley Team
43 Mens 120 years and over
4 x 50m F/S Team
44 Ladies 120 years and over
4 x 50m F/S Team

Session Seven Sunday 4 June at 2.00 pm
Warm-up from 1.00 pm

45 Mens 200m Breaststroke
46 Ladies 200m Breaststroke
47 Mens 100m Butterfly
48 Ladies 100m Butterfly
49 Mens 50m F/S
50 Ladies 50m F/S
51 Mens 280 years and over
4 x 50m Medley Team
52 Ladies 280 years and over
4 x 50m Medley Team
53 Mens 200 years and over
4 x 50m F/S Team
54 Ladies 200 years and over
4 x 50m F/S Team
55 Mens 120 years and over
4 x 50m Medley Team
56 Ladies 120 years and over
4 x 50m Medley Team

NB Competitors will only be allowed to enter either the 800m F/S or the 1500m F/S not both

BOARD OF MANAGEMENT NEWS

INTERNATIONAL EVENTS STRATEGY

The first meeting of the sub-group of the Board of Management has taken place with the objective of creating a four year plan aimed at bringing major international aquatic and conference events to Scotland. This will be focused on four specific areas :-

- International Swimming Events.
- Youth Internationals.
- Various Discipline Events.
- Educational Seminars.

It is hoped to work in partnership with Local Authorities throughout Scotland in hosting what will hopefully be an exciting four years of aquatics here in Scotland.

NATIONAL AND SUB-NATIONAL SWIM AGREEMENT SIGNED

Access agreements have recently been signed between the SASA, the Scottish Sports Council and the City of Glasgow District Council guaranteeing access for competition and training at the National Swimming Centre at the new 50m pool being built in Tollcross Park. In return the SASA have guaranteed a number of national and international events in the years ahead.

A similar agreement has also been signed in relation to the new sub-national centre based in Inverness.

SCOTTISH CLUBS ABROAD

If your club is heading abroad for training or competition in 1995 please let us know. We will publish details of all ambitious competition and training initiatives. We will award 25 swim caps to the most ambitious foreign plans for 1995.

1995 PER CAPITA RETURNS

Please be advised that the Per Capita Returns are due at the SASA Office on or before the following dates:-

- Friday 31 March, 1995
- Friday 30 June, 1995
- Tuesday 31 October, 1995

DEVELOPMENT PUBLICATIONS

The following documents can be obtained, free of charge from the SASA Office:-

- SASA Summary Development Plan;
- Team Sport Scotland Swimming Booklet;
- Splash Out - Guidance and Advice for Swimmers and Parents;
- What You Want To Know - About Us - Leaflet 1;
- What You Want To Know - Club Development - Leaflet 2;
- What You Want To Know - Club Development II - Leaflet 3;
- What You Want To Know - Parents Are Important Too - Leaflet 4.

MULTI NATIONS CONTEST

The above contest announced in last month's Swimming 2000 will take place on Saturday 15 and Sunday 16 April at the Royal Commonwealth Pool, Edinburgh.

The following countries will compete:

- Scotland
- Switzerland
- Finland
- Belgium
- Estonia

Competition starts at 10am and finishes at 6.30pm on both days. The WET "T" SHIRT Competition taking place between sessions on Saturday 15 April.

WHY NOT COME ALONG AND SUPPORT YOUR CLUB TEAM - ENTRY IS FREE TO ALL CLUB MEMBERS



VACANCY

Wally Lord recently tendered his resignation from his post of Vice Chairman: Disciplines, this was regretfully accepted by the Chairman, Ian Mason.

Wally has been an active member of the Board of Management and was responsible for assisting the production of successful development plans by the smaller Disciplines. In particular he had a very good relationship with the Water Polo people within the Association.

However, his considerable experience will not be lost to the Association he will continue to direct the Organising Committee for the World Challenge Meet and the Multi Nations Contest on the 14/15/16 April.

The problem facing the SASA Council is to find an equally experienced and committed person to fill the vacancy on the Board. With so many projects in train a replacement is required as soon as possible.

NATIONAL RAFFLE

Vice Chairman: Marketing, Murdo Wallace has announced another great Prize Draw. There are twenty-five prizes to be won. First prize is a foreign holiday for two valued £1000. This is accompanied by ten weekend holidays.

The National Raffle is being supported by the HIND SWIMWEAR and SPORTSWEAR company who also supply kit for our National Teams and has sponsored the National Swimming Championships. Marriott Hotels and Friendly Hotels are two other companies supporting this major promotion.

The Raffle will be drawn at the Scottish National Age Group Championships on the 2nd July. Get your club involved and help your fundraising as well as the SASA.



