



SPEEDO  Born in the water

SNELLING APPOINTMENT GREAT FOR SCOTLAND

Scottish swimming is certain to benefit from Deryk Snelling's appointment as the first National Performance Director.

Snelling, coach to the Canadian Olympic swimming team since 1992, takes up the new British post in October, and will be closely involved working with the Directors in Scotland, England and Wales.

"I'm thrilled that we have managed to recruit someone of Deryk's calibre," said Ian Mason, Chairman of the Scottish Amateur Swimming Association Board of Management, "and we look forward to him paying a visit to Scotland in the not too distant future."

Snelling's appointment has gained added significance following the disappointing performances at the Olympic Games - Scotland's bronze winner Graeme Smith was one of few to escape criticism - but he arrives with a fine record having steered Canada to 19 Olympic, 10 World Championship and 79 Commonwealth medals during the past two decades.

With an ever increasing number of professional swimming posts being created in Scotland and the prospect of a government-backed Scottish institute of Sport, Ian Mason views Snelling's appointment as another huge stride towards a brighter future.

"With further opportunities being created by lottery funding, it is certainly is an exciting time for swimming," he said.

GRAEME IS SUPER SCOT

What a brilliant effort! Everyone in Scottish swimming sends congratulations to Graeme Smith on winning the Olympic 1500m freestyle bronze medal.

It really was a fantastic achievement by the 20 year-old. He broke his own British and Scottish records in finishing third in 15:02.48 behind Australian superstar Kieren Perkins (14:56.40) and another Aussie, Daniel Kowalski (15:02.43).

The race took place in the early hours of the morning British time, but there was no difficulty in staying awake as Graeme's dramatic medal bid unfolded.

His battle with Kowalski over the final few lengths was one of the highlights of the Games - and to lose out by just five one hundredths of a second was almost unbelievable.

For Perkins to break 15 minutes was another wonderful effort. The world record-holder had shown little form in the Olympic build-up, and only qualified for the final in eighth place.

But he confirmed a true champion's quality with his swim in the final.

Graeme was the only Scot to return from Atlanta with a medal. And with the British performances being generally disappointing across the board, he sent out a message for success - "Hard work, and plenty of it."

Elspeth Burnside SASA Press Officer.

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EVENT COACHING SEMINAR - BUTTERFLY

Over 150 delegates attended the above coaching seminar in Perth on Sunday 9 June 1996.

The opening lecture was Teaching Butterfly given by Win Hayes Vice Chair of Technical Development SASA which covered the following topics:

- Ø Teaching Method
- Ø Practices
- Ø Teaching Points

The following points were high-lighted:

- Ø Butterfly is a stroke in its own right and should be taught as such, not as an end of lesson alternative activity.
- Ø Keep practices short in the early stages. Two perfect arm pulls and recovery is better than ten poor arm actions.
- Ø Build up distances gradually.

Win produced at the end of the lecture a full set of hand outs for the delegates.

The rest of the day was given over to coaching butterfly from the early stages through to the elite senior swimmer training for either 100 and 200 butterfly. Three lectures were given by Martyn Woodroffe Director of Swimming.

The following points and were made some being fully explained with overheads:

- Ø Never use butterfly as a punishment.
- Ø Swimming is an endurance sport.
- Ø Develop excellent technique as early as possible and keep insisting on good technique.
- Ø Build up endurance on butterfly over a number of years training and over the season.
- Ø The early years should be Medley based.
- Ø 14/15 years for females and 15/16 years for males there should be no difference between 100 and 200 butterfly swimmers in terms of training.
- Ø Later there may be a need to develop as a 200 or 100 swimmer however swimmers still require both speed and endurance for both events.
- Ø Annual planning is required for peak performance based on OVERLOAD, PROGRESSION AND ADAPTATION.
- Ø A variety of training should used to encourage both speed and endurance.
- Ø Land-work should be included in the programme.

The following over-heads were used to expand the above points.

DEVELOPMENT MODEL FOR 100M BUTTERFLY SWIMMERS

AGE FEMALES+OR- 1 YEAR	12	13	14	15	16	17+
AGE MALES + OR - 1 YEAR	12	13	14	15	16	17+
TOTAL WEEKLY TRAINING VOLUME IN METRES	20,000	30,000	35,000	40,000	45,000	50,000
NUMBER OF SESSIONS PER WEEK	6	7	7	8	9	10
AVERAGE DISTANCE PER SESSION	3,000 3,500	4,000 4,500	5,000	5,000	5,000	5,000
% OF WORK ON BUTTERFLY	20%	25%	25%	30%	35%	40%
WEEKLY VOLUME ON BUTTERFLY IN METRES	4,000	7,500	8,000	12,000	15,500	20,000
AVERAGE DISTANCE ON BUTTERFLY PER SESSION	600 700	1,000	1,200	1,500	1,500	2,000

DEVELOPMENT MODEL FOR 200M BUTTERFLY SWIMMERS

AGE FEMALES+OR- 1 YEAR	12	13	14	15	16	17+
AGE MALES + OR - 1 YEAR	13	14	15	16	17	18
TOTAL WEEKLY TRAINING VOLUME IN METRES	20,000	30,000	40,000	50,000	60,000	70,000
NUMBER OF SESSIONS PER WEEK	6	7	8	9	10	11
AVERAGE DISTANCE PER SESSION	3,000 3,500	4,000 4,500	5,000	5,500	6,000	6,000 6,500
% OF WORK ON BUTTERFLY	20%	25%	30%	35%	40%	45%
WEEKLY VOLUME ON BUTTERFLY IN METRES	4,000	7,500	12,000	17,500	24,000	31,500
AVERAGE DISTANCE ON BUTTERFLY PER SESSION	600 700	1,000	1,500	2,000	2,500	2,500 3,000

TRAINING METRES SWUM (MALES)/EVENT DISTANCES FOR COMPETITION

DISTANCE	METRES PER WEEK	SESSIONS PER WEEK		RANGE
		SWIMMING	LANDWORK	
50	30,000 - 40,000	5 - 6	5 - 6	4290 - 6670
50 - 100	50,000 - 60,000	7 - 8	4 - 5	5000 - 7140
100 - 200	70,000 - 80,000	9 - 10	3 - 4	5560 - 7500
200 - 400	80,000 - 90,000	10 - 11	2 - 3	6000 - 7780
400 - 1500	80,000 - 100,000	10 - 11	1 - 2	6360 - 9000
		SWIMMING	LANDWORK	

BORN IN THE WATER



**TYPICAL WEEKLY TRAINING PLAN BUTTERFLY SWIMMERS
TRAINING PHASE - MAXIMUM AEROBIC WORK (SPECIFIC)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.30 TO 8.00 AM	BASIC ENDURANCE FREESTYLE SPEED FLY	2000 - 3000 F/S OR I/M PACING 200 FLY	BASIC ENDURANCE FREESTYLE SPEED FLY	2000 - 3000 F/S OR I/M PACING 200 FLY	BASIC ENDURANCE FREESTYLE SPEED FLY
4.30 TO 6.30 PM	100'S 200'S 400'S BUTTERFLY	200'S OR 400'S I/M	200'S 400'S 100'S BUTTERFLY	400'S OR 200'S I/M	400'S 100'S 200'S BUTTERFLY
LAND WORK	WEIGHTS	CIRCUITS	WEIGHTS	CIRCUITS	WEIGHTS

PLANNING THE YEAR

BASIC PREPARATION PERIOD

6 - 14 WEEKS (6 - 7 WEEKS)
1 or 2 cycles of 6 or 7 weeks

SPECIFIC PREPARATION PERIOD

18 - 21 WEEKS (12 - 14 WEEKS)
3 cycles of 6 or 7 weeks

COMPETITION AND TAPER PHASE

2 - 3 WEEKS (Taper)
1 - 2 WEEKS (Competition)

