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SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

SWIMMING 200

FORWARD WITH THE FUTURE

BILL BLACK- EDITOR, 5 BURNSIDE, SPOKERS LOAN
BALFRON, GLASGOW G63 0QQ tel: 01360 440740

MAY/JUNE 1996 VOLUME 3 NUMBER 8/9

WORLD STARS COME TO SCOTLAND

What a coup for Glasgow's new pool. For the first time, Scotland has earned a slot in swimming's World Cup calendar.

On January 28 and 29 next year, many of the leading swimmers from around the globe will descend on the East End Leisure Centre for what promises to be a truly gala occasion.

Glasgow is in good company. The Scottish date fits into the schedule after meets in Hong Kong, Beijing, Espoo and Malmo, and precedes Gelsenkirchen, Imperia and Paris. What a line-up!

"It will be a tremendous event for Scottish swimming," said Scottish Director, Martyn Woodroffe. "A great opportunity for our leading swimmers to compete against the very best in front of a home crowd.

"It will also be a great event for the sport's supporters, a rare chance to see the best in the world. Young swimmers from all over Scotland are sure to be inspired by watching the world stars, and that can only pay dividends in the future."

The meet should also attract huge media interest, both at home and abroad, and that will help put Glasgow and Scottish swimming on the map. Television, radio, the newspapers....surely they will all show an interest.

The World Cup will be part of a super 1997 double-header for the new 50m facility that is due to open in October this year. Next summer, from July 31-August 3, East End Leisure Centre will be the venue for the European Junior Swimming Championships.

"That will be another great few days for Scottish swimming," continued Martyn. "The European Junior event is a chance to see the up and coming stars and, hopefully, there will be a few Scots in the British team."

Glasgow City Council must be congratulated in their part in boosting Scottish swimming. The wonderful 25m Scotstoun Pool opened last year and, before it has even opened, the new Olympic-size East End Centre has already attracted two top-class events.

Let's hope this is just the start

Elspeth Burnside SASA Press Officer

SPEEDO

CONTENTS

International Coaches	page 2
Diving Safety	page 3
Obituary	page 3
Briony's Update	page 4
Bathgate news/views	page 5
TSS Update	page 6
TSS Update	page 7
Glasgow Coach	page 8
Carnegie News	page 8
Clackmannan News	page 9
Fife Swimmers to Atlanta	page 9
UK Coach Eddie Campbell	page10
Coach Development	page11
Selection Criteria	page11
Star Buy ZOGGS	page12
Gael FORCE 10	page12
STO News	page13
STO News	page14
STO News	page15
Mixed Team Policy	page15
City of Glasgow	page16
Hearts News	page17
LEN CONGRESS	page17
CPD	page18
Synchro News	page19
National Planning Seminar	page20

International Swimming Coaches Clinic

The following article is an extract of a full report by Alastair Johnson (Head Coach, City of Aberdeen Swim Team) from his visit to the International Swimming Coaches Clinic held at the Australian Institute of Sport in Canberra. The full report contains some 50 pages with articles as follows:

The Australian Institute of Sport.
Coaching by Gennardi Touretski (Alex Popov's Coach)
- **Sprint Training**
- **Race Preparation**
- **Stretching**

Barry Prime -
Coaching Backstroke and Breaststroke.
Jim Fowlie -
Using Stroke Rates and Stroke Counts.
Bill Sweetenham -
Race Preparation/Major Games Preparation.
Dr Clark Perry -
Psychology for Swimming
Dr Louise Burke -
Nutrition for Swimming
Dr Bruce Mason -
Biomechanical Analysis of Swimming
Peter Blanch -
Physiotherapy and Core Strength
AIS Dryland Programme.

Sydney 2000 Olympics.

The full report is a must for the coach, if you require a copy you should forward a cheque for £10 made payable to COAST and send to:

Mr A Johnson
Head Coach COAST
Aberdeen City Council
Arts and Recreation Department
St Nicholas House
Broad Street
Aberdeen
AB10 1GU

MARK REGAN, MEDLEY COACH, A.I.S. SWIM TEAM COACHING MEDLEY SWIMMERS

Regan has only been at the Australian Institute of Sport for a few months but has already established himself as one of the leading medley coaches in Australia. He is currently coaching four males (all 2:01 - 2:03 and 4:16 - 4:21 short course) and one female (2:17 and 4:43 short course).

1 Medley is an event, not just a collection of four strokes performed in sequence.
2. All modern day world class medley swimmers do not have a weak stroke.
3. Many world class medley swimmers have a very strong endurance background and have been able to post world ranked times on the 400, 800 and 1500 metres freestyle.
4. Medley training for young swimmers is important factor in developing technique and providing a variety of stimulation.
5. Most kicking should be done on fly, back and breast because of the greater importance of the kicks in these strokes.
6. Need to train on switching strokes :
fly to back
back to breast
breast to free.
7 Medley swimmers need to know the strengths and weaknesses of their opponents as this often has a bearing on their own race strategy.
8. Medley swimmers need to be adaptable to handle any race situation.
9. For the 400 medley swimmer, it is important to have a good endurance base on breaststroke. It is therefore, necessary to do endurance sets on this stroke. This will help the swimmer to maintain their speed from the first 200 metres in a race.
10 How should a swimmer race the 400 medley?
Build the fly
Accelerate into the turns from 5 - 10 metres out
Attack the back - especially on the first 50 and then concentrate on breathing on the second 50
Build the breaststroke
Maximum effort on the freestyle
11 Swimmers need to do a lot of pulling work with a band and/or paddles in the pool to build their strength.
12 Have a training plan for each medley swimmer. You need to establish what their strengths and weaknesses are. What are their splits for their best times?
e.g. swimmer with best time of 4:45
1:04 fly
1:10 back
1:25 breast - this is weak....why? Could be endurance strength technique
1:06 free

When weaknesses have been identified, it is much easier to develop strategies and training plans to build weaknesses into strengths.
13 Early season training percentages:
10 per cent butterfly
30 per cent backstroke and breaststroke
60 per cent free (to build aerobic base)
Main season training percentages:
10 per cent butterfly
60 per cent backstroke & breaststroke (more race specific)
30 per cent free.
14 Start lactate tolerance sets around 3 weeks out from the major meets.
e.g. 5 x 150m on 6:00 minutes with heart rate 0 - 10 beats below max.

Alastair Johnson
Head Coach C.O.A.S.T.

SPEEDO

DIVING INTO SHALLOW WATER

The Board of Management have recently reviewed the policy concerning diving into shallow water to ensure the SASA is in line with the FINA recommendations. You are asked to note that all competition events held under SASA jurisdiction should observe the following conditions:-

- No Diving into water depth of 0.9 metres or less is allowed.
- For water depths greater than 0.9 metres and up to 1.5 metres the starting height above the water level should not exceed 0.5 metres.
- For water depths greater than 1.5 metres and up to 1.8 metres the starting height above the water level should not exceed 0.75 metres.
- These minimums may be affected by local pool regulations i.e.. greater depths may operate and therefore should be observed.
- The SASA/SSSA Competitive Starts Award is strongly recommended to clubs in promoting good practice. Although gaining this award does not affect the above minimum depths or guarantee safety, the formal training this award offers greatly reduced potential risk.
- In pools that fall below the above minimum depths starting should take place in the water.

The above regulations are designed to protect swimmers, the Association and all its members. All officials are asked to ensure these minimum standards apply in all SASA events.

OBITUARY

George Prescott SASA President in 1964 passed away on the 26th May at the Royal Victoria Hospital in Dundee. George took ill after the Past Presidents' Dinner following the AGM in Inverness. He was admitted to Raigmore Hospital where he spent four weeks before being transferred to Dundee. George's fighting spirit and sense of humour were very evident till the end. Alex and Netta Spence kept in constant touch with him during this period.
George was a member of Whitehall ASC., Dundee, he was coach to well-known Olympic swimmers Bob Sreenan and Ian Blyth in the 50s and 60s and to Flora Macdonald (now Connolly) still breaking records in Masters' Swimming and this year's recipient of the J.Y.Coutts Award. Flora visited George in hospital at the same time as Alex and Netta and many swimming reminiscences were exchanged.
George's funeral took place on the 4th June in Dundee a number of Past Presidents were in attendance.

