


SPEEDO  Born in the water



APRIL 1997

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**SCOTTISH
SWIMMING**



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THREE SCOTS MAKE GB TEAM FOR EUROS WIM CHAMPIONSHIPS

Three Scots will be in the Great Britain team to compete in the European Junior Swimming Championships being held at the National Swimming Centre, Tollcross Park, Glasgow starting on 31 July, 1997.

Lynn McLaren of Carnegie will take part in the 4 X 100 metres freestyle relay, Bryan Morgan also of Carnegie will contest the 100 metres backstroke and Gregor Tait of Stirling Students will be in the 200 metres backstroke event.

Scotland's Director of Swimming Martyn Woodroffe said "I am absolutely delighted that we have three representatives on the Great Britain team and it could just as easily have been five! David Leith of City of Edinburgh and Steven Young of REN96 only missed out on qualification by a few hundredths of a second. These performances are a significant improvement on last year and serve to indicate the steady progress being made in Scottish swimming"

A FRESH FACE FOR 2 0 0 0

Welcome to the new look Swimming 2000 and we hope that you like the changes we have made.

The objective is to sharpen up the editorial style, make it more "newsy" and present it in a smart modern style.

One of the things that we are keen to develop is an ongoing dialogue on the issues facing Scottish swimming, and in future issues we plan to have a "Letters to the Editor" feature - so get your pens and word processors out now! We are hoping

for comments on items in this issue, opinions on our new format or just anything you want to get off your chest.

Space in each issue is allocated on the basis of the material received so if your district, discipline or club is not featured it is up to you to do something about it! Elsewhere in this issue you will find details as to how to submit material.

Please let us know what you think of the new layout and you can now contact Swimming 2000 by eMail on Sasa2000@aol.com.

PATHWAY TO YEAR TWO

The Pathway to Performance programme has been given a boost as plans for year two are being finalised.

After a very successful first year Sports Match funding has been confirmed for the second year which along with the ongoing support of Speedo will allow the programme to be expanded.

Next year's programme is being expanded by the introduction of two new areas which will make a further 64 spaces available for young swimmers.

The area which previously covered the entire Midlands district will now be split into two with Angus, Perth and Kinross as one area and the City of Dundee the other. In central Scotland the old area 9 is being split with Clackmanan, Falkirk and Stirling one area and North and South Lanarkshire the other.

Ian McGregor Team Sport Scotland Swimming Coordinator said; "We got extremely positive feedback from the Pathway staff on last year's programme which will ensure than next year's programme will be even better. "Adverts for the new staff positions for the two new areas were included in the last club mailing and I hope to be making the new appointments soon."

The programme for 1997/98 starts with education days in October, November and December with the addition of a long course day at the National Swimming Centre, Tollcross early in 1998.

Nomination forms are now with clubs and some early replies have been received - so coaches get your nominations in now!

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OPEN WATER SWIMMING WITH A DIFFERENCE

SWIMMING FROM THE ROCK IN THE BAY

Surviving the frigid swim from Alcatraz to the San Francisco shore was once thought to be nearly impossible - at least for ill-prepared prison escapees. Now swimmers of a different stripe are lining up to get a piece of the Rock.

Swimming from Alcatraz, San Francisco's notorious former penitentiary, to the shores near Fisherman's Wharf may be a swimmer's ultimate challenge. Not only must you navigate the bay's treacherous tidal currents, bone-rattling water temperatures, and chowder-thick fog (not to mention the occasional shark), but you also have to contend with the weight of the past. Only one prisoner in the 29-year history of Alcatraz is known to have actually survived the swim - and that man, John Paul Scott, was so exhausted that he simply collapsed on the opposite shore, where he practically waited for federal officials to haul him back to his cell.

These days, though, the bay looks less like something out of a prison flick and more like an Esther Williams movie. An increasing number of swimmers is taking the plunge to see if they can survive the "impossible" trip to the City by the Bay. Some make it look easier than swimming laps in a kiddie pool.

Dave Horning has "escaped" from Alcatraz 58 times. David Zovickian's done it nearly two dozen times. And there's even a dog that's made the swim. Summer, Horning's yellow Labrador retriever, has doggie-paddled her way from "the Rock" to San Francisco on seven separate occasions.

Of course, the swimmers who make the crossing now aren't exactly hardened criminals. Alcatraz, once home to Al Capone and "Machine Gun" Kelly, said good-bye to its last convict in 1963; the island now part of the U.S. National Park Service, is one of San Francisco's most

popular, tourist attractions, with more than 1 million visitors a year. Today, you can stroll through the less-than-hallowed halls and even spend a few creepy minutes in solitary confinement. There's also an award-winning self-guided audio tour that lets you hear what prison life on the island might have been like.

Swimming from the Rock certainly isn't for camera-toting tourists (though it does make for a great spectator sport). The people who do it, and there are suddenly legions, see the swim as an extreme sport. Until recently, the legendary waters were primarily the domain of members from two rival San Francisco swim clubs, but this year, it seems everybody with a decent set of lungs and a swim cap is hopping into the water. This past Memorial Day, 520 swimmers set out from the east end of Alcatraz island. They ignored a battered old sign on the island's tip -

("Warning!: Procuring or concealing escape of prisoners are subject to prosecution and imprisonment [sic]")

- and started the Alcatraz Shark Fest Swim toward San Francisco's Aquatic Park. All of them made it across. "It was, to say the least, an awesome sight," says Horning, who organised the event.

Horning also runs The Alcatraz Triathlon, now in its 17th season. The mondo race includes a 1.5 mile swim from Alcatraz island, a 1.5 mile warm-up run, an 18-mile bike ride, and a 10-mile mini-marathon. The upcoming instalments of both events will be held next June.

The fact that all these swimmers can navigate the one-and-a-quarter mile stretch from La Isla de los Alcatrazes (the Island of the Pelicans) makes you wonder why more prisoners couldn't escape. Bay swimmers are quick to explain that inmates lacked several crucial ingredients. Without knowing the currents, prisoners would inevitably fail to time their swim right. "Unless they lucked out," says Horning, "they'd almost definitely be swimming against the tide." And without a rubber swim cap, even the toughest con would likely get hypothermia, especially since most would make the swim at night when the waters are coldest. Finally, since the prisoners would have nowhere to train for such a lengthy swim in cold waters (Alcatraz prisoners were forbidden to take cold showers for that very reason), they would be unlikely to have the necessary endurance.

