



SCOTTISH AMATEUR SWIMMING ASSOCIATION



SYNCHRO SCOTLAND

HOLMHILLS FARM, GREENLEES ROAD, CAMBUSLANG, GLASGOW G72 8DT

TEL: 041 641 8818
FAX: 041 641 4443



SCOTTISH NATIONAL AND OPEN SYNCHRONISED SWIMMING CHAMPIONSHIPS

21 - 22 OCTOBER 1995

HECTOR McNEIL BATHS, GREENOCK,



SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

SWIMMING 2000

FORWARD WITH THE FUTURE

BILL BLACK - EDITOR, S.A.S.A., HOLMHILLS FARM, GREENLEES ROAD, CAMBUSLANG, GLASGOW G72 8DT

SEPTEMBER 1995

VOLUME 2 NUMBER 10

EUROPEAN JUNIORS COME TO SCOTLAND

During the recent European Swimming and Diving Championships held in Vienna the LEN Bureau confirmed Scotland's selection for the 1997 European Junior Swimming and Youth Diving Championships.

The new East End Leisure Centre - 10 lane, 50m pool - currently being built in Glasgow will be the venue for the European Junior Swimming Championships. Parallel with this event the European Junior Youth Diving will take place in the Royal Commonwealth Pool in Edinburgh. Both of these events in 1995 in Geneva attracted in excess of 40 countries. The attraction of these events are seen as a key ingredient in the SASA International Events Strategy which is designed to bring International Aquatic and Educational Events to Scotland over the next four years.

NATIONAL PERFORMANCE DIRECTOR APPOINTED

Great Britain are delighted to have appointed Don Talbot currently coaching the Australian National Team towards the 2000 Olympics.

This is a major coup not only for British swimming but for British sport. Don will be responsible for the preparation of the Great Britain team for European Championships, World Championships and Olympic Games. His appointment is up until the year 2000 which of course culminates with the Sydney Olympics.

Don is widely regarded as being the leading coach in the world having worked in both Canada, Australia and as the first Director of the Australian Institute of Sport. It is anticipated that in addition to working with the Great Britain preparation that he will have input into the national team work of England, Scotland and Wales.



(Left to right) Bill Black - SASA President and Ian Mason - Chairman of the Board of Management with Don Talbot, the new Great Britain National Performance Director.

CONTENTS

Junior Inter District Water Polo /	Page 2
National and Open Diving	
Director's Page	Page 3
Young Swimmers Endure	Page 4
National Planning Seminar	Page 5
TSS Update	Page 6
Chief Swimming Coach	Page 7
Hind/Synchro/ISTC Adverts	Page 8

INSTITUTE OF SWIMMING TEACHERS & COACHES

AUTUMN SEMINAR



SATURDAY 21 OCTOBER 1995

MORAY HOUSE INSTITUTE OF EDUCATION (COMMOND CAMPUS)

DELEGATES CAN CHOOSE ONE FROM THE FOLLOWING AFTERNOON GROUPS:

GROUP 1

Session 2 OR Session 3 OR Session 4
Mini Water Polo Teaching Beginners Club Programmes (8-12)

GROUP 2

Session 5 OR Session 6 OR Session 7
Repeat of Session 2 Teaching Breaststroke Teaching the Competitive Dive

COSTS: £12.50 for ISTC Member.
£17.50 for Non Members.

For an application form please contact SASA Office.

CLOSING DATE FOR BOOKINGS:
11 October 1995

JUNIOR INTER DISTRICT WATER POLO

The Junior Inter District Water Polo Championship was played at Perth Leisure Pool on Saturday, 16th September, 1995. The venue should have been in the North District but they were unable to raise a team. SWPC Convener Ross Elder had made all the arrangements before he left for his holiday of a lifetime in Zimbabwe. Vic Williams and David Balbirnie were the organisers on the day.

The draw had East playing Midland followed by Midland versus West. All the games were hard fought and very close. East defeated the Midland in the first match. Midland with little rest played the West and immediately took the lead with a great start but gradually the West team got into their stride and won as the Midland boys tired. The final game was a real cracker and was full of excitement all the way the West took the lead and seemed to have the match won but the East boys fought back to make the score even with 20 seconds to go but it was the West who snatched the winning goal with a shot from half way by the team captain. The Grant Trophy was presented to the West team by SASA President Bill Black.