MORE MASTERS NEWS

Congratulations to Norrie Beattie on the well earned Service to Sport Award which he has received from the City of Glasgow. Norrie is the founder of the City of Glasgow and Glasgow Masters Clubs.

MAILING LIST

At a recent meeting of the SASA Masters Committee it was decided to set up a mailing list for all individuals interested in receiving information about Masters. Anyone wishing to be included should contact the SASA Office and leave their name address and telephone number as soon as possible.

GB MASTERS

The GB Masters Committee is concerned that the FINA have removed the 400m Freestyle from the World Masters Championships programme.

Scotland and Wales are to be invited to send a Technical Official to the GB Masters Championships in June.

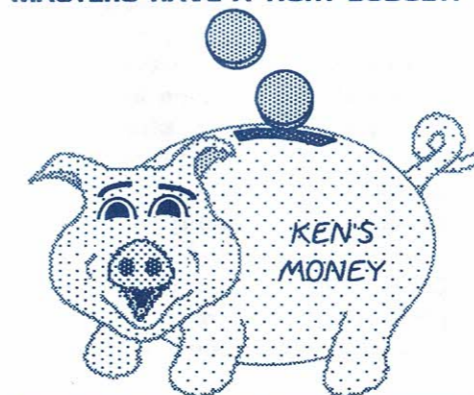
The wording of a liability release which all competitors will require to sign is still under discussion.

GB Masters Top Ten lists for both Short Course and Long Course are to be published in November of each year.

FORWARD PLANNING GB MASTERS CHAMPIONSHIPS 1995 - 1999

1995 2-4 June, Crystal Palace
1996 26-28 April, Sheffield
NB World Masters 1996
22 June - 2 July, Sheffield
1997 7-9 June, Wales
1998 5-7 June, Scotland
1999 4-6 June, England

MASTERS HAVE A TIGHT BUDGET!



EUROPEAN YOUTH OLYMPIC DAYS, BATH - 9-14 JULY 1995

1 The Team will be selected on Wednesday 31 May. Swimmers eligible for selection are boys born in 1980/81 and girls born 1982/83.

2 Selection

2.1 Swimmers with the fastest times submitted in each individual event, subject to a maximum team.

2.2 Freestyle team relays will be selected based on submitted times, providing sufficient team places are available.

2.3 Times for selection will be considered from 50m designated events between 1 January 1995 and 29 May 1995.

2.4 All submitted times with copies of result sheets, should be forwarded to the Team Manager, Nora O'Brien. (Please note that for overseas meets to be considered, a full set of meet results should be submitted.)

2.5 The programme of events for boys and girls will be :-
Freestyle - 100m, 200m, 400m.

Backstroke - 100m, 200m
Breaststroke - 100m, 200m
Butterfly - 100m, 200m
Individual Medley - 200m, 400m
Relays - 4 x 100m F/S & Medley

3 General notes on selection

3.1 Swimmers will be selected on times gained in finals; these will take priority over heat times.

3.2 All selected team members may be invited to attend programmed training camps and meetings organised between the team selection and the European Youth Olympic Days.

3.3 Swimmers living or training overseas must comply with this policy.

Further information will be available from the Team Manager, Nora O'Brien, Grand Central Pools, 12 Grand Central Square, Wellington Road South, STOCKPORT, Cheshire, SK1 3TA Tel : 0161 476 1857

Stirling University Swimming Bursaries

supported by the
Scottish Amateur Swimming Association

COMBINE SWIMMING WITH UNIVERSITY STUDY

Achieve academic and sporting success with a sports bursary at
STIRLING UNIVERSITY

Combining swimming and study at this superb location offers the following benefits :

Financial support (£900 - £2,200 per annum) depending on ability and achievement

The opportunity to extend your academic course by up to one year

Full time coaching and excellent support services (including lactate testing and nutritional counselling)

Overseas training/coaching camps and competitions
Extensive course options (including sports studies).

FOR FURTHER DETAILS PLEASE CONTACT:

Martyn Woodroffe
SASA
Holmills Farm
Greenlees Road
Cambuslang
Glasgow
Tel; 0141 641 8818

Dr. Ian Thomson
Sports Bursary Scheme
Centre for Physical Recreation
University of Stirling
Stirling
FK9 4LA
01786 466901

SASA PAST PRESIDENTS

The 38th Annual Dinner of the Past Presidents was held in the Lovat Hotel, Perth on Saturday 25th February, 1995, following the Association's Annual General Meeting at Dewar's Rinks earlier that day.

This was a most appropriate venue, since the concept of holding an annual reunion of Past Presidents was first mooted at Perth on 25th February 1956, exactly 39 years earlier.