The most famous escape from Alcatraz occurred on the night of June 12, 1962. The Anglin brothers and Frank Lee Morris left papier-mâché masks on their pillows to fool the guards on night watch, shimmied out an air shaft, and pushed their makeshift raft out into the bay. The three were never heard from again, though

scraps of the raft and several articles of their clothing were recovered, suggesting that the waters proved too cold and rough for them. "Many people would like to believe that these guys made it to shore!" Horning says, "but I can almost guarantee that they died trying. No one who wasn't conditioned to that kind of water could even have survived. Besides, if they had made it out, don't you think one of them would have said at some point 'Hey, you wouldn't believe where I used to live.' Somebody definitely would have talked."

Swimming from Alcatraz is something members of the Dolphin Club talk about all the time. The club is a private swimming and rowing association whose members have been braving the bay's menacing waters for 119 years. Headquartered in a cavernous old boathouse on the northern waterfront in downtown San Francisco, the club runs organised members-only swims from Alcatraz several times a year, including one on New Year's Day. You need to train as a member for at least six months in a closed-in part of the bay known as Aquatic Park before they will let you head out into the open water.

"Swimming from Alcatraz is not for weekend warriors," says Dr. David Zovickian, a 38-year old dentist who is president of the Dolphin Club. "It's for swimmers with great ability and proper conditioning, who are trained in cold water and who know the bay inside and out." Many of the club's 860 members swim every day, even when the water doesn't reach above 50 degrees. Some members swim as far as three miles or more (long swims from the Golden Gate Bridge to the Bay Bridge are not uncommon)

Most Dolphin Club members take to the open waters for the exercise and exhilaration. "Swimming in open water isn't like swimming in a pool," Zovickian says. "You don't have lane lines to contend with, there's no chlorine, and you get to swim with seals and sea lions." Not to mention the flotsam, jetsam and other matter: Zovickian says he's seen sofas, car bumpers, tyres, and even a submarine periscope or two on his way across the bay. One club member was rowing past the Bay Bridge (rowing the bay in old wooden skiffs is another popular club activity) when a suicide jumper dropped by. The rower saved the man's life.

Sometimes, the strangest sight is not being able to see at all. The famous San Francisco fog can roll in mid-swim, leaving an open-water swimmer wondering if he'll ever reach land. "You pretty much have to have an internal radar," Zovickian says. Escort boats are also important. The Dolphin Club requires one boat or kayak for every three open-water swimmers.

The Dolphin Club's main rival is the South End Rowing Club, which has its headquarters in an equally massive wooden boathouse right next door. Founded in 1873, the South End Club is a slightly more blue collar bunch - firefighters and cops rather than the Dolphin Club's lawyers and accountants. Still, both clubs agree on one requirement: no wet suits. "Swimming with a wet suit, snorkel, or fins just isn't a challenge," says Bob Roper, a 58-year-old retired deputy sheriff, who is the South End Club's former swimming commissioner. "It's practically like swimming in your backyard pool."

Roper himself has made the swim from Alcatraz about 35 times (impressive, but far short of the record set by the late South End member, George Farnsworth, who did it 68 times). Roper's even done a round-trip swim from Fisherman's Wharf. "It was tricky calculating the tides," he says. "By the time I was heading back, I was essentially swimming against the current for a while."

Then there's Summer the Wonder Dog, Horning's 7-year-old yellow Lab. "She's done the Alcatraz swim so many times now that she seems to know when we're heading out there," Horning says. "She gets all pumped up and starts wagging her tail like crazy. By the time I tell her we're swimming to shore, she's already in the water. Then, she just keeps going and going and going." Horning admits that Summer has a slight advantage over her human competition. "She had four paws and she gets to wear a coat," he says. "But she still can't do the backstroke."

If you're captivated by the idea of making the swim, there are a few things you need to do to prepare. "Getting acclimated to the cold water is probably the toughest challenge," says Roper. "Before heading out to open waters, you should train for a few weeks in 60-degree water, swimming for at least a half-hour at a time."

Once you get used to the temperature you'll need to train in San Francisco to familiarise yourself with the tides and changing conditions.

Once you've prepared, you're ready for the swim of your life. Strap on your cap and goggles, take a last glance at the Golden Gate Bridge and the Marin headlands, and start paddling. Just ask Dave Horning. "There's probably nothing more exhilarating than to be in the water with the Golden Gate Bridge on one side of you, the Rock at your back, and the beautiful city of San Francisco ahead, knowing that you're on your way. It's a totally awesome sensation."

DETAILS, DETAILS, DETAILS

The New Year's Day Alcatraz Swim is held annually on January 1 and is sponsored by the Dolphin Club and the South End.

Rowing Club.

The next Alcatraz Shark Fest Swim will be held June 15, 1997. The 17th Alcatraz Triathlon, to be held June 28, 1997 includes a 1.5 mile swim from Alcatraz island, a 1.5 mile warm-up run, and 18 mile bike ride, and a 10 mile mini-marathon. For both events, contact Dave Horning at EnviroSports, P.O. Box 1040, Stimson Beach, CA 94970; Tel 415-868-1829. Fax 415-868-2611; e-mail: envirosp@well.com.

The Red & White Fleet is the only tour company permitted by the National Park Service to land passengers on Alcatraz. The 10 minute cruise to the island leaves from Pier 41, near Fisherman's Wharf, beginning at 9.30 a.m. daily (except holidays).

Boats leave every 45 minutes with the last tour departing at 2.45p.m. Monday through Friday and 2.15p.m. Saturday and Sunday. Tours include an award-winning, self-guided 35 minute audio tour for \$10 adults, \$8.25 (seniors 62 and older), and \$4.74 (children ages 5-11). Advance reservations are required.