REST AND RECOVERY

2 WEEKS
Fun and Games

NUMBER OF WEEKS DEPENDENT ON ONE/TWO/THREE PEAK SEASONS

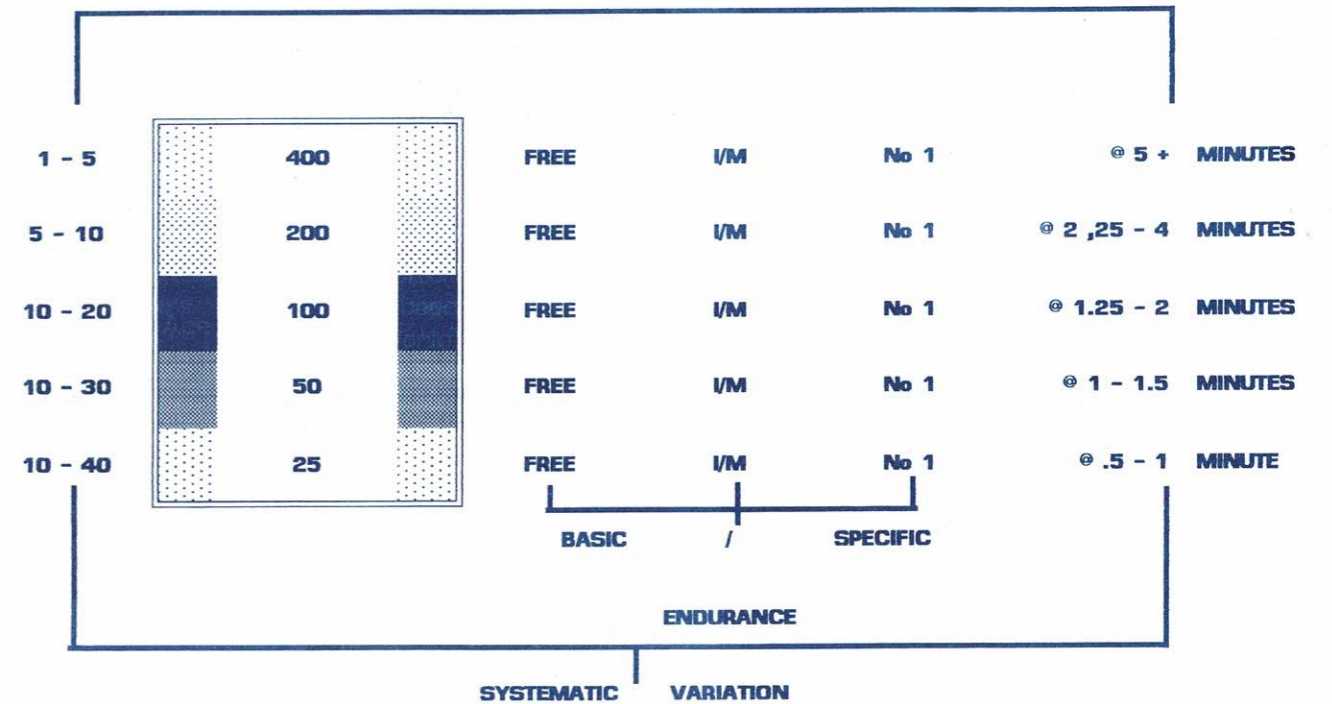


SPEEDO BRITISH SWIMMING GRAND PRIX DATES FOR 1996/97 CIRCUIT

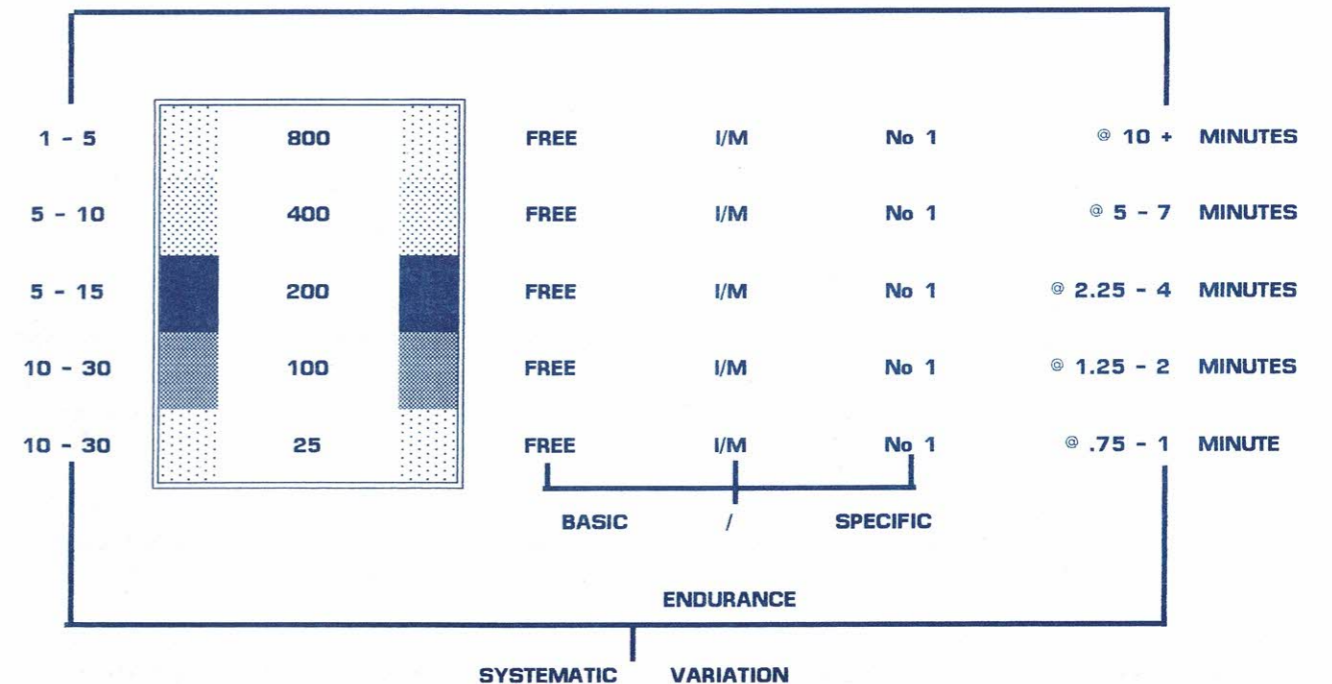
15/16/17 NOVEMBER '96	LEICESTER	S.C.
17/18/19 JANUARY '97	SWANSEA	S.C.
21/22/23 FEBRUARY '97	LEEDS	L.C.
14/15/16 MARCH '97	CARDIFF	L.C.
30/31 MAY & 1 JUNE '97	SHEFFIELD/FINAL	L.C.

SPEEDO Born in the water

EXTENSIVE INTERVAL TRAINING - 100 SWIMMERS



EXTENSIVE INTERVAL TRAINING - 200 SWIMMERS



AVERAGE AGES OF WORLD RANKED SWIMMERS TOP 50 IN EACH EVENT 1995

MENS	50 FREE	100 FREE	200 FREE	400 FREE	1500 FREE	100 BACK	200 BACK	100 BREAST	200 BREAST	100 B/FLY	200 B/FLY	200 I/MED	400 I/MED
1-10	23	22	22	22	22	23	22	23	22	22	22	22	23
11-20	25	24	22	21.5	21.5	22	22	23	23	23	21	22	21
21-30	22.5	20	21	20	19	22	23	21.5	21	22	19	21	20
31-40	23	22.5	21	19	19.5	20	20	22	21	22	22	22	21.5
41-50	24	22	22	21	20	22	20	21	23	25	22	22	20
AVERAGE	23.5	22.1	21.6	20.7	20.5	21.8	21.4	22.1	22	23	21.2	22	21.1
YOUNGEST	18	17	17	16	16	17	17	17	17	16	16	17	16
RANKED	40	22	25	27	25	26	34	36	26	23	27	38	35
OLDEST	31	27	28	28	28	27	26	27	28	29	27	29	26
RANKED	14	40	19	7	3	46	11	2	37	41	3	29	7
94-95	+0.9	-0.1	+0.1	-0.4	-0.3	+0.2	+0.4	-0.3	NC	+0.8	+0.2	+0.2	-0.1

AVERAGE AGES OF WORLD RANKED SWIMMERS TOP 50 IN EACH EVENT 1995

WOMENS	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	100 BACK	200 BACK	100 BREAST	200 BREAST	100 B/FLY	200 B/FLY	200 I/MED	400 I/MED
1-10	20.5	22	20	19	20	21	21	21	19	20	20	21	20
11-20	21	20	20	19	20	19.5	20	20	21	23	20	20	19
21-30	21	20	20	19	19	18	20	21	19.5	19.5	19.5	19	19.5
31-40	20	21	19	19	18.5	20	20	18	17	18	18	21	18.5
41-50	21	19	19	20.5	19	18	19.5	17	17	18	19	17	17
AVERAGE	20.7	20.4	19.6	19.3	19.3	19.3	20.1	19.4	18.7	19.7	19.3	19.6	18.8
YOUNGEST	15	15	14	14	14	14	14	13	13	13	13	14	13
RANKED	14	15	39	17	13	26	11	6	4	4	36	15	39
OLDEST	28	28	26	26	26	26	26	32	32	28	28	28	26
RANKED	4	2	2	11	22	24	2	19	27	7	28	34	2
94-95	+1.3	+0.8	-0.2	NC	+0.2	+0.4	+0.6	+0.5	-0.2	+0.2	-0.4	+0.3	-0.1

Aerobic Power Comes Through

Carnegie swim club showed its aerobic endurance at the Scottish National Age Group Champs at the Dollan Aqua Centre 27 - 30 June. The meet which was very well run and superbly supported by the East Kilbride staff and parents who attended by a growing number of Anglos which I feel gives us some kind of measure of where we really stand in our sport in comparison with training south of the border, but only a glimmer.

Carnegie swimmers who competed in the distance events did very well with four girls competing in 800m free with three gold's and one 6th, this was reflected in most swims over 100m.

Pride of the club must go to Scottish Youth Squad swimmer 15 year old Lynn McLaren with eight gold's, three silver's and three Youth Squad qualifying times. Lynn's gold's came in the 100m free 1:00:71 200m free 2:13:55 400m free 4:40:44 800m free 9:40:36 200m B/C 2:30:14 100m Br 1:17:58 100m fly 1:08:12 200m fly 2:30:77 and 200m IM 2:29:63 showing her all round ability.

Young 14 year old Kirsten Sinclair also a Scottish Youth Squad member also had a successful championships with two gold's, four silver's, one bronze and five Youth Squad times. Kirsten's two gold's came in 100m Br 1:19:55 and 200m IM 2:32:02 also showing her versatility.

14 year old Lynda Kinnell won two gold's, two silver's, five bronzes and two Youth Squad times her gold's came in the 800m free 9:49:40 and 200m Br 2:52:58. Lynda's younger sister 13 year old Sarah Kinnell won two gold's and two silver's with gold's in 200m free 2:19:23 and 800m free 10:03:24 almost a certainty for the Scottish Youth Squad in 1997.

British Youth Squad Internationalist 16 year old Bryan Morgan who broke two Scottish Junior records in his first leg of both relays but which could not be notified won two gold's and two silver's with one Scottish Youth Squad time Bryan's gold's came in his two weak strokes 100m Br 1:10:08 and 100m fly 1:01:48 with his heat time of 1:01:88 100m B/C being a Championship record. Bryans 50m free first leg of the relay which was 24:19 was a superb effort and only .19 outside of Mark Foster's British record.

Sixteen year old Daniel Polo Del Vecchio had a superb 100m Br heat in 1:08:46 which was a Youth Squad time and also broke the East District Age Group record held by Dominic Shiels since 1991.

Fifteen year old Jillian Rees although not up to her usual standard still managed one gold and a bronze with the gold in the 100m B/C 1:10:59. Although Jillian did not achieve a Youth Squad time at these Championships she has achieved one prior.

Fourteen year old Andrew Stewart has started to become of age with one silver and two bronze with team mate 15 year old Martin Ryan winning one silver.

The relay teams of girls 12/U Amanda Pauline, Lisa Lynburn, Kelly Hammil and Aileen Chalmers won silver in 4 x 50m Medley whilst the girls 13/14 year team of Kirsten Sinclair, Lynda Kinnell, Sharon Gay and Sarah Kinnell won both gold's.

The boys 13/14 years team of Martin McLuckie, Micheal Kane, Andrew Stewart won, gold in the Medley and silver in the freestyle.