In fact it took two years to bring the idea to fruition, the inaugural dinner eventually taking place at the Carlton Hotel, Edinburgh on 22nd February 1958.

The only surviving Past President from that dinner was John Gunning (Dundee Schools, Midland District) who had completed his year as President earlier that day.

In the early years, wives were not permitted to attend the functions, but had to content themselves with eating in another part of the hotel or attending the theatre.

Ultimately, the objectors to the ladies were in a minority and the proceedings have been enhanced by a female presence since 1972.

This is just as well, for the Association now numbers five lady Past Presidents in Mary Black, 1976 & 1977; Mae Heatly (Cochrane) 1981; Jill Cochran 1992; Winnie Ferguson 1993 and Helen Brunton 1994.

Bill Black has been a regular attendee at the dinner as the 'spouse' of Mary. This year, he was to be the Guest of Honour as the newly installed President.

Sadly, incapacity prevented him from participating in the culminating moment of his years of service to Scottish Swimming. All Past Presidents must have felt for him, recalling their own sense of pride when being so honoured.

The popularity of the dinners was this year reflected in a record attendance of thirty-five. Twenty out of twenty-one surviving Past Presidents were present along with their spouses and the widows of two former Presidents, Mrs. Isobel Smith and Mrs. Margaret McWhir.

Arrangements for the weekend had been in the hands of Winnie Ferguson and Alex Spence from the Midland District. Alex, incidentally was participating in his 29th successive dinner - a 100% attendance record since his installation at Forfar in 1967.

Winnie Ferguson presided at the dinner and also gave a "This is Your Life" synopsis of Bill Black's career in Education and Swimming. George Prescott (1964) rendered the Selkirk Grace while John Gunning (1957) proposed the toast to the S.A.S.A.

These two octogenarians can always be relied on to add to the mirth of the occasion following the more formal part of the evening.

Mary Black replied to the toast on behalf of her husband, Bill, and greeting cards were sent to him and to Mrs. Ruby Prescott and to Mrs. Isobel Beattie, two wives who were unable to be present through illness.

The evening drew to a conclusion with members debating the possibility of the reunion becoming more frequent if the Association, in future, holds Congresses in addition to Annual Meetings.

A written account of the Past Presidents' Dinner is kept by the Scribe and there are also pictorial records in existence which may well cause some amusement to future generations.

Les Turberville, Scribe

BILL MISSES HIS BIG DAY!

New President Bill Black was unable to attend the Annual General Meeting in Perth due to a back injury. He has suffered from the problem for many years, it was originally caused playing Water Polo in water that was too shallow - and that was at the centre of Bruce Street Baths 25 yard pool in Clydebank, his home town.

It is the first occasion in recent years that a President elect has missed the big day, though George Philp came close when he was delayed on his way to the AGM in 1991. This was only the second time that Bill has missed an Annual General Meeting the last occasion was in 1975 when his mother passed away two days before the meeting.

SWIMMING AND I.T.

The Edinburgh International and Multi Nations meets to be held over 14 - 16 April 1995 will be run by computer systems developed by Graham Sykes (himself a former British international swimmer).

Graham has given us a vision of future technology at a recent seminar held in Edinburgh - not only will swim meets be computerised from the handling of entries and programme production, through to electronic touch pads linked direct through the Omega OSM 6, to computers for results production; but all meets run on this system can produce results on computer disc which can then be used as input for ranking lists produced in almost any required format; the system development will include registration of membership from clubs through to governing bodies which can interface with ranking lists; windows within the system will be able to call up swimmers' personal profiles, records and so on; and it can all be accessed from remote terminals via modems.

However, back to today, John Bruce will be operating the current levels of meet management technology over 14 - 16 April and would be pleased to have support from those with an interest in learning to use the system - you can sit with John and he will take you through the system, live, with hands on experience. If you would like to learn and assist and help develop the use of computerised meet management systems around Scotland, please call John Bruce at 0131 - 440 - 1752

M.D. Sheppard.

Views expressed in articles are those of the authors and do not necessarily reflect those of the Editor, the Board of Management or the Council of the Scottish Amateur Swimming Association.

SASA Clubs are encouraged to photocopy the Newsletter for distribution to members.

NEW ADVISORY BODY

A **COACHES TECHNICAL PANEL** was approved at the AGM on the 25th February as follows :-

COMPOSITION

The Convener will be the Director of Swimming.

The Scottish Swimming Coaches' Association will be invited to nominate up to six members with technical expertise in swimming, subject to approval by Council.

The Scottish Swimming Committee will nominate one of its members.

