

BOARD OF MANAGEMENT NEWS

ASSOCIATION PRESS OFFICER

In an attempt to be more proactive in our relationships with the media the Association has appointed Elspeth Burnside as Press Officer for a period of 12 months from 1st February, 1996.

Elsbeth will be responsible for preparing press releases which focus on Association business. She will also contribute to each publication of SWIMMING 2000

The scope of press releases will include :-

- o TEAMS initial and final selection
- o SQUADS initial and final selection
training camps; squad members
going to open meets under club.
- o CHAMPIONSHIPS
entry lists 10 days prior to first day
- o SPONSORSHIPS
- o POLICY DECISIONS FROM : COUNCIL, Board and
all disciplines
- o PERSONNEL
senior personnel appointments in all
areas

The procedure for passing on this type of information is through the SASA Office who will ensure distribution to Elspeth and Murdo Wallace simultaneously.

Murdo will prioritise what items will be distributed nationally. You will appreciate that all press releases have a cost implication and therefore we need to be selective in what information is issued.

Ian Mason stresses that the above procedure relates to SASA official business. Elspeth may of course be in contact with a variety of Association personnel to get information on particular stories which she herself has sourced. This should be seen as being distinct from her position as the Association Press Officer.

However, you should ensure that possible editorial for general release is still sent to the SASA Office

All concerned are urged to arrange to send to the office, in due course, any appropriate material relating to their area of responsibility.

PROTECTION OF CHILDREN

The Association has a responsibility to protect children and young people from potential abuse and abduction in the context of their competition, training and related activities under the auspices of the Association.

Consequently, all SASA Team and Squad Staff, Medical and other personnel appointed by the Association who

may be with and responsible for young swimmers (including divers, synchronized swimmers, water polo players and long distance swimmers) on behalf of the Scottish Amateur Swimming Association (SASA) or the Amateur Swimming Federation of Great Britain (ASFGB) are required to complete and submit a Declaration Form. (Copies available from the SASA Office).

It is strongly recommended that the Districts and Affiliated Clubs of the SASA extend the scope of this measure to include the staff (or potential staff) of their Teams and Squads and to any other personnel who may have responsibility for the safety of the young people within their organisation.

DIVING INTO SHALLOW WATER

Following a number of serious accidents involving diving into shallow water all Registered Referees and Club Secretaries were advised of the following conditions for all events held under SASA jurisdiction.

- o Diving into water should only take place when minimum water depths are 1.2 metres from the poolside and 1.5 metres when starting blocks are used.
- o These minimums may be affected by local pool regulations ie. greater depths may operate and therefore should be observed.
- o The SASA/SSSA Competitive Starts award is recommended to Clubs in promoting good practice. However, it should be noted that giving such an award does not affect the above minimum depths or offer any guarantee of safety.
- o In pools that fall below the above minimum depths starting should take place in the water.

The above regulations are designed to protect swimmers, the Association and all its members.

All officials are asked to ensure that these minimum standards apply in all SASA events.

DISCIPLINES MARKETING GROUP

The former Marketing the Smaller Disciplines has taken a new direction and is now the forum for all the disciplines to discuss ways of working together from evaluation/updates of the Development Plan to joint promotions, common education matters and direct discussion with the Board of Management.

SWIMMING 2000

FORWARD WITH THE FUTURE

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

JANUARY/FEBRUARY 1996

VOLUME 3 NUMBER 4/5

SASA'S NEW IDEAS TO BOOST CASH FLOW

Chasing sponsorship can be a thankless task. How often have you heard of individual sportspeople writing thousands of letters and failing even to get a reply?

For the so-called minority sports - swimming included - it is also increasingly difficult to squeeze a cheque out of benevolent companies. Often it's a case of no TV, no cash.

But Scottish Amateur Swimming Association's determination to raise the funds that are necessary to lift standards has prompted the introduction of two innovative ideas for income generation.

EXECUTIVE PATRON SCHEME

The SASA Executive Patron Scheme, and the SASA-backed Visa card, both offer subscribers a great deal in return for their outlay.

The Patron's Scheme is a partnership between the SASA and individuals, or companies. The three levels gold (£500), silver (£300) and bronze (£150) offer a variety of benefits that will be attractive to anyone interested in the well-being of the next generation of Scottish swimmers.

SASA AFFINITY VISA CARD

Anyone taking out a SASA affinity Visa card can also bask in the twin feel-good factor of helping to provide extra funds for our swimmers, while similarly benefiting themselves.

Arranged through the Midland Bank of North America, it offers an extremely low rate of interest, and there is no joining fee. So why not switch your credit card - and do yourself and Scottish swimming a power of good.

"We wanted something a bit different, and think we have got it with the Patron's and Visa card schemes," said Murdo Wallace, head of marketing for the SASA.

"It is increasingly difficult to find sources of sponsorship, but companies are more willing to invest in something such as a Patron's scheme which can give them a chance to entertain clients, and get something tangible in return for a relatively small payment."

Both schemes have just been launched, but the good news is that McVittie's and American Express are already SASA Executive Patrons. Welcome aboard let's hope that lots more follow!

Elsbeth Burnside SASA Press Officer

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COACH OF THE YEAR 1995

EILEEN ADAMS (Aberdeen ASC) EDDIE CAMPBELL (Glenrothes ASC) and ALEX MCNEIL (Milngavie & Bearsden ASC) were awarded Coach of the Year Awards by the Scottish Sports Council. There were seven categories which means swimming was the most successful sport. Congratulations to all three for well deserved recognition of their hard work with their clubs.

1995 - A GREAT YEAR FOR ABERDEEN A.S.C.

Aberdeen ASC had a very successful Year in 1995, achieving "Top Club" status at both the Scottish Age Group Championships in June, and the Short Course Championships in December. In November the performance of our swimmers at the Cumbernauld Grand Prix Meet ensured that Aberdeen ASC was the most successful Scottish Club at the event, and indeed was the only Scottish Team to achieve "Top Ten" status at the end of a great weekend. Approximately 50% of the 1995 North District Swimming Squad was Aberdeen ASC swimmers, another achievement which we as a club are proud of. In order to be successful, the swimmers train very hard, and the atmosphere within the club is one of commitment and competitiveness, but at all times a strong team spirit prevails. The coaching staff are led superbly by Eileen Adams who was rewarded for her dedication and ability, by being named as top Female Coach in 1995. Eileen coaches the "AAA" squad and works closely with Andy Drummond our "AA" squad coach and Ron Anderson and Arlene Greene, who look after the interests and training sessions of our "A" squad and junior section swimmers (approximately 30 at the moment).