TEACHING OF DIVE STARTS

The Association's advice regarding the teaching of dive starts is that all teachers/coaches adopt the principles of good, safe teaching practice:

- Swimmers must be taught the dive starts through a safe series of water based pool-side progressions.
- Adequate time and practice must be allowed for swimmers to become both confident and competent in the lead up stages of diving before attempting the racing dive starts.
- All work must take place in appropriate depths of water that will allow the learner to make the errors, which are associated with the normal learning process, without being put in a situation of danger. This means that depth of water will normally be 1.5 m or deeper for teaching purposes.
- Swimmers should be competent at performing the dive start with consistency into deep water (i.e..1.5 m or deeper) prior to working into shallow water (i.e.. 1.2 m). Likewise swimmers should be competent at doing shallow dive entries from the pool-side prior to working from starting blocks.
- Teachers/coaches must control the organisation of diving practice not only in relation to depth of water but in relation to space and the circulation of swimmers back to the pool-side for their next attempt.

It is recommended that the SASA/SSSA Competitive Start Award is used to bring the attention of swimmers to the dangers of shallow water dives, principles of good practice and to ensure that swimmers have acquired the basic skills involved in safe shallow dive entries.

SCOTTISH SWIMMING AWARDS

GET ALL THE LATEST INFORMATION FROM
THE ADMINISTRATION MANAGER
44 FREDERICK STREET
EDINBURGH
EH2 1EX

TEL/FAX : 0131 225 7271

NATIONAL DEVELOPMENT OFFICER UPDATE

The month of April saw the conclusion of another successful SASA Easter Swim School. My role before and during the school was to ensure that each ASA course running had sufficient swimmers in both the coaching and teaching squads therefore fulfilling the minimum requirements of the course for it to be valid. As you can well imagine the scale of the Easter School is exceedingly large and I required somewhere in the region of 320 children to allow everything to run effectively.

I would like to thank the clubs who participated in the Swim School. However I must emphasise that if had not been for myself and Win Hayes constantly asking clubs for swimmers we most definitely would not have had enough participants.

Please remember that this is our National Swim School where we educate all our Teachers and Coaches and where we require the support of all clubs to provide swimmers. Next year I would ask all clubs for their support in making this mammoth task a little easier.

Not only did I have a role in ensuring that the Swim School ran smoothly but at the same time I was a candidate on the ASA Tutors Course. This was the first Tutors Course to run on the new certificated system, and after an intense week of studying - I finally passed. I believe that this is a very important qualification for me to have as my key responsibilities lie in education swimming Teachers in Local Authorities, Schools and Clubs therefore this will ensure I provide quality in-service programmes for all Teachers and Coaches.

After a very hectic month I managed to escape for a weeks holiday in Lanzarote which I have to add was NOT swimming related.

During the month of May the focus of my work was centred around both schools and clubs.On the 14 May, the Royal Commonwealth Pool hosted the National McVities Scotsplash final which was attended by 40 secondary schools. This day was extremely successful for all involved. The wining school was Golspie High School who received T.Shirts, Trophy and £1000! Lets hope that next year we can secure and develop this challenging secondary school event.

The 28th May saw my final BP Swimfest for this financial year. The Swimfest took place at Drumchapel Swimming Pool with all six neighbouring primary schools participating. I can also inform you that the Scottish Sports Council have secured BP Sponsorship for the year 1996/97 so watch out in your area for the BP Swimfest Tour!

I would like to see both Scotsplash and Swimfest having a closer link with all clubs and provide a smooth transaction phase between both schools and clubs.

Other projects I have been working on are linked to Local Authority initiatives namely: gael-force-ten in the Highlands and Activ-8 in Grampian.

The gael-force-ten development plan is well underway, its main drive is on Teachers and Coach education as well as the provision of development and performance squads.

The development plan for Activ-8 is at present being written by a small planning group who are working closely with the District and the SASA to ensure we have a systematic programme which will compliment the existing and developing clubs and the North District Development Plan. The plan will eventually include elite athlete support, links with schools, teacher and coach education to mention only a few.

If you have any questions relating to the above article or any areas connected with my work then please do not hesitate to give me a call.

Briony Shimmons
National Development Officer

ROYAL MAIL - READY WILLING AND ABLE FOR SPORT

The Scottish Amateur Swimming Association is one of six agencies to be accredited to participate in the Royal Mail's Initiative to support people with a disability. The SASA is seen as having a strong history of working with people with a disability catering for a range of aspects. Increased involvement in existing area and national championships, squad and club swimming in swimming sections for people with learning and physical disabilities. Creation of a disability module for inclusion in SASA coach education and modular programme and increased promotion of award schemes. Expansion of special projects in particular areas such as sports science, tutor training and coach education.

Mrs I Wait, Competition Secretary, Bathgate ASC
5 Blackburnhall Holdings, Blackburn, Bathgate.
13 May 1996

I decided to write this letter after witnessing several events at the latest East District Meets. This letter is by no means a criticism on the dedicated helpers and officials at these meets. Events made me sit and have a serious reflection on what swimming is all about.

I thought it was a sport which could encourage and develop all abilities of interested children, but this is at great cost to lots of parents.

If you stop to think about membership fees, swimwear, registration fees etc., for the year then you begin to see why some parents become bitter at galas. They are under extreme financial pressure.

At the A B C Meets I heard numerous conversations about the cost. In fact I witnessed a parent's protest as he was asked to leave because he was asked to pay yet another £1.00 entry money for a session. He paid £1.00 for the afternoon session to see 1 swim and felt this should cover him to see another swim in the evening session. Perhaps he handled it wrongly, but believe me he was not the only one with these feelings.

It cost £2.50 for each entry to swim on top of the cost of getting to the venue. Often these involved payment at the bridge toll and then parking fees. On arrival at the pool many were horrified to find that it was £1.00 entry and then £1.50 for the programme for Saturday and £1.00 for Sunday with 50 pence for the result sheets. In some cases both parents and grandparents came with their children. Then of course many felt obliged to pay the usual 50 pence per strip for the raffle tickets. We all know how much money can be made running a gala. At the ABC Meets medals are only given to 1st, 2nd and 3rd with flashes for those promoted to the A Meet. Many parents make up sandwiches for their children but there is also the constant trip to the cafeteria. Perhaps 50 pence or £1.00 here or there is not much to some parents but it soon adds up if you have 2 or maybe 3 children at the meet. Of course many children visit the swim shop and again more money is required. Parents are horrified at the money they can spend leading up to and during a swim.

Many children are all right because their parents are financially well off but equally we have many talented children whose parents obviously find swimming too expensive. I know within our club as competition secretary that parents find all the expense too much and are unable to let their children participate in all the Galas.

As a club we have reduced the number of Galas we attend but then you are faced with the -
East District Open at £3.00 an entry.
East District Time trials £2.50 an entry
Scottish Age Groups £4.00 an entry
Scottish Nationals £4.00 an entry
No doubt admission to these events will also be costly. As a club we should be thinking about the cost involved, should we make our objections known to the East District etc., or should we continue to let many parents struggle on and perhaps lose talented young children

ASA TEACHERS CONVERSION COURSE -

Dates : 13th (pm), 14th & 15th September
20th (pm) & 21st September 1996

Venue : Blairgowrie

Contact : Sophia Barclay, Tel : 01674 675 850
14 Gibson Place, Montrose, Angus
DD10 8HQ

ASA FULL TEACHERS COURSE

Dates: 8th, 9th & 10th November
22nd, 23rd & 24th November
29th, 30th November &
1st December 1996

Venue: Kerriemuir (to be confirmed)

Contact : Sophia Barclay, Tel : 01674 675 850
14 Gibson Place, Montrose, Angus
DD10 8HQ

BATHGATE AMATEUR SWIMMING CLUB

2nd Annual Sprint
at
St Margaret's Academy Pool,
LIVINGSTON
on
Saturday 21st September 1996
6 lane pool with spectating area
catering facilities are available throughout the day

Age Groups : 10 and Under, 11/12, 13/14, & 15 and Over
Age : as at 31 December 1996

Events are : Butterfly, Breaststroke, Backstroke and Freestyle (all 50m except 10 and Under 'Fly - 25m) 4 X 50m Freestyle Relay and Squadron Relay.

Sessions : Morning, Afternoon and Evening

Awards : For each finalist and Relay Events

Entry Fee : £2.00 per individual event, £4.00 per Relay and £6.00 per Squadron Team

Closing Date : 15 July 1996

Entry Forms and further details (including directions) can be obtained from :-
Mrs Irene Wait, Competition Secretary,
5 Blackburnhall Holdings, BLACKBURN,
West Lothian, EH47 7AB

Ian McGregor with Jonty Skinner (Head Coach of U.S. Residential Olympic Team) and his wife Carale and daudgter Cleone in Colorado Springs

IAN McGREGOR TEAM SPORT SCOTLAND

THE SCOTTISH SPORTS COUNCIL

TSS Update

In April I took the opportunity to visit the USA, both to visit a variety of Aquatic Centres, in order to see if there was anything that we could learn and to visit a former Warrender swimmer in San Francisco.

