

CLACKMANNAN DISTRICT FIVE DAY SWIM TOUR '96

Clackmannan District Swimming Club proved to be excellent ambassadors for the "Wee County" and Scotland at the Mendip Open Meet, Weston-Super-Mare over the Easter weekend.

Forty seven clubs, over 600 swimmers took part (98% of the winners' times were British qualifying times!) This was the club's thirtieth trip and second visit to the fast 8 lane - 25m Hutton Moor Sports Centre (last visit was in 1993) for the excellently run two day meet.

The team of 21 - (9 years to 19 years) rose to the occasion and produced 10 British Qualifying times.

Ben Harkin won 3 Gold and 4 Silvers giving the talented all-rounder the Top Performance Award in the Open category.

Ben won the 50m Freestyle, 200m Breaststroke, 200m Freestyle all in British Qualifying times with the latter swim his first time under 2 minutes - 1:59.5.

Silvers for Ben in the 200m Individual Medley and 100m Breaststroke Ben Whaymond of Coventry taking the Gold. Ben's times 2:05.00 and 1:06.00 respectively.

Bristol's Alex Pinner pipped Ben for Gold in the 100m Freestyle - 54.4 - Ben - 54.8.

Lisa McLuckie won the 100m and 200m Breaststroke and took Silver in the 50m Freestyle - in British Qualifying times.

Caroline Smith Tornadoes recently selected to the English Youth Team won the 50m and also the 100m Freestyle the latter in 58.00 seconds. Lisa was third in the 100m Freestyle.

Gold too for 14 year old Linda Devlin in the 100m Breaststroke - 1:20.00. Linda was 5th in the 200m Breaststroke.

Claire Alexander took the Bronze in the 13/14 years 100m Butterfly - 1:10.00, and then stepped up to the 200m cruising the first 100m in 1:14.00 coolly picked off

the older girls to win in 2:32.00.

Alasdair Currie swam to a British Qualifying time in the Open 200m Butterfly taking the Silver in 2:17.00

Alasdair was also fourth in the Individual Medley, 5th in the 100m Butterfly and 8th in the 100m Backstroke. Coach, Chaperone and swimmer 19 year old Paul Wilson currently studying Sports Science at Kings Lynn was 6th in the 50m Freestyle - 25.00 seconds.

Youngest team member 9 year old Gregg Hobbs responded to the tough competition and was 6th in the 50m Freestyle and 7th in the 100m Individual Medley Finals.

Emma-Jane McEwan deserved her 8th place in the 100m Butterfly - 15/16 years and Open 200m Butterfly.

With Scottish flags flying the meet closed with the relay events and with an electric atmosphere. The "District" Team rose to the Scotland v England confrontation.

Paul, Gary Carmichael, Alasdair and Ben took Silver and Bronze behind top club Bracknell.

Lisa McLuckie, Claire, Linda and Shirley Milne took Silver behind Thornlow Tornadoes in the Freestyle.

Caroline Carmichael replaced Shirley in the Medley and the youngsters gave their all finishing fourth.

Bracknell - Sarah Hardcastle's Club - dominated winning the Team Trophy and Top Club Trophy.

The happy "District" team rounded off a highly successful swim meet with a day at Middlemoor Country Park. Jet-Skiing, Water Skiing and Go Karting.

Quote one tired and exhausted athlete to Coach summing up the events "Do we have to go home Viv? This is fabulous - the competition too Coach !!!"

Viv Alexander
Head Coach



**WRIGHTSPORT
SCOTLAND
IN ACTION
AT
THE WINTER
CHAMPIONSHIPS
AT
AYR
What is Eddie
saying?**

PATHWAY TO THE TOP

On the up and up? "Pathway to Performance" is the latest exciting new initiative within Scottish swimming that will, surely, pay dividends in years to come.

Providing a key link between club and district standard, "Pathway to Performance" has been funded through sponsorship from Speedo International, and support from the Scottish Sports Council's SportsMatch scheme.

Part of a four year development programme, over £20,000 will be invested in this, the first year. In terms of nurturing talent, could the ultimate dividend be a Scottish Olympic Champion?

"Pathway to Performance" is for 11/14 year-old swimmers and adds another layer to the SASA's National Development Plan.

Selection will be based on technical competence - club coaches will pin-point the talent - and it is expected that around 280 will qualify for a scheme that will reach a climax with three educational development days to be staged in October, November and December.

"In the first year, the unitary local authorities will be divided into nine area squads, and the idea is to provide programmes all over Scotland that are in line with the SASA National Development Plan," explained Ian Mason, Chairman of the SASA Board of Management.

"It will be a pathway for swimmers to progress to District and National programmes and is an additional layer of opportunities for club coaches and swimmers to aspire to reaching the very top of the sport.

"By 1998, the target is to have 15 area squads and almost 500 youngsters involved in the programme."

GRASSROOTS

A grass roots development strategy that sets targets and provides motivation for young swimmers and their coaches, "Pathway to Performance" could be the new roadway to the top.

Ian McGregor, Team Sport Scotland Swimming Co-ordinator, will be heading the programme for the SASA.

In 1996, the area squads will be set-up as follows:

Midlands:

1 Angus, Perth and Kinross, City of Dundee.

North:

2 Highland Area
3 Grampian Area

East:

4 Fife, West Lothian.
5 Midlothian, East Lothian, Borders.
6 City of Edinburgh.

West:

7 Dumfries and Galloway, South Ayrshire, East Ayrshire, North Ayrshire, Inverclyde, Renfrewshire, Argyle and Bute.
8 City of Glasgow, East Renfrewshire, East Dunbartonshire, Dumbarton and Clydebank.
9 South Lanarkshire, North Lanarkshire, Clackmannan, Falkirk, and Stirling.