The above article by David Hochman of "Man's Journal" was sent in by Dr Sam Black (formerly Clydebank ASC) now resident in Peoria, Illinois, USA.

EUROPEAN JUNIOR SWIMMING AND DIVING CHAMPIONSHIPS 1997

SWIMMING COACHES CLINIC

This clinic will be held on Saturday 2 August 1997 at 8.00 for 8.30 in the University of Strathclyde, John Anderson Building.

The clinic is part of the LEN Technical Swimming Committee coach education programme. Aimed primarily at the coaches attending the championships the clinic is open to home based coaches.

The lecturer is Ulrik Persjin from Belgium and his subject is:

"Testing and Teaching Technical Skills for Swimmers"

Coaches not participating in the Championships can obtain tickets from the Scottish ASA Headquarters, telephone 0141 641 8818 or at the Championships

DIVING MATTERS

SCOTLAND'S DIVERS TAKE UP THE CHALLENGE

Mrs. Fiona Thomson has offered to take on the National Diving Convener post which has been vacant for some considerable time. Fiona is currently East District Convener and her acceptance of the job is conditional on the approval of her District.

Stephen Forrest is willing to take Fiona's place as East District Convener.

Both are former Scottish Champions and Internationalists.

Fiona (formerly Hotson) was Scottish Highboard Champion from 1973 - 1982 and won the 1m and 3m Springboard titles as well for most of these years. In 1975 she was silver medallist in the ASA Highboard and took the gold in 1976. She represented Great Britain in the 1976 Europa Cup and at the Bolzano International Meet in Italy. Fiona said, "Diving for GB in 1979 when I won the Highboard in the Rennes Meet was my best performance." She also received the Nancy Riach Memorial Medal in 1979. Fiona had numerous Scottish caps including representing her country at three Commonwealth Games - Christchurch, New Zealand 1974, Edmonton, Canada in 1978 and Brisbane Australia in 1982.

Since retiring from diving Fiona has competed in triathlons which she also won!

Steve Forrest started diving in 1983 and won his first Scottish Junior title in 1984, he was Scottish Highboard Champion from 1985 to 1989 and 3m Champion from 1986 to 1989. In 1986 he won all Scottish titles Junior and Senior in one year a feat that has not been equalled. He represented Scotland in the 1986 Commonwealth Games in Edinburgh and the 1990 Games in Auckland, New Zealand finishing 12th and 9th in the Highboard. He was ASA Junior Highboard Champion in 1985 and represented Great Britain in the European Diving Cup Highboard in 1989. His points score of 456 in the 1987 Scottish Highboard Championship still stands as a Scottish record.

With such good diving pedigrees Fiona and Steve deserve the support of everyone in the Association to get Diving rejuvenated and back on target to provide opportunities for young Scottish divers in the near future.

SCOTTISH YOUTH SQUAD NEWS

Beverley Robertson (Aberdeen) and City of Edinburgh's David Leith both completed gold medal doubles at the Luxembourg Open Meet

Robertson won two breaststroke titles, while Leith, bidding for a place in the British team for this summer's European Championships at Glasgow's Tollcross Centre, collected the 50m and 200m freestyle, Kirsty Orr (City of Edinburgh) completed the gold medal tally for the Scots with victory in the girls 100m breaststroke.

Over the opening two days, the Scottish youth squad claimed five gold, ten silver and seven bronze medals.

Scottish results Men Open:

200m backstroke: 2, F. Bisley (Milngavie and Bearsden) 2.13.58;
200m freestyle: 2, D. Leith (City of Edinburgh) 1.57.17;
50m freestyle: 3, D. Leith 25.13.

1980 boys

50m freestyle: 1, D. Leith 25.35;
200m freestyle: 1, D. Leith 1.58.58;
200m medley: 2, D. Leith 2.16.05;
50m freestyle: 3, N. Lowe (Haddington) 26.24;
200m freestyle: 3, N. Lowe 2.04.33;

1981 boys:

200m backstroke: 2, S. Kidd (City of Glasgow) 2.14.12;
400m freestyle: 2, D. Rose (Cumbernauld) 4.19.29; 200m backstroke: 3, Bisley 2.14.81; 200m medley: 3, Rose 2.18.22.

Women Open:

100m freestyle: 1, B. Robertson (Aberdeen) 1.13.50;

1980 girls

100m breaststroke: 1, B. Robertson 1.13.59.

1981 girls

100m butterfly: 2, C. Richards (Cockermouth) 1.08.07;
200m backstroke: 2, J. Rees (Carnegie) 2.33.20;
200m freestyle: 2, J. Rees 2.15.82;
400m freestyle: 2, J. Rees 4.44.09;
200m medley: 2, L. McLaren (Carnegie) 1.18.45;
100m breaststroke: 3, L. McLaren 1.18.45.

1982 girls

100m breaststroke: 1, K. Orr (City of Edinburgh) 1.16.95;
400m freestyle 3, K. Orr 4.39.19.

SUMMARY OF MEDALS

	Gold-Silver-Bronze		
Bev Robertson	2	2	
Kirsty Orr	1	2	
Jane Leighton	1		
Fraser Bisley	1	1	2
David Leith	3	2	2
Lynn McLaren		1	1
Jill Rees		2	1
Steven Kidd		1	2
Cherie Richards		2	
Neil Lowe		1	1
David Rose		1	

TEAM STAFF

Maureen Campbell Team Manager
Drew Gordon Head Coach
Billy McGoldrick
Helen Murray

COMPETITION INCLUDED:-

Curl Burke Swim Team, USA, Racing Club de France, Skanes Swimforbund, Westdeutscher S.V., LS Bremen, Berliner SV, Egypt and Luxembourg.

EAST DISTRICT OPEN CHAMPIONSHIPS

8/9 NOVEMBER 1997

To ensure a more meaningful championships the East District has moved the championships into the short course programme and will be held 6 weeks prior to the Scottish Winter Open Championships.