DUTIES

- 1 To provide technical support to the Director of Swimming.
- 2 To develop Sports Science Programmes.
- 3 To develop the knowledge base of the sport accessible to members, through research, development of resources and circulation of information.
- 4 To submit an annual report to the Administration Manager by 15 December prior to the AGM.
- 5 To submit intermediate reports to the Administration Manager as requested by the Board of Management.
- 6 To advise on other matters relating to coaching and competition.

This panel was approved as an advisory body and not as a standing committee

M.D. Sheppard.



SCOTTISH SWIMMING CHAMPIONSHIPS

At the AGM a fairly comprehensive rewrite of the rules regulating championships were tabled by the Swimming Committee.

It was agreed that most of these detailed changes would be dealt with in terms of the new constitutional arrangements relating to regulations and did not need to be brought before an AGM.

Certain immediate proposed changes were dealt with so that the 1995 programme can proceed in line with committee proposals.

These changes are summarised :-

NATIONAL OPEN CHAMPIONSHIPS

- will incorporate 50m events for back, breast and 'fly;
- a new open youth championship will be introduced for 14 and unders, mirroring the open championship programme but excluding relays;
- there will be no Robertson Trophy (this has been re-allocated to the Club Team Championships).

NATIONAL AGE GROUP CHAMPIONSHIPS

- 12 year old programme will be reduced to 100m for all strokes, 200m individual medley and 400m free;
- age groups will be, for individual events, 12 years, 13 years, 14 years, 15 years, 16 years and 17/18 years (combined);
- age groups will be, for relays, 12 years and under, 13/14 years (combined), 15/16 years (combined) and 17/18 years (combined);
- there will be no Mrs J. Waldie Cup (this has been re-allocated to the Club Team Championships).

Information packs and entry forms will be available soon.

M.D. Sheppard.

SCOTTISH WATERPOLO

The SWPC meets on Sunday 2nd April in the Lovat Hotel Perth following the committee meeting there will be a Referees' Seminar and two courses :

Referees' Seminar :
12.00 noon till 1.00pm the cost is £5.00 per person.
Referees Course :
1.00pm till 3.00pm the cost is £5.00 per person.
Table Officials Course :
1.00pm till 3.00pm the cost is £5.00 per person.
Each club is entitled to two places on the courses. Applications should be sent direct to

**Ross Elder, National Convener,
160 Broughty Ferry Road,
DUNDEE, DD4 6JJ**

CLOSING DATE FOR SCOTTISH WATER POLO CHAMPIONSHIPS IS 31st MARCH 1995

Entry Fees are as follows :-

Per round £10.00
Senior National Leagues - £350 per Team Under 21s
National Leagues - £250 per Team
This can be paid over a three month period or two months for the Under 21s.
For example :
Senior 1st payment £150, 2nd and 3rd payments of £100 each.
Under 21s 1st payment £150, 2nd payment £100.

The Ladies National Leagues will be played three times in the year, with the same format as the adhoc Junior competitions, with costs of £55.00 per team each weekend.

VACANCIES

The SWPC has at present three vacancies :-
Domestic Co-ordinator
Referees Co-ordinator
Technical Co-ordinator
Details of the posts can be obtained from Ross Elder, National Convener (address above)

SCOTTISH WATERPOLLO

The following Team has been selected for the Senior Home Nations Tournament which will be held in Belfast from the 24th to the 26th March 1995.

TEAM

Ramon Valvona	Portobello
Alan Anderson	Portobello
Barry Davidson	Portobello
Keith Anderson	Portobello
Giles Gilhooly	Portobello
Bruce Elder	Dunfermline
Gary Elder	Dunfermline
Dougie Campbell	Dunfermline
David Stewart	Dunfermline
Peter Lamb	Warrender
Gard Ward	Portobello
Neilson Rutherford	Portobello
Peter McDowall	Renfrew

First Reserve
Calum Fraser

STAFF

Hugh Cullen	Team Manager
Howie Cartwright	Coach
Ross Elder	Referee

ATTENTION! SWIMMING DEVELOPMENT OFFICERS

As the National Development Officer I am compiling a directory of Swimming Development Officers working within Scotland. If you fit the above description, please contact me with your name, title, contact address and telephone number.

Thank you for your co-operation

Moray House College,
Cramond Road North,
Cramond Campus,
EDINBURGH, EH4 6JD.

It's Fun Time! It's Swim Festival Time

On the 30th of January at precisely 9.30am, one hundred and thirty keen and enthusiastic young swimmers arrived at Ainslie Park Leisure Centre ready to take the challenge of participating in the very **FIRST SWIM FESTIVAL!**

All the children were aged between seven and ten years old and ranging in ability from complete beginner to advanced improver. However, each child came with the prime intention of "having fun" and they most certainly did!