Elsbeth Burnside SASA Press Officer

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IAN MCGREGOR
TEAM SPORT
SCOTLAND



TSS
Update

The Operations Division at the Scottish Sports Council is currently in a period of very exciting transition. Two focus areas have been identified and key personnel have been and are being appointed to lead the programmes. One of the focus areas is Developing Excellence. This involves a number of projects which are currently being discussed, debated and some are being piloted. The most ambitious project will be the Scottish Institute of Sport, linked to the British Academy of Sport. This is in the early stages of consultation at present but I am sure that we will be hearing more about it and what it will mean for our top swimmers in the near future. Martyn Woodroffe and Ian Mason are heavily involved in the excellence end of our sport and are in constant contact with the leaders of the DEX programme at SSC Headquarters. At the end of the day, the emphasis is simply on improving the performance of Scottish Sport at the top end. Swimming can 'tap in' to this momentum and make valuable use of the resources which will become available for our best swimmers and coaches. These programmes will also provide much needed assistance in forging stronger links with College and Universities. Indeed several pilot projects are already underway.

The other major focus area is the Youth Sport Strategy. This section is being led by Eddie McConnell, who has been involved in several major swimming projects already. The strategy involves a number of programmes and whilst the fine details are still to be finalised, some of the programmes are already up and running. The main emphasis will be on improving programmes for 'school aged' sports people, especially at schools and Clubs. It is likely that many new opportunities will be appearing on the horizon and it will be up to our members in the world of swimming to 'bid in' and make use of them. Momentum has been gathering in the SSC driven initiatives in Grampian, Highland and Tayside Activ8 (Grampian) is in the early stages of planning and is being led by Ian Milne. Gael-Force-ten (Highland) is now up and running, offering scholarships for teacher/coach education and organising Development and performance weekends for swimmers and coaches. This initiative is being led by Sandy Brunton. IMPACT (Tayside) is being led by Jim Hitchen, although he has now formed a strong link with the Midland District Association and the programme of performance Development days is being delivered as a joint effort. Several teachers and coaches have also benefited from scholarships for education and experience opportunities.

The two North District initiatives are now planning to liaise closely with each other and the North District Association in order to ensure all the bridges on the 'Development Pathway' are built with a sound structure. If you are involved in swimming in any of the three

areas mentioned and would like more information, you should ask your Club Secretary who will have been sent contact numbers.

If you live in the East or West Districts don't feel left out. The SASA is committed to providing support (basically my time) to help the District Associations to develop the well established programmes already in existence. In the East, I have regularly been visiting District Performance development days and assisting with the planning and delivery of these programmes.

In the West, I am now a member of the Steering Group and will be heavily involved in the planning and delivery of these programmes. It is important that District programmes are purposeful, meaningful and professionally designed and delivered. They will be aiming to offer swimmers and coaches an exciting opportunity which is not normally available at club level. One of my major goals is for swimmers to be keen to be involved and proud to represent their District. More importantly, it should be seen by developing swimmers as a stepping stone towards representing Scotland.

The SASA continue to be committed to providing educational opportunity for teachers/coaches and club officials. Two Club Development seminars have recently been held and despite a disappointing level of attendance, the feedback from those who were there has been extremely positive. The day served as an opportunity for an update on the progress of the National and District plans, as well as providing guidance to the issues which need to be considered when conducting an 'audit' of a swimming club.

Club secretaries will have received information about the Scottish Sports Council's 'Running Sport' programme. This consists of a series of booklets with guidance and advice for Club Secretaries, treasurers, fund raisers etc. It is also possible to arrange for a one day seminar all about 'Running a club'. Details will be available from your club secretary.

The SSCA supported by TSS presented their 2nd Annual seminar on 17/18 February - all about Land Training. Again the number of delegates was disappointing, especially as the feedback we collected throughout the year 'screamed out' for a seminar on landwork. However, it was an excellent weekend, with terrific presentations by Chris Nesbit, Grant Robbins, Michael Peyrebrune and Briony Shimmons. The SSCA will now be considering the details for next years event! Any ideas? If so contact Robert Hammond, SSCA secretary on 0141 880 5597 or at 19 Acacia Drive, Barrhead, Glasgow.

Ian McGregor
Swimming Co-ordinator

DIRECTOR'S PAGE

OLYMPIC TRIALS REVIEW

Congratulations to Graeme Smith and Alison Sheppard on gaining selection to the Great Britain Olympic Team for Atlanta.

Congratulations to Graeme Smith on breaking the British Long Course Record for the 1500m freestyle.

Congratulations to Richard Hope on breaking the Scottish Long Course Record for the 200m Backstroke.

Congratulations to Graeme Smith (Level 2), Richard Hope (Level 3), Alison Sheppard, Fraser Walker, Paul Latimer (Level 4) on achieving Commonwealth Games Consideration Times.

Congratulations to Bryan Morgan on breaking Junior British and Scottish Records.

I am delighted to be able to offer congratulations not only to the swimmers I already mentioned but also to those who have recently been performing well in the many meets across the country.

Many of our readers will not realise that we continually evaluate the performances of all our swimmers and particularly those on the Scottish Elite and Youth Squads. Following the recent Olympic Trials a performance review was done to compare times achieved at the 1996 Olympic Trials with best times achieved long course in 1995.

The following is a break-down of findings:

SCOTTISH ELITE SQUAD (MEN)

64% of performances were faster and 36% were slower at the 1996 Olympic Trials compared to the best long course times in 1995.

SCOTTISH ELITE SQUAD (WOMEN)

20% of performances were faster and 80% were slower at the 1996 Olympic Trials compared to the best long course times in 1995.