NATIONAL AND OPEN DIVING CHAMPIONSHIPS 1995

The National and Open Diving Championships were held at the Royal Commonwealth Pool on Saturday and Sunday 16th and 17th September 1995. The event was supported by divers from City of Leeds Diving Club and the Beaumont Diving Academy. Derek Beaumont, one of the leading coaches in Britain was one of the "well kent" and welcome visitors. The young divers showed their potential and determination to get to the top and make the Scottish Commonwealth Games Team in 1998. One unfortunate incident was the late arrival of Michael Ellington from Ellon Diving Club due to him receiving the wrong information about his event which was held in the morning session and not in the afternoon, as he had been told when he phoned to confirm the time. However, the organisers are looking into the matter and hope to be able to resolve the problem and a rematch is likely. The lack of a National Convener for Diving is now a problem but thanks are due to Malcolm Taylor, Bill Law and their small band of helpers for carrying out the national programme.

National and Open Diving Championships 1995 Results

Results	Points Scored	Place National	Open
---------	------------------	-------------------	------

Men's Springboard, 16 September 1995, 1100 hours

Michael Barnes, C of Leeds DC	411.45		1
James Etherington, C of Leeds DC	367.45		2
Matthew Bass, C of Leeds DC	346.50	1	
Robert Kennedy, C of Leeds DC	326.15		3
David Leslie, Edinburgh DC	255.60	2	4

Women's Highboard, 16 September 1995, 1400 hours

Laura Yates, Bramston DC	222.20	1	1
Hilary Gillies, Beaumont DA	209.55	2	2
Ellie Thom, Edinburgh DC	199.95	3	3
Orla Gilmore, Edinburgh DC	187.70	4	4

Women's Springboard, 17 September 1995, 1100 hours

Hilary Gillies, Beaumont DA	296.75	2	2
Orla Gilmore, Edinburgh DC	296.80	1	1
Laura Yates, Bramston DC	276.45	3	3
Ellie Thom, Edinburgh DC	228.95	4	4

Men's Highboard, 17 September 1995, 1400 hours

Michael Barnes, C of Leeds DC	350.45		1
James Etherington, C of Leeds DC	319.70		3
Trevor Blott, Beaumont DA			
Robert Kennedy, C of Leeds DC	345.75		2
Matthew Bass, C of Leeds DC	339.45	1	
David Leslie, Edinburgh DC	225.65	2	4

DIRECTOR'S PAGE

DATES FOR YOUR DIARY

1995 World Swimming Championships

The Coca-Cola sponsorship 1995 World Swimming Championships will be held in Rio between the 30th of November and 3rd December 1995. Two 25m metre pools are being especially constructed for the meet on Copacabana beach. The heats will be swum at 7.30 a.m. and the finals begin at 1.30 p.m.

1996 Olympic Games

Preparations are continuing for the 100th anniversary of the re-birth of the modern Olympics. The swimming schedule for the 1996 Games, which will be held in Atlanta, is confirmed as the following

Preliminaries at 10.00 a.m. and Finals at 19.30 p.m.

Saturday 20th July

100m Freestyle	Women
100m Breaststroke	Men
400m Individual Medley	Women
200m Freestyle	Men

Sunday 21st July

200m Freestyle	Women
400m Individual Medley	Men
100m Breaststroke	Women
4 x 200m Freestyle Relay	Men

Monday 22nd July

400m Freestyle	Women
100m Freestyle	Men
100m Backstroke	Women
200m Butterfly	Men
4 x 100m Freestyle Relay	Women

Tuesday 23rd July

400m Freestyle	Men
200m Breaststroke	Women
100m Backstroke	Men
100m Butterfly	Women
4 x 100m Freestyle Relay	Men

Wednesday 24th July

200m Breaststroke	Men
200m Individual Medley	Women
100m Butterfly	Men
4 x 100m Medley Relay	Women
800m Freestyle (prelims)	Women

Thursday 25th July

800m Freestyle (final)	Women
50m Freestyle	Men
200m Backstroke	Women
200m Individual Medley	Men
4 x 200m Freestyle Relay	Women
1500m Freestyle (prelims)	Men

Friday 26th July

200m Butterfly	Women
200m Backstroke	Men
50m Freestyle	Women
1500m Freestyle (final)	Men
4 x 100m Medley Relay	Men

1997 WSCA Conference

A recent meeting in Atlanta at the beginning of September has confirmed that England will have the honour of being the venue for the 1997 World Swimming Coaches Association Conference (WSCA). Birmingham fought off stiff opposition from France and Germany for the conference which will be held from the 22nd to the 26th of May. It is anticipated that as part of the SASA's non-certificated education programme that the Association will support a number of coaches to attend this event. More information will follow when available.