The Festival was organised by Lothian Education and myself, with the central aim of attracting young children to swim within structured, fun, safe and extremely enjoyable environment.

The event lasted for two hours, involving eight swimming teachers, plenty of volunteers, lifeguards and of course two key organisers! Throughout the morning the children were able to experience a range of skills and activities, working in small groups and there was also an element of competition built in at the end of the day in the form of team relays. As you can imagine we certainly had our work cut out.

The morning was extremely successful and certainly conquered my own specific aims - "**Hundreds of smiling faces, a plentiful supply of armbands, the thrill of competing, lots of variety and last but not least an unbelievable amount of fun!**"

Briony Shimmons -
National Development Officer

• If you like the sound of the Swim Festival, why not give it a try - Give me a call for more information.

Moray House College,
Cramond Road North,
Cramond Campus,
EDINBURGH, EH4 6JD

VICE CHAIRMAN: DISCIPLINES

Board of Management

The Association seeks applications from suitably qualified and experienced individuals from within our sport. As a member of the Board of Management you will contribute to the day-to-day running of the Association and focus on the following specific tasks:-

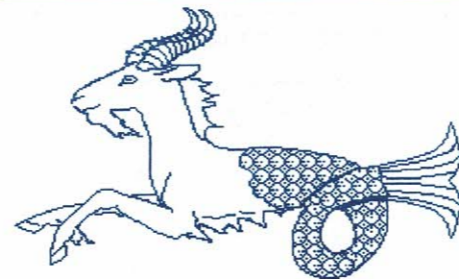
- Assist disciplines with the implementation of their development strategies and plan.
- Integrate across the disciplines and act as a link with the Board.
- Assist disciplines develop competition formats and standards.
- Focus on performance and excellence.

Applicants should be highly motivated and experienced individuals who are prepared to make a positive contribution to advancing Scottish Swimming in line with the objectives outlined in the development plan. You will also be expected to attend Board of Management and Discipline meetings on a regular basis.

In addition you will be one of the Association's representatives on the Commonwealth Games Council for Scotland.

Applications should be made on the appropriate form obtainable from the SASA Office tel: 0141 641 8818. Completed forms should be marked "**confidential**" and sent to the Administration Manager, Holmhills Farm, Greenlees Road, Cambuslang, Glasgow, G72 8DT

**CLOSING DATE FOR APPLICATIONS
FRIDAY 31st MARCH 1995**



SPORTS SCIENCE, SUPPORT PROGRAMME

You will have read in the January/ February issue of SWIMMING 2000 that the Association has been awarded Grant Aid by the Scottish Sports Council of £163,000 for 1995 and a provisional award of £672,000 through to 1998. The Association is now trying to gain further funding for its Sports Science Programme. We have submitted to the Scottish Sports Council a programme of support costing at £32,000 over the next three and a half years.

At the end of last year we brought together some of Scotland's leading swimming coaches, physiologists, nutritionists and other sports science officers and sporting coaches to discuss the best way of supporting our elite swimmers.

To complement our National Team Plan which consists of training camps leading to altitude training we are hoping to put in place a Blood Lactate Testing Programme. Another thrust of the programme will be a nutrition package of diet awareness, education, counselling and liaison between a nutritionist and the National Team.

Both of these areas of Sports Science are vital if the altitude programme is to be effective. Although our altitude programme does not come into effect until the end of 1996 the next 12 months is essential in developing the correct habits and training regimes. Research has shown that for altitude training to be effective, swimmers must be fit and healthy prior to altitude. The Sports Science Support Programme will monitor the swimmers' progress to ensure that they are in suitable condition and able to cope with the extra stresses of altitude training.

It is hoped that a Sports Psychology Programme can be put in place, however, this is not envisaged for at least another 18 - 24 months when we are fully geared up for elite performance.

It is hoped that by the next issue of SWIMMING 2000 we will be able to announce that we have made further progress in the Sports Science area

Martyn Woodroffe Director of Swimming

NATIONAL DEVELOPMENT OFFICERS UPDATE

Well it has been an extremely busy time for Briony and myself since Christmas (although I did manage to grab a week off to visit Lynne and try to sell my house in Reading)!!

We have now met each of the four District Executive Committees to discuss our role within each District. The Districts are currently refining their development plans and to facilitate communication between us. They will soon be appointing a "custodian" of the district development plan.

It is my intention to bring the four custodians together on a regular basis, to discuss the implementation of these plans and also to furnish them with information eg. the plans for the future of the Scottish Youth Squad.