ALL SCOTTISH SWIMMERS (MEN)

58% of performances were faster and 42% were slower at the 1996 Olympic Trials compared to the best long course times in 1995.

ALL SCOTTISH SWIMMERS (WOMEN)

21% of performances were faster and 79% were slower at the 1996 Olympic Trials compared to the best long course times in 1995.

Clearly at this moment in time our men swimmers, particularly Elite Squad Members, are showing rapid improvements whilst the women's performances across the board are not quite as encouraging. However compared to this time last year ie. 1995 Multi Nations and European Trials results, we have made some significant improvements and if we add the emerging Youth Squad Swimmers the following ranking list can be constructed: (See page 4)

It should be noted that only Graeme Smith and Fraser Walker achieved a Level 4 or better consideration time in 1995.

All swimmers should be aware that to be considered for the Elite Squad from July 1996 to June 1997 (1996 Olympians excluded) they must achieve a Level 4 or better time at the Senior National Long Course Championships in 1996.

A final note, whilst reviewing performance many swimmers and coaches are already asking how many places will be available for the 1998 Commonwealth Games in Kuala Lumpur. We are not yet in a position to state our definite team size, however, we can say confidently that the maximum swimmer places will be twelve but more realistically six to eight. On that basis swimmers and coaches would be best advised to raise their ambitions and targets to a minimum of the Level 3 consideration times to gain selection for the next Commonwealth Games.

Martyn Woodroffe
Director of Swimming

REMEMBER TO
CALL MARTYN FOR ADVICE ON

0141 641 8818



DIVING MATTERS

II FINA DIVING GRAND PRIX 24 - 26 MAY 1996
EDINBURGH SCOTLAND

It has come to our attention that, due to Olympic Trials and Olympic Games preparation few, if any, of the Diving Countries around the World would be able to attend the II FINA Diving Grand Prix at the Royal Commonwealth Pool in Edinburgh from 24 - 26 May 1996.

Therefore a decision has been made by the Organising Committee to cancel this event.

It is hoped that the event can be staged in Scotland at a later date and we hope that you will be able to show your support for this event.

William Law, Chairman

Sir Peter Heatly, GBOTC

Scottish Swimmers Ranking List to Commonwealth Games Consideration Times 1998
(List constructed from Long Course Times done January-March 1996)

Rank	Name	Level	Event	Time	% to next Level
1	Graeme Smith	2	1500 Free	15:03.4	0.09
2	Richard Hope	3	200 Back	2:03.5	0.87
3	Alison Sheppard	4	100 Free	57:73	0.22
4	Fraser Walker	4	200 I.M.	2:05:71	1:15
5	Paul Latimer	4	200 I.M.	2:06:59	1.86
6	Tom Griffith		50 Free	24:09	0.84
7	Andrew Aitken		200 Back	2:05:74	1:14
8	Forbes Dunlop		50 Free	24:25	1:51
9	Michael Cole		200 I.M.	2:09:93	2:23
10	Kerry Martin		100 Fly	1:05:58	2:29
11	Teresa Davies		400 I.M.	5:04:70	2:58
12	Karen Mhairi Lewis		100 Fly	1:05:86	2:72
13	Beverley Robertson		100 Breast	1:14:89	2:88
14	Cameron Black		100 Fly	57:57	3:17
15	Bryan Morgan		50 Free	24:71	3:43
16	Kirsty Hope		100 Free	58:96	3:58
17	Pauline McLean		100 Free	59:98	3:78
18	Neil Sloan		400 Free	4:09:18	3:92

THE FIRST SASA CONGRESS GOES SMOOTHLY

The first Congress of the Scottish Amateur Swimming Association was held in Inverness on Saturday 24th February at the new Sports Centre which will shortly have the AquaDome with a 25m X 8 lane swimming pool. Mr Dennis MacIntosh and his North District team did a splendid job of the local organisation.

President Bill Black was pleased to invite Provost William Fraser to open the proceedings. Provost Fraser gave full recognition to the occasion by wearing his robe of office. He welcomed delegates to Inverness and expressed the hope that with the new facility almost ready that there would be many more visits to the Capital of the Highlands. He was particularly proud of the fact that the new pool was fully paid for and that the new Local Authority would not find any debt.

President Bill Black in his address to the meeting summarised the progress since the last occasion four years ago that an AGM had been held in Inverness. He mentioned the move towards a professional management of the Association and the introduction of payments to the Chairman and Vice Chairman Administration and Finance in acknowledgement of the heavy workload they had.

The Meeting responded to the President's call for a positive approach to the proposed new Constitution and good discussion throughout the meeting, on each point requiring clarification, produced the result. Chairman of the Editorial Board Ed Adam did sterling work in presenting the proposals.

Photograph shows left to right Alex McLeod-Bain, new President Norman Grierson, Immediate Past President Bill Black and Helen McLeod-Bain. Alex and Helen had just received their Life Membership plaques from Norman.



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	Win Hayes
	Teaching Method	
	Practices Teaching Points	
11.15 am	Coaching the Early Stages	Martyn Woodroffe
	Technique	
	Starts, Turns and Finishes	
	Early Training Programmes	
12.15 pm	Lunch	
1.15 pm	Coaching Senior Butterfliers	Martyn Woodroffe
	Differences - 100 and 200 swimmers	
	Planning Training Programmes	
2.15 pm	Tea	
2.30 pm	Butterfly - Other Aspects	Martyn Woodroffe
	Land Work	
	Tapering Psychology	
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 Tel: 0141 641 8818
Holmhill Farm Fax: 0141 641 4443
Greenlees Road
Cambuslang
G72 8DT

CLOSING DATE
FRIDAY
24TH MAY
1996



National Development Officers Update

The month of March got off to a flying start with the launch of McVities Scotsplash. All ten regional heats have now taken place and the countdown has started for the Grand Final. For those of you who are unaware of what McVities Scotsplash is all about then I suggest you come and see for yourself at the **Super Final** at the **Commonwealth Pool on Tuesday 14th May 1996!** I promise you its an event that should not be missed.