The boys 15/16 years team of Bryan Morgan, George Philips, Cameron Slone and Martin Ryan won gold in the freestyle and silver in the Medley while the girls 15/16 years team of Jill Stirling, Lynn McLaren, Jillian Rees and Emma Kane won gold in the freestyle and bronze in the Medley.

Other finalists were Alison Mutter, Alistair McLaren, Martin McLuckie (13 years old), Sharon Gay, Micheal Kane (14 years old), George Philips (15 years old), Cameron Slone (16 years old), and Sarah Paterson (17/18 years old).

Altogether Carnegie scored 52 points (one for each medal) with their nearest rivals East Kilbride on 27. One has to ask why is there no top club anymore? 22 gold's, 19 silver's, 11 bronze and 12 Youth Squad times made it the most successful age groups yet by the Carnegie club. **Total of 79 finalists.**

Garrie Roberts



**SCOTTISH NATIONAL
WINTER
CHAMPIONSHIPS
BON ACCORD BATHS
ABERDEEN
13 - 15 DECEMBER 1996
INFORMATION
BOOKLETS NOW
AVAILABLE
FROM SASA OFFICE
ENTRIES CLOSE ON TUESDAY
19 NOVEMBER 1996**

CARNEGIE NEWS

Congratulations to Carnegie's 15 year old Bryan Morgan on his selection for the G.B. Junior team for the European Junior Championships in Copenhagen in August. Bryan was selected for the 4 x 100m freestyle relay and will still have two years to represent the G.B. Junior team.

Also congratulations to 15 year old Lynn McLaren on winning her first Scottish Senior cap representing the Scottish select against the Irish, Welsh and English select in Swansea in July.

Carnegie swimmers won 14 Scottish Junior titles at the National Open Long Course Championships with British Junior Internationalist and record holder Bryan Morgan winning four -

50m butterfly 26.90 (Scottish Junior Record)
50m and 100m backstroke and 50m free.

Scottish Youth Internationalist Lynn McLaren won three titles

50m butterfly 30.46 (East District Senior record)
50m and 100m freestyle.

Scottish Youth squad qualifier 15 year old Jillian Rees won two titles 100m and 200m backstroke.

Scottish Youth squad Internationalist Daniel Polo Del Vecchio won two titles 50m and 100m breaststroke

Whilst the men's Junior Relay team of Martin Ryan, George Philips, Cameron Stone.

Bryan Morgan won both 4 x 100m free and Medley titles

With the women's Junior team of Jillian Rees, Lynda Kinnell, Sharon Gay and Kirsten Sinclair winning the 4 x 100m Medley title.

Garrie Roberts

APPLICABLE FROM THE
SEPTEMBER/OCTOBER ISSUE 1996

**NEW ADVERTISING
RATES FOR
SWIMMING 2000**

£100 - FULL PAGE

£50 - HALF PAGE

£25 - QUARTER PAGE

SASA BOARD OF MANAGEMENT

Director of Swimming's Report

The following advice has been issued by the Commonwealth Games Council for Scotland.

It is recommended that those swimmers who are likely to make the team ensure that they are up to date with immunisation now.

There is the possibility that we will be sending a group of swimmers to Kuala Lumpur in the Summer of 1997 so we would hope that the immunisation programme is completed during the off season of 1996.

Commonwealth Games - Kuala Lumpur, Malaysia
10 - 20 September 1998

Immunisation Advice

The following suggestions are recommended by the Scottish Centre for Infection and Environmental Health (TRAVAX) telephone 0141 946 7120 and refer to people visiting Kuala Lumpur only.

For those who expect to visit other countries en route please check with Travax.

1. Polio: this is an oral syrup, sometimes given on a sugar lump with a booster required every ten years.

2. Tetanus: this is by injection with a booster required every ten years.

3. There is a recent increase in cases of **diphtheria** in certain parts of Eastern Europe and it is now possible to have a **diphtheria and tetanus booster** combined injection. Again required every ten years.

4. Typhoid: can either be a single injection or single oral dose and requires boosted every three years.

5. Hepatitis A: can be a single injection which lasts one year, but if boosted within that one year, lasts up to ten years.

For those involved in contact sports eg rugby, water polo, where there may be blood contact with a carrier, **Hepatitis B** is recommended. This is a series of three injections, the second a month after the first and the third five months after the second and would require a further boost every three or five years.

PLEASE NOTE those visiting Kuala Lumpur only DO NOT require any malaria prevention tablets.

Dr Liz McSwan, MBChB DObstRCOG
Honorary Medical Adviser
Commonwealth Games Council for Scotland

CATALOGUE OF INFORMATION COLLECTED - USA APRIL 1996

1. City of Bellflower Recreation Program Spring 1996 -
-including three pages about Bellflower Aquatic Centre.
2. Bellflower Aquatic Club News
-March 1996, April 1996
3. Belmont Plaza Olympic Pool-Spring 1996 Program.
4. Long Beach Community Recreation Program - 1996 Schedule.
5. Belmont Plaza Pool - Swim and Stay Program and Special Event Schedule.
6. South Los Angeles - "Kids Guide" Activity Program Spring/Summer 1996.
7. Mission Viejo Nadadores Handbook for Parents.
8. Mission Viejo Nadadores-Novice Swim Team Introduction to Competitive Swimming.
9. Nadaones News - March/April 1996.
10. Nadadores 1996 National Team Meet Schedule.
11. AAF Rose Bowl Aquatics Centre - Winter 1996 Program.
12. Golden Parks and Recreation Dept - Activity Brochure September/December 1995.
13. Golden Community Centre - Program.
14. North Jeffco - Spring 1996 Activities Guide.
15. Jeffco Aquatic - Masters Program and Swim Team Fee Schedule.
16. North Jeffco Swim Team-Goal sheets.
17. North Jeffco Swim Team Log Book proforma and swimmer information.
18. North Jeffco - Swimming News Colorado July 1995, January 1996.
19. United States Swimming Sports Medicine Program
- Information Series leaflets
- Travel and Competition

- Swimming Biomechanics
- Growth and Development
- Swimmers Ear

20. United States Swimming - Leaflet re: Masters Degree program in Exercise Science
21. ICAR (International Centre of Aquatic Research) Information leaflets
- Nutrition needs for swimmers
- Eating for successful competition
- Blood testing for enhanced physical performance
- Strength and power training for swimmers
- Stroke Biomechanics
- Surefire swimming skill development
22. USA Swimming - 1996 Rules and Regulations Handbook.
23. USA Swimming - Training Categories and Training Design Guidelines
- A coaching development program.
24. ICAR - Making your best even better
- ICAR is ready.
25. USA Swimming - Partners Program
- Goal Contract
- Goal setting information
26. USA Swimming - Stroke Analysis Charts.
27. Gatorade - The Swimmers Diet
- Eating for Peak Performance.
28. USA Swimming - Spring 1996 - Merchandising Dept Catalogue.
29. USOC Aquatic Centre - Colorado Springs.
30. United States Air Force Academy 1995/96 Program Booklet.
31. Mission Aurora Colorado Swimming
- Business Plan.
32. United States Air Force Academy
- visitors map and guide.
33. USOC - Olympic Sport Merchandise Catalogue 1996.

IAN MCGREGOR
TEAM SPORT
SCOTLAND



**ISTC Seminar
Crammond Campus**

Once again this was very well attended 164 members present.

Paul Robins one of the Directors of the ISTC explaining the advantages of being a member opened the Seminar.

Hammy Smith followed with an excellent lecture on "Butterfly".

After lunch members had a choice of the following sessions:

Paul Robins - Hitch Hikers Guide to Coaching attracting 70 members.

Hammy Smith's - lecture on "Starts & Turns" 67 attending many thanks to Hammy for providing swimmers from Warrender for all the pool events.

Briony had 29 members actively engaged on doing flexibility in the gym.

Helen Murray and Ian McGregor had a large audience listening and learning about "Sculling" following up with a session in the pool.

Sheila Dobbie had smaller numbers, but gave an extremely interesting and very valuable lecture for members wishing to integrate disabled swimmers into the main stream.

According to our questionnaires everyone had a very worthwhile day. The seminar closed with Tony Holmyard speaking on the "Acquisition of Skills" Tony had left the Masters at Sheffield and travelled up to Edinburgh to be with us - returning to Bristol.

Paul travelled up from Colchester many thanks to those two gentlemen and to all the other speakers.

I would also like to thank Moray House, Crammond Campus for providing facilities. As usual the meal was excellent and well received by all.

Thanks especially to Win Hayes, Vice Chairman Education who assisted in many ways, also the SASA office staff who did all the administration.

We now have over 700 members and this is increasing steadily every month.

Please note - these seminars will be held twice a year, the last Saturday's in April and October. The next being 26 October 1996. So if you missed this seminar we hope to see you then.

Please indicate to myself or Win Hayes as soon as possible, what you would like us to include in our programme. We will make every effort to provide what ever your interest may be.