The new dates of 8th & 9th November will give an excellent marker towards the end of the short course season. The swims themselves will be the same as previous years with the following being incorporated during the programme:-

Male/Female

50m - Back, Breast, Fly, Free
100m - Back, Breast, Fly, Free
200m - Back, Breast, Fly, Free, Ind/M.
400m - Back, Breast, Fly, Free, Ind/M.
4 X 50m Medley and Free Style Relays
Female 800m - Free
Male 1500m - Free

This year's competition will take place in the popular Fife shopping town of Kirkcaldy. The pool is situated on the town's esplanade adjacent to the town centre and is a 25m pool converted from a 33.33m thus ensuring that a swim down facility will be available during the championship. The main east coast railway station is only 8 minutes walk from the pool with the bus stance only 2 minutes away. The town has various types of accommodation available and we have negotiated with the 3* PARKWAY HOTEL adjacent to the railway station which will provide excellent accommodation at a specially reduced rate. They will also liaise with other accommodation as required.

Tom Pate

Tollcross Story East Meets West

Julie Gilbert (Paisley) one of our best known technical officials was a hit with the Chinese Team Coach. They got on so well that he insisted on being photographed with Julie - the photograph has now arrived from Beijing.

SWIMMING TECHNICAL OFFICIALS

NEWS

Congratulations are extended to the following technical officials who received their Certificates of Competence during January /February 1997.

STARTER:

John Stewart, West
Walter Craig, North
Lesley Craig, North

RECORDER:

Aileen Binnie, North
Lesley Prentice, East
Margaret Robertson, North

JUDGE:

Kenneth Hutton, East
Ann Lyon, East
Solveig Dahle-Smith, North
Pamela Wright, East

TIMEKEEPERS:

Linda Walker, North
Lyndsay Hemmings, North
Jennifer McIntosh, North
Margaret Sweeney, North
Ann Thomson, North
Pauline Gaffney, North
Barbara Hutchison, North
Moirra Irvine, North
Colin Laughton, North
Annabel Laird, North
Susan Cumming, North
Denise Nicolson, North
Andrew Mackie, North
Kevin Greig, West
David Smith, West
Margaret Paterson, West
Anne Russell, East
Sheena Haig, East
Mary Roberts, East
Allison Graham, East
Ronnie Anderson, East
Edward Cockford, East
Alan McWatt, East
Lyndsey Patterson, Midland
Jennifer Thomson, Midland
Irene Dutch, Midland
Bruce Stark, Midland

CLUB TIMEKEEPERS:

Further training and assessment courses for Club Timekeepers have now been held in ALL Districts since January. Respective Convenors reports show a further forty-eight successful Club Timekeepers in Midland District; sixty-four successful in the

East; West fifteen and North twenty. As reported in our last STO News, provision for those candidates wishing to progress from club timekeeper through to becoming a fully qualified SASA timekeeper without taking the written examination is now available. Candidates previously assessed as club timekeepers may apply, after a period of six months, to the respective District Convenor for a Pondsides Duties Form and payment of a small fee. Completion of the full pondsides duties programme would automatically enable the candidate to become a fully qualified and certificated SASA timekeeper.

Technical officials examinations in each of the separate categories of Timekeeper, Judge, Recorder, Starter or Referee will be held in each District on Monday 12th May and again on Monday 3rd November 1997. Full details and application forms for all SASA technical officials training courses are available from your District Convenor or STO representative.

STO 1997 REGISTRATION

National Convenor Ed Adam has reported the following number of technical officials re-registered during January for 1997 as 364.

West	87;
Midland	51;
East	121;
North	105.

The 1997 registration card has again been designed to be used as a lapel badge and identity card displaying your choice of name. Plastic badge holders are available from your District Convenor.

Technical problems at the printer's with the reproduction of a new FINA Extract booklet, has caused some delay in the return of registration documents and information to officials. The problems have now been resolved and, distribution of registration documents should be completed during February/March.

The STO Committee has agreed to continue the use of the Referee Record Card which was distributed for the first time last year. New cards will be provided on re-registration to referees, however, these new cards will not be "date stamped" for a particular year as previously.

1998 COMMONWEALTH GAMES, KUALA LUMPUR

Congratulations are extended to Robin Dale who has been nominated by the SASA to attend as a technical official at the 1998 Commonwealth Games in Kuala Lumpur. The STO Committee are pleased to support this nomination for Robin who is a SASA official on the FINA List.

ASFGB EUROPEAN SWIMMING TRIALS, SHEFFIELD

Peter Syer has been invited to officiate, as a FINA trainee official, at the ASFGB European Swimming Trials, to be held at Ponds Forge, Sheffield during 10th-13th April.

GB TEAM CHAMPIONSHIPS, STOCKPORT

As part of the ongoing Referee Training and Experience Project, the STO Committee appointed Liz Hastie to attend the GB Team Championships which were held at Stockport on 28th February - 1st March. The STO Committee has extended an invitation to the ASA, WASA and IASA to provide visiting officials at the SASA National Age Group Championships, to be held in Edinburgh during June.

SASA ANNUAL GENERAL MEETING:-

Further to the acceptance "en bloc" by the delegates of the Association Bye-laws, as presented by the Editorial Board, a number of amendments were adopted. Principal perhaps of interest to technical officials the following was adopted into the Bye-laws with immediate effect.

BL12.7.3 EXPENSES SHALL BE PAID ON THE BASIS OF A STANDARD RAIL FARE OR THE SASA CAR MILEAGE ALLOWANCE AS AGREED BY THE BOARD OF MANAGEMENT. Air fare(s) shall only be paid with the prior approval of the Vice-Chairperson Administration and Finance or the Chairperson Board of Management. The mode of transport shall be stated on the claim form. Reasonable meal and overnight allowances shall be paid where necessary.

continued



SASA INDIVIDUAL MEMBERSHIP:-

The individual membership fee has been put at £7.00.

Your attention is drawn to the following extracts from the Bye-laws:

BL12.2.2.6 Those persons who are bona fide members of affiliated clubs shall be regarded as members for the purpose of Third Party and Personal Accident Insurance effected by the SASA for the protection of members thereof.

BL12.2.2.7 Casual helpers, who are not members of the Association and are not included in the Annual Return will be covered by Third Party Insurance only.