You will have the chance to see 40 schools participating in various fun aquatic challenges, the atmosphere will be electric and I will see **YOU** there supporting the development of SASA swimming within schools. Lets create the links!

Other development initiatives coming to fruition are:

- (i) The Youth Development Model
- (ii) District Development Plans

Throughout the last few months I have been presenting the Youth Development Model at various District Meetings (Midland) and selected Club Development Seminars (EAST and WEST DISTRICTS). My final presentation will be to the North District in June.

At present I have received a lot of feedback on this "first draft" model, however if you have not yet seen the model and would like to then please contact me at Moray House Institute.

It is essential that I collate all feedback from coaches, teachers, officials and parents so that the end product addresses all areas related to the Development of Youth Swimming in Scotland.

I'm sure the District Custodian's would agree with me in that it's been a long haul facilitating the implementation of the District Development Plans. I'm sure they would agree with me that there is now light at the end of the tunnel!

All District Development Plans are progressing steadily and it looks the implementation date of August 1996 will be on target.

These plans will give each District a clear direction for the progression of our sport at a Sub-National level and I look forward to contributing towards their successful implementation.

If you have any questions relating to the above initiatives then please do not hesitate to contact me.

Briony Shimmons
National Development Officer

RENFREWSHIRE GO FULL TIME

Following the adoption of a Swimming Development Plan for the Renfrew District Council and the Renfrewshire Swimming Clubs two full time professional swimming posts were created.

Robert Hammond has been appointed as the Swimming Development Officer for the District and will be working to develop grass roots swimming and general aquatics ranging from Learn to Swim Programmes through to swimming for Health and Fitness. Robert will also be responsible for linking the Learn to Swim Programme into the Development Programmes of the clubs in the District. Many of you will know Robert as the Secretary of Scottish Swimming Coaches Association and a leading coach with Renfrew District A.S.C.

Robert has a wide swimming background having swum at National level he was also a National Medalist and was instrumental in formulating the Swimming Development Plan for the District.

Grant Robins an ex Great Britain International Swimmer and Team Captain (10 years an International) has been appointed the Chief Swimming Coach, and will commence his duties in early May.

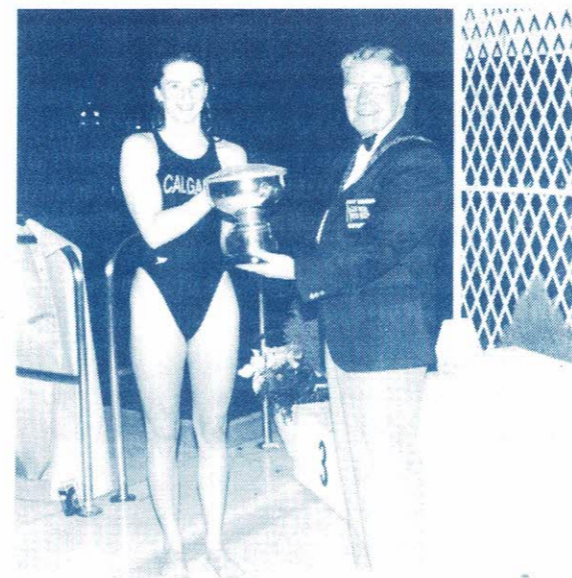
Grant's role will be to coach the top squad swimmers and lead and direct the coaching team for the younger squads.

Besides his personal swimming experience at major swimming games and championships Grant has trained with the top Australian and Canadian coaches. Recently he has been coaching in one of Britain's most successful clubs Portsmouth Northsea SC.

Grant will be implementing the next stage of the development plan which will include working with the clubs in both the Renfrewshire and East Renfrewshire Authorities. These will be forming a **REN 96** team comprising of Renfrew District A.S.C., Neilston District A.S.C. and Eastwood A.S.C.

The Scottish Amateur Swimming Association would like to wish Robert and Grant every success and congratulate the Renfrewshire Councils and Clubs, in particular **John Higgins** - Renfrewshire D.S.O. Chief Officer for forming the partnership with the Governing Body which has enabled the sport to move forward in line with the Association's own Development Plan.

Martyn Woodroffe
Director of Swimming



Presenting Best Performance Trophy to Alison Sheppard who was outstanding at the Winter Championships at Ayr



With Mrs Simon Lee who won the Open Championship at Loch Lubnaig - beating her husband in the process



With Baillie James Mutter who was the host at the Civic Reception given by The City of Glasgow Council at the National Age Group Championships



With the victorious Scottish Junior Team at Drumchapel Baths

BILL'S YEAR

Bill Black is usually behind the camera but during his year as President of the Association he was caught in the other side. Bill enjoyed his term and the warm welcome which he received from all the disciplines when he attended their Championships and competitions. One of the tasks he has been asked to tackle in the future is to rebuild the archives of the Association so he will be looking for lots of photographs and other memorabilia.



At the National Diving Championships at the RCP

GREAT BRITAIN JUNIOR 7 NATIONS CONTEST IN HOLLAND 6/7 APRIL

Scotland was represented in this annual two day meet by 16 year old **Bryan Morgan of Carnegie**, who produced some outstanding performances.

He broke his own Scottish Junior long course 100m backstroke record twice - first placing 5th in the individual event in 1:00:43, then leading off the boys medley relay when he broke the one minute barrier, recording 59.98. In addition Bryan split 53.64 on the third leg of the 4 x 100m freestyle relay another excellent p.b.