SELECTIVE GRANT AID FOR COACH DEVELOPMENT

PROJECTS TO DATE:

Project:- Water Polo National Coaches (Howie Cartwright and Alex Burgoyne) had a four day visit to the World Championships in Dunkirk 15-30 July 1995 to study recent rule changes and how they affect the way the game is played.

Reporting System:- Full written report to the Water Polo Committee and a presentation to coaches and officials at National Planning Seminar.

Finance for Project:- Total cost £1000. Grant aid allocated £300.

Project:- Swimming Coach Eileen Adams is to visit the Dynamo Club of Atlanta and 1995 Pan-Pacific Swimming Championships 3-17 August, to discuss with American Coaches their Sports Science Programmes and Medical Support. Additionally to study coaching methods of leading American Coaches.

Reporting System:- Article for Swimming 2000 and discussion paper for the coaches Technical Panel.

Finance for Project:- Total cost £820. Grant aid allocated £400.

Project:- One day Education and "think-tank" for all swimming coaches who have current National and International swimmers, held at Stirling University 24 June 1995. The methods and principles of coaching was led by Martyn Woodroffe - Director and the "think-tank" for a common coaching language was led by Jim Park - National Coach.

Reporting System:- None. Although the common language project has led to the use of a standard form for recording all training sessions at National Training Camps.

Finance for Project:- Fully Grant aided £110.

Project:- Swimming Coach Alan Lynn is to conduct a research tour of the 1995 Canadian National Championships and United States Open Meet gathering information on the training methods for the following events 1500 / 800 Freestyle, 400 Individual Medley and 200 Butterfly - these being identified as the weakest events in Scotland. The project is in two stages, firstly study of Canadian Methods undertaken at Canadian Nationals - Winnipeg 27-30 July 1996 and stage two at the United States Open Meet Buffalo 1-3 December 1995.

Reporting System:- Technical Article for Swimming 2000 and Coaches Technical Panel and presentation at a Coaching Seminar.

Finance for Project:- The stage 1 costs were met by the SASA National Team Plan Budget as Alan was part of the coaching staff for the National Team. Stage 2 Total Cost £950, Grant aid allocated £500.

Martyn Woodroffe
Director of Swimming

CALL MARTYN FOR ADVICE ON
0141 641 8818



YOUNG SWIMMERS ENDURE ARDUOUS LAKE EVENT

Scott Smith (15) and Jonathan Starr (18), both members of Haddington & District Amateur Swimming Club, swam with distinction in their first attempt at the British Long Distance Swimming Association's Junior and Senior Championships last weekend in the Lake District.

On Saturday morning, at 9 a.m., Jonathan lined up along with 46 other swimmers at the south end of Lake Windermere ready for the start of the 10 1/2 mile senior championship, the major inland distance swimming event in the UK. With a previous maximum distance of less than four miles in the waters of Loch Lubnaig to his credit, Jonathan was just hoping to finish this enormous step up to over 10 miles.

Financially assisted by the East District of the SASA, thoughts of racing the two official Scottish entries were far from his mind as he contemplated more than five hours in water of 63°F.

Jonathan set off at his own easy pace and settled around the middle of the field in the early stages. At around the one-hour mark the other two Scots were still in sight, not more than 300-400m away. The feeding "pit-stops" changed the scene as a shorter feed for Jonathan brought him in range of the second Scot. Half an hour later he was past and had the leading Scot in his sights. At two and a half hours Jonathan moved in front of him and drew away, overtaking some other swimmers as well as leaving him in 14th position at the four hour mark. This was already more than twice his previous longest time on an open water swim and he knew that the toughest part still lay ahead - the crossing of "The Deeps" at the north end of the lake.

The weather was variable but at around four and a half hours the lake was very rough and took its toll on Jonathan. The stroke became weaker and much slower. His rivals began to close the gap and it was only a matter of time before their experience and strength took them past the tiring Haddington swimmer.

One came past at five hours and finished some 25 minutes ahead. The second got past in the last half-mile and finished five minutes ahead. Jonathan struggled on using will-power alone to keep going over the last stretch and finally finished in six hours, 22 minutes and two seconds in 20th place.