I began my tour in Los Angeles, where I was keen to meet Don Wadkins of Bellflower S.C. who had published several articles in American Swim Magazines related to "Sculling Drills". As many of you will know, I always included sculling drills as an integral part of my coaching programme. Apparently Don used sculling drills, exclusively for much of the season and produced many fast swimmers.

When I arrived at Bellflower Aquatic Centre I was disappointed to learn that Don had moved on to San Diego. However, I spent some time with Dan Trader, who still used many of the drills (he was Don's assistant for several years) described in Don's articles.

I also went to see programmes at City of Cerritos and Belmont Plaza, which were essentially huge community ëAquatic Educationí programs. The facilities were magnificent, but more importantly the way in which they were programmed was impressive. Every minute of the day was utilised as part of a planned programme i.e. no "come and splash" sessions. Every section of the community was catered for and the facility paid for itself!

I also went to visit Terry Stoddard at the Rose Bowl Aquatics Centre in Pasadena. This was the most impressive facility I have ever seen. Two 50m x 25m pools side by side - outdoors of course and again fully programmed. When I was there, one of the 50m pools was being renovated and the other had over 20 x 25m lanes in operation, from "Learn to Swim" at one end to "Public" lap swimming at the other. When the team arrives, the pool is very quickly and efficiently transformed into Long Course and the team used as many lanes as they need. In USA, the priority is team training and the public accept it. Indeed if the public turn up and the team are training, instead of complaining they sit and watch. The other aspect which made me envious was the esteem with which the coaching profession is held. In USA a coach is a full time professional occupation and they get the recognition (and financial rewards) that they deserve. The Rose Bowl is funded from financial trusts which were set up after the Los Angeles Olympic Games 1984.

Next I took a long drive down towards San Diego and found Mission Viejo, Nadadores. The "Jewel in the Crown" of USA swimming. This club has produced many Olympians and World Record holders. Again the facility is very impressive, but what struck me this time was that the people and the club structure are not much different from

our own in Britain. The swimmers are the same - the same bodies, minds, excuses, commitment, etc, etc - i.e. they are young adults growing up! The coaches are either former swimmers, or interested parents - but there is a definite career structure. The administrators - interested parents who have become more and more involved. The only REAL big difference was the access to the facilities. This is something we must improve here in Scotland if we are to compete with the rest of the World. How? A good question! We need to find the answers!

I managed to have a look at another few smaller programs before I left for San Francisco. Unfortunately I didnít have a car in San Francisco so my visits were very limited. However I did enjoy the time I spent with Gordon McNee, a former Warrender swimmer. Gordon spent four years at California State University, Bakersfield with Ernie Maglischo and is now studying for a Post Graduate Degree at the Academy of Art.

In Colorado, my first visit was to the Olympic Centre at Colorado Springs, which houses the International Centre for Aquatic Research (including the famous flume). The full details and all the information I collected will be included in my official report to the Scottish Sports Council. The staff could not have been more helpful. I spent the morning with the Scientific staff who showed me the flume and all the computer technology that goes with it. Jonty Skinner (Head Coach of the Residential Team) took time out to explain his program and how he utilises the computer programs and all the equipment at the facility (lactate testing, video from every angle, towing and resistance machines, etc). Also, each lane had its own program. Access to the facility for top swimmers was exclusive.

I also spent some time watching Richard Quick coaching Jenny Thompson on the towing machine.He spent nearly an hour with one swimmer working purely on streamlining on the push off from the wall! It was also interesting to see Josef Nagy - former coach to Mike Barrowman, who had been employed by USA swimming, to work with any Breastrokers who had made the team. Dennis Pursely (Technical Director of USA Swimming) also went out of his way to make me feel welcome and spent some time chatting about the value of the facility to the future of USA swimming success.

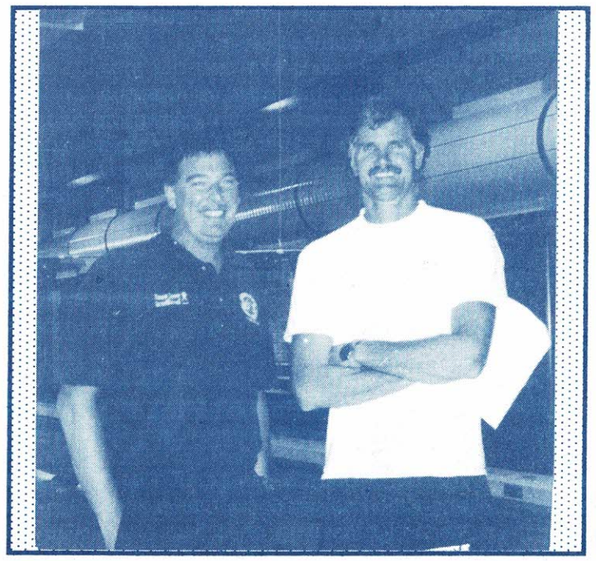
The following day I came back down to earth. I visited a local Club Age Group Competition at Foothills in Denver. There was not much difference to many of our competitions. Heat after heat of youngsters, screaming parents, very busy and tired coaches, etc, etc. Some interesting points to note. ALL entries were made by computer - each Club sent a floppy with entries and received a full set of results on the disk within two days! Nearly every swimmer swam nearly every event, from 50 (1500 (including girls) on all strokes. There were no finals - every event was HDW. There were no presentations - swimmers collected the prizes. There was a lot of space on the poolside, but no seating provided - all spectators brought their own deckchairs! (PS it was an indoor meet). Apparently the local Club made enough money from this meet, to pay for their own coach!

In Denver, I also visited Community programs at Mission Aurora, Golden City and North Jeffco. Again, each facility was well programmed and apparently ran at surplus. Worthless "splash around" sessions were very few and far between, although some facilities had flumes in a separate area, with Jacuzzi's, saunas and sunbeds etc.

My final visit was to the US Air Force Academy to visit the Coaches - Casey Converse and Tim Gillaspie. Again, a great facility six lane 50m pool, with underwater windows, separate deep water - water polo tank. The air force team have priority use and actively recruit swimmers to join the Academy each year.

It will take me some time to compile a full detailed report, but I will let you know when it is completed. I will also publish a catalogue of the information I have collected so that items of special interest can be borrowed.

Now back to the real world and "Pathway to Performance" - my next major project.



Ian McGregor with Jonty Skinner (Head Coach of U.S. Residential Olympic Team) at International Center for Aquatic Research - Colorado Springs

GLASGOW CITY COUNCIL
in partnership with
THE SCOTTISH AMATEUR SWIMMING ASSOCIATION
and
THE SCOTTISH SPORTS COUNCIL

CHIEF SWIMMING COACH
£25,000 - £30,000

This exciting and challenging full-time coaching post offers the opportunity to coach swimmers to World class level. The post-holder will be given full support from the partner agencies, and will enjoy the backing of the City's Swimming Clubs and comprehensive development programme. As such the Chief Coach will be expected to drive forward the development of swimming excellence in the City.

Glasgow is one of only three National Cities of Sport - an award recognising its continuing commitment to the development of Sport. Swimming will benefit extensively from this programme. A 50m 10 lane international pool opens this autumn and 1997 sees Glasgow host the European Junior Swimming Championships and the British leg of the World Cup Grand Prix.

Application Form and Job Description available from:-

Glasgow City Council
Parks and Recreation Department
Personnel & Training Services
32 Albion Street
Glasgow G1 1LH

Telephone 0141 287 5656

Closing Date :- 31 July 1996

CARNEGIE SWIM CLUB

The East District Open Champs saw Carnegie swimmers bring home a total of 18 Junior Titles, 11 Senior Titles, 9 gold, 10 silver, 9 bronze, 43 finalists and 27 PB's. With a number of swimmers from the West, North and Midlands there was certainly a full Scottish flavour including Commonwealth Games bronze medallist Fraser Walker from Warrington Warriors.

British Junior Internationalist 15 year old Bryan Morgan went home with three Senior Titles 50m Free 25:07 50m B/C 28:21 and 100m B/C 1:00:20 also picking up a silver in the 100m Breaststroke 1:0:.84.
Scottish Youth Internationalist Lynn McLaren went two better than Bryan taking home eight titles, four Senior and four Junior in the 50m free 27:55, 100m free 1:00:08, 200m free 2:12:04 and 50m Breaststroke 35:60. Young Jillian Rees had a reasonable two days with four titles one Senior and three Junior. Her Senior title (Junior as well) was in the 100m B/C 1:08:07 whilst her other Junior titles were 200m B/C 2:27:51 and 50m B/C 32:86 also winning silver in the 100m B/C 1:01:41. All three swimmers were suffering from the intensity of Sheffield the week before (British Grand Prix Finals).

