

CUMBERNAULD MEET ATTRACTS WORLD RECORD ATTEMPTS

Star attraction for competitors at the Cumbernauld Swim Meet this year is a **£14,000 Vauxhall Tigra car**.

Meet Director Danny McGowan has already received entries from a host of international stars including Sandra Volker, Germany, Mark Foster, England, Ian Wilson, England, Graeme Smith, Scotland.

Sandra is a backstroke specialist and could well improve on the World Record at 50m. Mark Foster is reckoned to be the fastest man in the world over 50m Freestyle. At the other end of the scale the confrontation between Graeme Smith and the former number one in Great Britain over 1500m Freestyle Ian Wilson will be a cracker. Earlier this year Graeme announced his priority would be the European Championships in Vienna. His preparation was interrupted with illness but he came through in the end and challenged for the gold medal but had to settle for silver.

DANGERS OF TRAINING ABROAD

Renfrew District ASC Secretary Robert Hammond has written to warn other Clubs which may be considering going to Malta for a training camp of a problem which his swimmers encountered.

The new 50m fresh water pool appears to be the ideal facility for a warm weather camp, however, the point of concern is that 16 out of 20 swimmers contracted a fungal ear infection. The result was that most of the swimmers were out of the water for two or three weeks and missed training, many of them have had to remain under the care of their doctor. Two swimmers contracted such a bad infection that they had to see specialists and one has had to undergo an operation to remove a parasite from the drum

of the ear.

It would appear that the infection was contracted in the Maltese National 50m Pool. Robert hopes that any other Club intending to make use of the facility will take the necessary precautions to avoid a similar situation for their swimmers.

N.V.Q.s

After much work and discussion it has been decided that as we are using ASA Awards, which have been agreed by City and Guilds for NVQ Level 2 and Level 3 certification, we will require to follow the same procedures as England and Wales to obtain Vocational Qualifications for Scottish candidates. Although we have an input to the ASA Education Committees and Awards we do not have sufficient control to enable us to change things to meet the requirements of both SCOTVEC and City and Guilds. Candidates in the new system will be advised on how to apply for NVQs.

GREAT BRITAIN STILL SEARCHING FOR A NATIONAL PERFORMANCE DIRECTOR

Last month's announcement was in print before word arrived that Don Talbot had changed his mind about coming to Britain apparently after receiving improved terms from his employers in Australia and I understand pressure from the Australian Government - who, obviously, have the 2000 Olympic Games in Sydney in mind.

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EXECUTIVE PATRONS LAUNCH

The Scottish Amateur Swimming Association has launched a major new fund raising initiative. The scheme, which is linked into the SASA's strive towards swimming excellence, aims to attract individuals, business people or companies to subscribe to being an Executive Patron. Their investment will help the Association stay on track for the completion of the Development Plan in 1998.

In return for their commitment to Scottish swimming, Patrons will receive a number of benefits, both personal and for their company or business. These benefits will depend on the level of patronage chosen Gold, Silver or Bronze.

The funds raised through the scheme will be used to initiate the four year Development Plan, drawn up in conjunction with the Scottish Sports Council, and will cover all competitive aspects of the sport. Aims of the project include producing top class swimmers from each discipline, assisting newly established swimmers to progress and increasing participation levels in the sport.

In endorsing the scheme the Chairman of the Board of Management, Ian Mason commented

"In recognition of the need to develop new income streams, the Scottish Amateur Swimming Association are looking at a number of new ideas to bring new finance into our sport. As part of our Four Year Development Plan, we have specifically identified SASA Executive Patrons as a new and exciting income generator.

Being an Executive Patron is designed to encourage individuals, business people, companies, former competitive swimmers and supporters of sport in general to make a financial contribution towards the activities of the Association. A number of packages are available at various levels of membership.

On behalf of the Association I urge you, your friends and your colleagues to consider helping Scottish Swimming develop at all levels in the coming years".

Anyone interested in further information or an SASA Executive Patrons leaflet should contact

Neil Murdoch as SASA Headquarters, Holmhills Farm, Greenlees Road, Cambuslang, G72 8DT.

Tel. 0141 641 8818 Fax. 0141 641 4443

DIRECTOR'S PAGE

POINTS OF INTEREST

A recent article by Clive Rushton in the 'American Swimming' magazine during the summer highlighted the successful training regime of double Olympic and World Champion and 100m freestyle record holder, Alexander Popov. Over a 43 week period he averaged 43,000 metres, including tapers and breaks. Contrary to the belief that he is trained as a sprint specialist during his workouts in the Australian Institute of Sport, Popov is possibly the highest aerobically conditioned sprinter the world has seen. One set which his coach Gennadi Touretski highlights is one of 16 x 400m, alternating between freestyle and backstroke at anaerobic threshold velocity. Few distance swimmers could hold AT velocity for 6400m. Although Popov's 'normal' training regime looks staggering to most coaches, Touretski would argue that all successful sprinting is underpinned by solid aerobic conditioning.

Martyn Woodroffe
Director of Swimming

"TROPICAL STIRLING"

Stirling University Bursary Scheme have announced a £3000 sponsorship deal with Club Tropics at the Stakis Dunblane Hydro Hotel.

The smart new Leisure Club at this popular luxury hotel have provided complimentary memberships to the swimming pool group based at Stirling University which includes National team members - Forbes Dunlop, Kerry Martin and Pauline McLean. The facilities at Club Tropics include a pool, jacuzzi, sauna etc. and well equipped weights room which the group will use for land training.

In return for the deal the swimmers will promote Club Tropics name and assist with promotional events/sessions at the hotel.

Negotiations are continuing to develop the sponsorship with the Stakis Group in a number of other areas.

"WINTER SUN FOR STIRLING"

Following the successful winter training camps in Arizona (1994) and Lanzarote (1995), Stirling University Bursary swimmers are planning another two week camp at Club La Santa, Lanzarote from 11 - 25 January, 1996.

The venue boasts an 8 lane 50m pool and excellent weight training facilities in addition to superb all round sports provision. John Regis, Tony Jarrett and Frank Bruno were "neighbours" to the swimmers at this year's camp and many other international stars are expected to be there again in 1996.