In my opinion, communication at all levels will be the key to success. Therefore, I will be encouraging district representatives to communicate with and consult clubs and coaches on a regular basis. It is important that we all continue to head in the right direction and that we are all relatively comfortable with the changes and developments.

DISTRICT SEMINARS

During January and February, Briony, Martyn and myself organised a seminar in each of the districts. Whilst we were slightly disappointed with the overall attendance figures we were delighted with the response of those who did attend.

In each district Briony and I explained our role and the ways in which we could help clubs in their efforts to develop. We also heard from people in partnerships with Local Authorities and/or from representatives working in Local Authorities. This section provided a lot of interesting discussion and debate, giving us a valuable insight into the work of the Local Authorities, as well as advice as to the "right" ways to approach them.

Finally, everyone took part in a thought stimulating exercise relating to club development plans. A summary of the results of the exer-

cise has been sent to every club secretary (even if your club was not represented at the seminar).

Your club secretary has also been sent a questionnaire, to provide us with feedback. If your club was not represented at the seminar, it would be helpful for us to know why? We intend to organise similar seminars in the future! What do you want or need? Please contact us and let us know.

DISTRICT SWIM SCHOOLS

Our next District project has now been planned. These are the District Swim Schools to be held at the following venues :

- North District**
Sunday 14th May
Venue to be arranged
- West District**
Saturday 27th May
Larkhall
- Midland District**
Sunday 4th June
Perth
- East District**
Saturday 17th June
Livingston

We are aiming these at schools at sub district level swimmers and their coaches. We are writing to every swimming club secretary in the country and asking them to nominate a swimmer and a coach. We will accept on a first come first served basis !!!

The range of topics we will be covering include :-

- **Basic Stroke Technique**
- **Basic Training Methods**
- **Pre-Swim Preparation**
- **Goal Setting**

If you wish to represent your club at these swim schools, please speak to your club secretary.

Jan McGregor
Swimming Co-ordinator
Team Sport Scotland





SCOTTISH AMATEUR SWIMMING ASSOCIATION NATIONAL RAFFLE 1995

OUR NEXT EXCITING **PRIZE DRAW**

1st Prize

an exotic
FOREIGN HOLIDAY! for **2**
value **£1000**

or
how about
one of

10 WEEKEND HOLIDAYS

25 Total of
Super Prizes

Tickets
only **20p**

supported by

HIND

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HOTELS · RESORTS · SUITES

Friendly
HOTELS PLC

Raffle Promoter: Stuart Martin, SASA, Holmhill Farm, Greenlees Road, Cambuslang, Glasgow.

TO BE DRAWN ON 2nd JULY, 1995 at NATIONAL AGE GROUP CHAMPIONSHIP

Swimming Technical Officials

NEWS

FINA SWIMMING RULE CHANGES COME INTO EFFECT ON 1 APRIL 1995

The changes to the FINA SWIMMING RULES agreed at the 1994 FINA CONGRESS in Rome will come into effect in Scotland on 1 April 1995.

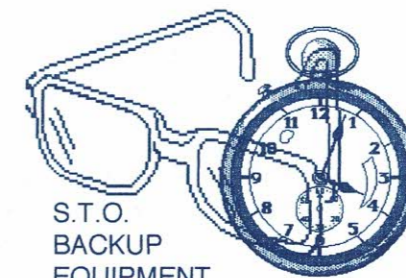
A document detailing the changes has already been circulated to all Swimming Technical Officials who have registered with the Association for 1995 and to all Affiliated Clubs.

The main changes are :-

1. The REFEREE shall sound a second long whistle after back stroke and medley relay swimmers have entered the water to bring them immediately to the starting position.
2. The Inspector of Turns at the starting end of the pool shall ensure that swimmers comply with the relevant rules from the start to completion of the first armstroke.
3. The START RULE deletes reference to the "back of the starting platform".
4. The BACKSTROKE RULE now accepts a glide during the turn, thus endorsing the position adopted in Scotland over the last few years.
5. In Breaststroke a swimmer is required to have his/her elbows under the water except for the last stroke at the end of the length of the pool when pushing the hands forward from the breast.

6. At a Butterfly turn a swimmer is required to ensure that his/her shoulders remain in the horizontal plane until the touch is made.
7. The change which will have the most impact is the deletion of Rule SW 11.3.3. This results in the decision of the FINISH JUDGES no longer taking precedence over the manual times registered. It will now be more important to have three Timekeepers per lane than FINISH JUDGES. When FINISH JUDGES are used their placings information will only be used by the REFEREE to provide additional information should he/she need to make a "REFEREE'S DECISION".