Andy has a very talented young squad who we think are going to be very successful in the years to come. We are extremely proud of our club's successes over the past 12 months, especially when all of the above has been achieved with a limited amount of pooltime, at present approximately 28 hours being available to us which has to be shared by the 3 squads. Oh Yes! We have started 1996 quite well. In January our young ladies won the Ladies Open Section at the Scottish Team Championships held in Dunfermline, and when we counted up the overall points won by the girls and boys, 14 and under and the men and women open teams we found that we were top team overall in the competition albeit this was not a recognised achievement.

In 1996 we know it is going to be difficult to match last year's success, as we acknowledge that other clubs are, as we are, going from strength to strength, but we welcome the competition that this will bring. Good luck to all our competitors for 1996.

Gordon Robertson, Vice President, Aberdeen ASC

DIRECTOR'S PAGE

Event Coaching - Breaststroke Seminar

Over 100 delegates converged on the Cottrell Building in Stirling University for the first National seminar of the new year. The day was devoted to the fundamentals of teaching and coaching breaststroke at all levels.

Martyn Woodroffe welcomed delegates to the event and began by explaining that the rationale behind the day was to address an overall weakness in breaststroke swimming at international level. He hoped this area could be improved by raising the quality of the teaching and coaching of the stroke. He also indicated that it was his desire that this would be the first of many seminars, targeting specific areas of teaching and coaching.

The first speaker of the day was Katie McConachie, the Swimming Development Officer for Strathkelvin District and an ASA Tutor. She introduced the "Strathkelvin Experience" of swimming teaching and highlighted the technical requirements of teaching breaststroke within a local authority environment. After hearing the theory, delegates then had the chance to view the reality by watching a light hearted video of Strathkelvin lessons in practice. It was obvious from the laughs of the delegates that many identified with the common problems highlighted in teaching breaststroke to young children.

Next up was Frances Smith, Swimming Development Officer for Perth & Kinross. As coach to a former British Junior breaststroke record holder, Frances used her vast experience to emphasise the key mechanics of the stroke to delegates. She also offered a variety of drills which could be used to improve technique and train specific aspects of the stroke. Frances finished her presentation by emphasising the enormous variety in styles which can be used in breaststroke and reminded delegates that the right stroke style for a swimmer must be based on their size and build.

The afternoon session saw Tim Jones, Chief Swimming Coach and Development Officer for City of Birmingham, develop the concept of coaching breaststroke at elite level. His insight comes from coaching swimmers such as Nick Gillingham and Marie Hardiman to breaststroke success at the very highest international level. Tim introduced delegates to the City of Birmingham concept of swimming development and then went on to discuss his recent GB training camp in Florida. After a short break the focus switched to land training for breaststroke swimmers and there were some useful hints on corrective procedures and technique work on dry land.

A successful day closed with a question and answer session. Following positive feedback from delegates it

emerged that the next seminar will address butterfly and plans are already underway to organise this. If demand is anything like for the breaststroke seminar, delegates would be well advised to book their places as soon as they see the information going out to avoid disappointment!

ANTI-TURBULENCE LANE ROPES!

Any Club looking for a set of anti-turbulence lane ropes, going cheap?

Scotia A.S.C. has a used set, in good condition, complete with storage roller. They are 33 1/3 metre ropes, from before the refurbishment of Bishopbriggs pool. We believe they could be cut to 25 metres if necessary. They are surplus to our requirements, as new 25 metre ropes were supplied in the refurbishment.

CONTACT

**Mike Dunbar,
Scotia Secretary,
Tel: 0141 563 4271**

If interested.

There is more from the Director on the next page - with a follow up from the previous issue of SWIMMING 2000 ...

REMEMBER TO
CALL MARTYN FOR ADVICE ON

0141 641 8818



In the November/December issue of Swimming 2000 you will recall that I looked at comparative performances for long course events in 1994 and 1995. The basic conclusion of findings was that generally we are not making a great deal of improvement in our long course standards.

At the recent Winter Nationals in Ayr someone whispered that there seemed to be the beginning of an upturn in our short course times. I decided that a closer look at the results would verify if there were grounds to be optimistic.

To make a fair comparison I took the 1994 results and compared them to 1995 in terms of 1st place, 2nd place, 3rd place times and then 6th place, or the time required to make the final, whichever was the faster. To ensure that the comparisons are equitable I included in the 1995 results of Scottish based or Anglo Scots swimmers who opted to compete in the ASA Short Course Nationals and adjusted the results accordingly.

In the Mens events 9 out of the 13 Winners in 1995 swam faster than in 1994, 7 second placed were faster and 8 third placed were faster and in 6 cases it was harder to make the final.

In the Womens events 4 out of the 13 Winners in 1995 swam faster than in 1994, 3 second placed were faster and 4 third placed were faster and in 2 cases it was harder to make the final. (See Table of Results)

Whilst it is always difficult to draw conclusions from statistics the obvious should be stated that in the Mens events we are making steady progress, however, in the Womens events progress is very slow. Particularly disturbing is the lack of progress shown in making the 6th or Finalist times, this would indicate that we are not improving in the quality and depth of performance.

Another major fact that is not shown in the table is that in the Mens and Womens 400m Freestyle at Ayr there were less than 24 competitors, in the Mens 1500m Freestyle less than 12 swimmers and in the Womens 800m Freestyle less than 18 swimmers. In both 400m Individual Medleys there were less than 12 competitors, in the Mens 200m Butterfly less than 18, in the Womens 200m Butterfly less than 24 and in the Womens 200m Breaststroke less than 24 swimmers.

These events require a real push forward in terms of both quality and depth of quality performance and I am convinced that there are lots of swimmers in Scotland with the talent to succeed in these events if only they would take up the challenge of training and competing in them.