The aim of the camp is to provide a solid long course training base for the long course competitive season which features the Olympic Trials in March and the SASA National Championships in June.

Anyone interested in finding out more about the Swimming Bursary Scheme at Stirling University should contact Martyn Woodroffe, Director of Swimming on 0141 641 8818 or Alan Nichols, Stirling University on 01786 466901.

CALL MARTYN FOR ADVICE ON
0141 641 8818



STEWART DAVIDSON'S RANKING LISTS

TOP 10 SASA RANKINGS 1995 TOP 10

TOP 10 LONG COURSE TIMES FEB/AUG 1995

MEETS CONSIDERED: SCOTTISH SCHOOLS FEB; LEEDS FEB; BECKENHAM MAR; STOCKPORT MAR; CRYSTAL PAL MAR; SHEFFIELD APRIL; BELGIUM APRIL; RCP APRIL; ATHENS APRIL; CARDIFF MAY; RCP JUNE; CANADA JULY; LEEDS AUG; VIENNA AUG.

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COMPILED BY STEWART DAVIDSON SASA SWIMMING COMMITTEE 27/09/95

STEWART DAVIDSON'S RANKING LISTS

TOP 10 SASA LONG COURSE RANKINGS TOP 10

TOP 10 LONG COURSE TIMES FEB/AUG 1995

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200 FLY

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COMPILED BY STEWART DAVIDSON SASA SWIMMING COMMITTEE 27/09/95



SWIM FEST TO SWIM FAST

TEAM SPORT SCOTLAND UPDATE

A lot of exciting projects are now coming to fruition. It has now been 12 months since my appointment and one of the main things that I have learned in my new role is that patience is definitely a virtue. The major projects which are now only first beginning to be implemented have involved nearly 12 months of discussions, consultation, debate and many meetings. In year two of my role as Team Sport Scotland Swimming Co-ordinator, one of my main tasks will be to support the implementation of these programmes (as well as to support the creation of any new initiatives that begin).

These programmes include the two 'District Wide' initiatives, namely Activ8 Grampian, and IMPACT (Tayside). These initiatives aim to improve performance and coaching in these areas. (Briony is working with gael-FORCE-10 in the Highlands).

The two Local Swimming Development Officers who were recently appointed with the support of Team Sport Scotland are now well under way and are busy aiming to make a positive difference to programmes in Strathkelvin (East Dumbartonshire) and Perth & Kinross.

Chief Coach appointments are imminent in Aberdeen and Edinburgh.

Another Scottish Sports Council initiative which will involve swimming in the pilot venture is the TOP CLUB programme. Up to four swimming clubs will be chosen to take part in the pilot and if successful could be expanded to a much greater number of clubs. The TOP CLUB programme is aimed at assisting clubs to develop their junior sections and improving the pathways to senior levels.

Finally, I was delighted to be present at the first Scottish Youth Squad Education Weekend. Head Coach, Drew Gordon, will tell you about the weekend elsewhere in this issue of Swimming 2000. I would like to offer my congratulations to the staff for getting this ambitious new programme off to a terrific start. The enthusiasm of staff and swimmers was immense and I am sure that we will see the benefits in the not too distant future. One aspect of the programme which is important to understand, is that it is never a 'closed stop'. Swimmers who display the right level of performance will be included in the next phase of the programme. Drew Gordon will make contact with any swimmers who get close to the times. Plans of next years programme are already being made and details of this will be published in January. So if you want to join this programme, check the times, set your goals, train hard and well and then swim fast.

Good Luck

P.S. Keep you Club Development plans coming in. I have just received an excellent one from Glenrothes Swimming Club.

Over the last few months, I have been actively involved in discovering and implementing a non-competitive event to be included in the primary education sector. Finally after carrying out selected pilot Swim Festivals, the Scottish Amateur Swimming Association have launched Swim Fest around the country.

On Wednesday the 13th September the SASA chose Dundee as the city to play host to the launch. The event was well attended by Tayside Education, Local Primary Schools, and representatives from the Swimming Association. This successful day was also supported by the local press and Grampian Television.

As the National Development Officer I have produced a booklet which clearly outlines all you need to know about a Swim Fest; including the aim of a Swim Fest, where to hold one, who is eligible?, the cost etc. The 'Swim Fest to Swim Fast' booklet will be sent to all Education Authorities and Local Authorities with the aim being to promote more Swim Fests around the country.

I think that Swim Fest is an excellent example of Scottish Swimming's positive and active outlook attracting young children to our sport especially targeting grass roots development. For a copy of 'Swim Fest to Swim Fast' contact me at Moray House College, Edinburgh.

Briony Shimmons
National Development Officer

As the new manager of the Awards scheme I'd like to take the opportunity to introduce myself to the swimming community in Scotland.

In taking over the scheme, I hope to get as many new people as possible interested in the Awards, which provide encouragement and advice for beginners as well as being an excellent way for more experienced swimmers to record their achievements.

One of the most interesting awards particularly from the clubs' point of view is the Competition Start Award launched in April. This covers shallow diving into water between 0.9m and 1.6m deep and is excellent preparation for any competitions undertaken.

The scheme covers a wide range of activities including everything from helping beginners gain confidence, through to a 42k marathon with aqua skills, disabled and also synchronised swimming, water polo and diving awards along the way.

If anyone would like some more information or to put forward some comments on the Awards scheme they can give me a ring at the Awards office - tel. 0131 220 3822, or write to me at 44 Frederick Street, Edinburgh. I look forward to hearing from you.

Joanne Gallagher - Awards Manager

COACHES' CORNER

UNITED STATES SWIMMING NATIONALS
Pasadena - 31st July / Aug 1995

I spent 5 days at the Rose Bowl Aquatics Centre in Pasadena, the venue for the 1995 Phillips 66 Swimming Championships. The complex consisted of 2 x 50m pools side by side. One was used for warming up - swimming down. The other was the competition pool and only had bleachers on either side which was for both spectators and swimmers.