Winnie Ferguson ISTC Rep for Scotland

**1996 RAFFLE PRIZE
DRAW**

AGE GROUP CHAMPIONSHIPS, DOLLAN AQUA CENTRE, EAST KILBRIDE

1st PRIZE	140350	£1000 Holiday Voucher Mrs M Daly
2nd PRIZE	130207	Weekend Holiday Vouchers Miss V Scott
3rd PRIZE	065331	Weekend Holiday Voucher Angie Shearer
4th PRIZE	034834	Weekend Holiday Voucher Paul Whyte
5th PRIZE	059221	Weekend Holiday Voucher A Morgan
6th PRIZE	000930	Weekend Holiday Voucher A Tanner
7th PRIZE	112973	Weekend Holiday Voucher N Davies
8th PRIZE	011248	Weekend Holiday Voucher C Axford
9th PRIZE	117514	Weekend Holiday Voucher Ann Girvan
10th PRIZE	033741	Weekend Holiday Voucher Marisol
11th PRIZE	047150	Weekend Holiday Voucher J Mater
12th PRIZE	042874	4 Crystal Glasses Audrey Reid
13th PRIZE	070536	Caithness Paperweight Louise Sutherland
14th PRIZE	102087	Sharp Personal Stereo Marion Pringle
15th PRIZE	089748	Highland Carlton Hotel £10 Voucher M Strachan
16th PRIZE	011628	Traveller Alarm Clock Joanna Quinlan
17th PRIZE	144112	Speedo T- Shirt Lynda McIlwraith
18th PRIZE	119436	Speedo T-Shirt John Boyle
19th PRIZE	008009	Speedo T-Shirt C Fleming
20th PRIZE	001894	Fruit of the Loom T- Shirt/ Cap Jean Smith
21st PRIZE	105268	Fruit of the Loom T-Shirt/ Cap J Murray
22nd PRIZE	095106	Royal Bank of Scotland Beach Towel L Wilson
23rd PRIZE	004290	Royal Bank of Scotland Beach Towel Alan Connelly
24th PRIZE	035590	Scottish Nuclear Sweatshirt & T Shirt Margaret Mennie
25th PRIZE	038410	Scottish Nuclear Sweatshirt & T-Shirt G L Drain
26th PRIZE	086677	£10 Marks & Spencer Voucher Joyce Wilson

**SCOTTISH WINTER NATIONAL
CHAMPIONSHIPS**

**ABERDEEN 13 - 15 DECEMBER
1996**

**PERFORMANCE RELATED
FUNDING**

Currently we are offering financial incentives related to performances for our swimmers i.e. Training and Competition Support, Performance Related Funding for breaking Scottish and British Records, Monthly Grant Aid from Scottish Sports Aid Foundation and recently additional funding for Scottish World Class Sports People and you may have read in the national press that Graeme Smith, Alison Sheppard and Fraser Walker were awarded "Lifestyle Support Grants" ranging from £10,000 to £3,000 to assist with their training plans. We have also secured a small amount of grant aid for each of our Youth Squad Swimmers.

To ensure that Coaches and Clubs are motivated, we are introducing a performance related funding package which we believe will help coaches and clubs work positively with the swimmers.

The package has to be developed to relate to the same criteria that has been set for swimmers in terms of achieving the "Level" times for the Commonwealth Games Selection.

Coaches and Clubs should be aware that Performance Related Funding is applicable to the Scottish National Winter Championships 1996, Aberdeen 13 - 15 December 1996.

Performance Related Funding (PRF) for Coaches and Clubs

EVENT	COACHES	CLUBS
SASA Winter National Championships 1996	Coach receives PRF as follows :- Number of points scored by Club Swimmers x £1500 divided by Number of points scored overall Scoring System : 1 point for Level 4 Time 2 points for Level 3 Time 3 points for Level 2 Time 4 points for Level 1 Time	£1000 awarded to the Club with "home based" swimmers who score most points on the system related to the "four level" Games Times

27th PRIZE	£10 Marks & Spencer Voucher	29th PRIZE	£10 Marks & Spencer Voucher
011648	Reid	105254	Emma J Musgrave
28th PRIZE	£10 Marks & Spencer Voucher	30th PRIZE	£10 Marks & Spencer Voucher
011642	Mr W Milne	167608	Christine Vickery

The following conditions have been set:

- 1 The scoring of points for PRF will only apply to swimmers who are in training with the Club and Coach on a regular basis over the six month period prior to the competition which counts for funding.
- 2 The incentive is only available for Coaches and Clubs in Scotland with swimmers training predominantly in Scotland
- 3 Swimmers will score points for the Coach with whom they are training with most regularly in the six month period prior to the competition but they will score points for the club under whose name they are registered in the official programme of the relevant event.
- 4 Final decisions regarding the allocation of points for Coaches and Clubs will be decided by the Director of Swimming and the National Coach.

SCORING SYSTEM □

Winter National Championships 1996

- 1 point for a swimmer achieving a Level 4 time.
- 2 points for a swimmer achieving a Level 3 time.
- 3 points for a swimmer achieving a Level 2 time.
- 4 points for a swimmer achieving a Level 1 time.

WORLD SWIMMING COACHES ASSOCIATION ANNUAL CONFERENCE 22 - 26 MAY 1997, BIRMINGHAM

The following financial assistance will be provided for the leading Scottish Coaches wishing to attend the above Conference.

£600	contribution	Top Coach
£500	contribution	Runner Up Coach
£400	contribution	3rd Placed Coach
£300	contribution	4th Placed Coach

Based on swimmers performances at the Scottish Winter Championships in Aberdeen, 13 - 19 December, 1996

Points will be awarded to swimmers in each event as follows :

1st	7 points
2nd	5 points
3rd	4 points
4th	3 points
5th	2 points
6th	1 point

with the following conditions applying :

- Only swimmers who are training with the Coach on a regular basis over the three month period prior to the competition will count for points.
- Anglo based Scots competing for a Scottish Club will not count for points
- The funding is only available for Coaches coaching in Scotland.
- Swimmers will score points for the Coach with whom they are training with most regularly in the three month period prior to competition.
- Final decisions regarding the allocation of points for Coaches will be decided by the Director of Swimming and the National Coach.

It should be noted that clubs will be asked to add the financial shortfall to assist the winning coaches attend the Conference.

Coaches not in the top four places may also apply for £100 assistance grant to attend the Conference.

M.J.Woodroffe
Director of Swimming

COACHING DEVELOPMENT PROGRAMME

A proposal was submitted to SASA, under the Coach Development Initiative, to receive funding for a study visit to the 1995 US Open in Auburn, Alabama. In particular, the study concentrated on the weakest events in Scottish Swimming (800/1500 Free; 200 Fly; 400 IM), and sought to produce guidelines for improving performance (of coaches and swimmers) in these events. This is the second in a series of three articles produced, in addition to the project report, for publication in SWIMMING 2000.

400 INDIVIDUAL MEDLEY

The American men have long dominated this event with several swimmers continually at the top of the World rankings (they had 6 in the World Top 25). From Jesse Vassallo through David Wharton & Jeff Kostoff, to the current stars Eric Namesnik and world record holder Tom Dolan, the US has had a strong reputation for world class IMers.

Interestingly, both Namesnik and Dolan swim under the direction of Jon Urbanchek at Michigan, and the others named above unsurprisingly were products of similar high volume, "tough" programmes at Mission Viejo, Germanstown etc.

Also worthy of note are the facts that from the 1995 World Rankings, Dolan was ranked 3rd in the 400 Free, 17th in the 1500 Free, 4th in 200 Back, 3rd in 200 IM, and Namesnik was ranked 21st in 200 Breast, 7th in 200 IM and just outside the World Top 25 in 200 Fly, 400 Free and 1500 Free.

On the women's side, taking into account Schneider's questionable world record and the recent accusations surrounding Chinese performances, American women figure very highly in 1995 World (7 in Top 25) and All Time (6 in Top 25) rankings.

The supporting facts for the leading American women are similar to those for the men with all of the world ranked 400 IM swimmers figuring elsewhere in the rankings, particularly in events of 200m and above. The main recommendations from the coaches interviewed at the US Open were:-

1. Development of a sound aerobic training base. All of the finalists in the 400 IM were swimming in excess of 80,000m per week.
2. As supported by the ranking facts, training for each stroke should be based on improving 200m times.
3. The event itself requires specific preparation work in relation to factors such as negative splitting each stroke, effective transitions between strokes, balance of splits between strokes.
4. Developing the IM in young swimmers is a fundamental element of training programmes.
5. Technical requirements of each stroke should be suited to the 400 IM, e.g. breathing pattern on Fly, dominance of legs on Breast etc.
6. Swimmers and coaches must realise that success in this event cannot be achieved by compromising work and training ethics.

Alan S. Lynn

RANKING LIST - UPDATE

Scottish Swimmers Ranking List Relating to Kuala Lumpur Consideration Times.

(List constructed from Long Course Times done Jan - July 1996)

Rank	Name	Level	Event	Time	% to next Level
1	Graeme Smith	1	1500 Free	15.02.46	0
2	Richard Hope	3	200 Back	2:03.5	0.87
3	Teresa Davies	4	200 Fly	2:18.11	0.13
4	Alison Sheppard	4	100 Free	57.73	0.22
5	Fraser Walker	4	200 I.M.	2:05.71	1.15
6	Paul Latimer	4	200 I.M.	2:06.59	1.86
7	Cameron Black		50 Free	24.04	0.63
8	Tom Griffith		50 Free	24.09	0.84
9	Micheal Cole		400 I.M.	4:30.15	0.97
10	Forbes Dunlop		100 Free	52.35	1
11	Andrew Aitken		200 Back	2:05.74	1.14
12	Alisdair Pullan		50 Free	24.17	1.17
13	Kerry Martin		100 Fly	1:05.58	2.29
14	Beverley Robertson		100 Breast	1:14.71	2.64
15	Karen Mhairi Lewis		100 Fly	1:05.86	2.72
16	Pauline McLean		100 Free	59.73	3.35
17	Bryan Morgan		50 Free	24.71	3.43
18	Kirsty Hope		100 Free	59.86	3.58
19	Katie Burke		400 I.M.	5:08.05	3.71
20	James Reekie		50 Free	24.8	3.8
21	Neil Sloan		400 Free	4:09.18	3.92

NB Anyone aware of times not included in this list please contact Jim Park, SASA office.

Jim Park, National Coach
2 August 1996

HEARTS AT THE SCOTTISH AGE GROUPS 1996

These were held at the Dollan Aqua Centre in East Kilbride, a long course venue. 87 Clubs competed altogether including 18 from England. Heart of Midlothian produced three Scottish National Champions who between them took five championship titles.

LAURIE ADAIR took two of the titles; the 200m I/M, which won her the Sharp Trophy, and the 100m Freestyle. SILVER in the 100m Backstroke, Bronze in the 400m Freestyle and fourth place in the Butterfly final guaranteed her the presentation of the "BEST GIRL" award in the 12 year age group.

In the 13 year age group, PETER BRISTOW also took two titles both the 100m and 200m Breaststroke events. In the 14 year age group, KIRSTY ORR took the 400m I/M title, achieving yet another Scottish Youth Squad qualifying time in the process. SILVER medals in the 100m Breaststroke, 200m Breaststroke and 200m

I/M, BRONZE medals in the 800m Freestyle, 200m Butterfly and fourth place in the 400m Freestyle completed her championships.