A pocket size booklet with extracts from the FINA handbook General Rules, the complete SWIMMING RULES and the FACILITY RULES relating to swimming is available. All Swimming Technical Officials registered in 1995 will receive their own personal "free" copy. Additional copies can be purchased from the SASA Office.



S.T.O.
BACKUP
EQUIPMENT

SASA AGM RULE CHANGES

At the Annual General Meeting in Perth on the last Saturday in February a number of rule changes that directly affect the Technical Officials Committee were agreed.

The main changes are :-

1. The Committee will now be titled the "SWIMMING TECHNICAL OFFICIALS COMMITTEE", and not the T.T.O. Committee.
2. The Convenor will normally serve for three years subject to endorsement annually at the SASA AGM.
3. In addition to District Representatives two "ordinary Members" will be elected at the annual meeting of the SWIMMING TECHNICAL OFFICIALS and confirmed at the SASA AGM.
4. The S.T.O. Committee has the mandate to introduce training/retraining and registration of two new categories of official namely A.O.E. OPERATOR and CLUB TECHNICAL OFFICIALS.
5. Examinations will now take place twice a year in MAY and NOVEMBER.
6. The S.T.O. Committee has the mandate to appoint AREA ORGANISERS as required to support District Organisation.

National Convener : Ed Adam
18 St. Andrews Drive, THURSO,
Caithness, KW14 8PY
Tel: 01847 893335
Secretary : Peter Syer
185 Park Road West, Rosyth,
Dunfermline, KY11 2SZ
Tel: 01383 415426

DISTRICT REPRESENTATIVES

EAST John Bruce 50 Station Road Roslin Midlothian EH25 9LR Tel:0131 4401752 (H)
MIDLAND Jeanette Patterson 45 Pitkerro Drive, Dundee DD4 8AT Tel:01382 508486 (H)
NORTH Roy Wilson 72 Leggart Avenue, Aberdeen, AB1 6UQ Tel: 01224 874638 (H)
WEST Alan Fletcher 15 Craigie Hall Way, West Freeland, Erskine. PA8 7DA
Tel: 0141 810 6817 (B)

SOMETHING FOR EVERYONE

SATURDAY 29 APRIL
CRAMOND CAMPUS
MORAY HOUSE
COLLEGE
EDINBURGH

First Scottish ISTC Conference

- 9.30 am Arrival and Coffee;
10.00 am Opening
10.30 am Session 1 Stroke
Technique and Development
12.00 Lunch
1.00 pm Session 2 Adult & Child
6 months to 1 Year
or
Session 3 Teaching
Methods to Maximise
Learning
or
Session 4 Keeping
Swimmers in the
Sport
2.00 pm Session 5 Aquafit-
Aerobic Exercise to
Music
or
Session 6 Developing
Performance
"Improver to Adult
Swimmer"
or
Session 7 Training
Camps
3.00 pm Afternoon Tea
3.30 pm Session 8 Teaching and
Development of Starts
& Turns
4.45 pm Finish.

COST : ISTC Members £10.00
Non-members £15.00

This includes coffee on arrival - 2 course buffet lunch and tea in afternoon. Please make every effort to attend this Seminar as the ISTC along with the SASA are keen to make this a huge success and have the opportunity to personally meet all our members.

For further details/application form (application forms to be returned by Saturday the 22nd April) contact:
Mrs Winnie Ferguson
125 Grangehill Drive,
MONIFEITH,
Tayside, DD5 4RR

COURSES

ASSISTANT TEACHER

25th April at Jordanhill Campus, Glasgow, Allander Sports Centre and Douglas Academy, Milngavie.

Contact:

Katie McConachie ;
Tel: 01360 620772

Three and a half day Conversion Course Teacher to New Teacher also taking place.

ASSISTANT TEACHER

17-19 March and 24-25 March at Whitfield High School, Dundee.

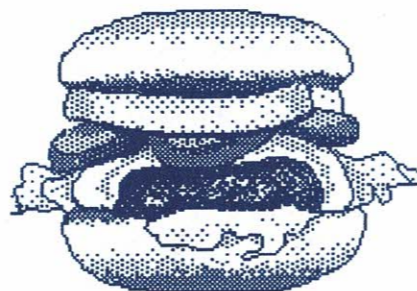
Contact :

Winnie Ferguson
Tel: 01382 532045
or
Sophia Barclay
Tel: 01674 675850

INVERNESS AQUA DOME

Loch Ness and Highland Horizons Limited is the company building the new Ness Islands Aqua Dome development at Inverness which will include a 25m eight lane competition pool. The Scottish Sports Council has contributed up to £240,000 towards the project on the basis that the SASA will be guaranteed access to the new pool for training and competition.