SWIMMING

Warm up each day in the main pool started at 7.00a.m. and ended at 8.45a.m. The other pool was available from 7.00a.m. throughout. Due to the longer warm ups, also the extra pool, warm ups were never crowded. There were marshalls at each end of the pool, 1 or 2 per end, to organise and keep the pool moving. This was not left to the coaches or officials. After an hour of general warming up the pool was divided as follows;

Lanes 3, 4, 5, 6	General Swimming
Lanes 2, 7	One Way Sprints
Lanes 1, 8	Pace

There was rarely any build up of swimmers at the end of the pool talking, this was done on pool side.

The atmosphere during the day was good. The swimmers, coaches, spectators (of which there was many) showed their support vocally.

I noticed that most swimmers were within 5 1/100ths of their entry time. Each day at the conclusion of the heats time trials took place for any swimmer who wanted. You had to enter for these during the heats at a cost of £5 per event, this was used extensively. During the competition the swimmers left the pool when they were finished. They did not have to wait for an official to tell them to "clear the pool". The swimmers for the next race were then told to step on the blocks.

If anyone was still in the water they then had to leave. There was very few false starts, those who did them were asked to sit out. You were given one chance and one chance only, it did not matter who you were.

FINALS AND PRESENTATIONS

The finals each night took on the same format as the heats, regards warm up. The pool was cleared 15mins before the start, the officials paraded around the pool with the top judges, referees etc being named. There then followed the National Anthem which was performed by someone different each night, (ie) three times they had vocalists and once an instrumentalist. Some nights special presentations were made before the start. The commentators were highly professional and not only added to the entertainment but achieved spectator participation to a high level. They created the championship atmosphere. During the finals the atmosphere was electric whether for the B or A final. More often than not in actual A final you watched the top times in the world being produced.

For example in the mens 200m final, the first five swimmers recorded the top five times in the world at that point presentations were an event on their own. They were done slowly with all eight finalists present. The awards ceremony took about 15mins for two presentations. The presentation area was at the shallow end looking down to the deep end, allowing all spectators, swimmers, coaches, officials and press good vision of the proceedings. The 8 finalists all received a medal with the top three also receiving flowers.

All in all the finals lasted for about 3 hrs. Warm up was again 2 hrs long, with an extra 15mins at the end of the individual finals before the fastest two relay heats were swum. The whole atmosphere was something I had never experienced before, it was like going to a carnival. On the last day of the competition after the finals, the swimmers who has been selected to swim in the Pan Pacific Games in Atlanta and those who had been selected for the world university games team were introduced and paraded onto the poolside.

ORGANISATION AND ADMINISTRATION

On the first day of the meet all swimmers and coaches had to report to the administration tent. In here was where the results were processed, you could find information on training camps, teams, team selection, reimbursement for travel. It was also where you registered and collected your pass. Without this pass there was no entry on to the poolside, which you went through the tent to get to. If you lost your pass you had to pay £4.00 for a replacement. Clubs were issued one coaches pass, and if you wished any more you were charged £30 per pass. This pass also allowed you into the spectators seating, which was handy for watching finals, although when it was expected to be busy you had to pay a spectators fee to sit in this area. The passes were strictly adhered to by security officials and prevented parents or unauthorised persons on the poolside. The press, officials, and any helpers/volunteers were also issued passes programmes for spectators cost £6. These contained a vast amount of information from swimming terms, for anyone who knew nothing about swimming, to those who were taking part. It was a glossy production and took me a good few hours to read. Each session you had to buy a start sheet which gave you the swimmers in heats. These were on sale and available from the start of the warm up. For the finals you had to buy a finals start sheet. These both cost 75p each. A week at this event for programme and start sheets would cost you £12. I felt that the money which I and other people spent on these was well worth it, as the quality of the programme was excellent and presented interesting information about our sport and the national competitors.

MEDIA AND SPONSORSHIP

The event was sponsored by many companies. There was about eight main big sponsors who had banners hanging above the main spectator stand. On the heat sheets another twenty sponsors were mentioned and the last 6-8 pages in the programme was kept for smaller companies who paid to advertise.

Throughout the five days of competition the main sponsors were continually mentioned and thanked by the announcers between heats.

Press coverage of the event was large perhaps due to the pre-meet publicity for about one to two weeks prior to the event. The press were issued passes like everyone else who was on the poolside. They were there during heats and finals many of them photographers. They sat on poolside, never seemed to get in the way of officials, swimmers of the coaches. The press box was situated above the announcers table in the spectator stands. Swimmers who were interviewed went to a room at the rear of the pool area after their swim down and after they had spoken to their coach. There was one official photographer who took pictures of the eight finalists and of the winner. He was the only person who had entry to the presentation area, everyone else stood behind a barrier.

The day after the meet finished, I read in one of the papers, "U.S. Swimmers will have a chance to prove last weeks mediocre performances at the Outdoor National Championships in Pasadena were not the disaster they seemed".

A WARM GLASGOW WELCOME

Three new athletes have signed up to swim with us this season. Fiona McKerlie has started a chemistry degree at Glasgow University. Caroline Pye has joined us from the far off climes of Orkney, coming to Glasgow to study a Sports Science degree; and our final newcomer has travelled even further to be with us - Kristian Sorensen joins us from Norway, coming to Glasgow to study medicine.

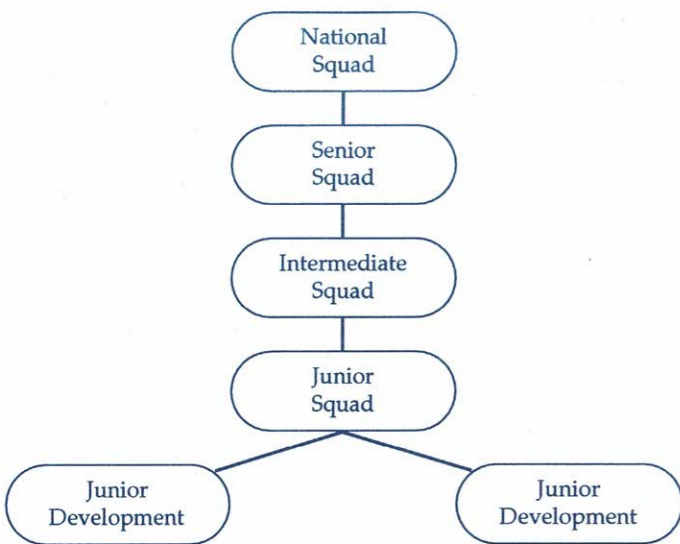
At the end of last season we said goodbye to Coach Nigel Crowe. Nigel had been with the team from its inception, and will be sorely missed. He has taken up the post of Chief Coach to the Wirral Borough Team, a newly created position to develop a centre of excellence for swimmers based in the Wirral area. Our best wishes go with him, his wife Sue and son Alex for a successful future.