Martyn Woodroffe Director of Swimming

1994					1995				
F	3RD	2ND	1ST	WOMENS EVENTS	1ST	2ND	3RD	F	
27.66	27.25	27.16	25.82	50 Free	26.03	27.55	27.66	28.21	
59.90	58.22	58.13	56.84	100 Free	56.46	59.18	59.51	1.00.36	
2.10.69	2.08.69	2.05.64	2.05.36	200 Free	2.02.93	2.09.39	2.11.08	2.13.22	
4.35.01	4.29.75	4.29.61	4.25.18	400 Free	4.26.07	4.36.62	4.37.31	4.42.35	
9.39.32	9.15.17	9.11.07	9.06.56	800 Free	9.23.00	9.32.08	9.33.00	9.37.20	
1.06.17	1.04.83	1.04.65	1.03.90	100 Back	1.04.11	1.04.45	1.04.73	1.07.37	
2.28.06	2.23.61	2.21.79	2.20.35	200 Back	2.16.28	2.19.92	2.20.31	2.28.32	
1.17.12	1.13.36	1.13.28	1.12.42	100 Breast	1.15.18	1.15.72	1.18.34	1.17.70	
2.46.80	2.37.88	2.36.43	2.34.39	200 Breast	2.40.15	2.43.99	2.44.67	2.45.49	
1.08.36	1.07.28	1.05.08	1.02.17	100 Fly	1.03.06	1.05.53	1.07.44	1.09.35	
2.31.10	2.28.36	2.27.77	2.22.17	200 Fly	2.24.11	2.25.47	2.25.74	2.38.93	
2.28.37	2.25.25	2.22.82	2.21.92	200 IM	2.21.01	2.29.39	2.29.54	2.31.15	
5.10.98	5.07.90	5.03.13	4.59.76	400 IM	5.05.76	5.07.28	5.07.74	5.21.06	

1994					1995				
F	3RD	2ND	1ST	MENS EVENTS	1ST	2ND	3RD	F	
24.54	24.23	23.99	23.95	50 Free	23.28	23.99	24.27	24.87	
53.19	52.77	52.72	52.06	100 Free	51.29	52.65	52.99	54.36	
1.58.03	1.55.10	1.54.00	1.53.27	200 Free	1.52.90	1.53.63	1.54.04	1.59.08	
4.20.52	4.09.91	4.09.65	4.03.83	400 Free	3.50.08	4.01.02	4.01.26	4.05.41	
17.25.24	16.48.88	16.35.01	16.32.89	1500 Free	14.49.71	15.52.26	16.25.87	17.41.20	
1.01.57	58.81	57.20	56.97	100 Back	57.71	58.30	59.39	1.01.76	
2.14.48	2.10.95	2.07.52	2.00.86	200 Back	2.02.22	2.09.12	2.10.08	2.12.26	
1.07.80	1.06.09	1.04.57	1.04.17	100 Breast	1.05.23	1.07.13	1.07.60	1.09.08	
2.30.07	2.24.81	2.21.76	2.20.03	200 Breast	2.19.42	2.28.35	2.28.78	2.34.03	
1.00.71	59.68	58.14	55.86	100 Fly	56.61	58.72	59.46	1.00.21	
2.17.76	2.11.75	2.11.51	2.09.18	200 Fly	2.07.50	2.07.64	2.11.60	2.14.35	
2.15.43	2.11.98	2.10.83	2.04.63	200 IM	2.03.06	2.07.25	2.10.72	2.12.31	
4.57.67	4.40.37	4.39.57	4.32.13	400 IM	4.23.74	4.26.46	4.30.56	4.39.61	



NATIONAL EVENT COACHING SEMINAR

COACHING BUTTERFLY

SUNDAY 9TH JUNE 1996

PERTH ICE RINK - GANNOCHY SUITE

SPEAKERS: WIN HAYES, VC TECHNICAL DEVELOPMENT, SASA
MARTYN WOODROFFE, DIRECTOR OF SWIMMING, SASA

PROGRAMME

10.00 am	Coffee & Welcome	
10.15 am	Teaching Butterfly Teaching Method	Win Hayes
11.15 am	Practices Teaching Points Coaching the Early Stages Technique Starts, Turns and Finishes Early Training Programmes	Martyn Woodroffe
12.15 pm	Lunch	
1.15 pm	Coaching Senior Butterfliers Differences - 100 and 200 swimmers Planning Training Programmes	Martyn Woodroffe
2.15 pm	Tea	
2.30 pm	Butterfly - Other Aspects Land Work Tapering Psychology	Martyn Woodroffe
3.30 pm	Questions & Answers	

COST: All Day Programme: £15.00 per delegate
£10.00 per SASA registered swimmer
Am or PM Programme: £10.00 (exc lunch) per delegate
£ 5.00 (exc lunch) per SASA registered swimmer

Application Forms can be obtained from:
SASA
Holmhill Farm
Greenlees Road
Cambuslang
G72 8DT
Tel: 0141 641 8818
Fax: 0141 641 4443

**CLOSING DATE
FRIDAY
24TH MAY
1996**



AYR AMATEUR SWIMMING CLUB

are looking for a

PART TIME COACH

who is willing to:

- ∅ attend club nights
- ∅ attend early morning training
- ∅ accompany swimmers to various galas

For further information please contact:

Mrs S McClure
7 Park Circus Ayr KA7 2DJ
Tel: 01292 262248

BURNS NIGHT
AT
STIRLING A.S.C.

Stirling Amateur Swimming Club on Thursday 25th January 6 - 8 pm session did something different writes *Head Coach Alan Lynn*. Each block of work was preceded by a quote from the poems of the National Bard *Rabbie Burns* in the manner of a Burns Supper.

THE ADDRESS TO THE HAGGIS (WARM UP)

- 200 loosen swim
- 200 choice drill
- 200 choice kick
- 4 x 100 I/M swim 1000m

IMMORTAL MEMORY (MAIN SET)

- 3 x (3 x 400) + 30, breaks + 10
- as : 1) 400
- 2) 200/200
- 3) 4 x 100
- [each set as prog 400's]
- Set 1 - F/C Pull;
- Set 2 - I/M swim reverse order;
- Set 3 - I/M swim correct order 3000m

TOAST TO THE LASSIES(KICK SET) - "MEN LEADING THE LANES!"

- 8 x 50 "Speed-Endurance" on 75 --> 45
- 100 recovery

THE RESPONSE (PULL SET) - "WOMEN LEADING THE LANES"

- 8 X 50 "Power" on 45--> 75
- 100 recovery 1000m

AULD LANG SYNE (SWIM DOWN)

- 400 own choice Kick - singing "Auld Lang Syne"

Total - 6,000m

What does your Club do for unusual training drills? Lets hear if you have any more unusual than Stirling ASC. Editor.

CITY OF ABERDEEN DEVELOPMENT SCHEME

Maureen Campbell has advised us that in her recent article regarding the appointment of Alastair Johnson the new Head Coach for the Scheme BUCKSBURN SWIMMING CLUB was omitted from the list of participating clubs.