Note:-

SASA Registered Technical Officials who are not otherwise "bona fide" members of the Association are not covered under the protection of BS12.2.2.6 above.

SPRINTS & SHORTCOURSE EUROPEAN Championships, ROSTOCK, GERMANY

As reported in the last issue of STO NEWS Robin Dale attended these Championships as a FINA Official and travelled as part of the GB party. As promised, Robin has provided this report:-

"I had the pleasure to travel with the GB party to Rostock and officiate at the above Championships.

We stayed overnight in London and caught an early morning flight to Hamburg. The team then boarded a train for the two and three quarter hours journey to our final destination where we were given FREE TRAVELLING FACILITIES ON THE LOCAL TRANSPORTATION SYSTEM.

There were officials from LEN, Federated countries Albania, Denmark, Ireland, Netherlands, Spain, Slovakia, Switzerland, Ukraine and the host nation, but principally from Eastern Germany.

Adidas, the main sponsors, issued the officials with two top quality ribbed cotton polo shirts in white with red trim, matching red shorts, white nylon trousers, two pairs of socks, and flip flops, which was a very impressive and smart uniform.

The competition was held in Neptun Schwimmhalle with officials briefing and debriefing meetings before and after each session. There were two referees and two starters who officiated throughout the Championships. The referee gave a short series of whistles to indicate to swimmers to leave the pool. Stroke judges removed back crawl flags as necessary and lowered the false start rope, when appropriate. Three electronic back-up buttons were in

operation, and the timekeepers pressed one after every 50 metres. The Chief Inspector of Turns only signalled to the referee when the race was completed, if the turns were legitimate.

Timing and data handling services were provided by Omega. A whistle was blown with two lengths remaining in 800 and 1500 metres events, but the main feature of the Championships was the use of ELECTRONIC LAP COUNTERS.

The GB team had a very successful championship winning four gold (Mark Foster 50 fly, 50 free; Susan Rolph 100 and 200 medley and on the latter event, she equalled the previous best European time). In addition, Susan received the accolade of the best female swimmer of the Meet.

I thoroughly enjoyed the experience and the special sensation of officiating in a foreign country at a major championship. I was very privileged to represent Great Britain and look forward to the same atmosphere when the World Cup Series is held at the new Tollcross Park Leisure Centre, Glasgow in January 1997."

Robin Dale

WORLD CUP SERIES - TOLLCROSS POOL, GLASGOW 28/29 JANUARY 1997

The following report has been submitted by Robin Dale who was appointed Chief Technical Official for this event.

"The senior officials of Referee, Roy George, ASA, and Starter Robin Dale, SASA were appointed by FINA through the GB Committee and had to be on a current FINA List of Technical Officials. However, it transpired that two referees and two starters were required at such major meets. This presented the Organising Committee with a problem, which was resolved by appointing Ann Adams, Welsh ASA, as the additional referee. (Mrs. Adams being the only other FINA Listed official present). Bill Murdoch, SASA, was invited to be the additional starter, and this appointment was confirmed by Michel Salles, the FINA Representative.

There was a full complement of officials during the competition including several from various ASA Districts. Briefing and debriefing meetings were held before and after all four sessions when pondside incidents/behaviour were fully debated.

Transport was provided from the pool to Glasgow Thistle Hotel where lunch was served and this was also the accommodation for key personnel and officials who resided a great distance from Glasgow.

The usual special features at international meets were prevalent.

Accreditation identity cards had to be worn at all times, Arena, (the main sponsors), provided polo shirts which had to be worn during the Finals, three electronic back-up buttons were in operation, starts in the heats were over the top of swimmers from the previous race, except back crawl, and disqualifications had to be notified expeditiously to the referee in writing, and the no false start rule was applied.

Bill Murdoch allocated the duties for the officials and Bob Greenlees organised the marching to and from the pondside.

Various mistakes were noticed during the heats which were rectified at the Finals. Bob also encouraged and motivated the officials as to the correct protocol for TV and other media coverage.

The Finals were broadcast live on Eurosport; Scottish Television showed brief highlights daily; and BBC recorded 40 minutes for transmission of Channel 2 on Friday afternoon, 31st January 1997.

The officials performed very competently as a team and made an important contribution to the overall success of the meet. Norman Grierson, President SASA, confirmed this when he addressed the final debriefing meeting. Martyn Woodroffe, Director of Swimming, and Douglas Brown, Meet Director, also praised the outstanding performance of the officials.

World, European and several British records were broken which emphasises the great success of the meet.

Scottish Swimming and the City of Glasgow have demonstrated they have the relevant modern facilities and acumen to cope with international competitions.

Robin Dale, Chief Technical Official.

STO COMMITTEE:

National Convenor Ed Adam was confirmed in office for a third year at the SASA AGM.

Following the appointment of Allan Fletcher as West District Secretary, Bill Murdoch has been appointed to the STO Committee as West District Convenor. The STO Committee were pleased to welcome Bill Murdoch to their meeting in February, and have agreed to his continuing the work of Allan Fletcher in co-ordinating qualifications for AOE operators. The Committee are now resolved to this work being completed during 1997.

The Committee will hold a first seminar/workshop for AREA CO-ORDINATORS on Sunday, 8th June 1997 in Perth. The purpose of this seminar will be to ensure that those appointed in each District as Area Co-ordinators are provided with

universal information and training methods. All Area Co-ordinators will be invited to attend the seminar which is being co-ordinated by Eddie Wilmott.

The second annual meeting of SASA Registered Referees will also be held in Perth during the afternoon on Sunday 8th June 1997. The meeting will provide a forum for debate on relevant STO issues. Should you have any particular relevant issue(s) which you would like to be considered for inclusion and discussion, please send (or phone) details direct to Eddie Wilmott, (address below) who will also be co-ordinating this event on behalf of the STO Committee.