Next month sees the start of a new member of the coaching staff - Mr Bill Penny. Bill comes with a wealth of experience, having been a coach to many English teams during the 1980s as well as producing numerous international swimmers such as Zara Long and Angela Pendrich. Having been based in London for many years at the successful Beckenham Club, Bill has moved North to accept the post of Assistant Swimming Coach and Development Officer with Glasgow City Council. Bill starts on November 2nd, and we look forward to welcoming to our Team.

SWIM TEAM STRUCTURE

Registration for the 1995/96 season took place in Castlemilk on August 5th. Over 100 athletes renewed their membership with the City Team and heard Head Coach Bance describe the major events and activities for the next six months.

The structure of the Swim Team remains the same, as depicted below:



NEW BADGE SCHEME

The summer saw the launch of the City of Glasgow Swimming Development Progressive Award Scheme. The scheme comprises five separate skill levels: Goldfish, Frog, Octopus, Dolphin and Olympic Pathway. Each level has a large colourful badge exclusively designed for the scheme. The aim of the scheme is to providing young swimmers with the skills to develop into top level performers in future years. The award scheme is run via the Glasgow Council Learn to Swim scheme as well as through the seven Glasgow clubs. Several schools have also expressed an interest in using the scheme for their own purposes.

SATURDAY SKILL SQUADS

This month has seen the introduction of Saturday Skill Squads at Castlemilk Pool, Easterhouse Pool, Whitehill Pool and Scotstoun Leisure Centre. These squads are aimed at young swimmers who are capable of swimming 50m on their front and back and who wish to develop their swimming skills. They provide the children with the opportunity to work towards the Olympic Pathway badge. The Skill Squads are the first rung on the City of Glasgow Swim Team ladder. They are open to any children irrespective of their previous swimming experience.

MASTERS SWIMMING

September saw the introduction of Masters Swimming at Scotstoun Leisure Centre, initially on Monday, Wednesday and Friday from 06.30 until 08.00. The scheme has proved so successful that it has been extended to include Tuesday and Thursday. The programme is devised so that the swimmers train in the pool on three mornings, and then utilise the state-of-the-art fitness suite on the other two days. Full instruction is provided, and Coach Paul Kelly is very pleased with the way the athletes are shaping up. Over 40 athletes are taking part, and many of them will be entering the 4th Glasgow International Masters Swimming Meet which is being held in Scotstoun on November 10 and 11.

A pilot scheme has been introduced this month at Castlemilk Pool on Tuesday and Thursday mornings from 06.30 to 08.00. Again, these sessions are aimed at those people aged 25 years and over who wish to improve their swimming. This includes those people who just want to improve their general fitness as well as those who are keen triathletes and competitive swimmers. Coaching is provided by Jack Davidson, one of the City of Glasgow Swim Team coaching staff and no mean triathlete himself!

EDUCATION

A programme of education has been running this season for the Glasgow swimmers at Scotstoun on a Saturday morning. We have been fortunate enough to secure the services of Tom Lucas, a sports psychologist, who has been instructing the athletes in this field. These lectures have run for seven weeks and will conclude this month. We have also run a session on basic nutrition, and this is to be followed up by an in-depth look at nutrition for swimming by Louise Martin.

TECHNICAL ANALYSIS OF STROKES, STARTS AND TURNS

This conference was run by the Welsh ASA in conjunction with the Sports Council for Wales in September. The speaker was Professor Rein Haljand from Tallinn University in Estonia. Professor Haljand worked with the Soviet National Team from 1970 to 1990 and has since worked with National Teams from Italy, Finland, Canada and Spain.

An expert in the technical aspects of swimming, he provided a wealth of ideas and opinions on the methods of teaching and testing technique. He then provided an analysis of competition swimming styles, starts and turns using video and computer for each stroke.

Following the conference, the Welsh ASA had employed Professor Haljand to test the top Welsh swimmers. We were fortunate to secure two places for Glasgow athletes, Craig Miller and Ruth Leaver, to go and receive the benefit of this testing procedure. They were videoed for both above and below the water, and from every angle. This was then collated onto a separate video for swimmers to take home with them. Accompanying the video was an in-depth analysis of their strokes, starts and turns, identifying areas of weakness and how to correct them, as well as a comparison with the top level performers that Professor Haljand has been involved with over the years. It was very informative for both of the swimmers as well as the Glasgow coaching staff. The Welsh ASA will be following up this session with subsequent testing sessions to monitor the progress of their International calibre athletes.

AN EVENING IN ICELAND!

The City of Glasgow Swim Team were very pleased to play host to the Stjarnan Swim Club from Gardabae in Iceland in September. The swimmers from Stjarnan were in Glasgow for a training camp, and spent some time sightseeing and competing against clubs in the area. There were a number of good swims at the gala, but the waters of Rutherglen pool proved to be too warm for the visiting team - apparently they train outdoors in all weathers!