He was very cold and tired as he left the water but took pride in the fact that he had overcome much physical pain and exhaustion and conquered the infamous Lake Windermere.

Scott Smith had his chance on Sunday as an official member of the Scottish team in the BLDSA Junior Championships at Lake Coniston. This lake is five and a quarter miles long and seemed to be well within Scott's range who had, like Jonathan, swam the four miles of Loch Lubnaig earlier this summer.

The weather at the start was overcast with no wind and the water was fairly warm to the touch and absolutely calm. The 15 Junior competitors set off at midday and within five minutes Scott had gained the lead. He swam very strongly for the next hour, holding a lead of 30m from his nearest rival.

At one hour 20 minutes, Scott started to slow as the water temperature started to take its toll. His boat crew were concerned and instructed him to take a drink. The delay allowed his closest rival to overtake and the third place swimmer also came up to challenge Scott for second place.

Over the next hour, Scott gradually fell back from the leading pair and in the end couldn't fight off a determined challenge for third place, Scott finishing fourth in two hours 26 minutes and 34 seconds, a fine achievement.

Given the background of indoor pool training for both boys, they both did exceptionally well against swimmers who train outdoors in open water three times a week. The combination of large distances and cold water inevitably took their toll but they both managed to hold on and complete the course. If nothing else it was an experience neither swimmer will forget and they showed the strength of character needed to survive these arduous lake swims.

National Planning Seminar Sunday 10th September 1995

Glenrothes ASC

Last Sunday, our head coach and myself were able to attend the National Planning Seminar at Perth. Our coach went to the coaches session, both in the morning and in the afternoon, while I was able to attend the morning session for club secretaries and also the afternoon session for club treasurers.

Firstly, although I have only been involved in swimming management at our club for about six months, I found everyone there to be very friendly and helpful. I have exchanged a few telephone numbers and addresses with several secretaries and officials from other clubs who were willing to help me in various areas of interest. The content of the morning session was excellent and the tutors very good. The atmosphere was relaxed and there was plenty of discussion amongst the 36 or so attendees about the role of secretary. There were small group discussions, visuals, questionnaires, handouts and booklets. I came away from that session with plenty of notes (even though I did not expect to learn much more, as my occupation is one of accountancy/company secretary work).

The afternoon was just as good and beneficial as we discussed the role of club treasurer. Again there was plenty of participation from those attending. I was particularly pleased to learn about fund raising ideas as this is something which is 'close to my heart' as I have become well aware of the falling income from donations and sponsorships. There were very many ideas put forward by the different clubs - all ideas which actually work. One club even reported a profit of £12,000 from one big activity. At Glenrothes ASC, we have a three year development plan which will require considerable funding if we are to achieve the targets set and even more if we consider the possibility of full time coaching. Also touched upon was preparing an annual budget and planning ahead for income and expenses.

I believe in what the Association is trying to do - in promoting positive change, being business like and encouraging efficient use of our time without taking the fun away from our sport. On behalf of our club, I would like to congratulate the SASA on the success of the above event and hope that, despite the small turnout from around 150 clubs, more such events will be planned for the future. It was a positive loss to those who could not attend.

Andy Anderson
Glenrothes ASC

National Swimming Development Officers Seminar

On Friday 8th September we held the first National Swimming Development Seminar aimed at Local Authority Swimming Development Officers. The aim of the seminar was to deliver various presentations aimed at promoting closer links between Scottish Swimming and the Local Authorities, ensuring that we all work together striving to take Scottish Swimming to the top.

There were 31 delegates representing the following 25 Local Authorities and organisations.

Central Region Council, Lochaber District, City of Aberdeen, North East Fife, Dumfries, West Lothian, East Kilbride, Renfrew District, Midlothian District, Stirling District Sports Council, Ettrick and Lauderdale, Strathkelvin, Perth and Kinross, Kyle and Carrick, Cunningham, Fife Institute, Inverness, Grampian Regional Council, Cumbernauld, Strathclyde and the Great Britain Association of Swimming Development Officers.

SASA President Bill Black welcomed the delegates and introduced the speakers and thanked them for their contributions.

The delegates were treated to excellent presentations by Sandy Brunton and myself with the central focus being on the Scottish Swimming Perspective and where we can assist Local Authorities. Danny McGowan (wearing his Director of Community Services with Cumbernauld and Kilsyth District Council hat) highlighted what was possible in a relatively small Local Authority with a thriving Learn to Swim Scheme. Rick Bailey (Head of Sports Development for the City of Birmingham) gave us a very exciting and thought provoking insight into the possibilities for sports development in the future.