SASA SWIMMING TECHNICAL OFFICIALS COMMITTEE:

NATIONAL CONVENER:

Ed Adam 18, St. Andrews Drive, Thurso Caithness, KW14 8PY Tel: 01847 893335

SECRETARY:

Bob Conroy Hammersgarth, Stove, Landwick Shetland Tel: 01950 431521

STO Member:

Peter Syer 185, Part Road West, Rosyth Dunfermline Fife KY11 2SZ

Tel: 01383 415426

STO Member:

Eddie Wilmott 294, Ravensby Road, Carnoustie, Angus, DD7 7NW

Tel: 01241 54853

EAST DISTRICT:

John Bruce, 50, Station Road, Roslin, Midlothian EH24 9LR. Tel: 0131440 1752 (H)

WEST DISTRICT:

Bill Murdoch, 2, Briarhill Court, Prestwick South Ayrshire KA9 1HN.

Tel: 01292 474764 (H)

MIDLAND DISTRICT:

Jeanette Patterson, 45, Pitkerro Drive, Dundee, DD4 8AT, Tel: 01382 508486 (H)

NORTH DISTRICT:

Ray Wilson, 72 Leggart Avenue Aberdeen, AB1 6UQ. Tel: 01224 874638 (H)

WHAT TO DO IF YOUR POOL IS THREATENED BY CLOSURE

This article tells of our experience at Duns where our Swimming Pool was to close as a result of cuts in local authority expenditure. However, after an extensive campaign we put forward a package that the local authority has accepted and has resulted in this facility being retained for the benefit of all in Duns but particularly the Swimming Club.

If you feel your pool is under threat listen to all rumours - particularly those emanating from pool staff or sources close to the local authority. Get to know an official from the authority; swimming pools are usually run by Leisure and Recreation, sometimes there is an input from the Education Department. For the next few years money is going to be tight for local authorities and costly services like swimming pools are going to come under increasing pressure. Irrespective of the Party in government there is going to be pressure on budgets and the officials are looking ways of saving money. However, officials in Leisure and Recreation usually have a sporting background and they are happy to look at any plans you can suggest to save them money.

If the worst comes to the worst and your pool is earmarked for closure cause trouble. Time is short but there is always a consultation period this is the opportunity to have your say.

Alert your local newspaper and your local television station and local radio. Try to appear in the media as much as possible in a short space of time to get your point over. Get someone else (as you want to appear as the voice of sweet reason) to organise petitions and demonstrations where councillors will see them and feel uncomfortable. Circulate all councillors with facts, these people have been elected to provide a service so they will be happy to listen to any constructive points. Get a local councillor who is on the ruling group to present your views and to try to influence his colleagues.

In our case very quickly we came to the bottom line - which was that the local authority was prepared to spend £X K on "Mothballing" the facility. We had to prepare a plan that would involve them in spending no more than £X K - at this stage it is helpful if you form a small action group. If you can recruit to this group a parent who is a lawyer and another who is an accountant to help you prepare your submissions these will be looked on more favourably by the Council. Prepare a business plan that you believe is realistic

and achievable. In negotiations with the authority try to have numerical majority so that you can back each other up and not feel intimidated.

The buzz word is networking - this means speak to all your contacts in swimming and find out as much as you can about running a Pool. Look at a well run pool and take their best ideas. Find out what savings can be made 70% of the costs are fixed - however look into the possible energy savings. The biggest variable cost is wages - look at different ways of staffing. Identify all areas of increased revenue.

At Duns we have based our costings on the assumption that everyone wants their child to learn to swim and as schools are pulling out of swimming lessons we aim to provide snappy interesting lessons that will fill this void.

We also identified the possibility of holding Swimming Camps at Duns and have circulated all Scottish Clubs through the SASA. We can offer packages in conjunction with a nearby outdoor centre.

Look at all areas - vending machines, amusement machines, user groups that have been neglected. Sell pool time to the schools and offer various aquatic courses which can help with outdoor education and the Duke of Edinburgh award scheme etc.

At Duns we formed a Trust to run the Pool. This Trust now has Charitable status - this means your pool is now exempt from rates. We raised £Y K by appeal. The donors are giving by Deed of Covenant - this means we get an extra 24% from the Inland Revenue. Trusts also can source money from areas that are not available to the Council - all sorts of help is out there if you know where to look. It is important to build up a capital sum as a lot of these financial sources will give money on a £ for £ basis. On your action group task someone to find out as much as possible about this.

Staffing is the key to success. The manager must be someone that is good with the public and has good interpersonal skills. The Manager must be rewarded by incentive. Running a pool to budget is hard and if the Manager can exceed your targets there must be a "kickback" for the Manager. The rest of the staff are made up of part-timers and volunteers everyone must be comfortable with who is being paid and who is not.

This is as far as we have come - we take over the Pool in May 1997. We will get one chance, going back to the public in a year's time to appeal for more money won't work. We must ignore the "doom and gloom" merchants who are desperate for us to fall flat on our face. I will report back this time next year with a progress report.

Gavin Calder





NEW FACE AT THE OFFICE

The new face at the office is Gillian Ross, who joined on May 6 1997.

Gillian graduated from The Robert Gordon University in Aberdeen in July 1995 with a BA (Hons) in Business Studies. Since then she moved south to Glasgow, and worked for Abbey National at their Glasgow call centre for 9 months. She moved on to work for a private training company in Ayr, where she liaised with client companies on their human resource strategies.

Gillian will be taking over responsibility for Swimming, Education, STO, Pathway to Performance and Masters

FAREWELL

On Friday 2 May I left the SASA to commence new employment on Tuesday 6 May. The last year and seven months as an Administration Officer with the Association has been extremely interesting, informative and very colourful!!!

I feel that I have been fortunate to work for the Association during a transition period in which I have been involved with the World Cup in Glasgow, the Pathway to Performance development programme and the Associations many swimming events.

I would like to extend my thanks to my colleagues and the many people I have met since I commenced employment with the SASA for their support and professionalism.

Good luck to Scottish Swimming and all those involved.