WATERPOLO CALENDAR 1996

- 23 March Willie Mellors Quadrangular Tournament Rosyth
- 29-31 March Home Nations Tournament Aberdeen
- 13 April Senior Inter District Championships West District
- 12 May Senior Ladies Inter-District
- 15 June Scottish Championships Finals
- 31 August - 1 September Junior & Ladies Ad Hoc League
- 22 September Junior Inter-District
- 27-29 September National Leagues
- 4-6 October National Leagues
- 11-13 October National Leagues
- 18-20 October Junior Ladies Inter-District
- 1-3 November Ireland v Scotland Junior & Ladies
- 8-10 November National Leagues
- 22-24 November National Leagues

DIVING MATTERS DIVING MATTERS

Fina



Diving Nations throughout the world have been invited to the first Grand Prix to be held in Scotland.

With thousands of pounds of prize money Scotland will see the arrival of the best divers in the world. Being an Olympic Year we expect to see the highest performance as this is the last World International before the Olympic Games. There will be a special appearance by Great Britain Commonwealth champion Bobby Morgan, European Medallist Tony Ali and Olympic Finalist Hayley Allen along with other British hopefuls vying for a place in the 1996 Olympic Squad.

The event will take place over three days in Edinburgh's Royal Commonwealth Swimming complex with exciting highlights covered both in the newspapers and TV.

For more information on ticket reservations or sponsorship opportunities please contact the Scottish Swimming Association office on 0131 336 4826 or the Events Director, Brian Hazelton, on 01438 832402



Edinburgh 1996 PRESS RELEASE



UK GRAND PRIX

Club Team Championships Sunday 21st January Carnegie Leisure Centre, Dunfermline

Three of the Scottish Sports Council's 1995 Coach of the Year recipients; Alex McNeil (Milngavie & Bearsden), Eileen Adams (Aberdeen) and Eddie Campbell (Glenrothes), added top team awards to their credit at the recent Scottish Team Championships.

The senior male squad from Milngavie & Bearsden successfully retained the top male team award after narrowly holding off the Warrander men coached by Iain Lassiter. Aberdeen ASC proved to be the leading force in the senior female category, winning comfortably with Milngavie & Bearsden finishing in second place.

There was success also for Ken White with his Fins team finishing third in both the mens and ladies open events. Fourth spot in the mens event went to Aberdeen and the equivalent in the ladies event went to Danny McGowan's Cumbernauld team.

Eddie Campbell's success came in the junior boys event. This event was close run, with the team from Glenrothes finishing just 6 points ahead of Garrie Robert's local Carnegie team. City of Glasgow emerged in third spot, pushing Aberdeen into fourth place.

The girls junior event saw further success for Garrie Roberts with the Carnegie team retaining their title. The Milngavie & Bearsden girls team coached by Neil Murdoch finished in second equal place with Andy Drummond's Aberdeen team. The Warrander girls team coached by Karen Sterricks finished in fourth place.

There was some fine swimming to watch, despite the competition programme running very late. Several Scottish elite and youth squad swimmers were on show and it was good to see the commentators highlighting the Scottish and District Squad swimmers to the spectators. This would become a welcome trend at all levels of competition.

Points Table - Top Four Teams

Boys	Points	Girls	Points
Glenrothes ASC	119	Carnegie SC	199
Carnegie SC	113	Milng.& Bearsden	105
City of Glasgow	76	Aberdeen ASC	105
Aberdeen ASC	73	Warrander BC	84

Men	Points	Women	Points
Milng.&Bearsden	153	Aberdeen	144
WarranderBC	150	Milng.&Bearsden	131
Fina	133	Fins	130
Aberdeen ASC	124	Cumbernauld	127

Martyn Woodroffe
Director of Swimming

EASTER SWIM SCHOOL 1996 SWIMMERS REQUIRED FOR THE FOLLOWING COURSES:

SQUAD 1	ASA COACHES COURSE Saturday 30 March - Thursday 4 April inclusive 8:30 am - 2:30 pm daily Swimmers age 14+
SQUAD 2	ASA CLUB COACH COURSE Saturday 30 March - Thursday 4 April inclusive 10:30 am - 4:30 pm daily Swimmers Age 12 +
SQUAD 3	ASA CLUB COACH COURSE Sunday 7 April - Friday 12 April inclusive 8:30 am - 2:30 pm daily Swimmers age 12+
SQUAD 4	ASA ASS/TEACHERS COURSE Saturday 30 March - Thursday 4 April inclusive 12:00 pm - 6:00 pm daily Swimmers Age 10 +
SQUAD 5	ASA ASS/TEACHERS COURSE Friday 5 April - Friday 12 April inclusive 12:00 pm - 6:00 pm daily Swimmers Age 10 +
SQUAD 6	ASA ASS/TEACHERS COURSE Friday 5 April - Friday 12 April inclusive 10:30 am - 12:00 pm daily Swimmers Age 8 +
SQUAD 7	ASA ASS/TEACHERS COURSE Tuesday 9 April - Thursday 11 April inclusive 6:30 pm - 8:00 pm daily Swimmers Age 8 +
SQUAD 8	ASA ASS/TEACHERS COURSE Tuesday 9 April - Friday 12 April inclusive 11:00 am - 12:30 pm daily Swimmers Age 8 +

If you are interested in supplying swimmers for any of the above courses at the 1996 Easter School please contact Briqny Shimmons for further information:

Briqny Shimmons
National Development Officer
Moray House College
Cramond Campus,
Cramond Road North
Edinburgh, EH4 6JD

Tel: 0131 312 6001 ext 295
Fax: 0131 312 7576

East Kilbride A.S.C. News

East Kilbride A.S.C. recently announced a major sponsorship deal with Fruit of the Loom Authorised Factory Outlet in the Kingsgate Retail Park. The sponsorship cheque for £2,000 was presented by the Fruit of the Loom Authorised Factory Outlet Manager, Darryl Peacock who said "We were approached by many clubs for sponsorship, however, we decided to support a local cause. I believe Fruit of the Loom and East Kilbride Swimming Club will make a winning combination" The sponsorship was also "SportMatched" to help East Kilbride A.S.C. re-establish its grass roots programme which had been recently depleted due to the closure of the Dollan Aqua Centre for 18 months. Some 80 new swimmers were selected through a tourfest event at the Dollan Aqua Centre and these swimmers are now taking part in a progressive training programme.