The building of such a facility in Inverness is in line with the SASA recommended strategy for new pools throughout the country.



HEALTHY EATING ?

SCOTTISH SPEEDO SWIMMING AWARDS

TAKE THE PLUNGE!

With the new Scottish Awards Scheme that caters for all ages.

There are awards for Babies & up to Five Year Olds

Tadpole - Duckling - Otter

Then on to the School Aged Primary Swimmer

Followed by the whole gamut covering every aspect

Skills; Distance; Speed; Diving; Water Polo;
Synchronised Swimming; Youth Leadership;
Marathon and Performance

Full details from:

The Secretary
SCOTTISH SPEEDO SWIMMING AWARDS
44 Frederick Street
EDINBURGH EH2 1EX
Tel/Fax 0131 225 7271

SYNCHRO SCOTLAND

SYNCHRONISED SWIMMING EASTER TRAINING CAMP

A Training Camp has been organised for the Easter period at Tulliallan Castle - The Scottish Police College which has a long association with Scottish Synchronised Swimming. The Camp will start on Friday the 14th April at 9.00 am and finish on Monday the 17th April at approximately 6.00 pm. The swimmers will require to pay £125.00 which covers the cost of accommodation and meals but does not include the cost of getting to Tulliallan.

The two Squads which the Training Camp will cater for will be working towards the following competitions:

13/14 Years Squad

- 13/14 Club Invitation Meet
30 April 1995
Tulliallan
- ASA Age Group Meet
22 - 24 September 1995

15 PLUS SQUAD

- Quadrangular Meet
22 April 1995
LEEDS
- Invitation Meet
17 or 24 June 1995
St Margaret's Academy
Swimming Pool
Livingston
- Gloucester Open Meet
27 May
Gloucester.

15 PLUS SQUAD

Sarah Burgon Edinburgh
Morag Duncan Edinburgh
Isla Dunbar Elgin
Fiona Cameron Nairn
Julie Thomson Elgin
Pauline McFadyen Nairn
Susan Bowman Clydebank
Lyndsey Coyle Clydebank
Lisa Law Clydebank
Leanne Brown Edinburgh
Helen Rae Edinburgh
Nicola Brown Edinburgh
Joleen McCool Glenrothes

15 PLUS SQUAD STAFF

Trish Maggs Coach
Jane Liston Assistant Coach
Margo Lyall Team Manager
Anne Kane Co-ordinator

13/14 SQUAD

Christine Rae Edinburgh
Linda Kane Clydebank
Fiona Whitehead Edinburgh
Cairiona Munro Nairn
Sharon Purves Glenrothes
Katie McPerson Elgin
Julie MacKintosh Nairn
Michelle MacBean Nairn
Jennifer Hendry Elgin
Emma Clark Glenrothes
Marie Cameron Garnock

13/14 SQUAD STAFF

Natalie Liddell Coach
Wyn McFadyen Assistant Coach
Jennifer Purves Team Manager
Margaret Dunbar Co-ordinator

LEN TECHNICAL SWIMMING OFFICIALS CLINIC - STAVANGER NORWAY

Paddy Garratt ASA Senior Coach attended the "Officials Clinic" held in Stavanger prior to the European Sprint Championships. It was mainly aimed at the Norwegian Officials who were officiating at the event. However, there was a small number of representatives from other countries.

The clinic consisted of a detailed resume of the FINA 'new' rules and alterations under the following headings:

MASTERS RULES:
MGR 3. to MSW 3.5
GENERAL RULES:
GR 5.3 to GR 12

SWIMMING RULES: SW 1 to SW13 .3. 3. 3

All "new" and "altered" rules are in the new FINA Handbook - copies are available from the SASA Office.

After the detailed resume an excellent video was shown depicting "situations" liable to occur during competition together with comments on rule infringements etc. and a series of questions designed to test the viewers' knowledge of stroke related rules. The video is available and can be purchased from the FINA Permanent Office in Lausanne. Paddy strongly recommends the video to all Swimming Technical Officials.

NB The SASA has six copies of the video.

After a break for excellent refreshments the clinic continued with the delegates being divided into small groups for a quiz session and while Paddy had never been in that situation before he was amazed at the lack of knowledge relating to rules and situations displayed by a number of the delegates in attendance. It was felt that one of the most glaring mistakes made by judges was lack of vigilance, resulting in a mistaken assumption (probably caused by fatigue) such as the butterfly who appears not to have touched the wall with both hands, owing to the fact that the "leading" hand is taken away from the wall at such a speed that the judge can be left with the impression that the hand in question has not touched!