Sharon Gallacher Ex SASA Administration Office

SCOTTISH SWIMMERS RANKING LIST RELATING TO KUALA LUMPUR CONDISATION TIMES

(List constructed from Long Course times done from January 1997)

Rank	Name	Level	Event	Time	% to next level	Date done
1	Graeme Smith	2	400m F/S	3:51.54	0.44	12:4:97
2	Alison Sheppard	4	50m F/S	26.65	1.2	13:4:97
3	Paul Latimer		200m I/M	2:07.47	0.3	11:4:97
4	Teresa Davies		200m FLY	2:19.08	0.42	11:4:97
5	Karen McCrone		100m FLY	1:04.74	0.98	13:4:97
6	Alisdair Pullan		50m F/S	24.17	1.17	12:4:97
7	Beverley Robertson		100m BR/S	1:13.65	1.18	12:4:97
8	Michael Cole		400m I/M	4:32.87	1.99	13:4:97
9	Lynn McLaren		100m F/S	59.03	2.14	10:4:97
10	Bryan Morgan		100m F/S	53	2.26	11:4:97
11	Steven Young		50m F/S	24.44	2.3	12:4:97
12	David Leith		100m F/S	53.11	2.47	11:4:97
13	Gregor Tait		100m B/S	59.55	2.55	12:4:97
14	Richard Hope		200m B/S	2:07.75	2.76	13:4:97
15	Diana Borland		100m F/S	59.86	3.58	8:2:97
16	Kirsty Orr		400m I/M	5:07.67	3.58	10:4:97
17	Juliette Botterill		100m FLY	1:06:57	3.82	8:3:97
18	Kerry Martin		100m FLY	1:06:57	3.83	13:4:97
19	Gillian Anderson		200m B/S	2:25:23	3.87	11:4:97

NOTA BENE : IF ANY SWIMMER OR COACH IS AWARE OF ANY ADDITIONS OR CORRECTIONS TO THE ABOVE LIST, PLEASE CONTACT ME AS SOON AS POSSIBLE - Jim Park, National Coach 14:4:97

Coach 97

Into the new millenium

13 - 14 September 1997

Moat House Hotel,
Glasgow



For further information on Coach 97 please send your name and address to

Or call us on :
Tel: 0131 317 1091/7200
Fax: 0131 317 7202

Scotland's first ever international coaching conference will give you the chance to learn from the best. Olympic gold medal winning coach, David Whitaker, and New Zealand rugby union coach, Laurie Mains, are just two of the star names who will share their insight through keynote presentations and practical coaching sessions.

Focusing on the coaching of young people and coaching at an excellence level, the conference will explain the techniques and thinking which will take Scottish coaching into the new millennium.

Coach 97: Into the new millennium
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NORTH DISTRICT SQUAD TRIP 1997 29 MARCH - 2 APRIL

100 PBs recorded and an abundance of trophies and medals coming home.

Congratulations to Linda McGregor for lifting the Top Female Open Trophy;

Claire Bruce for the Top Age Group Girl;

Rhuiradh MacKay Top Age Group Boy Trophy; and to the team who finished third overall.

One of the most pleasing aspects of the five day trip was the swimmers' manners and excellent behaviour and they were a credit not only to the North but to Scottish Swimming as ambassadors for the SASA.

THE TEAM

Linda McGregor
Scott Shand
Neil McLaren
Chris Whitcombe
Claire Bruce
Shelley Masson
Cameron Reid
Steven Low
Lesley Mair
Rebecca Adam
Liam Wilson
Duncan Phillips
Tom Furnival
John Riddell
Martin Daun
Martin Snape
Julie Gray

Dyce Aberdeen
Dyce Aberdeen
Bridge of Don
Aberdeen Dolphin
Aberdeen Dolphin
Aberdeen Dolphin
Westhill
Westhill
Westhill
Westhill
Westhill
Westhill
Banchory Beavers
Banchory Beavers
Banchory Beavers
Banchory Beavers
Aberdeen ASC
Aberdeen ASC

Marianne Gray	Aberdeen ASC
Richard Farquhar	Garioch
Joanne Potts	Garioch
Lucy Young	Garioch
Steven Cooper	Upper Deeside
Jane Evans	Upper Deeside
Bhen Linton	Stonehaven
Julie May	Peterhead
Michael King	Peterhead
James Ritchie	Fraserburgh
Neil Stewart	Buckie
Fiona Angus	Elgin
Euan Duncan	Elgin
Faye Chalmers	Elgin
Tony Garner	Inverness
Susannah Danby	Inverness
Eilidh Cole	Inverness
Fiona Cliff	Inverness
Catherine Suttie	Easter Ross
Sarah Whiteford	Tain
Graeme Harris	Tain
Rhuiradh Mackay	Thurso
Beverley Allen	Thurso
Anne Carter	Lerwick
Matthew Irving	Lerwick
Well done the coaches!	
Stuart Haslam	(Team Manager)
Pat Prentice	
Jim Steel	
Liz Cooper	
Dave Furnival	(Chaperone)

Eric Simpson
North District Swimming Convener

ST. THOMAS AMATEUR SWIMMING CLUB

Kathy Geddes, St Thomas ASC, Press Officer

St. Thomas ASC held their Annual OPEN Championships, incorporating a Junior Section (12 years and under), at Arbroath Sports Centre on Saturday, March 29th.

Results Boys

- Open 1/2 Mile (800 metres Freestyle) Bissland Challenge Cup**
1. Robert Fotheringham
 2. Mark Johnston
 3. Ross McInroy
- Junior Champion 1/4 Mile (400m Free)**
1. Gary Johnston
- Open 200m Individual Medley Portland Challenge Cup**
1. Robert Fotheringham
 2. Mark Johnston
 3. David Reekie
- Junior Champion 100m Individual Medley**
1. Gary Johnston
- Open 100m Butterfly Butterfly Trophy**
1. Robert Fotheringham
 2. Ross McInroy
 3. Mark Johnston
- Junior Champion 50m Butterfly**
1. Gary Johnston
- Open 100m Backstroke Aussie Challenge Cup**
1. Mark Johnston
 2. Fraser Millar
 3. Allan Fitzsimmons
- Junior Champion 100m Backstroke**
1. Eric Potts
- Open 100m Backstroke Callander Cup**
1. Mark Johnston
 2. Ross McInroy
 3. Colin McNicoll
- Open 100m Breaststroke J. & J. Johnston Trophy**
1. Kirk McInroy
 2. David Reekie
 3. Gary Martin
- Junior Champion 100m Breaststroke**
1. Rhys Tapley
- Open 50m Freestyle Earl of Strathmore Trophy**
1. Robert Fotheringham
 2. James Black
 3. Kirk McInroy
- Junior Champion 50m Freestyle**
1. Gaeme Gowans
- Open 100m Freestyle Abbey Leathers Works Cup**
1. Robert Fotheringham
 2. James Black
 3. David Reekie
- Junior Champion 100m Freestyle**
1. Gary Johnston
- Junior Champion 200m Freestyle**
1. Gary Johnston

CENTENARY PHOTOGRAPHS IN THE NEXT ISSUE. Editor.