14 year old Scottish Youth Squad member Kirsten Sinclair won gold with a Senior/Junior title in the 200m I/M in 2:29:30 whilst Scottish Youth Internationalist Daniel Polo Del Vecchio won one Senior/Junior title in the 100m Breaststroke 1:08:79 and two Junior titles 50m Breaststroke 31:29 and 200m Breaststroke 2:35:14. East District Squad member 15 year old George Phillips won two Junior titles and the coveted "Blue Bucket Award" in his 1500m freestyle swim in 17:27:74 and 400m freestyle 4:25:27 both PB's.

East Squad member 13 year old Lynda Kinnell although not winning any titles won silver in the 100m free 1:09:41 to make a one two three for Carnegie. The women's 200m freestyle also saw a one two three for Carnegie with Lynn McLaren gold, Kirsten Sinclair 2:14:24 silver and Jillian Rees 2:15:85 bronze.

At present four Carnegie swimmers have achieved consideration times for the 1996/1997 Scottish Youth Squad with Bryan Morgan 100m B/C, 100m Freestyle, 50m B/C, Jillian Rees 200m B/C, Lynn McLaren 200m Freestyle, and Kirsten Sinclair 200m I/M, also at present Carnegie have six swimmers who have consideration times for the East District National Squad with Daniel Polo Del Vecchio 100m Breaststroke, Sarah Kinnell 200m Breaststroke, Lynda Kinnell 100m Breaststroke, 200m Breaststroke, 200m I/M, 800m Freestyle, Andrew Stewart 200m I/M, George Phillips 400m Freestyle, 1500m Freestyle and Jill Stirling 200m B/C.

Not a bad start with the Nationals and Age Groups still to come.

Garrie Roberts
Coach Carnegie ASC

CLACKMANNAN DISTRICT SWIMMING CLUB

Clackmannan District Swimming Club won the "Team of the Year" Trophy awarded by Clackmannan District Sports Council, and coach Viv Alexander, former British and Scottish Internationalist reckons her talented youngsters certainly deserved the honour, not only for 1995/96 but for the many years of hard work and dedication.

This year alone, Lisa McLuckie, Ben Harkin and Claire Alexander represented Scotland at the Schools International (Stockport) after winning gold at the Scottish Schools Championships.

Ben recently broke the West District Record (17/18) in the 200m Ind./Medley (2:12:00) and won the 100m and 200m Breaststroke (2:26:00) titles.

Claire also broke the West Record in the 14 years 200m "Fly (2:30:90) - the 8 year old record stood to East Kilbride's Ruth Holland. Claire also set a Youth Squad time of 1:10:40 in the 100m 'Fly at Stockport but did the time on 16th March - Phase 2 beginning on 1st April!! Too early, never mind next time Claire!

Lisa has won every honour - Scottish Age Group Champion 100m Freestyle for the past three years, Nine West District titles in Freestyle, Breaststroke and Individual Medley in 1995 and gold medallist at the Scottish Schools Championships on four occasions - 12 years, 14 years, 16 years, and 19 years and under. Lisa has won the Wallace Trophy twice in 1994 and 1995 for "Most Promising Junior" in the West District.

Linda Devlin (silver at the Scottish Schools Championships) is emerging into a fine breaststroker and Alasdair Currie moves up the Scottish ranks in Individual Medley and Freestyle.

"The club is probably the smallest in Scotland but quality of coaching prevails over numbers and the one-to-one coaching theme certainly is proving successful."

Viv runs a flexible training programme but her top swimmers can get a maximum of 16 hours per week when necessary.

"Forward into 2000", Viv and coach Andrew Buchanan (Alloa) have formed the new "Clackmannanshire Swim Team" which will hopefully compete for the first time at the Scottish Age Groups. Another step in raising the standards even further and putting more "Wee County" swimmers on the winning trail.

Ann O. N. Y. Mous
Reporter

FIFE SWIMMERS HEAD FOR ATLANTA

Fife swimmers with disabilities have a unique track record in national, international and Paralympic competitions that stretches back over fifteen years. The announcement of the composition of the Great Britain Paralympic Team for Atlanta confirms the current strength of Fife swimming and surpasses the achievements of any previous swimming year.

Fifty one British swimmers have been selected for the Atlanta Paralympics in August. Ten are resident in Fife or training with a Fife swimming club. The mens' and womens' team captains are from Fife and two of the youngest team members are Fife swimmers. Many of those selected are strong medal contenders in Atlanta. The full selection is :-

Paul Noble	(Leslie)
Anna Tizzard	(Glenrothes)
Helen Morley	(Glenrothes)
Adam Morley	(Glenrothes)
Paul Johnston	(Kennoway)
Iain Matthew	(Glenrothes)
Andrew Lindsay	(Cowdenbeath)
Lara Ferguson	(Leslie)
Margaret Simpson	(Dundee)
Tracy Wiscombe	(Burntisland)

The mens team captain is Paul Noble who will be attending his fourth Paralympics, a remarkable achievement. The womens team captain is Anna Tizzard who recently has turned her hand to teaching and coaching and works with the Fife junior swimmers.

Eight of the swimmers are members of Glenrothes ASC and swim at the Fife Institute under the watchful eye of coach Eddie Campbell and his team. Tracy and Margaret swim with the Burntisland and Cupar and District clubs respectively under the guidance of Alex Inglis and David McLean.

Partnership, cooperation and consultation are reasons why the development, coaching and competition programmes are so successful in Fife. Lead agencies are the Fife Sports Association for Disabled People, the Fife Institute of Physical and Recreational Education and the Fife swimming clubs in particular Glenrothes ASC.

Fife S.A.D. is hopeful that one other of its members will be selected for Atlanta but the announcement will not be made until June.

R.C.Brickley
Chairman F.S.A.D.

SPEEDO

(Left to right) Liz Scoular, Eddie Campbell, Geoff Cooke, Ann Campbell.

EDDIE CAMPBELL UK COACH OF THE YEAR

At the recent 1995 UK Coach of the Year Awards Presentation on Wednesday 20th March 1996 at the International Convention Centre, Birmingham, Eddie Campbell received his award from Geoff Cooke.

Eddie won the Category 5 : Male/Female Coach coaching Disabled Sportspeople. Last November he was awarded the Scottish Coach of the Year Award in the same category.

Eddie is based at the Fife Institute of Physical Recreation and Education in Glenrothes and has been coaching for ten years. He was assistant coach to Glenrothes Amateur Swimming Club for five years, then promoted to Head Coach in 1993. The club has always had a reputation for coaching swimmers with disabilities to the highest level and Eddie has carried on that tradition. A qualified ASA Teacher and club coach, Eddie currently coaches the Scottish squad for swimmers with disabilities.

At the recent European Championships, Glenrothes was represented by five swimmers who brought home a total of eight medals. Eddie also coaches some of the country's most promising young swimmers. His success as a coach is reflected in the performances of his top swimmers

Lara Ferguson	British junior title holder.
Paul Johnston	Silver and bronze medallist at the World Championships in Malta and world record holder in cerebal palsy swimming
Helen Lewis	Scottish and British title holder
Iain Matthew	World record holder for 100m and 200m breaststroke
Paul Noble	Great Britain team captain and Scotland's most successful ever physically disabled swimmer. Atlanta will be his fourth Paralympics.
Kenneth Suttie	Prolific medallist at the 1995 British Junior Championships.
Anna Tizzard	Currently ranked 10th in the world for 100m backstroke. British team women's captain for Atlanta.

Eddie was nominated for the Coach of the Year Award by Martyn Woodroffe SASA Director of Swimming

COACH DEVELOPMENT PROGRAMME

A proposal was submitted to the 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 m IM), and sought to produce guidelines for improving performance (of coaches and swimmers) in these events.

This is the first of a series of three articles produced in addition to the project report for publication in Swimming 2000.

DISTANCE FREESTYLE

The first fact to report is that American distance swimming is also going through something of a crisis. Many of the coaches I spoke to expressed the view that in Britain with Graeme Smith, Ian Wilson, Paul Palmer we had much more potential for Olympic success than they had. Also in Sarah Hardcastle we had a female distance swimmer to compete with the best in the world despite having taken such a long break from the sport.