Other medal winners were LINDSEY PATERSON who took the SILVER in both the 100m and 200m Backstroke events and SIOBHAN EDGAR who took BRONZE in the 400m I/M.

The 12 and Under girls Freestyle Relay Team, consisting of KIRSTY McCLUSKEY, PAULA SCOTT, HAYLEY PRESTON and LAURIE ADAIR took the SILVER medal. The 13/14 years girls Medley Relay Team, consisting of LINDSEY PATERSON, SUZANNE RAE, KIRSTY ORR and LOUISE WRIGHT, still managed to take the BRONZE medal despite the fact that one of them slipped badly while diving into the shallow end.

Altogether Hearts swimmers won 5 GOLD, 7 SILVER and 5 BRONZE.

Many congratulations to all the swimmers who were eligible to compete at these championships.

NATIONAL EVENT COACHING SEMINAR

COACHING FREESTYLE

SUNDAY 1 DECEMBER 1996

GANNOCHY SUITE - PERTH ICE RINK

GUEST SPEAKER

**KEITH BEWLEY -
OLYMPIC COACH**

Coach to Wigan Wasps and
numerous Olympic and Commonwealth Games Medallists

PROGRAMME

1000 hours	Coffee & Welcome	
1015 hours	Teaching Frontcrawl	
1115 hours	Coaching the Early Stages	Martyn Woodroffe (Director of Swimming, SASA)
1215 hours	Lunch	
1300 hours	Coaching The Wigan Way	Keith Bewley
1400 hours	Tea	
1415 hours	Coaching the Elite Freestyle Swimmer	Keith Bewley
1515 hours	Questions and Answers	Panel

COST: All day Programme: £15.00 Per Delegate
£10.00 Per SASA Registered Swimmer

AM or PM Programme: £10.00 Per Delegate (Excluding Lunch)
£ 5.00 Per SASA Registered Swimmer (Excluding Lunch)

For an Application Form contact: **Sharon Gallacher**
SASA Office
Holmhills Farm
Greenlees Road
Cambuslang
Glasgow G72 8DT

Tel: 0141 641 8818 Fax: 0141 641 4443



CLOSING DATE TUESDAY 26 NOVEMBER 1996

EDUCATION NEWS

**Attention all ASA Tutors
ISTC Autumn Seminar 1996
Sunday 27 October 1996**

**Moray House Institute of Education,
Cramond Campus, Edinburgh**

We are now two years into the new education system. Have you updated your qualification? Continued Professional Development for Teachers and Coaches

Details of which were recently published in the April Swimming Times. For your qualification to be acceptable you must attend 3 authorised seminars within 5 years. The ISTC seminars are authorised and approved by the ASA and have been since September 1994. So please carefully maintain your certificates of attendance to past seminars.

Conversion Course

At the commencement of the new system, one day conversion courses were held throughout Scotland and the large attendance at these was excellent. Unfortunately, many of you still have not completed the final assessment or log book.

If you require help please contact your District Education Convenor or myself or any Tutor as soon as possible.

Winnie Ferguson ISTC Representative



A Date
for your diary-
16th
November
1996

Annual Gala

16th November 1996

• St. Margaret's Academy, Livingston •

Awards For All Finalists

- All Day •
- 3 Sessions
- 6 Lane •
- 25m Pool

- Cafeteria •
- Swim shop
- Programmes on Sale •



AGE GROUPS

- 11 Years •
- 100 F/S • 50m
- ALL STROKES

- 12/13 • 14/15 • Open
- Relays • 200m Free
- 50m Back, Breast & Fly

CLOSING DATE

30.9.96

FURTHER INFORMATION
FROM:
Marie Glasgow
103 Fells Rigg, Livingston,
EH54 8PB Tel. (01506) 433692

NOTICE



**EPSAN
WATER
POLO BALLS**

**ARE NOW ON SALE
FROM :-**

**SCOTTISH AMATEUR
SWIMMING
ASSOCIATION
HOLMHILLS FARM
GREENLEES ROAD
CAMBUSLANG
GLASGOW**

**TEL: 0141 641 8818
FAX:0141 641 4443**

COST £21

**ALL ORDERS TO BE SENT TO SASA
OFFICE ENCLOSING CHEQUE FOR
APPROPRIATE AMOUNT MADE
PAYABLE TO :-
SCOTTISH AMATEUR SWIMMING
ASSOCIATION (SASA)**

MOTHERWELL AND WISHAW ASC CHIEF COACH REQUIRED

THE CLUB REQUIRES
AN EXPERIENCED
AND ENTHUSIASTIC
COACH - AT PRESENT
THE CLUB HAS
APPROXIMATELY 70
SWIMMERS IN THE
SQUAD - RANGING IN
ABILITY FROM YOUNG
AGE GROUPERS TO
SCOTTISH
CHAMPIONSHIP LEVEL
CURRENTLY TRAINING
IS ON FOUR
EVENINGS A WEEK
SALARY NEGOTIABLE
FOR FURTHER INFORMATION
PLEASE CONTACT
JANETTE PATERSON -
DAY - 01698262 671
TILDA WOODS -
EVENING - 01698 266 424

WEST DISTRICT EDUCATION FORUM

As part of the West District's move towards implementing its Development Plan, Education Convener, Katie McConachie, has formed an Education Forum, representing Tutors, Coaches, Teachers and District Squad. The group comprises Karen Kelly (Lanark ASC), Colin Mitchell (Kirkintilloch ASC), Neil Murdoch (Milngavie and Bearsden ASC) and Teresa Dillon (Cumbernauld ASC) and Katie McConachie (Education Convener).

The aims of the Forum are as follows :-

1. To provide excellence in teaching and coaching at all levels.
2. To provide a high standard of teacher/coach education.
3. To improve all aspects of communication within the Education System.

WEST DISTRICT SWIM SCHOOL

The first event to be organised by the Forum is the West District Swim School. Hopefully, this will become an annual event and it is an attempt at providing a Pro-active Teacher/Coach education programme.

The Swim School will be held during the October School holiday week (11th - 19th), and the following courses will be run :- ASA Assistant Teacher, ASA Teacher, ASA Club Coach. The swim school will use pools in Kirkintilloch, Bishopbriggs and Bearsden. Details are still being finalised, but application forms should be available in August.

Anyone wishing details should contact Teresa Dillon on (01236 726 462).

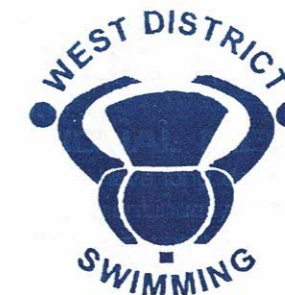
LOG BOOKS

Teachers and Coaches wishing to participate in the ASA Teacher or Club Coach courses should be aware that a pre-requisite for acceptance on these courses is to have completed the prescribed Pre-course work. It is advisable, therefore, that the relevant Log Books be purchased now from the ASA so that candidates have enough time to complete this work.

As well as work on the Teacher/Coach education front, we are creating a database of all those completing Assistant Teacher courses since the new education system came into being. It is our hope that all teachers both attached and unattached to Clubs can be kept informed of developments in education and of courses and events via regular newsletters.

Teresa Dillon
West District Education Forum

West District Education Initiative



Autumn Swim School

11th to 19th October
East Dumbartonshire

The following courses will take place in
this the first swim school held in the
West District

ASA Assistant Teacher
ASA Teacher
ASA Club Coach

For details and application forms please
contact Theresa Dillon on
(01236) 726 462

INSTITUTE OF SWIMMING TEACHERS AND COACHES

AUTUMN SEMINAR

(SUPPORTED BY SASA EDUCATION COMMITTEE)

SUNDAY 27TH OCTOBER 1996

MORAY HOUSE INSTITUTE OF EDUCATION CRAMOND CAMPUS, EDINBURGH

PROGRAMME

09:30 am	Registration and coffee	
10:00 am	Opening remarks	
10:05 am	Backstroke - "Beginners to Competitive Level".	H. Smith
12:00 noon	LUNCH	
01:00 pm	SESSION 2 : "Positive Training Attitude, Mental Preparation for Competition"	J. Park
	SESSION 3: "Synchro Skills for Teachers"	H. Murray
	SESSION 4: "Backstroke Turns"	H. Smith
02:30 pm	TEA	
03:00 pm	"Neural Network" "Super Highways to Learning Performance in Swimming"	S. Dobie

Please select one choice from sessions 2, 3 and 4.

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

Certificates of attendance will be issued.

Closing Date : Tuesday 22 October 1996

**APPLICATION FORMS AVAILABLE FROM
SASA OFFICE**

NATIONAL DEVELOPMENT OFFICERS UPDATE

In July I went away for a two week break to Zante. The weather was excellent, the sun extremely hot, the pool inviting and the drinks overflowing. I tried so hard to get away from all the hustle and bustle of the SASA, however as I lay beside the pool my mind started to wander and I began thinking about the work which would face me on my return. So that I can put you in the picture this month's article will be an outline of my first week's activities on returning to work.

Wednesday 7th August

I have four weeks to go before my National Swimming Development Officers Seminar, therefore I need to ensure that all will go to plan. My day is spent phoning the speakers to ask for a brief outline of their presentations, confirm their visual aids requirements and answer any queries. Next I have to make sure that I am prepared for my role on the day which is to lead all the discussions, introduce all the guest speakers and last but not least ensure that all goes smoothly.

Thursday 8th August

Another day is spent in the office, this time preparing for a Local Authority In-Service day. In many areas around the country school swimming lessons have been handed over to the Local Authority. This means that resident swimming teachers in local swimming pools are being required to teach the schools. This is a huge responsibility for the Local Authority to take on board as all educational responsibilities need to be considered and implemented. At present I am working closely with Robert Hammond (SDO Renfrewshire) to ensure that all his teachers are well equipped to teach the children.

Friday 9th August

This is my first day of travelling and I'm heading for Irvine to have a meeting with the Senior Sports Development Officer for North Ayrshire. The meeting has been arranged to discuss the possibility of holding a Swim Festival(s) within the area during the North Ayrshire Sports Time-Out'96 from Saturday 21st September - Sunday 6th October.

Sunday 11 August

Today I have a meeting with the Midland District Education Group. The purpose of the meeting is to further develop their development plan and explore the possibilities of holding a club development seminar in Dundee within the next month.