Great Britain finished 2nd with 183 points behind Germany (207), ahead of Italy, Sweden, France, Spain and Holland and this was the best result for several years. The event is used as preparation for the European Junior Championships which this year will be in August in Copenhagen, for girls born 1981/82 and boys born 1979/1980. This means that Bryan will have another chance to qualify next year too.

Other Scots involved were team staff, Frances Smith (Perth and Kinross Swimming Development Officer) as Assistant Team Manager, and Peter Snape (Aberdeen ASC) as Team Doctor.

Frances Smith
Perth and Kinross Development Officer

Staffing Changes

The SASA Office will be undergoing staff changes over the next month.

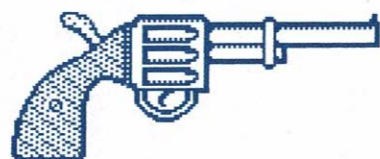
A new Administrative Assistant, **Melanie Findlay**, has been employed by the Association. Melanie commenced employment on Tuesday 9 April 1996 and is already proving to be an asset in the Office.

Fiona Murray, one of the Association's Administrative Officers, is leaving the SASA to take up a new position with the Scottish Federation of Housing Associations in Glasgow. Fiona has been employed with the Association for over four and a half years and is the longest serving member of staff. I wish her every success in her new position.

A new Administrative Officer will be commencing employment during May.

Elaine Mackenzie
Administration Manager

PER CAPITA RETURN DATES



ATTENTION ALL CLUB SECRETARIES!!



PLEASE NOTE THE DATES FOR THE

2ND AND 3RD PER CAPITA RETURNS ARE:



30 JUNE 1996
(2ND RETURN)
AND
31 OCTOBER 1996
(3RD RETURN)

SYNCHRONIZED SWIMMING COACHES SEMINARS GREAT BRITAIN SYNCHRONIZED SWIMMING SEMINARS

FORTHCOMING DATES:

16 JUNE 1996
31 AUGUST 1996
7 DECEMBER 1996
25 JANUARY 1997

ALL TO BE HELD AT:

SCOTTISH POLICE COLLEGE, TULLIALLAN CASTLE, KINCARDINE

SEMINARS ARE FOR ALL LEVELS OF COACHING SO PLEASE GIVE THEM YOUR SUPPORT

INFORMATION AVAILABLE FROM

SASA OFFICE
TEL: 0141 641 8818

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.

SYNCHRONIZED SWIMMING CALENDAR 1996

11 May	Committee Meeting	19 - 20 October	Scottish National and Open Championships, Greenock, Inverclyde.
24-26 May	Slovak Open, Bratislava	9 November	Committee Meeting
8 June	Scottish Age Group Championships Drumchapel, Glasgow	16 November	Scottish Club Championships Venue to be confirmed Livingston pool is too shallow.
7 September	Committee Meeting		
16 - 18 October	FINA World Cup Qualifying Event Greenock, Inverclyde		

FORWARD WITH THE FUTURE

Scottish Amateur Swimming Association
PATHWAY TO PERFORMANCE

REQUIRES

**9 MANAGERS**

The key functions of these posts will be to:

- Attend Pathway to Performance Education Days.
In year one, this will involve 3 days - October, November and December.
- Be involved in planning and organisation of the education programme.
- Be assist with monitoring and evaluating progress of programme members.
- Liaise with the Head Coach and Assistant Coach.

The post holders will be responsible for the general management of the SASA Pathway to Performance Programme within each area.

An annual Honoraria of £150 will be available to successful applicants.

This post should be seen as an exciting opportunity to become involved in the development of Scottish Swimming. It will also provide a valuable chance to gain experience for people who are aspiring to become involved in District and National Programmes.

Please apply in writing, enclosing a current C.V. to:

Team Sport
Scotland



Ian McGregor
SASA
Holmhill Farm
Greenlees Road
Cambuslang
Glasgow
G72 8DT



Tel: 0141 641 8818

Fax: 0141 641 4443

Closing Date for Applications:**Friday 10 May 1996**

Interviews will take place in May/June.

ALL ENQUIRIES/APPLICATIONS WILL BE TREATED IN STRICTEST CONFIDENCE.

FORWARD WITH THE FUTURE

Scottish Amateur Swimming Association
PATHWAY TO PERFORMANCE

Requires

**9 HEAD COACHES**
9 ASSISTANT COACHES

The key functions of these posts will be to:

- Deliver Pathway to Performance Squad Education Days.
In year one, this will involve 3 days - October, November, December.
- Lead Planning and Organisation of the Programme.
- Lead the Planning of the Competitive Opportunity.
- Monitor and Evaluate Progress of Squad Members.
- Liaise with Club Coaches and Swimmers.
- Liaise with National and District Team Staff.

An annual Honoraria will be available to the appointed coaches:

- **Head Coaches** **£300**
- **Assistant Coaches** **£150**

Experience Required:

It is expected that the post holders will have enthusiasm and commitment and will be currently involved in coaching at Club Level. It would be an advantage to have had experience of the District Performance Development and/or National Squad Programmes.

This post should be seen as a tremendous opportunity for coaches to become involved in the development of Scottish Swimming. It will also come as a chance to gain valuable experience for coaches who are aspiring to become District and National Squad Coaches.

Please apply in writing enclosing current CV to:

Team Sport
Scotland



Ian McGregor
SASA
Holmhill Farm
Greenlees Road
Cambuslang
Glasgow G72 8DT



Tel: 0141 641 8818

Fax: 0141 641 4443

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ALL ENQUIRIES/APPLICATIONS WILL BE TREATED IN STRICTEST CONFIDENCE



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**

Supported by:



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

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

Swimming Technical Officials

NEWS

Congratulations to the following technical officials who received their Certificates of Competence during February/March.