They suggested that a look closer to home may provide some of the answers to our current dearth of distance swimmers in Scotland, however, there was unanimous agreement about the fundamental requirement for distance swimming - ***sufficient training volume swum technically correctly to maximally improve aerobic capacity.*** This was set at a minimum of 80,000 m per week and the recommendations accompanying this volume were :

1. **Distance swimmers should begin training and competing in the 800/1500 m at an early age. i.e. 12 - 14.**
2. **All swimmers should participate in these events at an early age following a sound aerobic programme encompassing a 400 m IM based focus.**
3. **Coaches should create a positive environment towards the distance events.**
4. **Distance swimmers should become adept at negative split swimming.**
5. **Coaches should use long course competitions as the main measuring point for progress in distance events.**
6. **Swimmers should use stroke rate and stroke counting to develop their proficiency in distance events.**
7. **Coaches should train swimmers down rather than up for events. i.e. overdistance training. e.g. females should train for the 1500 m to help the 800 m**
8. **Swimmers and coaches must realise that success in these events cannot be achieved by compromising work and training ethics.**

Alan S. Lynn

SCOTTISH SELECT v WALES v ENGLISH DISTRICTS SATURDAY 20 JULY 1996 SWANSEA, WALES

1 Selection Policy

The team will be selected on Friday 14 June 1996, immediately after the Scottish National Open Championships on 12 - 14 June 1996.

2 Selection

a Swimmers selected for the Elite Squad to compete in Canada will not be considered.

b The Team size will be a approximately seven (7) males and seven (7) females.

c Selected swimmers will compete in the following individual events:
50m and 100m Freestyle 400m Freestyle 1500m Freestyle (males) and 800m Freestyle (females)
100m and 200m Backstroke
100m and 200m Breaststroke
100m and 200m Butterfly
200m and 400m Individual Medley

d The selection procedure will be that the swimmers times for the two events in each of the above categories (1500m/800m freestyle and 400m freestyle excepted) will be added together and the swimmer with the fastest combined time for those two events will be selected.

e The winner for the 1500m/800m Freestyle will be selected for that event.

f The winner of the 400m Freestyle will be selected for that event.

3 General Notes on Selection

a All times will be used in the above procedure i.e. Heats, B Finals and Finals times will be considered.

b Split times in relays will **not** be considered for selection.

c The fastest swimmer in the 200m Freestyle may be considered for selection if the 400m Freestyle and the 1500m/800m Freestyle winner is the same swimmer.

d Swimmers training and living outside Scotland must comply with this Selection Policy.

e. The Selection Committee may add swimmers to the team to ensure all events are adequately covered.

STAR BUY ZOGGS

ZOGGS DEMON swim goggles led all other brands tested into the top four-star "Star Buy, Must Have" position in a recent user test in "Scotland on Sunday" (See advertisement below). ZOGGS PHANTOM model earned a three star "Good Value, Worth Having" verdict

Zoggs, founded in Australia by a Scot (Graham McConnochie, originally from Glasgow), is one of the fastest gowing brands in the international swimming-accessories world, including Australia, New Zealand and South Africa.

With the invaluable endorsement "Serious Swimmers Prefer Zoggs" from Dawn Fraser, Gold Medallist at three successive Olympics, Zoggs has established a rapidly increasing market presence in the UK, and has recently broken into the US market.

Further details of the full range of goggles and other accessories from Zoggs (Europe) Limited, The Old Print House, 62 High Street, CHOBHAM, Surrey, GU24 8AA Telephone:- 01276 855 880.

Gael FORCE 10 Swimming

Gael Force 10 is a *"Coaching Action Plan"* for the Highlands and incorporates 10 sports in Phase one with Swimming being one of the sports involved.

The partners involved are:- The Highland Council, the 8 District Sports Councils, the Scottish Sports Council, The National Coaching Centre, the 10 National Governing Bodies, the 6 Local Enterprise Companies.

Some of the aims are :-

1. To develop a team of competent, qualified coaches active in the Highlands.
2. To develop a local team of coach educators, mentors to sustain the development of coaches and coaching in the Highlands.
3. To provide progressive opportunities for young people to participate in sport.

The main aim for the Sport of Swimming is to provide opportunities for Highland Region swimming clubs in the following areas :

- Ø Provision of coach certification through scholarship programmes.
- Ø Provision of non-certificated coach education through additional pool-side experience with groups of Highland swimmers of a similar ability level.
- Ø Provide "swimmers of potential" in Highland clubs with additional swimming education opportunities.
- Ø To establish a representative Highland performance swim team and to provide additional training opportunities for swimmers and coaches at this level.

Swimming Technical Officials NEWS

STO NEWS GAINS NATIONAL DISTRIBUTION

It is with great pleasure that we can now report that SASA Registered Technical Swimming Officials receive a personal copy of SWIMMING 2000.

CONGRATULATIONS

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

STARTERS

Owen Abbott	North
Allan Watson	West
Morgan Kaye	Midland
Nancy Pearson	East

RECORDERS

Albert Stewart	North
Lorraine Tomon	North
Joanna Maguire	East
Liz Hepburn	West

JUDGES

Sandra Morrison	West
John Stewart	West
Sheila McLean	West
Margaret Fowler	North
Ellen Furnace	East
Monica Duncan	Midland
Kathleen Geddes	Midland

TIMEKEEPERS

Alistair Sheilds	East
Colin Anderson	North
Janice Simpson	North
Elizabeth Whiteford	North
Alison Low	North
Sheena Cook	West
Alison Farrow	East
Kenneth Hutton	East
Arthur Baird	East
Sarah Young	East
Mary Anderson	Midland
George Dudgeon	East
Linda Woodburn	Midland
Grace Bruce	North
James Symington	East
Ian Owen	East
Carline Mcgregor	Midland
Alison Lowson	Midland
Andrew Baird	Midland
Elaine Bloice	Midland
Julia Ewan	Midland
Angela Grant	North
Catriona Marshall	Midland

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

SASA TECHNICAL OFFICIALS EXAMINATION RESULTS - MAY '96

TIMEKEEPER

	Passed	Sat	Fail
West	6	6	0
East	4	4	0
Midland	10	12	0?
North	67	77	10

RECORDER

	Passed	Sat	Fail
West	0	1	1
East	0	0	0
Midland	1	3	2
North	2	3	1

JUDGES

	Passed	Sat	Fail
West	4	6	2
East	6	7	1
Midland	0	1	1
North	0	0	0

STARTER

	Passed	Sat	Fail
West	3	4	1
East	3	5	2
Midland	0	1	1
North	5	8	3

REFEREE

	Passed	Sat	Fail
West	0	0	0
East	0	2	2
Midland	0	2	2
North	0	0	0

REGISTERED TECHNICAL OFFICIALS BADGE HOLDER

Popularity of the new registration card holder for registered technical officials, is now growing fast. Providing easy identification of the wearer, these clip on holders are now available at price £1.00 from your District Reps. Midland District STO Committee, however have found extra funding and are providing their officials with a **FREE** holder!

REGISTRATION OF TECHNICAL OFFICIALS

The number of technical officials now registered for 1996 is 524. This number made up from Districts respectively as:

East	134	North	157
Midland	109	West	124

Due to the recent changes in District boundary, a very slight inaccuracy within Midland and East figures above prevails.

We are now intent on increasing the registered numbers to 600.

REFEREE TRAINING AND EXPERIENCE PROJECT

In continuation of the Referee Training and Experience Programme, the STO Committee were pleased to confirm the following Referee exchange appointments:

Liz Hastie (East) ASA National Championships 11 - 14 July Leeds

Lois Cairney (West) ASA National Age Groups 29 July - 3 August Crystal Palace;

Bill Murdoch (West) Welsh International Meet 20 July Swansea.

GB OPTREX OLYMPIC SWIMMING TRIALS - SHEFFIELD

As reported in the last issue of STO News, Robin Dale attended at these trials. Some interesting extracts from Robin's report on this event are given here for your information.

"Each day, there were four Referees (including one responsible for AOE control), and two Starters, and they officiated throughout the whole competition. There was a breifing meeting every morning before the heats which covered the issue of two polo shirts and a clipboard from the /

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

from the Sponsors, accreditation identity card, roll call and assignment of pondside duties etc.. The officials marched on to the pondside at every session and the announcer drew attention to the various Health and Safety Regulations. The National Anthem was sung by a local choir at the finals every evening".

"The meet was, of course, conducted under FINA Rules except that one timekeeper was allocated per lane, as there were no time cards, timekeepers recorded the time on the start sheet(for information purposes) and operated the AOE back-up button. Full details of the swimmers were stored in Sports System Computer and displayed on the overhead electronic board. In distance events, lap markers were placed at the turning end of the pool and timekeepers blew a whistle to indicate that 100 metres were left to complete the race".