Andy Figgins
Swimming Development Officer
East Kilbride District Council

SYNCHRONIZED SWIMMING CALENDAR 1996

2 March	Coaches Seminar	Tulliallan
22-25 March	SASA Easter School Assistant Teachers Course	Cramond
23 March	Scottish Inter-District	Buckie
31 March	Grading	TBC
5 - 8 April	Easter Training Camp	
11 May	Committee Meeting	
24-26 May	Slovak Open,	Bratislava
8 June	Scottish Age Group Championships Drumchapel, Glasgow	
7 September	Committee Meeting	
16 - 18 October	FINA World Cup Qualifying Event Greenock, Inverclyde	
19 - 20 October	Scottish National and Open Championships, Greenock, Inverclyde.	
9 November	Committee Meeting	
16 November	Scottish Club Championships Venue to be confirmed Livingston pool is too shallow.	

SYNCHRONIZED SWIMMING COACHES SEMINARS

As part of the Development Plan for Great Britain the GB Technical Synchronized Swimming Committee has set up a series of one day Coaching Seminars during 1996.

The Scottish venue will be at the Scottish Police College, Tulliallan Castle, Kincardine, near Alloa, Clackmannanshire. The first takes place on Saturday 2nd March and starts at 9.30am. The cost of each day is £17.00 which includes coffee breaks and lunch. Applications should be made to Mrs Elizabeth Bowman, SASA National Synchronized Swimming Convener, 40 Maple Drive, Parkhall, Clydebank, G81.

The Seminars are being conducted by Alison Bell the Great Britain Coach and ASA Synchronized Swimming National Development Officer.

The theme of the first seminar, on 2 March, is :

"Planning for the Year 2000"

1. Yearly planning and applications
2. Competition plans
3. Club organisation
4. Motivation
5. Mental preparation
6. Monitoring programme minimum standards

The 15 June is the date for the second seminar and the theme is:

"Conditioning for the Year 2000"

1. Conditioning)
2. Strength)
3. Endurance) 1. Land & water based
4. Flexibility) 2. Pool demonstrations
5. Extension)

On the 21 September the theme will be :

"Energy is the Key"

1. Nutrition - general and competition
2. Figure skills and applications
3. Building and developing skills
4. Competition preparation

The final seminar for 1996 will be on 7 December with the theme:

"A Manner of Presentation"

1. Choreography/Technical and Free
2. Routine flow
3. Building and developing routine fitness
4. Competition preparation.

NB : Applications for the seminars should be made at least a week in advance

INSTITUTE OF SWIMMING TEACHERS AND COACHES SPRING SEMINAR

(Supported by SASA Education Committee)

Saturday 27 April 1996

Moray House Institute of Education Cramond Campus, Edinburgh

PROGRAMME

0930	Registration and Coffee.
1000	Introduction. (President/Chairman)
1010	The Role of the ISTC. (Paul Robbins)
1030	SESSION ONE "Butterfly" - analysis of the stroke and the teaching of beginners in butterfly through to club standard. (Hamilton Smith)
1200	Lunch.
1300	SESSION TWO "Hitch Hikers Guide to Coaching" - specifically for Teachers requiring more help and knowledge of the fundamentals of coaching. (Paul Robbins)
	SESSION THREE "Swimmers with Disabilities" - integrating the disabled swimmer into the mainstream classes and club sessions. (Sheila Dobie)
	SESSION FOUR "Starts and Turns" - for all strokes. Demonstration and Analysis. (Hamilton Smith)
1420	SESSION FIVE Demonstration Pool Session - continuation of Session Two. (Paul Robbins)
	SESSION SIX "Sculling for All". (Ian McGregor)
	SESSION SEVEN "Flexibility" (Briony Shimmons)
1540	Afternoon Tea.
1610	SESSION EIGHT "Acquisition of Skill" - principles of acquisition of skill applied to swimming teaching/coaching. (Tony Holmyard)
1730	Finish.

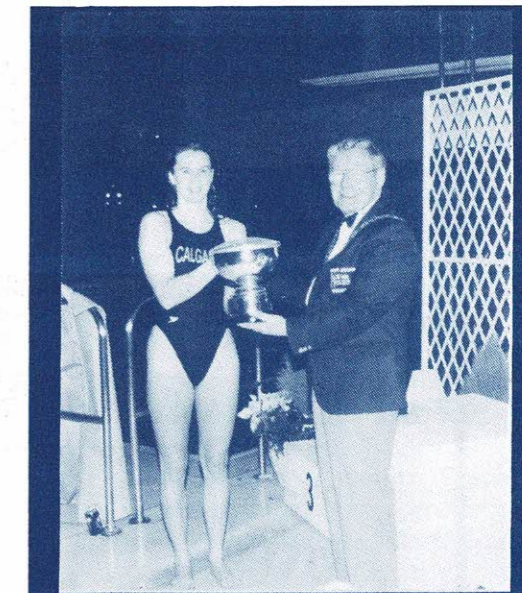
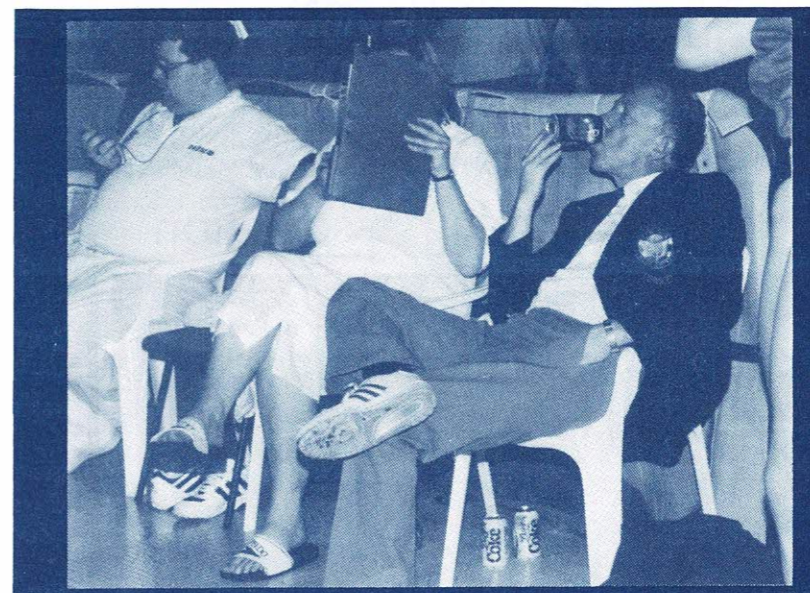
One choice from Sessions 2, 3 and 4 and one choice from Sessions 5, 6 and 7 is to be made (please note that Session 5 is a practical demonstration of Session 2).