RECORDERS

Jean Miller	North
Elizabeth Taylor	West
Colin Kennedy	East
Susan Black	North

JUDGES

Ray Evans	North
Walter Craig	North
Lesley Craig	North
Brenda Kent	North
Raymond Kirkton-Vaughan	Midland
Philip Smithard	East

TIMEKEEPERS

Carol McNaught	East
Helen French	East
Elizabeth Cooper	North
Shirley Bain	North
Arthur Manson	East
Miriam Birnie	North
Jan Ritchie	Midland
Kathleen Wood	North
Alexander Adams	West
Margery Hobson	North

working groups within clubs to operate a stopwatch and to obtain and record the official time of the competing swimmer. THERE WILL BE NO EXAMINATION. Individuals who complete the training will be issued with a certificate of competence which will allow the holders to operate as TIMEKEEPERS at any SASA swimming event, but not as Chief Timekeeper at any event which is seeking accreditation. Clubs who wish to have this category of official should apply to the District Convener who will arrange the training. A maximum group of eight in number (who may not need be from one club) shall be permitted. Clubs would pay a group fee of £15.00 plus the trainer's expenses. After training, candidates will be assessed by their practical timekeeping ability during a series of TEN RACES.

AREA ORGANISERS APPOINTED

Each STO District Convener has now made additional appointments to help with the organisation and implementation of the training for officials.

NORTH DISTRICT

Shetland	Bob Conroy
Orkney	Ian Gibson
North Highland	Ed Adam
South Highland	Tom Tracey
Aberdeenshire	Roy Wilson

WEST DISTRICT

Ayrshire	Bill Murdoch
Dumfriesshire	Liz Gordon
Stirlingshire	Blair Prentice
North Lanark	Logan Dunsmore
Renfrewshire/	
Dunbartonshire	Gerry Clark
South Lanark/	
Glasgow	Allan Fletcher

MIDLAND DISTRICT

Perth/Kinross/Blaigowrie/Aberfeldy	Sheila Hitchen
Dundee City and the associated clubs	Bill O'Rourke

NEW CATEGORY SASA OFFICIALS APPROVED

Formal approval given at the recent SASA Congress now paves the way for the STO Committee to arrange for the training/retraining of Swimming Technical Officials in the following new categories: CLUB TECHNICAL OFFICIAL, AOE OPERATOR, and MEET MANAGEMENT OPERATOR. The first Club Technical Official category to be finalised, the CLUB TIMEKEEPER, is at present undergoing "field trials" and will be officially launched by the STOC on 1st June, 1996. The objective is to provide a TIMEKEEPER to operate at club and inter-club level by training interested individuals within their own club environment, ie. the individuals will be trained in small

National Convener : Ed. Adam

18 St. Andrews Drive, THURSO, Caithness, KW14 8PY
Tel: 01847 893335

Secretary : Bob Conroy

43 St Olaf Street, LERWICK, Shetland, ZE1 0EN
Tel: 01595 3687

DISTRICT AND STO 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)
STO	Peter Syer 185 Park Road West, Rosyth, Dunfermline, KY11 2SZ	Tel: 01383 415426
STO	Eddie Wilmott, 294 Ravensby Road, Carnoustie, Angus, DD7 7NW	Tel: 01241 54853

Brechin/Montrose/Arbroath/Forfar/Monifieth	Pam Thomson
EAST DISTRICT	
East & Midlothian	Peter Lourie
West Lothian	Colin Kennedy
Fife	Ted Letson
The Borders	Bill Stewart

REFEREE TRAINING AND EXPERIENCE PROJECT

In line with the STOC Referee Training/Experience Project the Committee is pleased to notify those officials who have been accepted onto the present SASA listing for FINA and International training.

FINA TRAINEE NOMINEE:

Peter Syer (East)

INTERNATIONAL TRAINEE LIST:

Blair Prentice	(West)
Ian Gibson	(North)
Eddie Wilmott	(Midland)
Liz Hastie	(East)
Lois Cairney	(West)
Bill Murdoch	(West)

INTERNATIONAL EXCHANGES: WELSH NATIONAL LONG COURSE CHAMPIONSHIPS, CARDIFF.

It was most unfortunate that Ian Gibson (Orkney) was taken ill during March, and as a consequence, was unable to fulfill this appointment. We regret to report that Ian was subsequently removed to hospital in Aberdeen, where some surgery was completed. Roy Wilson has been to visit Ian in hospital and we would take this opportunity to wish Ian a very speedy recovery and to thank Roy for his visiting on our behalf.

IRISH ASA LEISURELAND INTERNATIONAL MEET, GALWAY.

Blair Prentice was our man in Galway for this first invitation to Eire. Snippets from his report shows this trip as being a "busman's holiday" for Blair. Having been warmly welcomed at Galway airport at lunchtime, the afternoon was spent "helping to /

STO NEWS CONTINUED

unload vans, putting up the scoreboard, connecting the electronics, putting up banners, etc. and returned to the hotel for a briefing meeting at 8.30 pm." One of only two referees, Blair then ends up refereeing at all six sessions, heats and finals and for good measure also "refereed at a small gala for the local kids during the afternoon break on Saturday". Well done Blair!

It is with some interest that we also note the following reference :- "The IASA operated with one timekeeper per lane plus a turn judge at the start end of each lane. The turn judge operated a watch as a back-up, and operated the back-up button. Another main difference in procedure appears in distance events, where whistles are blown to signal with 100m still to swim." And finally, what of the Irish swimming star Nick O'Hare who trains in America. At the start of the Butterfly event this swimmer used dolphin kick only, for over half the length of the pool, however, WAS ON HIS SIDE and was disqualified for being off the breast. Mr O'Hare protested "as this is acceptable in the USA" but, his protest was in vain under FINA Rules. As a footnote, Blair boldly states that in any report threatened by the Irish, he would "welcome any constructive criticism but any other criticisms will, of course, be denied". We will see Blair!!!!