15TH LARKHALL OPEN SWIM MEET

With the swimmers in heavy training, and with most athletes in a large number of races, good swims were expected to be few and far between. How nice to be proved wrong! The Glasgow squad recorded twenty three best times, took nine first places, eight seconds and ten third places. These results combined to give the Swim Team the Top Club of the Meet Award. Event winners were:

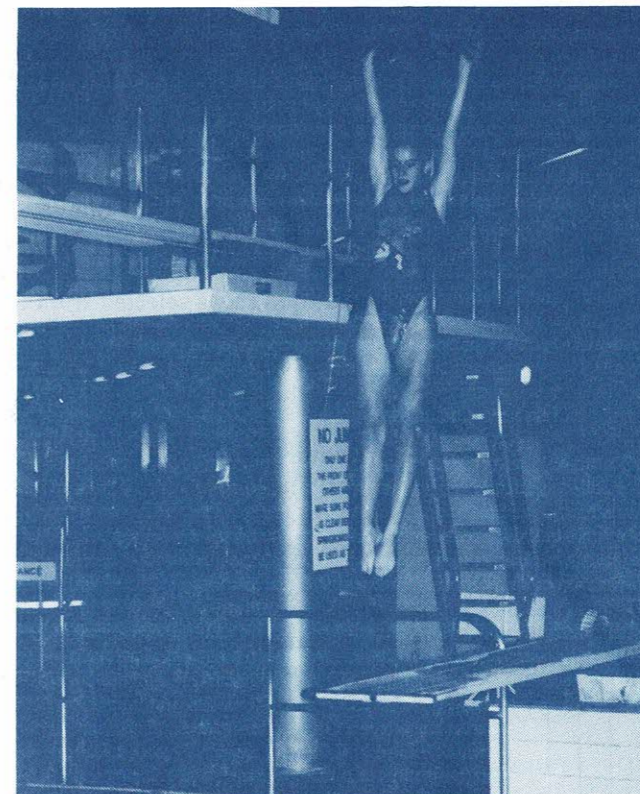
- Ruth Leaver (13/14 years 100m Breaststroke and 200m IM)
- Steven Kidd (13/14 years 100m Fly, 100m Freestyle, 200m Freestyle, 200m Backstroke and 200m IM)
- Pauline Martin (Ladies 200m Breaststroke)
- Ladies 4 x 50m Freestyle Team (Carol Brown, Pauline Martin, Ruth Leaver, Lesley Anne Martin)

THE NEXT THREE MONTHS

Over the next three months the City Team will be undertaking the following activities:

- National Qualifying training camp in Dunoon, 16-20 October
- West District Open Championships in Cumbernauld, 21-22 October
- Phillips Cup in Stavanger, Norway, 16-20 November
- 4th Glasgow International Masters Meet at Scotstoun, 10-11 November
- Cumbernauld International Meet, 10-12 November
- SASA Winter Championships in Ayr, 15-17 December

A very busy and exciting time for all competitors!



Laura Yeates, Bramston D.C. in action

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
NATIONAL AND OPEN 1M DIVING
CHAMPIONSHIPS 1995**

Results	Points Scored	Place National	Open	Points		Place	
				Scored	Open	National	Open
Women, 15 October 1995, 1100 hours							
Laura Yeates, Bramston DC	253.50	1	1				
Hilary Gillies, Beaumont DA	250.35	2	2				
Jodie Westerman, Huddersfield	232.35		3				
Gemma Pearson, Bramston DC	226.85		4				
Ellie Thom, Edinburgh DC	225.30	3	5				
Sarah Burton, Beaumont DA	220.60		6				
Anne Greenhalg, Huddersfield	212.85		7				
Lisa Maguire, Bramston DC	203.35		8				
Liz Smith, Bramston DC	177.50		9				
Men, 15 October 1995, 1410 hours							
Craig Litherland, Huddersfield	373.10						1
Michael Ellington, Ellon DC	243.40	1					2
Junior Women, 14 October 1995, 1100 hours							
Gemma Pearson, Bramston DC	174.40		1				
Jodie Westerman, Huddersfield	167.65		2				
Laura Yeates, Bramston DC	163.60	1	3				
Sarah Burton, Beaumont DA	148.25		4				
Anne Greenhalg, Huddersfield	144.80		5				
Ellie Thom, Edinburgh DC	135.95	2	6				
Liz Smith, Bramston DC	123.95		7				
Polly Skinner, Bramston DC	103.00		8				
Victoria Macgregor, Ellon DC	79.50	3	9				
Junior Men, 14 October 1995, 1500 hours							
Craig Litherland, Huddersfield	189.45		1				
Douglas Beattie, Oldham DC	166.65	1	2				
Tom Luccock, City of Newcastle	125.30	2	3				
David Rees, Edinburgh DC	114.25	3	4				
Stewart Fowler, Ellon DC	100.75	4	5				
Craig Hammersley, Edinburgh DC	99.45	5	6				
John Fowler, Ellon DC	97.60	6	7				
Stephen Yeaman, City of Newcastle	93.45	7	7				
Robert Hutton, Edinburgh DC	86.25	8	8				
Michael Livingstone, Edinburgh DC	60.15	9	9				
Scottish Amateur Swimming Association Inter District Diving Championship 1995 14 and 15 October 1995							
				Points Scored			
Easter District (David Rees & Ellie Thom)				336.90			
Northern District (Michael Ellington & Victoria Macgregor)				322.35			



Siobhan Edgar
Heart of Midlothian ASC

YOUTH GAMES

July 30th ~ 5th August 1995

Every four years the Youth Games take place in Aalborg, Denmark. They are similar to the Junior Olympic Games and include thirty different sports ranging from rowing to cycling to football and disabled swimming. There were approximately twenty-three countries from all around the world taking part. The Scotland squad was selected from the Lothian Region. A total of twelve swimmers from the following clubs were invited to attend these games:- Bathgate, Aquanauts, Warrender, Fins, Broxburn, Haddington and, of course, Heart of Midlothian.

Each competitor was allocated to a Danish family whether the family was sporty or not! There were over three thousand all together and everyone was well looked after by a host family. I am still very friendly with my host Camilla, aged 16. (In fact she is coming to see me in October).

The actual gala took place over two days which meant the other five days were spent either training hard or getting a tan on the beach. The competition was quite fierce as we were up against strong opposition, but we achieved a great set of results ranging from two Golds and one Bronze to four Golds which both Gregor Ford and I achieved.

This was a most wonderful experience and I would really encourage the younger swimmers to train hard so they could have the opportunity to com-

pete at these games. I have made new friends not only from other sports in Scotland, but from all around the world. I would like to thank all the members of staff and helpers who made this all possible.

SIOBHAN EDGAR

Swimming in Education

My work recently has had a strong focus on the development of swimming in schools, both at primary and secondary level.