COST: £12.50 - ISTC MEMBERS £17.50 - NON ISTC MEMBERS

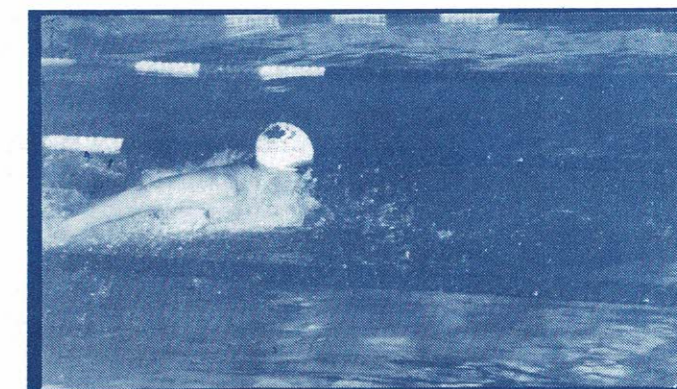
APPLICATION FORMS ARE AVAILABLE FROM:

**SASA, HOLMHILLS FARM, GREENLEES ROAD, CAMBUSLANG, GLASGOW, G72 8DT
TEL: 0141 641 8818 FAX: 0141 641 4443**

Certificates of Attendance will be issued.



SCOTTISH NATIONAL WINTER CHAMPIONSHIPS AYR SWIMMING POOL 15 16 17 DECEMBER 1995



Swimming Technical Officials

NEWS

Referee Appointments

Following the November 1995 examinations, three new Referees have received their Certificate of Competence:

Colin Kennedy	East
Jeanette Patterson	Midlands
William (Bill) Stewart	East

Other Appointments

Congratulations to these Officials who received their Certificates of Competence during January:

Starters:	
Alan Hood	Midlands
Judges:	
Colin Bertram	North
Recorders:	
Peter Lee	East
Timekeepers:	
Jackie Thomson	Midlands
Isobel Carter	West
Raine Morrison	West
Derek Balharry	Midlands
Sandra French	North
Paul Buckland	East
William Sandilands	North
Alison Anderson	Midlands
Georgina Logan	Midlands
Christine Ferguson	North
Ian Cole	North
Geoffrey Smyth	North
Linda Elgie	North

Registration

The total number of officials registered for 1996 as at 2 February 1996 is:

East	107
Midlands	67
North	102
West	104
Total	380

Any official who has not yet registered can obtain an application form from their District Representative or from the SASA Office.

Officials who wish to use their registration card as a lapel badge can obtain a holder by contacting their District Representative.

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

FINA

Appointment

Congratulations to Robin Dale (West) who has been appointed to FINA List No 9 as a Starter. Robin's term of appointment is four years starting 1 January 1997.

FINA

Swimming Rule Changes

Alterations to the Swimming Rules - World Records were approved at the FINA Extraordinary Congress on 28 November 1995 in Rio de Janeiro and came into effect on 28 January 1996.

SW12.11 Applications for World Records must be made on the FINA official forms (see page 139) by the responsible authority of the Organising or Management Committee of the Competition and signed by an authorised representative of the Member in the country of the swim certifying that all regulations have been observed, including a doping test certification (**MED 4.4.1**). The Application shall be forwarded to the Honorary Secretary of FINA within 14 days after the performance.

SW12.14 On receipt of the official Application and upon satisfaction that the information contained in the Application, including a doping control test certificate, is accurate, the Honorary Secretary of FINA shall declare the new World Record, see that such information is published and see that certificates are provided to those persons whose applications have been accepted.

NICE TO SEE STO NEWS BACK AGAIN - EDITOR

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)

Dates to Note for 1996

1 April Closing Date for submission of application forms for May Officials Examinations.

13 May Officials Examinations in venues throughout Scotland.

2 June Meeting of Registered Referees - City Mills Hotel, Perth.

1 September STO Seminar - Perth Ice Rink.

1 October Closing Date for submission of application forms for November Officials Examinations.

4 November Officials Examinations in venues throughout Scotland.

note change to original date.

International Events

Invitations have been received for a SASA Official to participate in the following events:

ASA National Masters (Distance) Ipswich, February.

IASA Leisureland International Meet, Galway March

WASA National Long Course Championships, Cardiff, March

GB Olympic Trials, Sheffield March

GB Masters Championships Sheffield, April

ASA National Championships, Leeds July

ASA National Age Group Championships, Crystal Palace July/August

ASA National Masters (Sprints) Hendon, October

Officials nominated for these events will be taken from the SASA International Referees list.

Eddie Wilmott (Midlands) represented the Association at the Welsh ASA Masters Championships at Cardiff in January.

Eddie clearly enjoyed the experience, noting that the WASA adopt virtually the same routine as in Scotland.

It was interesting to note that the event had TV coverage



Scottish Amateur Swimming Association

National Raffle 1996

Our next exciting PRIZE DRAW



or how about one of

10 WEEKEND HOLIDAYS

Total of 30 SUPER PRIZES

Tickets only 20p



TO BE DRAWN ON 30 JUNE 1996 at NATIONAL AGE GROUP CHAMPIONSHIPS

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

by both HTV and BBC Wales and had good press coverage. Also there was an ion site medal engraving service. Eddie was well looked after as reflected in his own words - "excellent is too modest a word to describe the care, attention and hospitality I received from all our Welsh colleagues from the minute I contacted them until I finally returned home."

Eddie also reported that many of the Welsh officials, in particular Colin and Janet Lade wished their Best Regards passed on to their many friends in Scotland.

Stop Press! Stop Press!

Following the approval by Council of the STO Regulations at their February meeting, the minimum age for sitting the Timekeeper examination is now 16 YEARS (was previously 18 years).

Ed Adam
National STO Convener

CARNEGIE S.C. RULE OK!

At Scotland's premier Junior Open meet held in Stirling on 27/28 January 1996, Carnegie S.C. were quite dominant in certain areas. Scottish Youth Internationalist, 15 year old Lynn McLaren accepted a late invitation to participate in the 50m Freestyle Invitation alongside Alison Sheppard, Kirsty Hope and Pauline McLean, finishing in 2nd equal place with Kirsty in 27.51, a new East District Senior and Junior Record. Lynn went on to win five gold medals in five new Meet Records: 100m Breaststroke 1.15.72; 100m Freestyle 59.68; 100m Butterfly 1.09.21; 200m Freestyle 2.11.17 and 200m Individual Medley 2.27.74. Lynn also won a silver medal in the 100m Backstroke behind team-mate Jillian Rees who won the event in a new Meet Record of 1.08.66. Jillian also won silver in 200m Individual Medley (2.31.07); 100m Freestyle (1.01.44) and 200m Freestyle (2.16.43). Lynn won the Overall 15 years Female title, with Jillian in 2nd place.