GB OLYMPIC TRIALS, SHEFFIELD.

Having been accepted onto the forthcoming FINA list 9, as a Starter, the STOC was pleased to nominate Robin Dale to attend at these trials. We do know that Robin officiated as a Starter during these trials and that a report will be published in the next issue of STO NEWS in SWIMMING 2000.

INTERNATIONAL EVENTS

APRIL GB Masters Championships, Sheffield
JULY ASA National Championships, Leeds
JULY/ ASA National Age Group Championships,
AUGUST Crystal Palace.
OCTOBER ASA National Masters(Sprints), Hendon
London.

Officials nominated for these events will be taken from the revised SASA International Referee List.

SASA REGISTERED SWIMMING REFEREE MEETING:

All SASA Registered Referees should by now have received from the National Convener, Ed Adam, your invitation to attend at this forthcoming meeting. If you have not yet received such an invitation, please make contact A.S.A.P. with Ed Adam direct or, with your District Convener at the address given on the STO News page.

Should you have any particular topic for discussion/clarification etc., you should send these direct to the National Convener for consideration and inclusion on the Agenda.

DATES TO NOTE FOR 1996

13 May Officials Examinations at venues throughout Scotland.

9 June Meeting of SASA Registered Swimming Referees, City Mills Hotel, Perth at 1.00 pm.

1 September SASA Swimming Technical Officials, Seminar, Perth Ice Rink- time to be notified.

1 October Closing date for submission of application forms for November Officials Examinations. 4 November Officials Examinations at venues throughout Scotland.

Peter Syer
STO Committee Member

GRAND CEILIDH AND SUPPER DANCE

Hearts Swimming Club will be hosting a Grand Ceilidh and Supper Dance in Edinburgh in May 1996. The event will feature a live band and is being promoted as a get-together for everyone involved in swimming in this part of Scotland. It promises to be "The" social event of the swimming calendar. We invite members of swimming clubs, officials and swimming enthusiasts to come along. Bookings will be by tables of 4 or 8, or individually, so please book early to avoid disappointment. Please note that the evening is planned for the benefit of the swimming community and is definitely not a fundraising event.

DATE Saturday 11th May 1996
VENUE Assembly Rooms, George Street, Edinburgh
ELIGIBILITY Open to all officials, coaches, parents and swimmers
AGE GROUPS 18 years and over (age on the day)
EVENTS Full range of Scottish Dances
SESSIONS Warm-up 7.30pm, finish 12 midnight approx
SUPPER Supper will be served at 8 o'clock. (full bar all evening).
MUSIC The famous WILD CIGARILLOS
ENTRY FEES £10 per ticket, available from Liz Dalgleish, 39 North Gyle Road, EDINBURGH.
Tel : 0131 - 539 - 3171

NOTE : THIS CEILIDH WILL NOT BE HELD UNDER SASA RULES!

Don't forget the date! Why not book a club table and come and meet old friends, and make some new ones, in a great night out. For further information - or to reserve your tickets call Liz on 0131, 539 - 3171

HEART OF MIDLOTHIAN A.S.C.



4th ANNUAL SPRINT GALA

SATURDAY 5th OCTOBER 1996

AINSLIE PARK POOL
92 PILTON DRIVE
EDINBURGH

50 Metres All Strokes

Age Groups (Age on the Day)

10 years and under

11 years

12 years

13 years

14 years

15 years and over

25 Metre 8 Lane Pool

Two Sessions

Electronic Timing

Cannon Relay

Swim Shop

Refreshments

Raffles

For further information contact

Ellen Furness, Gala Entry Secretary 0131 334 6260

Main Sponsor BANK OF SCOTLAND



GLASGOW SWIM TEAM NEWS



Glasgow Swim Team 12 year old athletes at the Scottish Schools Swimming Championships. From left to right :- Debbie Taylor; Louise Coull; Greig Richardson.

OUTSTANDING AITKEN!

Neil Aitken was in outstanding form at the recent British Disabled Swimming Championships. Neil, who last month was selected to train with the British Senior Team, was looking to assess his national opposition for a place on the plane to Atlanta. He let his swimming do the talking in emphatic style, as he set six junior records and posted three qualifying standards for the Olympic Games. His records came in the 50m and 100m Freestyle, 50m and 100m Backstroke, 50m Butterfly and the 200m I/M.

Neil has stepped up his training to make the Games a realistic target, and we are very proud of his accomplishments to date.

IT'S COMPETITION TIME!

The City of Glasgow Swim Team has just had a very busy competitive period leading up to the West District and National Championships. Here is a summary of our results.

1. Stirling Junior Meet 27 - 28 January

An excellent performance all round at a very high standard meet. The Team recorded 30 personal best times, and 18 Scottish National Age Group qualifying times. Outstanding Glasgow swimmer was Steven Kidd who set three new meet records, and recorded five wins. His meet records were 200m Freestyle 2:01:46, 200m I/M 2:17:87, and 100m Freestyle 56.50. These were enough to secure him the award for the top 15

year old boy.

Other strong performances, and final placings were achieved by Paul Clark, Louise Coull, Debbie Taylor, Greig Richardson and Scott McGillivray.

2. Kirkintilloch Graded Meet 3 - 4 February

The majority of the Junior section of the club were competing here, and were again in tremendous form. 118 personal best times, with four swimmers achieving Age Group qualifying standards - Graham Cook (100m Breaststroke), Scott McGillivray (400m Freestyle), Stephanie Dick (100m Butterfly) and Debbie Taylor (100m Backstroke).