"The Referees worked in sequence which enabled the events to be carried out expeditiously. At the finish of each race, the Referee received a print-out of the placings from the AOE Operator. If satisfied with the result, he advised the computer operator, who transmitted it to the board. Disqualifications followed the same procedure except the announcer intimated the reason."

"As you can imagine, there was an electric atmosphere during the Finals, especially when an Olympic qualifying time was achieved or a GB record broken. Media coverage was by BBC Television, both live and recorded, local radio station and a host of photographers. It was indeed a very special occasion which was supplemented by the appearance of five former Olympic Gold Medallists on the Saturday evening".

"In addition to the Optrex Olympic Trials, there were Trials by the British Paralympic Association, sponsored by British Telecom, and again with TV coverage and interviews. Once more the competition was excellent and several new world records were established".

"The Trials were considered as training for potential FINA officials and I was very privileged to be appointed one of the Starters throughout both competitions. I thoroughly enjoyed the responsibility and gained further vital experience at such a prestigious event. The NE Counties ASA made me very welcome and wish to continue with the reciprocal exchange of officials.

10TH GREAT BRITAIN MASTERS CHAMPIONSHIPS AT SHEFFIELD

A report on this event has been received from Eddie Wilmott, who attended on behalf of the SASA, and extracts of which will be included in the next edition of STO NEWS.

2ND ANNUAL MEETING OF SASA REGISTERED REFEREES

Thirty-one SASA Referees attended at this 2nd Annual Meeting held in City Mills Hotel, Perth on Sunday, 9th June.

The meeting, conducted by National Convener Ed Adam, was also attended throughout by the SASA President Mr Norman Grierson, who is also a registered Referee. The President, in closing the meeting, was most gracious in proposing a Vote of Thanks.

A sometimes very lively discussion on a varied cross section of subjects was undertaken, and all of which have been recorded by STO Secretary Bob Conroy. These will in due course be formulated by the STO Committee and a full report will be published. A number of the issues which were raised are to be continued by the STO Committee and representation is to be made to the Board of Management on questions of insurance cover for technical officials and, the reviewed B.O.M. policy concerning diving into shallow water.

Some ot the topics discussed included:

Referees' responsibility for Health and Safety/Licensing; Insurance Cover for Technical Officials; Improving Consistency of Officiating/Rule Interpretation: Training Before and After Qualification; Meet Referee; The Referee Interface with Meet Management/Organisers; SASA Database; Shallow Water Start/Takeover and Clarification of Wall Contact; Use of Audible Command/ for Swimmers Leaving Pool After Race

BACKSTROKE TURNS

Considerable concern continues to be expressed by referees with regard to the ongoing apparent misunderstanding, by some officials, of the BACKSTROKE TURN and, instances of swimmers being reported to the referee where :

"the swimmer has turned over onto the breast, touched the wall and then push off again on his back without doing a tumble turn" or else, "the swimmer had not touched the end wall before turning".

In Backstroke, where a swimmer has turned over onto the breast for the purpose of carrying out a turn, there is no requirement for the swimmer to then "tumble". Effectively, where the swimmer turns over and touches the wall as described above, the TURNING PART IS OVER. Neither is there any requirement, when swimming a full backstroke event, for the swimmer to touch the wall - PRIOR TO STARTING A TURNING ACTION. Swimmers who elect to stay on their backs throughout the turning action, need NOT therefore, have to touch the wall before they start to turn.

FINA RULE SW 6.4 states :

DURING THE TURN, the shoulders MAY BE TURNED OVER the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Once the body has LEFT THE POSITION ON THE BACK, there will be no leg kick or arm pull that is independent of the continuous turning action. The swimmer must have returned to a position on the back UPON LEAVING the wall. When executing the turn, there must be a touch of the wall with SOME PART of the swimmer's body.

There is no mention of having to "tumble turn" nor, of touching the wall before starting the turning action.

CLUB GALAS/ COMPETITIONS SASA RULE CS15:(6) START

This rule as stated should only be applied at Club galas/competitions, and not at District events. Proper

application of this Rule during District Events/Championships would, quite correctly, prevent a swimmer choosing to swim backstroke in a freestyle event, from starting (on his back) in the water.

TECHNICAL OFFICIALS' RETIREMENT

Mr Eric Amos (East) and Mr Lex Taylor (West) have notified their retiral as active swimming technical officials. Both Eric and Lex are very well known throughout the Association and have provided many years of service as technical officials. Eric has spent some 70 years in and around swimming. Previously a journalist with the Scotsman, he wrote a weekly column on swimming matters in the Edinburgh Evening News for many years as "Referee". Lex Taylor, who has been involved for some 20 years, was previously National STO Convener and is at present on the FINA List as a Referee. Due however, to his continuing ill health, Lex has now decided to retire from active service.

We would take this opportunity to thank them both for their considerable service and contribution within our Association and, to sincerely wish each our very best wishes for the future.

CLUB TIMEKEEPER

Following the successful completion of "field trials", the National STO Committee are pleased to provide for Clubs, this new training course designed especially for CLUB TIMEKEEPERS.

Fully outlined in the March/April issue of STO News, the Regulations for the conduct of this training are given here for your help and guidance:

B8.1 The administration and control of Club Timekeepers will be carried out on behalf of the SASA by the respective District Swimming Technical Officials Convener.

B8.2 Clubs who wish to have this category of official will apply to the District Convener, who will arrange for the training. A maximum group of eight (8) in number (who need not be from one club) shall be permitted. A group fee, as agreed at the SASA Annual General Meeting, plus expenses will be charged.

B8.3 Where re-assessment is required, expenses only will be / charged.

B8.4 The responsibility for training and testing of candidates will be solely with the District Convener or their direct representatives. Those successful will be certificated as a CLUB TIMEKEEPER.

B8.5 After training, candidates will be assessed by their practical timekeeping ability during a series of TEN RACES.

B8.6 A Club Timekeeper will not operate as a Chief Timekeeper at any competition which is seeking accreditation.

B8.7 Districts shall maintain lists of current Club Timekeepers.

The present approved Group Fee at B8.2 above is £15.00 plus the training expenses incurred.

This is a great opportunity for your parents and older swimmers (16yrs) to enjoy participating on the poolside without need for a formal written examination.

Courses are already taking place and application for places should now be made to your District Technical Swimming Officials Convener (see page 13).

DATES TO NOTE FOR 1996

1 SEPTEMBER SASA Swimming Technical Officials' Seminar - Perth Ice Rink. Time to be notified.

1OCTOBER Closing date for submission of application forms for November Officials' Examinations.

4 NOVEMBER Officials Examinations in venues throughout Scotland.

INTERNATIONAL EVENTS

JULY ASA National Championships Leeds

JULY/AUGUST ASA National Age Group Championships, Crystal Palace.

OCTOBER ASA National Masters (Sprints), Hendon, London

COMMENT

Observations, comment and views would be welcome for consideration by the STO Committee for inclusion into STO NEWS. These should be sent , in the fist instance to the STO PAGES Editor, **Peter Syer.**

NOTA BENE - Please keep your comments brief!

Editor SWIMMING 2000

ASFGB MIXED TEAMS POLICY

The following statement has been issued by the Amateur Swimming Federation of Great Britain Secretary David Sparkes in order to clarify the policy with regard to mixed teams.

"The policy of the Amateur Swimming Association and the Amateur Swimming Federation of Great Britain is that where mixed teams are selected to represent their country there should be both male and female members of staff present. This can be achieved through careful appointment of the team staff and other support staff. It is important however that team welfare is catered for both from a male and female perspective particularly if the trip involves overnight accommodation.

With the advent of mixed junior water polo teams added to the mixed teams of swimmers or divers already attending open meets, the Federation recognises that the interpretation of this policy at club level must be given careful thought.

Wherever possible it is clearly advisable, particularly when overnight accommodation is involved, for both male and female staff to be appointed. However, where this is not possible it would be acceptable for a senior member of the team staff to have team welfare duties allocated to them provided of course they are staying in the same hotel.

The Federation however, recognises that inevitably there may be occasions when it is simply impossible to meet this criteria and under these circumstances it would be important to clarify clearly in the minds of the parents of the swimmers, when they are juniors, that the team will be under the management of either all male and all female, as is appropriate team staff."

David Sparkes
ASFGB Secretary
Chief Executive ASA

GLASGOW SWIM TEAM NEWS

CITY OF GLASGOW SWIMMER SELECTED FOR ATLANTA

City of Glasgow Swim Team member Neil Aitken will be representing Great Britain in Atlanta this summer at the Paralympics. 15 year old Neil, who lives in Jordanhill, has been swimming since the age of seven years. He has been a member of Pollokshaws Swimming Club for three years and began working out with the City of Glasgow Swim Team after its formation in 1993.