Monday 12 and Tuesday 13 August

Renfrew In-Service for Local Authority Swimming Teachers. These two days will address all educational requirements of primary swimming, and will provide teachers with relevant and updated teaching practices and techniques which will equip them for each teaching block.

Eventually one week has passed and already my holiday has disappeared into oblivion. However, from here on, its head down and keep going.

**Briony Shimmons
National Development Officer**

SYNCHRO NEWS

Mary Black was highly praised for the way she conducted the Synchronized Swimming events, in her capacity as Chief Referee, at the Olympic Games in Atlanta. The Teams were fantastic all giving amazing performances. The capacity audience of 15000 were very biased for the home team which was only to be expected as they were largely American.

FINA SILVER PIN

At the FINA Family Dinner in Atlanta Mary was presented with the FINA Silver Pin for her service on the FINA Technical Synchronized Swimming Committee. It was mentioned at the dinner that it was the first occasion that a husband and wife had been awarded the FINA Silver Pin.

FINA SYNCHRONIZED SWIMMING WORLD CUP QUALIFYING EVENT

The FINA World Cup Qualifying Event on the 16,17 and 18 of October has so far attracted entries from 22 countries. Many of the countries have indicated that they wish to enter the Scottish Open Synchronized Swimming Championships on the 19, 20 October immediately following the FINA event. Brazil is bringing a party of 15 and two teams are coming from Canada. The problem will be rescheduling the Championships to cope with the large entry. It will be a wonderful opportunity for Scottish Synchro swimmers and coaches to see the best in the world at Greenock. There will be two training days on the 14 and 15 October - and as it is the schools holiday week a good reason to go to Greenock.

The President of the Russian Swimming Federation and FINA Bureau member Mr Gennady Aleshin will head the FINA Commission - Miss Steffi Haeberli TSSC Chair and Mrs Sandra Roberts TSSC Secretary are the other members of the Commission.

ASSISTANT SYNCHRONIZED SWIMMING TEACHERS COURSE

Mrs Mary Black - in her capacity as WEST District Synchro Convener - organised a course for Assistant Teachers at the Glasgow College of Nautical Studies from the 12 to 16 August. Invitations were distributed throughout the West District and to the other Districts via their Conveners. 12 candidates took part and all completed the course successfully.

Miss Jackie Brayshaw was the Tutor and her great experience in Synchro and Education assured a successful course. Jackie is a Director of the ISTC.

CITY OF GLASGOW

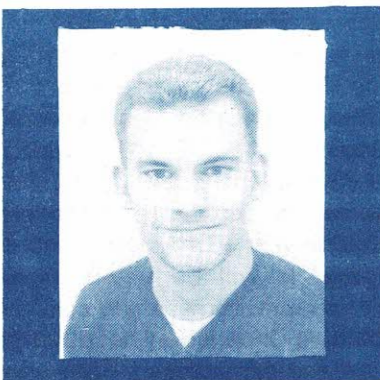
Dave Bance Head Coach of the City of Glasgow brought 30 of his speed swimmers to the course and they started the new season with a synchronized swimming camp and learned a lot about watermanship. Mary and Jackie were delighted with this support from Dave and the City of Glasgow swimmers.

Pathway to Performance

This month I would like to introduce you to the staff who will be delivering the Pathway to Performance programme. In order for you to get to know a little bit about them, I have asked each of them five questions. The questions are as follows:

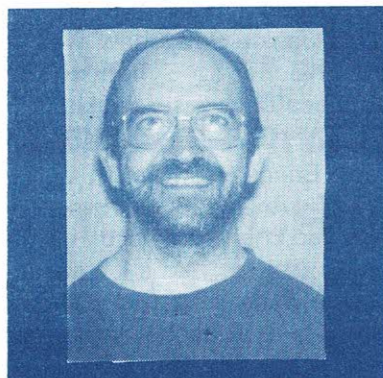
- 1 How did you become involved in swimming?
- 2 What are your best achievements/memories to date?
- 3 What are your personal ambitions in swimming - or other aspects of life?
- 4 What do you think of Pathway to Performance?
- 5 Any other interesting information about your self?

Remember, the deadline for nominating swimmers is Friday 13 September. If you need nomination forms or guidelines booklets they are available from the SASA Office.(0141 641 8818)



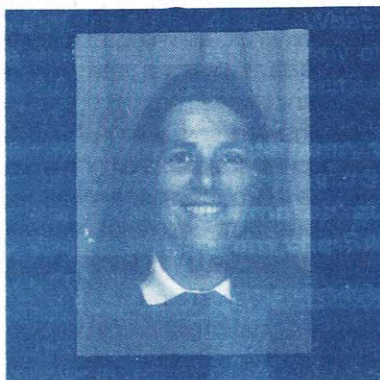
*Neil Murdoch
Club: Milngavie & Bearsden
Position in Club: Senior Coach*

1. Aged 10 as a swimmer with Paisley ASC. I began coaching with Paisley in 1989 whilst still swimming
2. Without doubt, my memories of swimming for Scotland. My best achievements included setting new records and winning National Titles
3. To coach a National Team.
4. The programme will provide an excellent bridge between Club swimming and District/National Squads. It will achieve this through installing the basics required for success at the highest level - both for swimmers and coaches.
5. Involved as a West District Coach since 1993. Currently involved in restructuring the Performance Squad programme for the future.



*Name: Graham McCarthy
Club: Sutherland
Position in Club: Chief Coach*

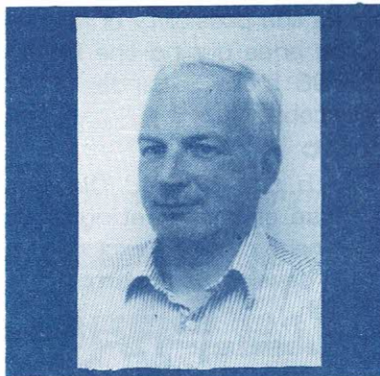
- 1 Watching Thurso ASC swimmers, when lifeguarding at Golspie, stimulated my interest in sport.
- 2 Two Sutherland ASC swimmers gaining selection to National Squads.
- 3 To produce swimmers to National standard and to be appointed as a National Team/Squad Coach.
- 4 Good incentive for swimmers. I like the emphasis on technique. I hope that all clubs can become involved. I like the involvement of local clubs.
5. Pool manager for nine years then a Primary School teacher for seven years.



*Liz Cooper
Club: Upper Deeside ASC*

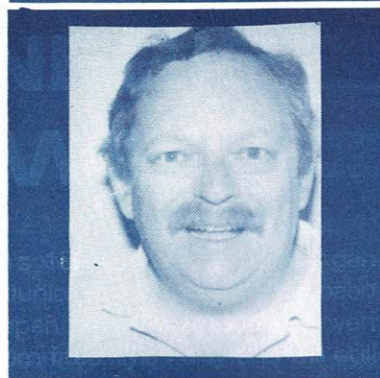
Position in Club: Chief Coach

1. I was a competitive swimmer until mid-teens. I became more club involved in teaching and coaching when my children joined Upper Deeside Swim
2. Winning Gold for 100 Fly at my first Scottish Masters Championships (Although finishing it was also a great achievement).
3. To encourage as many children as possible towards personal achievement and a lifetime involvement in swimming.
4. A very valuable initiative which can widen the swimming horizons for promising young swimmers.



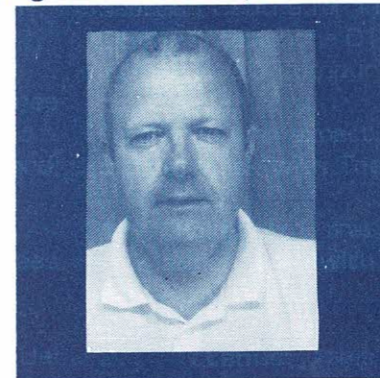
*David McLean
Club: Cupar ASC
Position in Club: Head Coach*

1. By insisting daughters were taught to swim competently
2. Daughters selection to Scottish Squad/and winning Cumbernauld Grand Prix 50/100 F/C - 1994/ Being an integral part of her development since ten years old.
3. To ensure swimmers I develop remain in the sport beyond 16+/and /put something back into the sport themselves.
4. -Vital - Must be progressed so as to permit the development of the best swimmers in the next few years.



*Robert Dyett
Club: Rutherglen ASC
Position in Club: Chairman / Assistant Coach*

1. After my daughter started training competitively at Rutherglen.
2. Having learned to swim as an adult and now completed the ASA Swimming Teacher Certificate.
3. To make a useful contribution to the development of Scottish Swimming.
4. The only way to guarantee success is by building from the grass roots.
5. I am currently involved in discussions with the other five clubs in South Lanarkshire to determine the future development and swimming in the authority area.

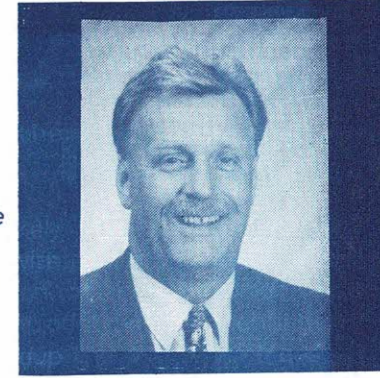


*Jim Mooney
Club: Cardenden
Position in Club: Head Coach*

1. After having played football for 20 years, I still wanted to train at some kind of sport so I chose swimming.
2. Every time one of my swimmers does a PB.
3. Full time coach in swimming/Sit my black belt in TAE-KWON-DO.
4. Brilliant idea.
5. I like golf, swimming, 5-A-sides, cycling, anything except sitting in watching the T.V.

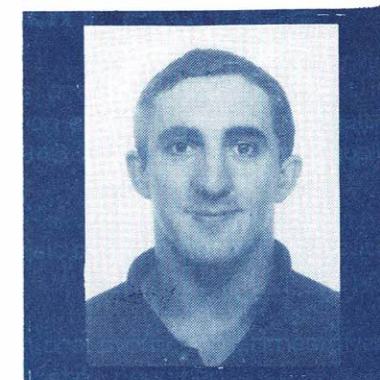
*Alan Lynn
Club: Stirling
Position in Club: Head Coach*

1. Progression from lessons - club swimming.
2. Swimming for Scotland.
3. Coach an Olympic Gold Medalist.
4. Excellent initiative.
5. Not for a family show! P.S. I don't like losing!