Earlier this month I attended a seminar organised by the ASA entitled "Swimming in the National Curriculum". This day allowed me to understand and analyse the interesting issue of swimming being compulsory with the English National Curriculum. This seminar allowed me to interact with many primary swimming teachers who are at present delivering the National Curriculum. It was beneficial for me to understand the concept of compulsory swimming in schools.

Here we have a complex swimming structure defining the knowledge and skills that all children should be taught including a clear directive - that schools must teach all youngsters to swim 25 meters by the age of 11. Perhaps this is the kind of kick start the sport of swimming needed?

Many reputable tutors were invited as guest speakers giving their own ideas with regards teaching in the private sector. This will in turn benefit me when I continue to deliver in-service days to primary swimming teachers around the country.

At the other end of the spectrum, I was recently invited to deliver a Higher Grade in-service in Grampian Region.

This day was attended by 18 Physical Education teachers who were all there to obtain more information on swimming at Higher Grade. The focus for this event was central to PERFORMANCE and PREPARING FOR PERFORMANCE. I delivered a full day programme including 2 theory sessions and 2 practical sessions covering a range of topics such as training principles, analysing the individual and an updating sessions of skills and drills.

The day was extremely successful and hopefully other education authorities will provide me with the opportunity to deliver these crucial in-service days for teachers.

If you would like any information on the above issues please contact me at Moray House College 0131 312 6001.

Briony Shimmons
National Development Officer

1995/96 Scottish Youth Squad

On the weekend of 7/8 October 1995, the new Youth Squad programme got underway. The weekend was to be the first of two educational weekends where the emphasis is less on fitness and training and more on planning, lifestyle and support activities for the athlete.

The venue for the weekend was the Bruce Hotel, East Kilbride and the newly refurbished Dollan Aqua Centre. Both places gave excellent support to the programme.

The broad aims of the squad programme are for the role it should place in the swimmer's development and we feel that you might be interested to share them:

- To create an enjoyable and meaningful programme of activities which supports the progress of talented swimmers through to a senior swim programme.
- To bring the very best swimmers together to share information, experiences, knowledge and to engender a commonality of purpose and direction.
- To initiate planning to become a senior level participant through SASA involvement in educational, club, coaching and parental support strategies.
- To expose swimmers to new and developmentally appropriate experiences including knowledge of the sport, training, competition and preparation for performance and life.
- To optimise attitude, motivation, behaviour, preparation and goal achievement which is desired and required of National Squad and Team members.

These aims are not only for this year but do need to cover a three year period to cater for development over time and because everything cannot be achieved in one year.

The main elements in this programme have been translated into topics, or activities, and these become the "building bricks" of our scheme. These are:

- Open Communication
- Educational and Lifestyle Planning
- Education
- Self Development
- Goal Setting
- Planning, Implementing and Monitoring
- Coach Involvement and Development
- External and Internal Rewards
- Team Building
- Quality Auditing

Sixteen swimmers and four key staff had been selected over the summer. Stephanie Mitchell has positively sidelined herself because she can make her targets in her home base in the USA. Ian Edmond of Reading is taking his A Levels this year and education is a priority. He attends class on Saturday mornings and because of his inability to attend the Phase 1 weekends, he is out of the Squad and must requalify for Phase 2 - the Competition Programme. Four other swimmers were missing because of prior commitments and with our dates being notified only after staff had been put in place, problems arose for them. They will be at the next weekend in 25/26 November 1995.

Team Staff were:

Drew Gordon	Head Coach (Programme)
Billy McGoldrick	Head Coach (Younger Youth Squad)
Maureen Campbell	Team Manager
Helen Murray	Team Manager
Garrie Roberts	Coach
Graham Wardell	Coach

Over the weekend topics such as aims, competition programme, flexibility, conditioning (land), values and rules, team building, doping test procedures, diet and nutrition were all covered or started.

Louise Martin (Nutrition/Diet) designed the meals we had over the weekend and David Cameron (Scottish Sports Council) gave a very entertaining input on the testing procedures.

Team spirit and a quality high work rate were quickly established and passionate hopes for success were in evidence. Despite the range in ages (14-17 years), the squad were very supportive of each other and created a very obvious and necessary "feel good" factor. Everyone left on a high and we look forward to the remainder of the programme but also the communication in between our meetings to maintain the squad contact.

The Phase 2 programme looks like this:

Sjaelland Open Meet, Copenhagen	January 1996
Edinburgh Meet	April 1996
ASA Nationals (for 17/18 years), Leeds	July 1996
ASA Age Groups, Crystal Palace	July/August 1996

Swimmers who are not in the squad should now be planning to get a place by swimming a qualifying long course time. Come to Edinburgh and compete head to head against the squad swimmers or check the other events listed here in Swimming 2000 and come and join us. You will be made very welcome!

Drew Gordon
Head Coach
Scottish Youth Squad

Team Sport Scotland and Scottish Swimming Coaches Association

present their second

Annual Seminar

AT

Moray House Institute of Education
Cramond Campus
Edinburgh

ON

Saturday 17 and Sunday 18 February 1996



This years programme focuses on

LAND TRAINING FOR SWIMMERS

Day 1 - will be aimed at Coaches of Senior Swimmers and will also address training for the individual medley

Guest speakers include

Chris Nesbit - Director of Swimming, Portsmouth Northsea
and Michael Peyrebrune - Head Coach, Loughborough University

Day 2 - will be aimed at Coaches of Age Group Swimmers and will feature a workshop session in the afternoon.