East District Squad member, Kirsten Sinclair won Overall 14 years Female, winning the 100m Backstroke in 1.10.96 and four silver medals: 100m Freestyle 1.02.56; 200m Freestyle 2.13.58; 100m Breaststroke 1.18.90 and 200m Individual Medley 2.33.64. Fellow East District Squad member and team-mate Lynda Kinnell was the runner up to Kirsten in the Overall event and won two golds in the 100m Breaststroke 1.18.68; 200m Individual Medley 2.32.36, with a bronze medal in the 100m Backstroke 1.11.04.

The 12 and under age group saw 10 year olds Kelly Hamill and Amanda Pauline show their potential with Kelly winning the 100m Butterfly, just outside the Meet Records in 1.15.96, with Amanda finishing in 6th place in

OPEN WATER SWIMMING

Open Water Swimming is the FINA terminology for Long Distance Swimming and the SASA is bringing its Rules into line with the world wide usage.

The Scottish Open Water Championships begin in June 22 June Junior 1 mile Championships, Lochore

8 July Juvenile 500yds Pile Light-Tayport

20 July Junior Championships, Loch Lubnaig
20 July Senior Championships, Loch Lubnaig

10 August Senior 10 miles Championship, Loch Rannoch

the Consolation Final. Amanda won bronze in the 100m Backstroke in 1.18.91, with Kelly in 4th place. Kelly also won bronze in the 200m Individual Medley in 2.52.64 and won the Consolation Final for the 100m Freestyle, with Amanda in 5th place. Both girls will be in the same age group next year which should see some excellent competition in this age group.

In the 13 years Female age group, Sarah Kinnell took the Overall Female award winning gold in the 100m Butterfly (1.14.95); silver in 200m Freestyle (2.18.90) and 200m Individual Medley (2.43.82) and bronze in the 100m Breaststroke (1.25.41). The Male 13 years age group saw Martin McLuckie win bronze in the 100m Butterfly in 1.13.71.

In the 14 years Male age group, the runner up to the Overall title was Andrew Stewart who won gold in the 100m Breaststroke in 1.18.93, with team-mate Michael Kane winning bronze in 1.20.51. Andrew also won two silvers in 200m Individual Medley 2.26.67 and 100m Butterfly 1.09.05, plus three bronze medals: 100m Freestyle 1.01.00; 200m Freestyle 2.13.42 and 100m Backstroke 1.10.50.

Altogether the Club had 57 Finalists, 13 Consolation Finalists, 10 gold medals, 13 silver medals, 9 bronze medals and won the Overall Team for both Male and Female for the 4th year running. Best of all, 81 personal bests were achieved.

Well done all!

Garrie Roberts
Head Coach
Carnegie S.C.

SCOTTISH AMATEUR SWIMMING ASSOCIATION



EASTER SWIM SCHOOL

MORAY HOUSE INSTITUTE EDINBURGH

The following courses are included in this year's programme:

- ASA Coach (Swimming)
- ASA Club Coach (Swimming)
- ASA Assistant Teacher (Swimming)
- ASA Teacher (Swimming)
- ASA Teacher (Swimming for People with Disabilities)
- ASA Assistant Teacher (Swimming for People with Disabilities)
- ASA Assistant Teacher (Aquafit)
- ASA Assistant Teacher (Diving)
- ASA Assistant Teacher (Synchro)
- ASA Assistant Teacher (Water Polo)
- Conversion Old ASA Teacher to New ASA Teacher (3 days)
- Land Training
- Weight Training

Brochure and application form can be obtained from:

**Community Activities
Moray House Institute
Cramond Road North
Edinburgh
EH4 6JD**

Telephone: 0131 312 6506

"The National Development Officer working within Education"

The aim of this report is to highlight exactly the kind of work that I do within the Education system. As outlined in the SASA four year Development Plan, the National Development Officer has a key role to play in the provision of in-service training for all teachers in Scotland. My yearly work programme clearly outlines that within the programme area of School Development, I will promote and develop the education of teachers in the form of in-service training or seminars/courses for teachers.

In May 1995 I met with all the PE Advisers to specifically discuss where I could fit into the present Education structure and in particular contribute to the development of schools swimming.

Remember that schools are in the unique position of being able to introduce swimming to young people, giving them the basic skills and confidence needed to explore the sport of swimming, therefore, it is the teachers who can be a powerful influence on the continued involvement of children. So it is essential that I am able to interact with teachers providing them with all the new developments and techniques which are evolving within our sport.

The in-service training that I can provide is specifically tailored to the requests and needs of the particular Education Authority or individual school.

After delivering in-service for the past year, I have now requested to meet with each PE Adviser individually therefore allowing me to discuss various topics unique to their own Authority. The topics will include: the effect of Local Authority re-organisation; the need for the provision of quality in-service and quality resources based on what already exists in the Authority. I believe that these meetings will be essential to the future development of schools swimming and ensuring that we have a key role to play in this.

If you would like any more information on in-service training then please contact me on 0131 312 6001 ext. 295.

Briony Shimmons
National Development Officer

Improvements to the Awards Scheme

Scottish Speedo Swimming Awards

Due to many demands from clubs around the country, a number of improvements are to be brought in during the coming months.

Cloth badges for all levels of the Distance Awards are in production and designs for badges for all levels of the Aqua Skills, Swimming Performance, Personal Challenge and Beaver Awards are being developed, and will be available within a couple of months.

Badges and stickers will be available separately as well as together, for clubs who want to purchase one but not the other, making the Scheme even more flexible.

New discounts are being introduced for clubs who place orders of £100 or more at one time.

Finally, the Competition Start Award has been amended in line with the SASA's recommendations, providing an even safer approach to shallow diving. The Award ensures that formal teaching of the dive takes place and helps swimmers have the fastest possible start to a race.

Joanne Gallagher
Scottish Speedo Swimming Awards



"It's not an allergy' it's her spare nose clips."

SEND IN YOUR CLUB NEWS
WHEN IT HAPPENS AND WE WILL
INCLUDE IT IN THE FOLLOWING
ISSUE OF SWIMMING 2000



GLASGOW SWIM TEAM NEWS

THE SCOTTISH WINTER SHORT COURSE CHAMPIONSHIPS IN AYR

The Scottish Winter Short Course Championships were the last opportunity before Christmas for the City of Glasgow swimmers to assess their progress this season against the best domestic competition.