His training programme involves up to five two hour swimming sessions each week, plus circuit training and weight training. Neil has to balance his swimming activities around his studies. As a fourth year pupil at Glasgow High School, he is currently sitting his Standard Grade examinations.

It has been an outstanding year for Neil. He was selected to train with the British Senior Disabled Team in January, and at the British Championships in February he established six new British Junior records. Thus he travelled to the Paralympic Trials in Sheffield in a confident frame of mind. His first swim was in the 100m Freestyle where he snatched first place in a very close fought race. He followed this up with a first place in the 50m Freestyle, a second place in the 200m IM and a fourth place in the 400m Freestyle.

He has been selected to swim the 50m Freestyle, 200m IM and 100m Backstroke in Atlanta, and is likely to take part in the 4 x 100m Freestyle relay team.

Neil has attended a camp in Edinburgh as the first part of his final preparations. This is followed by a two week training camp in Atlanta, leaving Glasgow on 5th August, and then straight into the Games.

A FUND RAISING SUCCESS

Members of the Swim Team Junior Development Squad recently participated in a swimathon to raise money for the Dunblane appeal. The 25 strong squad used their regular training time at the Govanhill Baths to stage the event.

The squad, ranging in age from 9 to 12 years, raised a massive £1080.00 for the appeal. Everyone who was involved received a prize, and special awards were presented to Alasdair Frondigoun who swam the greatest number of lengths, and to Lisa Johnston who raised the most money (a staggering £136.00).

WEST DISTRICT SUCCESSES

This year has been the best ever for the Glasgow swimmers in the West District Age Group Championships. Last year the Swim Team had 223 swims in the Preliminary championships, and 183 swims in the main championship events. This has already been surpassed in 1996, with a 28% increase in preliminary swims to 286, and the current number of swims in the main championships at 149, with one group of events yet to be swum.

Four swimmers have already won titles at this year's championships:

- Craig Miller — 17/18 years 400m Freestyle
- Carol Brown — 19-24 years 100m Freestyle
- Fiona McKerlie — 19-24 years 400m Freestyle
- Louise Coull — 12 years 200m Backstroke, 200m IM, 100m Butterfly

Special mention must be made of Louise Coull who stormed to victory in the 12 years 200m Backstroke, establishing a new District Record on the way.

ANNUAL CLUB BANQUET

The Third Annual City of Glasgow Swim Team Banquet will be held on June 15th 1996 at Holy Cross Church Hall, Albert Road. This formal ceremony recognises the achievements of the Swim Team members in the areas of excellence and improvement, across the following age categories: 10 years and under, 11/12 years, 13/14 years and 15 years and over.

The evening begins with the official presentations, including video footage of all nominated athletes, followed by a dinner and dance.

Last year's event was a roaring success, so we are all looking forward to another "merry" time this year!

Graham Wardell
Coach

LEN CONGRESS continued.....

■ No more specific Len Calendar Conferences will be held. The making of the calendar will now become part of an annual LEN Congress.

■ Delegates for future Congresses to be a maximum of 5(presently 2) should a Federation wish to have all disciplines represented and be able to speak. Votes will remain as at present 2 per Federation.

■ New European Records ratified :-

Men's 50m Breaststroke 27.61 Alexandr Dzhaburiya (Ukraine National Championships 27/04/96)

Men's 4 x 100m Medley Relay Team 3:37.48 Selkov/ Ivanovsky/ Pankratov/ Popov. (set in Moscow 27/04/96).

HEART OF MIDLOTHIAN/ EAST DISTRICT CEILIDH

This year Heart of Midlothian extended the invitation for their annual Ceilidh to include the East District swimming community. This was obviously appreciated as the event proved to be a sell-out supported by over 250 enthusiasts! It was held in the magnificent ballroom at the Assembly Rooms in Edinburgh on the evening of Saturday 11th May.

The proceedings commenced with a superb buffet supper. The dancing followed and was led by the excellent resident band, "The Wild Cigarillos". They ensured that the momentum was never allowed to slacken by including all the old favourites as well as introducing some new ones.

It was not intended as a fund-raising gathering but a small profit was made and this will be used to advertise and promote the sport of swimming in general.

As it proved so popular and successful, the club hope to be able to repeat it and extend the invitation even further to include members of other districts who may be interested.

THE LEN CONGRESS AND CALENDAR CONFERENCE

The LEN met in Geneva on the 24th and 25th May 1996. The SASA was well represented and a report from our delegates will appear in a future issue. However, the following points were reported in the ASA Newsletter.

■ Competitors ages for European Junior Championships from 1997 will change to :

15 and 16 years for girls
17 and 18 years for boys

■ New event, the European Sprint Short Course Championships will be held every second year, in even years. The first event will take place in Rostock on the 13th - 15th December 1996. The LEN Bureau have decided that prize money will be allocated to all European Records broken during this first event. Each athlete or relay team achieving a new European Record will be awarded 5,000 DM (about £2000), independently of the number of records achieved in total. The event aims to become a valid winter alternative to the bi-annual European (long course) Championships.

■ Any Federation/Organiser applying for a European Record set by any athlete(s) and team(s) will have to submit evidence that doping control has been carried out on the athlete(s) achieving the new record.

HEART OF MIDLOTHIAN AMATEUR SWIMMING CLUB

EAST DISTRICT AGE GROUP CHAMPIONSHIPS 1996

In these Championships held recently, Heart of Midlothian again produced EIGHT East District Champions.

GORDON GLASGOW took FOUR championship titles; 400m IM, 200m breaststroke and both the 1500m & 400m freestyle. His tally was completed with two BRONZE medals. Injury prevented him from competing in the final meet of the championships.

PETER BRISTOW also took FOUR championship titles in the 100m, 200m and 400m freestyle and the 400m IM. A SILVER and a BRONZE medal added to his collection.

LAURIE ADAIR scored a hat-trick by taking the titles in the 200m IM and both the 100m backstroke and freestyle events. A SILVER medal completed her championships.

KIRSTY ORR retained her title in the 200m butterfly for the third year running. She also won FOUR SILVER medals and TWO BRONZE. All this was achieved before injury prevented her from competing in the final meet of the championships.

SIOBHAN EDGAR took the title in the 200m butterfly and also won FOUR SILVER medals.

LAURA CALDER took the title in the 100m butterfly as well as TWO SILVER medals and THREE BRONZE.

PAUL DALGLEISH successfully defended his 200m butterfly title while also achieving TWO SILVER and a BRONZE.

LINDSEY PATERSON took the title in the 100m backstroke, a SILVER and TWO BRONZE medals.

SILVER medallists were KRIS GILCHRIST and LINDSAY LIVINGSTONE.

BRONZE medallists were EMMA HORTON, KRIS GILCHRIST, SUZANNE RAE and LOUISE WRIGHT.

Heart of Midlothian swimmers took a total of 16 gold, 20 silver and 20 bronze medals finishing 4th overall.

ATTENTION ALL HOLDERS OF TEACHING/COACHING CERTIFICATES

Institute of Swimming Teachers and Coaches

...CPD.... Continuing Professional Development for Teachers and Coaches

Readers of the Swimming Times will be aware that the ASA has agreed to implement a process of revalidation with regard to teaching and coaching qualifications. Originally, this was to be linked to the NVQ qualification structure but the organisation responsible for NVQs (The National Council for Vocational Qualifications) has for the time being **shelved* its own ideas on this issue.

NB * Being "shelved" only applies to the idea of revalidation not to the process of NVQ certification.

The ASA is, however, committed to encouraging teachers and coaches to regularly update their knowledge and is convinced that this is in the best interests of swimming.

A large number of swimming teachers and coaches have always made efforts to keep up to date without this being officially recognised. The process of Continuing Professional Development (CPD) will give this recognition and will provide teachers and coaches with evidence which will illustrate their commitment to our sport. The benefits to the individual will come largely in two main areas;

- Increased knowledge and awareness and, therefore, better swimming sessions for pupils (more satisfied customers).
- better employment prospects when an application can be supported by evidence of regular updating.

In addition, evidence of regular updating will be extremely beneficial should any teacher/coach be unfortunate enough to be involved in any relevant legal action.

We all know that accidents occur but in those "grey" areas the fact that the teacher/coach can show that efforts have been made to keep up to date may be extremely helpful. This is supported by the ASA Code of Ethics which recommends that holders of ASA certificates regularly seek ways of increasing their professional development and self-awareness.