Just before lunch Brian McGuinness (Chairman of the Great Britain Association of Swimming Development Officers) talked to us about his Association and encouraged us to consider forming a Scottish Association in the future.

In the afternoon it was the turn of the delegates to become involved and they broke into three workshops for a brainstorming session. The final session of the day was a question and answer panel chaired by Ian Mason.

This was an excellent day for all who attended and it is hoped to repeat this as an annual event. As the National Development Officer my aim is to also keep in close contact with all swimming development officers ensuring that they are updated with all new initiatives, developments and future Local Authority Appointments.

If you are interested in receiving information about any issues arising from this article or about next years seminar, please do not hesitate to contact me.

Briony Shimmons
National Development Officer



TSS UPDATE

As you will read elsewhere in Swimming 2000 a lot of time has been spent on the planning and organisation of the National Development Seminar for Swimming Development Officers on Friday 8th September. I personally, would like to record my congratulations to Briony who undertook most of the organisation for the day. I felt it was unfortunate that Eddie McConnell (Scottish Sports Council) was unable to make his contribution due to a car accident, as I know he would have enjoyed the day tremendously. Eddie is recovering well and by the time you read this he will be back at work in his new position - leading the Scottish Sports Council's Junior Sports Programme.

Two of the major projects which Eddie has been involved with are at a very exciting stage. The City of Aberdeen and City of Edinburgh will both be appointing full-time chief coaches in the near future. Their task is simply to raise the profile of Scottish Swimming at the performance and excellence level by creating and leading "World Class" programmes. These initiatives have the support of the Local Authority, Scottish Sports Council, SASA and the Local Swimming Clubs and are the result of 12 months of planning and consultation.

You should all be aware of the two other recent appointments, which have been supported by Team Sport Scotland. Katie McConachie, Strathkelvin and Frances Smith, Perth & Kinross are both settling into their new positions very well.

Another major project which has been supported by TSS through the sponsorship of BP is the "BP TourFest 95". On the 29th September, East Kilbride S.C. have organised a "Come & Try" swimming day where over 500 school children will be experiencing a feast of aquatic enjoyment (as well as a 20 minute session on the flumes). This is a pilot event and Briony and Andy Figgins have used the experience to produce a booklet "Swim Fest to Swim Fast" which explains how to organise and run a Swim Fest or "Come and Try" day. These booklets are now available from the SASA Office or SSC (0131 317 7200).

The new Local Authority Initiatives gael-Force-ten (Highlands) and IMPACT (Tayside) are now in the advanced planning stages and it will not be long before the programmes are up and running. Last month I attended the first meeting of the third initiative, that we are involved in Activ-8 Grampian. Although, this project has been running for three years, swimming has only just been included as a phase 2 sport. I will update you on the progress of the Activ-8 Grampian initiative in the future issues of Swimming 2000.

Finally, another major project is coming to fruition, namely Mini Water Polo. This new booklet is now available and whilst it will be of most value to school teachers who want to introduce youngsters to Water Polo, it will be available to clubs and Local Authorities. Brian Campbell who put a lot of work into the production of the booklet, will be making a presentation at the next ISTC Conference at Cramond in Edinburgh in October.

Ian McGregor
TSS Swimming Co-ordinator

Scottish Amateur Swimming Association

in partnership with

The City of Edinburgh District Council

and

The Scottish Sports Council



CHIEF SWIMMING COACH

£25,000 ~ £30,000

This exciting and challenging full time coaching post offers the opportunity to coach swimmers to a world class level. The post holder will be given full support from the City of Edinburgh District Council, the Scottish Sports Council and the Scottish Amateur Swimming Association. The postholder will have the backing of the Edinburgh Swimming Clubs and will be expected to drive forward the development of swimming excellence in the City and support the development of swimming at grass roots level. The successful candidate will be responsible for organising a coach development programme, directing an advanced programme for talented performers and supporting club developments initiatives.

Application form and job description available from:

Martyn J. Woodroffe
Director of Swimming
Scottish Amateur Swimming Association
Holmhills Farm
Greenlees Road
CAMBUSLANG
G72 8DT

Tel: 0141 641 8818
Fax: 0141 641 4443

Closing Date: 22 October 1995
Starting Date Negotiable