The final medal total for the team ran out at 22 Gold medals, 12 Silver and 9 Bronze.

3. Scottish Schools Championships, Edinburgh.

This was an opportunity for some of the younger members to race in a long copurse pool, and experience top Scottish opposition. Swimmers taking medals at these championships were :-

Louise Coull	Westfield Primary
	1st 12 and under 50m Backstroke
Craig Miller	Thomas Muir HS
	1st Open 400m Freestyle
Greig Richardson	Hillhead Secondary
	2nd 12 and under 50m Backstroke
Steven Kidd	Bo'ness
	2nd 15/16 100m Backstroke
Paul Clark	St Ninians
	3rd 13/14 100m Backstroke

Other finalists were Debbie Taylor (6th 12 and under 50m Backstroke), Joanna Rowbory (5th 15/16 years 100m Breaststroke), Ruth Leaver (6th 15/16 years 100m Breaststroke), and Louise Jackson (6th 15/16 years 100m Backstroke).

4. Derwentside Distance Meet 17 - 18 February.

A small team of five swimmers went down to the North East for this competition. They may have been small in number, but they certainly made their mark on the competition. The top Glasgow competitor was Louise Coull who won the 12 years 200m Backstroke in emphatic style, with over seven seconds between her and the second place competitor. Louise had a good weekend of swims with personal bests in the 800m Freestyle and 200m Butterfly as well.

Not to be outdone, Greig Richardson sliced a massive eight seconds off his personal best time for the 200m Backstroke in the 12 years category to take the bronze medal. He followed this up with best times in the 200m Breaststroke and 400m Freestyle, and a great eleventh place in his first ever 400m I/M.

5. Cunninghame 200m Meet 25 February

This meet had a lower entry than in previous years, but provided the opportunity for Glasgow Swim Team junior athletes to record qualifying times for West Districts over the longer events. It was a well run meet with a good atmosphere, which helped our swimmers to 66 personal bests, 10 Gold medals 12 Silvers and 15 Bronzes.

Kimberley Stark won a special award for her performance in winning the 13/14 years girls 200m Butterfly, and Greig Richardson took the trophy for overall best boy in the 12 years and under category.

6. British Grand Prix, Leeds 24 - 26 February

This was the first long course swim for the majority of the swimmers at this event. The best Glasgow performances came from Andy Aitken and Steven Kidd, who had competed previously at the Grand Prix event at Cardiff. Their results were :-

Andy Aitken	6th	50m Backstroke	A Final
	4th	100m Backstroke	A Final
	3rd	200m Backstroke	A Final
Steven Kidd	7th	200m Backstroke	B Final

TOUR NEWS

The Swim Team is embarking on a tour of the North East of England over the Easter period, for children who are 12 - 14 years old. This involves a programme of training and competition with three clubs in the area, Newburn, City of Sunderland and Stockton Aquatics. The trip departs Glasgow on 8 April and returns 11 April. The tour also incorporates a trip to Alton Towers. The senior swimmers will once again be embarking on a pilgrimage to Dunoon - the jewel in the crown of

Scottish resorts! Who needs Lanzarote when you have all this (and the weather!) just over the water??

.....and finally.....

We say goodbye to Rutherglen pool this month when it ceases to exist (well it stops being part of the premier city in Scotland). The Team has organised extra training time at Springburn and Castlemilk to cover for the loss of this training facility.

Glasgow's loss is South Lanarkshire's gain!

HEAD COACH DUMBARTON DISTRICT DOLPHINS A.S.C.

This relatively, small ambitious club urgently seeks an enthusiastic, committed **ASA COACH** (or aspiring ASA Coach) to continue development of the club as outlined in it's **SWIM PLAN**.

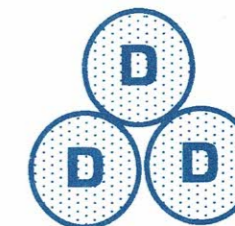
D.D.D. has a membership of approximately 100 swimming members, with a top squad of twenty five swimmers. Recent successes include a fourth place ranking in the First Division of the Clyde Coast Winter League, sixth in the West District's League Table and a Senior Squad member in the National Youth Squad.

Experience in interpreting **LACTIC ACID** results would be an advantage as the club has its own poolside analyser and operator.

The fee payable and terms of engagement would be negotiable.

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

Elaine Fraser
31, Round Riding Road
DUMBARTON
G82 2HB
Tel :- (W) - 01436 820 316
(H) - 01389 731 009



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 Commonwealth Games Selection and also the consideration times for the Scottish Youth Squad.

Coaches and Clubs must be aware that Performance Related Funding is only applicable to the Scottish National Long Course 1996 and the Scottish Age Group Championships 1996.

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

Long Course 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.

Age Group Championships 1996

- 1 point for a swimmer achieving their own age group time for the Scottish Youth Squad.
- 2 points for a swimmer achieving the next age group time for the Scottish Youth Squad etc.

Performance Related Funding (PRF) for Coaches and Clubs

Event	Coaches	Clubs
SASA Long Course Championships 1996	<p>Coach receives PRF as follows:</p> <p>Number of points scored by Club Swimmers x £1500 Number of points scored overall</p> <p>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</p>	<p>£1000 awarded to the Club, with 'home based' swimmers, who score most points on the system related to the 'four level' Games Times.</p>
SASA Age Group Championships 1996	<p>Coach receives PRF as follows:</p> <p>Number of points scored by Club Swimmers x £1000 Number of points scored overall</p> <p>Scoring System: 1 point for own Youth Squad Time 2 points for Youth Squad Time above 3 points for Youth Squad Time above</p>	<p>£500 awarded to the Club, with 'home based' swimmers, who score most points on the system related to the 'Youth Squad' Times</p>