*Gordon Somerville
Club: Livingston Dedridge Dolphins
Position in Club: Head Coach*

1. As a parental helper.
2. Selection for National Squad. First International - Viareggio Meet.
3. To continually move forward, never to stand still.
4. Has the basis of an exceptional programme.
5. Full of fun, with rather unique ideas concerning swimming.



*Ian Wright
Club: Warrender B.C.
Position in Club: Top Squad Coach*

1. Parents took me to a local swimming club (Skipton Dolphins, North Yorkshire) after I had learnt to swim.
2. Representing England North East as team captain at Oporto International Portugal 1995. Being ranked in British top ten in Breaststroke 1993-95. Twice British student champion. Totally enjoying every race I ever competed in.
3. To become Great Britain Olympic Coach.
4. Should help to provide children with much needed technical knowledge and other important issues they don't gain in their clubs.
5. Have a first class B.A. in P.E./Geography. Enjoy all sport, especially cricket, golf and football.

*Anne Hewitt
Club: Perth City
Position in Club: Assistant Coach*

1. Through my children getting involved.
2. Touring Germany with a Perth & Kinross team. Training camp at Club La Santa, Lanzarote.
3. Our team winning the Medley Age Group Gold 95 & 96.
4. To help as many youngsters as I can achieve their potential in the sport.
5. An interesting new initiative.

*Alan Greaves
Club: Stirling ASC
Position in Club: Coaching Staff*

1. Worked in L/R and did teaching qualifications.
2. Tutoring at National Swim School for 11 years.
3. To work as a full time coach at National level and to Team Manager at National level.
4. Excellent opportunity for swimmers and coaches/managers,

5. Scottish Schools Volleyball Internationalist. Have a full time coaching job in mainstream education.



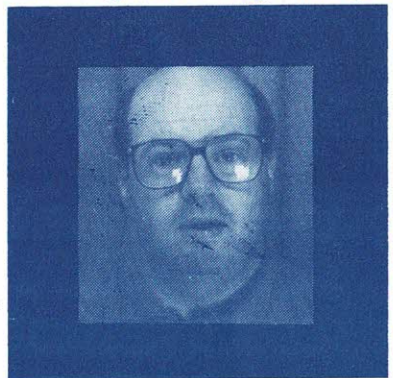
Graham Wardell
Club: City of
Glasgow
Position in Club:
Assistant Coach

1. Ex-competitive swimmer - City of Cardiff, under Dave Haller, then City of Southampton under Dave Heathcock. First coaching position at Southampton, while still swimming. First group included Stewart Adamson (ex Scottish Senior Internationalist) as a 12 year old. After graduation from Southampton University, went into coaching as a career.

2. Many of them! Here's a few - 1. As a swimmer - Welsh Age Group Bronze 200 Breast as 13 year old first medal at this level. 2. As coach at Southampton - swimmer taking Bronze 200 Breast ASA Age Groups as a 14 year old swimmer (James Morend) in 1989.

3. To produce world ranked swimmers who finally take medals at a major games. To help all swimmers get the most out of their swimming and have fun along the way. 4. I think it is a very exciting initiative which will have a very positive impact on Scottish Swimming at a Grass Root level.

5. Coach to Youth Squad in 1995/96. Mother is a Master swimmer, represented Wales at World Masters in 1996. Two children (19 and 14 years old) eldest on off to Edinburgh University. Youngest a swimmer.



John McAuley
Club: Larkhall
Avondale
Position in Club:
Assistant Coach

1. I was a swimmer at District level and moved into coaching while at university. Assistant coach to Viv Johnston at Hamilton 1983.

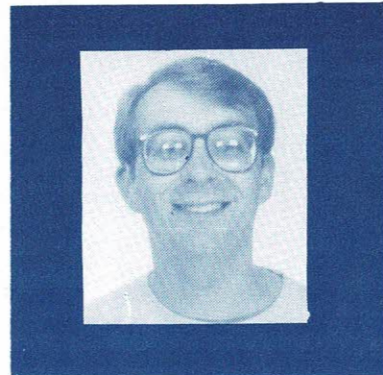
2. Involvement in National Squad Programme 1985 - 91 including travel to Canada, Italy, Luxembourg and Southampton.

3. To survive and make some small contribution to development of swimming in Scotland.

4. Looks like a very interesting programme providing a much needed link between Club/District level and National Squads.

5. Principal Teacher - Guidance - Comprehensive School East Kilbride.

Alastair Johnson
Club: City of
Aberdeen
Position in Club:
Head Coach



1. I swam for many years and after completing my first Sports degree I did some part time teaching and coaching.

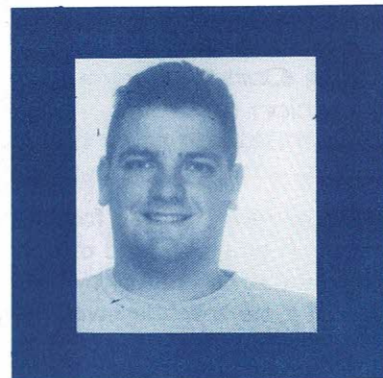
2. Watching James Hillman swim his first Great Britain Junior Record in the 200 Backstroke was a great highlight. 1995 was a good year for me - 4th place clubs overall at the English National Age Groups, and helped Jackie Fawkes to win silver and bronze in the 800 and 400 Free at the European Junior Championships.

3. To build a winning Team and to place swimmers in the Olympic Team who can compete with distinction.

4. An excellent opportunity for swimmers and coaches to broaden their swimming knowledge and to use as a stepping stone to great things.

5. World Deaf Champion in the 1500 free in 1989. I still hold three world records.

Robert Hammond
Club: Renfrew
District
Position in Club:
Squad Coach
Swimming
Development
Officer



1. I became involved through swimming for my local club (Barrhead Dolphins) - I then took up coaching when we merged with Paisley to form Renfrew District.

2. My best coaching achievements to date are, whilst acting Chief Coach, Renfrew District won the top West District club at the SASA National Age Groups and the Mary Black Trophy for top West District club in the West District Championships.

3. After my period as Swimming Development Officer I plan to look for a Chief Coach position of a relatively big club. My aim then is to place swimmers on Olympic/Commonwealth Teams.

4. I think it bridges a gap before Youth Squad which is Long Course.

**PATHWAY TO
PERFORMANCE IS
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Tony Doubleday
Club: Carnegie
Position in Club:
Assistant Coach

1. Through Portsmouth Northsea Swim Club. I remember the fun element "was very important to learning". 2. Junior Champion of Great Britain (100 and 200 Freestyle). Captain of Junior GB Squad, seven international swims World Schools Games Turin 1980. Best memories - Seeing Montgomery, Skinner, Bottom, Gains swim.

3. Presently seeking full time Head Coach position. To return Scottish Swimming to the World's highest level.

4. Superb!! A wonderful opportunity for all concerned to learn not only the benefits of swimming but also to recognise talent. A well devised programme engineering company.



Bill Chapman
Club: Bon Accord
Thistle
Position in Club:
Secretary

1. Attended the Club AGM and as the only person in attendance who was not a committee member, was duly "elected" to the vacant secretary post!!

2. Being involved with City of Aberdeen Swim Team (COAST) programme. The appointment of Alastair Johnson and the co-operation of the clubs, SASA, Sports Council and City Council in this venture.

3. To work a shorter week.

4. An excellent initiative to further develop the talented young swimmer.



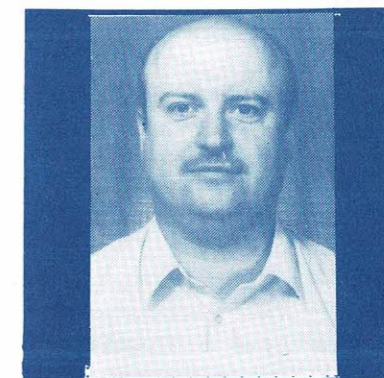
Andrena Hammond
Club: Renfrew
District
Position in Club:
Squad Coach

1. I joined Barrhead Dolphins Swim Club in 1983.

2. I was selected for Squad Coach for Renfrew District Swim Team trip to Malta 1995.

3. I would like to gain a position in either swimming development or swimming teaching.

4. I think the Pathway to Performance programme is an exciting initiative for younger swimmers to aim for. It will give swimmers a good introduction to training outside their club situation.



David Hill
Club: currently
looking for one

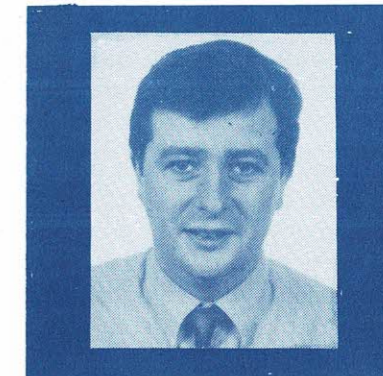
1. I joined Paisley Amateur Swimming Club when I was nine years old. I became involved in coaching due to the demand for a club at Barrhead (Dolphins).

2. Carlyn Conaghan winning the English National Junior 50m F/C. Isla Hale, Jennifer Lochray Scottish National titles.

3. I would like to coach swimmers to medal standards at Commonwealth and Olympic Games.

4. I believe the Pathway to Performance programme will fill the gap between club swimmers and the district so swimmers will no longer be left in isolation.

5. I enjoy weight training and lifesaving and enjoying family life.



Adam Hunter
Club: Warrender
Baths
Position in Club:
Squad Coach

1. I swam for Warrender between the ages of 10 and 16. Returned to swimming at 18 and became involved in teaching then progressed into coaching.

2. I successfully coached swimmers to National and British Age Groups Championships in the early 80's with both Warrender B. C. and Heart of Midlothian ASC.