Guest speakers include

Michael Peyrebrune
and Grant Robbins, former GB Internationalist, Portsmouth Northsea

Further details and application form from: **SASA**
Holmhills Farm
Greenlees Road
Cambuslang
Glasgow G72 8DT

Tel No: 0141 641 8818

Fax No: 0141 641 4443



West District Swimming Calendar



SEPTEMBER 1995

16 & 17	West District Junior Sprint & Relay Championships	Dunoon	10.00, 15.00
23	Mags Meet	Grangemouth	9.15, 14.00
24	City of Glasgow Sprint Triathlon	Easterhouse	9.00
30	Silver Jubilee Gala (Disabled)	Scotstoun	16.00
30 & /-*	Larkhall & Avondale Open Meet	Larkhall	10.00, 14.15, 17.45

OCTOBER 1995

-/01*	Larkhall & Avondale Open Meet	Larkhall	10.00, 13.30
01	STO Seminar	Perth Ice Rink	10.30, 14.00
04	Strathclyde Schools Disabled Gala	Drumchapel	11.00
07	Hamilton Baths Graded Meet	Larkhall	9.00, 13.30, 18.00
21 & 22	West District Open Championships	Cumbernauld	10.00, 14.30
28	Inverclyde Masters	Greenock	10.00, 14.00
28	Strathclyde Club Championships	Whitehill	

NOVEMBER 1995

4	Kirkintilloch Craig Trophy	Kirkintilloch	
10,			9.30, 14.00, 17.00
11 &	Cumbernauld International Meet	Cumbernauld	9.00, 13.30, 17.30
12			9.00, 12.30, 16.00
10 & 11	Glasgow International Masters Meet	Scotstoun	Fri eve, Sat morn & aft
11	Central Region Championships	Grangemouth	
19	Cunninghame Graded Meet	Greenock	9.15, 13.30, 17.15
25	Bo'ness Beavers Mini Meet	Grangemouth	10.00, 14.30
26	City of Glasgow, Kingston Sprints	Whitehill	

DECEMBER 1995

02 & 03	Milngavie & Bearsden Graded Meet	Whitehill	
15, 16 & 17	Scottish Winter Championships	Ayr	

JANUARY 1996

27 & 28	Stirling Junior Open Swim Meet	Stirling	9.30, 14.30
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WEST DISTRICT GALA REQUESTS 1996

JANUARY 1996

27 & 28	Stirling Junior Open Swim Meet	Stirling	9.30, 14.30 (issued)
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FEBRUARY 1996

03	Alloa Masters	Alloa	
03 & 04	Kirkintilloch Graded Meet	Kirkintilloch	
11	Larkhall Mini Meet	Larkhall	
17 & 18	Bellshill Open Meet	Bellshill	
25	Cunninghame 200 Meet	Johnstone	

MARCH 1996

09 & 10	Renfrew District Open Meet	Johnstone	
16	Largs Graded Meet	Johnstone	

JUNE 1996

16	Cunninghame Mini Meet	Johnstone	
16 & 17	Milngavie & Bearsden Graded Meet	Whitehill	

SEPTEMBER 1996

21	Grangemouth ASC Mags Meet	Grangemouth	
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OCTOBER 1996

12	Hamilton Baths Graded Meet	Larkhall	
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NOVEMBER 1996

09 & 10	Renfrew District Graded Meet	Johnstone	
17	Cunninghame Graded Meet	Auchenharvie	
23	Bo'ness Beavers Mini Meet	Grangemouth	
30 & /-*	Milngavie & Bearsden Graded Meet	Whitehill	

DECEMBER 1996

-/01*	Milngavie & Bearsden Graded Meet	Whitehill	
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**SCOTTISH AMATEUR SWIMMING ASSOCIATION
YOUTH DEVELOPMENT POLICY
"SWIMMING MUST ADAPT TO THE NEEDS OF THE DEVELOPING CHILD AND
NOT THE CHILD TO THE DICTATES OF SWIMMING"**

This policy results from the Young Swimmers Report (1990), the Madeen Seminar (1994) and the call for guidance in developing young swimmers from various bodies within our sport.

The policy addresses the philosophical and structural changes required for the more systematic and co-ordinated provision of youth swimming in Scotland.

The purpose of the policy is to ensure a structural skill development programme for all young people involved in our sport and the guidelines to achieve this for all our stakeholders.

Our objectives are:

To provide the best possible water based experiences for all young swimmers so as to encourage lifelong participation.

To provide supportive environments for enjoyable participation in all disciplines, through the development of skills and good sporting behaviour.

To make better provision for the allocation of appropriate resources and facilities. To encourage and actively cater for talented young swimmers through local and District initiatives.

A fundamental aspect of this policy is that all young swimmers must be given the best opportunity to develop to their full potential. However this does not mean that all have to be treated in the same way.

Some of the benefits for young swimmers are:- Improved physical fitness, health and self confidence.

Experiencing fun, enjoyment, excitement, achievement and personal challenge.

Opportunities for friendship.

Development of a variety of swimming skills.

Development of a group identity.

It must be recognised that all our young participants have a social right to:-

Enjoyment of our sport.

Experience of a wide range of discipline skills.

Proper preparation for participation at their ability level.

Participation at a level appropriate to their maturity and/or ability.

Skilled and qualified teaching and coaching.

The National Youth Development model (table 1) provides a logical progression of experiences that will assist all young swimmers to develop their knowledge, skills, and fitness.

The model is based on the following fundamental principles:-

The focus of all activities should be enjoyment. There are identifiable stages of development - progressing from general activities to specific skills.

There are identifiable stages of physiological development of young people.

Activities should be appropriate to the level of skill and development of the participant.

Youth competition should differ from adult competition and be free from undue adult pressures and demands.

Competition provides stimulation and challenge as well as the opportunity to apply, test and further develop skills. Properly structured competition should be viewed as a healthy and desirable part of our sport.

The emphasis of youth competition should be on the quality of the experience and appropriateness to the age and ability of the participant. A progression of competitive experiences is shown in the model.

Trained coaches and teachers are fundamental to the quality of young swimmer development.

They should be encouraged to:-

Progress through the certification process.

Encourage enjoyment of our sport.

Cater for all levels of ability.

Provide encouragement to participate, acquire skills and develop confidence.

Recognise talented young swimmers and give them the opportunity to develop to their full potential.

Prepare and conduct sessions on sound coaching principals.

Set realistic goals and objectives.

Keep up to date on coaching developments.

The model should be perceived as a "living" model in that as time goes by and more input is received it may change in detail.

We see the benefits of applying the principles contained in this document as:-

Increased base of swimming specific skills.

Structured, progressive pathways to success.

Supporting the progress of swimmers from entry to adult participation.