How will continuing professional development (CPD) work?

- CPD will apply to all disciplines and all levels above the Helper Certificate;
- CPD will apply to certificates issued pre and post 01.09.94;
- CPD will comprise three credits (two at Assistant Teacher level) over a five year period;
- CPD in more than one discipline will comprise one additional credit of a discipline specific nature.
- a CPD certificate will apply to the highest level qualification held by the teacher/coach and will cover all the other ASA certificates held (this does not include life saving qualifications).

CPD credits

- CPD credits considered acceptable are as follows;
- verified teaching/coaching on a regular basis - verification will be on the basis of a minimum of 50 hours teaching/coaching. (This will constitute a maximum of one CPD credit);
- verified attendance at an accredited seminar. A seminar to comprise a minimum of 4 hours contact time i.e. not including breaks and lunch. For seminars of less than 4 hours the equivalent of a half credit will be awarded;
- verified evidence of preparing and delivering a presentation at an accredited seminar or conference on a relevant topic. the presentation to last a minimum of 1 hour;
- verified evidence of writing an article on a relevant topic published in a national journal/ magazine. The minimum length to be 1000 words;
- completion of an NVQ unit at a level equal to, or higher than, any NVQ certificate already held. For teachers/ coaches completing an ASA certificate after 1.09.94 the NVQ unit for which credit is sought must be in addition to those completed as part of the certificate;
- tutoring ASA courses at Assistant Teacher level or above. (This to constitute a maximum of one CPD credit - irrespective of the number of courses tutored).

The Process

- candidates wishing to apply for a CPD certificate will be required to apply to the ASA Education Department;
- each application must be accompanied by the relevant evidence eg. attendance certificate;
- a charge for CPD will be made to cover the administration demands involved;
- a certificate will be issued which will recognise the professional development undertaken;

Relevant Topics

The following topics will be considred appropriate for CPD credits:

- technical knowledge - all disciplines;
- teaching/coaching methods - all disciplines;
- Sports Science e.g, anatomy, physiology, psychology, testing procedures;
- Health and Safety;
- management, e.g., club organisation, case studies, local authority schemes;
- human growth and development;
- skill acquisition/development;
- other relevant topics.

Accredited Providers

The following organisations will be accredited as providers of continuing professional development

- ASA/SASA/WASA/IASA - training opportunities organised at county level or above;
- ASA/SASA/WASA/IASA - recognised coaching Associations e.g., Water Polo Coaches Association;
- ISTC - Regional and National Workshops/Seminars/ Conferences
- BSCA - Regional and National Workshops/ Seminars/ Conferences;
- NCF - Regional and National Workshops/Seminars/ Conferences;
- ISRM - Regional and National Workshops/Seminars/ Conferences;
- LEA - organised Workshops/ Seminars/Conferences;
- LA - organised Workshops/ Seminars/Conferences;
- University / Higher Education courses.

NB Consideration will be given to a wide range of providers subject to approval by the ASA.

Continuing Professional Development will do much to enhance the status of swimming teachers and coaches throughout the country. We have dedicated and well trained professionals and this will provide national recognition of the on-going commitment to increasing knowledge & awareness.

John Lawton

FEDERATION INTERNATIONALE DE NATATION AMATEUR
FOUNDED IN 1908

SYNCHRONIZED SWIMMING WORLD CUP QUALIFYING EVENT 16, 17, 18, OCTOBER 1996 INVERCLYDE SCOTLAND

October 16th this year sees the start of the three day FINA Synchronized Swimming World Cup Qualifying Event being hosted by the SASA at the Hector McNeil Pool in Greenock.

Information has already been sent to 47 countries and a large field is expected for the Solo and Duet in this major event in the Synchro calendar. The qualifying event is a must for all the leading swimmers in the world since it is the only route to the 1997 World Cup which will be held in China. The Olympic programme in Atlanta has been restricted to team events which meant this competition had to be set up to provide an opportunity for qualifying in Solo and Duet.

Preparations are already well under way with Bill and Mary Black organising an army of helpers to ensure that things run smoothly. A great deal of assistance and support is being provided by Inverclyde Council. The Council is represented on the Organising Committee by Don Jamieson so they are very closely involved. The Hector McNeil pool, a civic reception for swimmers and officials (on the 15th October) are being provided and prove the Inverclyde Council's determination to promote the area. Further proof is the massive developments in the leisure facilities being constructed at the Waterfront including a new pool which will replace the Hector McNeil pool.

Accommodation for most of the participants has been provided at/ the James Watt College Waterfront Campus. The new student residencies are excellent and include all the facilities that teams could wish for, as well as being within two miles of the pool. A shuttle service of minibuses will be provided.

SCOTTISH OPEN AND NATIONAL SYNCHRONIZED SWIMMING CHAMPIONSHIPS 19 - 20 OCTOBER 1996

The Scottish Nationals will follow on the heels of the World Cup Qualifying Event and already countries have indicated their interest in competing in the Open - from Belarus to Canada. It should provide a wide international field with world class athletes participating.

This is a great opportunity to show the World of Swimming what we can do, and to prove we can host competitions at this level as successfully as anyone else. Let's make the most of it and enjoy it!!!

Gillian Donaldson
Communication Liaison/
Meet Secretary

SCOTTISH AGE GROUP SYNCHRONIZED SWIMMING CHAMPIONSHIPS 8 JUNE 1996 DRUMCHAPEL POOL GLASGOW

RESULTS

12 and Under Figures

1 Julie Macintosh	Nairn
2. Nicky Cramb	Elgin
3 Susan Davidson	Nairn
4 Sara Cope	Nairn
5 Alana Gunn	Edinburgh
6 Louise Henderson	Edinburgh
7 Yvette Main	Nairn
8 Abigail Slane	Edinburgh
9 Alexandra Gunn	Edinburgh

12 and Under Solo

1 Julie Macintosh	Nairn
2 Nicky Cramb	Elgin
3 Susan Davidson	Nairn
4 Sara Cope	Nairn
5 Alana Gunn	Edinburgh
6 Louise Henderson	Edinburgh

12 and Under Duet

1 Julie Macintosh Susan Davidson	Nairn
2 Alana Gunn Louise Henderson	Edinburgh
3 Sara Cope Yvette Main	Nairn
4 Alexandra Gunn Abigail Slane	Edinburgh

13/14 years Figures

1 Katey McPherson	Edinburgh
2 Emily Dunbar	Nairn
3 Jennifer Hendry	Edinburgh
4 Michelle MacBean	Nairn
5Cheryl Macintosh	Nairn
6 Laura Campbell	Edinburgh
7 Lyndsey Wilkinson	Nairn
8 Caroline Ostrowski	Edinburgh
9 Lorraine Walker	Edinburgh
10 Alexis Giboin	Edinburgh
11 Lucy Catherine Clark	Glenrothes

13/14 years Solo

1 Jennifer Hendry	Edinburgh
2 Katey McPerson	Edinburgh
3 Emily Dunbar	Nairn
4 Michelle MacBean	Nairn
5 Cheryl Macintosh	Nairn
6 Lyndsey Wilkinson	Nairn

13/14 years Duet

1 Emily Dunbar Michelle MacBean	Nairn
2 Caroline Ostrowski Laura Campbell	Edinburgh
3 Cheryl Macintosh Lyndsey Wilkinson	Nairn

15/17 years Figures

1 Pauline mcFadyen	Nairn
2 Catriona Munro	Nairn
3 Leanne Brown	Edinburgh
4 Linda Kane	Clydebank
5 Sharon Purves	Edinburgh
6 Julie Law	Clydebank
7 Emma Jannet Clark	Glenrothes
8 Fiona Kenely	Clydebank
9 Lesley Wishart	Edinburgh
10 Jennifer Templeman	Edinburgh

15/17 years Solo

1 Pauline McFadyen	Nairn
2 Catriona Munro	Nairn
3 Leanne Brown	Edinburgh
4 Linda Kane	Clydebank
5 Emma Jannet Clark	Glenrothes
6 Sharon Purves	Edinburgh

15/17 years Duet

1 Pauline McFadyen Catriona Munro	Nairn
2 Linda Kane Julie Law	Clydebank

18/24 years Figures

1 Sarah Burgon	Edinburgh
2 Isla Dunbar	Elgin
3 Fiona Cameron	Nairn
4 Lynsey Smerdon	Nairn

18/24 years Solo

1 Sarah Burgon	Edinburgh
2 Isla Dunbar	Elgin
3 Fiona Cameron	Nairn
4 Lynsey Smerdon	Nairn