3. Having recently embarked on ASA tutor training I hope to help to encourage senior swimmers, parents etc. to become qualified to ASA teacher level or above - therefore -

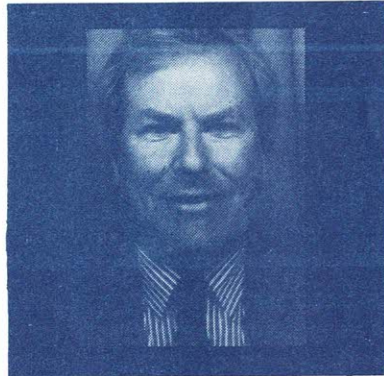
4. The programme will provide additional resources and education to allow swimmers to progress towards National Squads, and contribute towards raising the standard of swimming in Scotland.





Frances Smith
Club: Perth and
Kinross
Development
Officer
Position in Club:
Life Member also
Warrender B.C.

1. As a swimmer at Warrender then moved into coaching after P.E. college.
2. Dominic Shields winning three "British" Age Group titles. Scottish Swimming Coaches Association Age Group Coach of the Year three times. Scottish Sports Council Female Coach of the Year. European Youth Olympics Team Manager 1993. European Junior Assistant Team Manager 1995/96.
3. To continue to enjoy being involved in the Sport.
4. Terrific - a great initial step on the ladder for hundreds of young swimmers.



Richard Edwards
Club: Inverness
Position in Club:
Chief Coach

1. Became involved as a swimmer in Glasgow.
2. Best achievement to date was competing at opening ceremony of Royal Commonwealth Pool, Edinburgh.
3. Personal ambitions in swimming are to be happy and successful. Also to encourage young swimmers so that they get as much enjoyment out of swimming as I did (and still do).
4. I think Pathway to Performance is a good first step and long overdue.

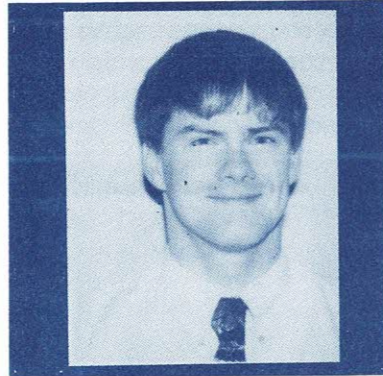


Vivian Hastie
Club: Haddington
and District
Position in Club:
Novice Squad
Coach

1. Through my family - I have 4 children in the swimming club.
3. To develop my coaching skills to enable me to work with swimmers at club, district and national levels.
4. Exciting opportunity.

Derna Campbell
Club: Cumbernauld
Position in Club:
Assistant "A"
Squad Coach.

1. Junior then senior international swimmer - Moved into coaching when I stopped swimming.
2. World Student Games, Canadian Nationals.
3. To coach at senior international level.
4. An excellent development programme which should help improve the standard of Scottish Swimming by pushing from the lower end.



Keith James
Dunnett
Club: Bridge of
Don ASC
Position in Club:
Head Coach

1. My parents put me to the Bridge of Don Swimming Pool for lessons at the age of eight to learn to swim.
2. Competing in the VI World Masters Meet at Sheffield this year.
2. Produce swimmers who will eventually reach the highest level in swimming.
4. Good initiative to produce clear routes to the top.

William Ruddock
Club: Hamilton
Baths ASC
Position in Club:
Assistant Coach

1. In the normal way - children! Going along and being "conned" into "just helping".
3. To become more and more involved in all aspects of swimming.
4. Something that is very badly needed in this country to develop young talent for the future..

PATHWAY TO PERFORMANCE

SWIMMING SMARTER NOT HARDER

By Terry Laughlin
Total Immersion Swimming

As a swim coach who teaches some 1,000 adult swimmers in weekend workshops each year, I've learned that most of what they "know" about swimming is wrong. It is too complicated, frustrating, and almost certainly wastes energy and time by having them concentrate on the wrong things; yards and more yards, mindless repeats and intervals, kickboard, fin and paddle training with no proven benefit. I teach them to replace ineffective training strategies with what I call "effective swimming".

The foundations for Total Immersion were laid in 1972, on my first day as a coach. I noticed that I had a few gifted swimmers who were able to swim fast with little visible effort. Was this an inbred gift or could it be taught, I wondered. Time after time, average swimmers would make far more progress when I reduced hard training, and increased technique teaching.

Then in 1988 I met **Bill Boomer**, and subsequently left conventional coaching to work exclusively on teaching stroke technique to adults. At a coaches' clinic Boomer took the podium, and posed a revolutionary question: "How can we teach people to swim, at any given speed, with less effort?" His answer was just as disarming - "By reshaping the vessel". Swimmers, like boats, had to move through water and Boomer felt there were ways to improve their "hull designs".

I knew he was on to something, and working exclusively with adults gave me a unique opportunity to test, develop and refine these ideas. My modestly skilled and experienced students forced me to distil complex ideas into a series of simple, logical exercises that anyone could do. And since I only had two days with them, the program had to be easily understood, quickly absorbed, and simple to practice after I was gone.

Over the last seven years, it has become clear that the usual "swim-your-laps" habit was not only ineffective, it could well be harmful. With inefficient form, working out is nothing but practising your mistakes. And swimming must be practised more as a skill sport like tennis or skiing than a power or endurance sport like running or cycling.

Many people believe that an effortless stroke is a prize reserved for the lucky few who won the genetic lottery or spent most of their waking adolescent hours grooming it. Not true, it can be taught and learned. **Lou Fiorina**, an exceptional teacher who often coaches at Total Immersion workshops, remembers watching **Rowdy Gaines** and **Tracy Caulkins**, two American swimming legends, at a clinic some years ago and thinking; "It must take amazing gifts to be that fluid and graceful". Years later he watched Bill Boomer teaching a group of average college swimmers, and was astounded by what he saw. "As I watched, their strokes began to show similar grace and elegance, and I suddenly realised that this stuff was teachable, that ordinary swimmers could learn to swim like elite swimmers and they could learn it fairly quickly."

Today that happens routinely at Total Immersion swim camps because every minute of Total Immersion pool time is devoted to building proper technique by replacing time-wasting "work-outs" with efficient and focused "practice", adopting as a motto; "Fitness is something that happens to you while you practice proper stroke technique".

So what exactly is stroke mechanics? Most people think it is what your arm does to propel you. But your armstroke actually has little impact on how fast you move through the water. That's because water is 1,000 times denser than air and throws huge drag forces against anyone who doesn't know the tricks of becoming slippery. Learning to cut that drag by improving your body position could well give you a 20 to 30 percent speed boost in just a day or two. Here's why.

The most basic formula for how we produce swimming speed is this; $V = SL \times SR$. In plain English: **Velocity** equals **Stroke Length** (how far you travel each time you take a stroke) multiplied by **Stroke Rate** (how fast you take them). And while your instincts tell you to swim faster by stroking faster (i.e. increase your V by raising your SR) empirical data shows that the world's best swimmers do it otherwise.

In 1984, Bill Boomer and some colleagues from the University of Rochester recorded every stroke taken by every swimmer at the US Olympic Trials trying to analyse how the best swimmers produced their speed. They found that, long event or short the fastest swimmers took the fewest strokes.

Similar data was collected by **D.J. East** at the 1970 New Zealand Nationals. When **Rick Sharp, PhD.**, director of the **International Centre for Aquatic Research (ICAR)** in Colorado Springs compared the data from the two studies, he found that the winning times from all events at the US meet averaged 17% faster than those from the New Zealand meet. His analysis showed virtually no difference on the SR side. The huge advantage on V had been created entirely on the SL side. Then he compared the finalists and non-finalists in the US meet, finding an average 3% difference in time (V). In 9 out of 11 events that difference was accounted for by greater SL, not SR. In only two of 11 events was it created by greater SR.

This gives us **Total Immersion Axiom No 1:**
The genius of great swimmers isn't how fast they stroke;
It's how far their bodies travel every time they take a stroke!

There are two ways to make this happen:

! More propulsion - using your hands and feet to thrust your body farther through the water as powerfully as possible, and

2. Less drag-shaping your body so it's more friction-free allowing it to travel farther with the power each of your strokes is already producing.

Of course in the water, your instincts "know" just what to do. Pull harder, kick harder, spin your arms faster. All wrong, of course. We know that because Rick Sharp did more analysis of data that had been collected over 10 years at ICAR and found a rather surprising phenomenon. In a striking number of instances,

world-class swimmers produced LESS propulsive force than non-elite swimmers in the same event. Says Sharp "Obviously they were capable of producing more; they just didn't NEED to".

Thus we have **Total Immersion Axiom No 2:**

The second genius of great swimmers isn't how powerful their strokes are; it's how slippery they can make their bodies.

Makes perfect sense, when you think about it. Because when you are trying to PULL your body faster, all you have to work with are those puny hands, pushing against water that just swirls away as you push, but when you instead loosen the water's grip on your body, your stroke length grows by leaps and bounds.

So now we can begin to make that formula, $V = SL \times SR$, work for us by learning to position your body so it moves as far as possible with each stroke (SL). Virtually every Masters swimmer I coach already has all the SR they'll ever need; it's the SL they're lacking. They always make their most dramatic improvements when they give up a bit of their SR in order to gain a lot of SL. Besides, energy consumption increases as a cube of muscle movement speed, so stroking twice as fast burns eight times as much energy. Not a great return on your investment. Learn to keep your body long, balanced and sleek and you'll boost performance far faster than anything you can do with your hand.

That's welcome news to people who have been told that pulling and kicking harder and faster (and training enough to build the endurance to do that) is the way to gain swimming speed. No matter how good or how powerful your stroke, if your body lurches too abruptly to a halt after each one, you have no choice but to keep those arms churning. Once you learn the knack of slippery swimming, not only will your swimming improve, but so will your bike and run. It comes naturally to fish, but the rest of us can learn it too.

NB This is an article which appeared in FINA Masters News June 1996.

ABOUT THE AUTHOR

Terry Laughlin is one of the most prolific and respected swimming writers in the United States. He is director of Total Immersion Swimming in New York, and teaches the secret of "slippery swimming" at weekend workshops for adult swimmers throughout the US and elsewhere.

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 Left to right: Murray Dingwall Gb Paralympic Swimmer, Norman Grierson SASA President, Graeme Simmers Chairman Scottish Sports Council, Bob Mitchell, Hon Vice President SSAD

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Dawn Fraser, three-times Olympic Gold Medallist

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