Increased teacher/coach knowledge base.

More attractive sport to our current and future participants.

-- POLICY IN ACTION

(an extract from a presentation by Briony Shimmons SASA NDO)

When coaching swimmers aged 10-13, one must take into consideration the "3 P's".

Puberty

Physiology

Prevention of injury

Traditionally we tend to train swimmers at any level the same way that we train our elite swimmers. We must look at the biological development of children and then adapt what we offer them in training according to what is appropriate at that age. Each individual is different therefore we must concentrate on differentiation of training methods catering for all.

Puberty - The speed of development varies from person to person and each coach must be aware of the physical and personality changes which each individual undergoes. As coaches, we are working with a huge range of ability, maturity and a narrow range of age.

Physiology - At puberty children undergo many physiological changes. If coaches are not aware then training methods could be wrong. Prior to puberty, children have only a limited ability to perform anaerobic types of activity.

Prevention of injury - Most injuries are a result of overuse. However, if we consider and implement the effects of puberty when designing our swimming programme, we can prevent any injuries such as sore knees and burning out from occurring. Taking the "3 P's" into account, we can now start to outline key training methods to be used when coaching 10-13 year old swimmers.

Whilst children are developing it is the prime time to work on technique.

Training methods should be designed to ensure good technique is achieved not only in one stroke, but throughout the whole swimming spectrum. This can be achieved through:

Drilling, Sculling, Kicking, Streamlining, Turning, Starting.

If children are encouraged to swim as long as possible the stroke will improve, the co-ordination will improve as long as we make sure that they are swimming with as good a technique as possible.

Flexibility - It is not a matter of improving children's flexibility because most children at this age are flexible, it is a matter of maintaining the flexibility and keeping it for the rest of their swimming career.

Strength - We should aim to improve the inter co-ordination of muscle movement and of improving the inter muscular co-ordination. This can be achieved through working with their own body weight, i.e. sit-ups, press-ups, etc. Swimmers should learn how to monitor their muscles therefore reducing or avoiding any muscular problems which tend to occur when the training load increases.

Speed - Aim to improve co-ordination and nervous system by ensuring that swimming speed is only performed over a few meters.

Now that we have an awareness of the key training methods involved when coaching 10-13 year old swimmers we can start to train.

As coaches we should endeavour to attract young people into the sport and through progressive development aim to keep them swimming on to a senior level.

CHAIRMAN'S UP-DATE

Investors in People

We have now had three meetings with representatives of Glasgow Development Agency. The next stage in this process is the preparation of an Action Plan for the Association which will form the basis of the various tasks we have to undertake in order to fulfil the criteria required to gain the Investors in People Award. It would appear that we are reasonably up-to-date in most areas and we would anticipate moving through this exercise quicker than would normally be the case i.e. twelve to eighteen months. It is hoped the Association will be in a position to gain this award prior to February 1996. This would be a considerable achievement for the Association and as far as we are aware we would be the first Governing Body of Sport in Britain to gain such an award.

Staff Appraisals

All full-time professional staff have now undergone staff appraisals. Council have received copies of the work programmes for each member of staff. Obviously I have not circulated the confidential aspect of the system which is kept on file in the office. The work programmes form the basis of all staff's work over the next six to twelve month period.

Sports Science

I am pleased to inform you that the Scottish Sports Council have agreed in principle to fund a Sports Science Project involving the Scottish Amateur Swimming Association. This will be aimed at the National Elite Squad and details will be forthcoming in due course.

Foundation for Sports & the Arts

The Association launched an application for financial support from the Foundation for Sports & the Arts. The application is focused at the grass roots end of our sport and is designed to support the work of the development officers. We have made an application for a total of £52,000. It is normally sometime before a response is received from the Foundation and of course there is no guarantee that we will be successful with this application.

Ian Mason

NATIONAL LEAGUES 1995

DIVISION 1 - DUNDEE, HAMILTON, PORTOBELLO, RENFREW
DIVISION 2 - ABERDEEN, GALASHIELS, WARRENDER, WESTERN
DIVISION 3 - DUNDEE, HAMILTON, RENFREW

WEEK 1 DRUMCHAPEL POOL

Friday 1st Sept.	8.00pm - 10.30pm	Hamilton U2	v	Renfrew U21
		Western	v	Warrender
Saturday 2nd Sept	8.30am - 11.00am	Hamilton	v	Dundee
		Galashiels	v	Aberdeen
Saturday 2nd Sept	4.30pm - 7.00pm	Western	v	Galashiels
		Dundee	v	Renfrew
Sunday 3rd Sept	8.30am - 11.00am	Dundee U21	v	Renfrew U21
		Hamilton	v	Portobello

WEEK 2 GLENROTHES POOL

Friday 8th Sept	9.00pm - 11.00pm	Galashiels	v	Warrender
		Hamilton	v	Renfrew
Saturday 9th Sept	8.30am - 11.00am	Portobello	v	Dundee
		Warrender	v	Aberdeen
Saturday 9th Sept	4.30pm - 8.00pm	Aberdeen	v	Western
		Renfrew	v	Portobello
		Hamilton U21	v	Dundee U21

WEEK 3 GLENROTHES POOL

Friday 10th Nov	9.00pm - 11.00pm	Warrender	v	Galashiels
		Renfrew	v	Hamilton
Saturday 11th Nov	8.30am - 11.00am	Aberdeen	v	Warrender
		Dundee	v	Portobello
Saturday 11th Nov	4.30pm - 8.00pm	Western	v	Aberdeen
		Portobello	v	Renfrew
		Dundee U21	v	Hamilton U21

WEEK 4 DRUMCHAPEL POOL

Friday 24th Nov	8.00pm - 10.30pm	Renfrew U21	v	Hamilton U21
		Warrender	v	Western
Saturday 25th Nov	8.30am - 11.00am	Galashiels	v	Western
		Dundee	v	Hamilton
Saturday 25th Nov	4.30pm - 7.00pm	Aberdeen	v	Galashiels
		Renfrew	v	Dundee
Sunday 26th Nov	8.30am - 11.00am	Renfrew U21	v	Dundee U21
		Portobello	v	Hamilton