Craig Miller was the Team's most successful member, with a win in the 200m Freestyle, second place in the 400m Freestyle and fourth in the 100m Freestyle. Glasgow's other individual winner was David Cox, who dropped some four seconds off his previous personal best time to take the 200m Butterfly title. He added a third place in the 100m Butterfly to this - again in a personal best time.

Two promising junior swimmers also made a big impression in the senior finals. Steven Kidd, who has been in outstanding form this season, continued his successful streak with a fourth place in the final of the 400 IM and the same place in the 200m Backstroke in personal best times. However, the most remarkable swim came from 14 year old Joanna Rowbory who capiltised on a hard winter's training with a sixth place in the 200m Butterfly final. This was her first result at senior level, and promises a lot for the long course season.

The final success for the Swim Team came in the final of the ladies 4 x 50m Freestyle relay where the quartet of Ruth Leaver, Carol Brown, Fiona McKerlie and Lesley Ann Martin finished runners-up to the event winners Aberdeen.

THE SCOTTISH CLUB TEAM CHAMPIONSHIPS 1996

The Glasgow Team travelled to Dunfermline for this event on 21 January. A very comfortable bus journey (in-house video and hot coffee!) preceded a long day of competition.

Good individual swims by the 14 and under boys team of Alan Crum, Mark Findlay, Paul Clark, Kevin Nixon and Brian Taylor saw them take third place in this category. Other good swims came from Andrew Aitken who won the 50m and 100m Backstroke and was second in the 1500m Freestyle, and from Louise Coull who although only 11 came fifth in the 14 and under 400m Freestyle in a National Age Group qualifying time, and sixth in the 800m Freestyle.

The final placings for the team were:

Boys 14 and under	3rd
Girls 14 and under	6th
Men's Open	5th
Women's Open	8th

NEW YEAR TRAINING CAMPS

Two New Year Training Camps were held for City of Glasgow swimmers: One for the senior swimmers in Lanzarote, and one in Castlemilk (what a contrast!).

LANZAROTE

Seven swimmers attended this swimming camp. It was held in three phases: one directly after the Christmas holiday break at Scotstoun as lead in to the main phase; an eight day warm weather camp at Club La Santa in Lanzarote; and a follow up phase lasting two days at Scotstoun.

The objectives of the camp were;

- ∅ to enhance and rebuild aerobic base after the Christmas break.
- ∅ to increase the number of training sessions directed at increasing the level of intensity
- ∅ to introduce the Treffene Heartrate meter to the programme to assist individual training levels developed from the team's lactate programme
- ∅ to provide the swimmers with guidelines on commitment towards their training performance and areas of specific development, monitoring, correction and evaluation of performance goals
- ∅ to enhance mental skills with a programme of athlete self-awareness.

The objectives of the camp were fully achieved, with the athletes completing between 97,000 and 103,000m over the 12 day period.

CASTLEMILK

The Glasgow New Year Camp was held at Castlemilk Swimming Pool and Sports Centre from 2 to 6 January. The camp was open to all members of the City of Glasgow Swim Team, from the junior development squads through to the national squad.

Fifty one swimmers attended for the duration of the camp. The older swimmers had a series of psychology lectures on a daily basis presented by Tom Lucas, while the junior athletes and their parents were treated to a lecture on nutrition for swimming by Louise Martin who is attached to the Scottish Elite and Youth Squads. The senior swimmers worked on their aerobic capacity and power, as well as refining and enhancing their technique. The junior swimmers were tutored in simple stroke drills and practices aimed at making them more skillful in the water. Each group spent two sessions in the water each day, coupled with a comprehensive dry land programme aimed at team building, and improving strength and co-ordination.

ONE DAY STROKE CLINIC AT CASTLEMILK

This was the second in a series of four one day stroke clinics for the 1995/1996 season. It was held at Castlemilk Pool on 20 January, and the objective of the day was to offer young athletes the opportunity to attend an intensive training day to improve their swimming technique.

The camp comprised members of City of Glasgow Swim Team junior and junior development squad members, swimmers from the Olympic Pathway Saturday Skill squads, and other recommended swimmers from the

seven Glasgow based clubs. The day was staffed by City of Glasgow Coaches Graham Wardell and Bill Penny. The format of the day included two pool sessions, an hour of gym work, two lecture/video sessions and a recreation period. The morning was dedicated to backstroke swimming, with the afternoon focusing on butterfly technique. The swimmers were also given opportunity to practice starts and turns relevant to the two strokes.

Fifty eight swimmers attended the day which was a resounding success. The next one day clinic is planned for Saturday 24 February, 1996. It will again be held at Castlemilk, and will look at the other two strokes freestyle and breaststroke.

Stop Press! Stop Press!

15 year old City of Glasgow swimmer Neil Aitken has been selected for the British Disabled swimming squad. Neil, who trains with Pollokshaws Swimming Club and with the City Team in Drumchapel and Scotstoun, has already represented Britain at junior level. Selection to the squad for 1996 means that Neil is in with a fighting chance of being selected for the Olympic Team for Atlanta - watch this space!



"Please don't watch, we're scared."

HOW GOOD WAS YOUR SWIMMING TERMINOLOGY?

PUZZLE CORNER

j	d	X	a	y	d	l	R	g	p	g	l	w	a	r	C	k	c	a	B				
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HERE IS THE SOLUTION TO THE WORD PUZZLE IN THE NOVEMBER/DECEMBER ISSUE OF SWIMMING 2000.

Some top coaches had difficulty with the word puzzle! No one got it all correct but two readers had very good answers with only one word missing. Vivienne Rorie from Stromness in Orkney and Gordon Prentice of Harthill win £10.00 vouchers and 11 year old Alistair Hastie of Cruden Bay for his 16 out of 18 result collects £5.00.

Thanks again to Robert Jackson for sending in the word puzzle. look out for the next contest in future issues of SWIMMING 2000 your newsletter.



SCOTTISH AMATEUR SWIMMING ASSOCIATION
SCOTTISH SCHOOLS SWIMMING ASSOCIATION

SCOTTISH SPEEDO SWIMMING AWARDS

The Scheme was originally set up in 1970 but was thoroughly reviewed and overhauled before being launched in October 1993 in its present form. However, the Management Committee have listened to the feedback from you the customers and have added improvements in the interval.

For the latest information about the Awards

Contact the Secretary
Joanne Gallagher

Scottish Speedo Swimming Awards
44 Frederick Street
EDINBURGH
EH2 1EX

TEL/FAX 0131 225 7271