Results Girls

- Open 1/2 Mile (800m Freestyle) Ernest K. Brown Trophy**
1. Juliette Botterill
 2. Carrie Robertson
 3. Claire Geddes
- Junior Champion 1/4 Mile (400m Freestyle)**
1. Laura Beattie
- Open 200m Individual Medley J & R Howie Trophy**
1. Claire Geddes
 2. Aileen McNicoll
 3. Claire Cowper
- Junior Champion 100m Individual Medley**
1. Laura Beattie
- Open 100m Butterfly Butterfly Trophy**
1. Claire Geddes
 2. Linda Oliphant
 3. Lisa Tapley
- Junior Champion 50m Butterfly**
1. Laura Beattie
- Open 100m Backstroke The President's Cup**
1. Carrie Robertson
 2. Lisa Tapley
 3. Aileen McNicoll
- Junior Champion 100m Backstroke**
1. Elaine Fitzsimmons
- Open 100m Breaststroke Charles Kelly Trophy**
1. Claire Geddes
 2. Lisa Wujec
 3. Lisa Tapley
- Junior Champion 100m Breaststroke**
1. June-Frances Potts
- Open 50m Freestyle Stronner Challenge Medal**
1. Carrie Robertson
 2. Lisa Tapley
 3. Lisa Wujec
- Junior Champion 50m Freestyle**
1. Rachael Bibby
- Open 100m Freestyle Mrs Alexander's Rosebowl**
1. Carrie Robertson
 2. Claire Geddes
 3. Lianne Bibby
- Junior Champion 100m Freestyle**
1. Claire Wilmott
- Open Graceful Swimming (Stroke Technique) Briggs Trophy**
1. Claire Geddes
 2. Lisa Tapley
 3. Lianne Bibby
- Junior Champion 200m Freestyle**
1. Rachael Bibby

Centenary year celebrations for St Thomas ASC started on Saturday, April 26 at Arbroath Sports Centre when club members Scott Phillips and Gordon Bruce also members of Arbroath Royal British Legion Scotland pipe band piped in dignitaries and invited guests into the swimming pool patio area.

St Thomas patron Provost of Angus Council Mrs Frances Duncan declared the opening of centenary year.

Guests included SASA President Dr Derrick Hoare and Mrs Hoare, former club swimmers, life members, Hon President Austin Hayes and Hon Vice President Dave Dinnie and Mrs Linda Dinnie plus representatives of Angus Council, St Thomas ASC patron Andrew Welsh M. P., and life members Mr Leslie and Mrs Maria Anderson, Mrs Sonja Mackay, Tom McIvor, Mr Charles and Mrs Jeanette Geddes, Alex Smith and much appreciated club members Ian and Sheelagh Phillips.

Former club swimmer, life member, Hon. Vice President Bert Kinnear, a former Olympic swimmer and coach who resides in Spain and unfortunately could not attend but sent his best wishes.

Life memberships were conferred on Mrs Elsie Cadman, Mrs Joan Davidson, Stewart Davidson, Mrs Margaret Donnachie, Peter Laing, Mrs Valerie Laing, Mrs Linda Pyott, Mrs Sylvia Simpson and Mrs Linda Smith by St Thomas ASC President Eddie Wilmott who thanked them for their many, many years of dedicated voluntary service to St Thomas ASC.

Mr Austin Hayes, one of the club's longest serving members was official starter for the centenary swim - a maximum of 100 metres when he instructed club captains - Jamie Watson and Claire Geddes and former club captains Linda Woodburn, Linda Oliphant, Ian Spence, Paul Wilmott and Mark Shepherd to "Take your marks!" and they dived into the pool.

Over 200 participants including life members Thomas McIvor, Sonja Mackay and Mrs Elsie Cadman received a commemorative certificate which was calligraphically inscribed by Kirk McInroy, Caroline Parr, Nancy Grant and Marianne Gray. After the ceremonies a reception was held upstairs in the cafe area where memorabilia, club trophies and videos of various events were on display. The parents committee provided the catering.

Over the year long centenary celebrations, St Thomas hope to mark this special occasion with various events and commemorative memorabilia.

St. Thomas ASC is very grateful to everyone who helped make the start of the centenary year celebrations such a success.

LACTATE TESTING NATIONAL SWIMMERS

BY DR BOB HOWAT

The testing programme began at the first squad weekend at East Kilbride on the 6th and 7th October 1995 and ended with the Scottish National Championships in Edinburgh from the 12th to the 14th June 1996

There were five testing and monitoring weekends at East Kilbride, October and November 1995, and January March and May 1996. Peak Lactates were taken at the Cumbernauld Open Meet, November 1995, The Olympic Trials, Sheffield, March 1996 and the Scottish National Championships, Edinburgh June 1996.

A total of nine swimmers participated in the testing programme although the results for all of them are not complete.

TESTING AND MONITORING WEEKENDS

These were held at the 50 metre pool at East Kilbride, over a Friday evening and Saturday, there being one pool session on the Friday and two on the Saturday. It had been hoped to swim long course at all sessions but the Friday evening session became a short course session. Routine tests were performed at the Friday session from January onwards, thus providing coaches and swimmers with updated short course and long course results. A summary of these findings is provided later:

The following tests were routinely performed:

1. Tests after warm-up.
2. Tests of aerobic capacity in Front Crawl and Own Stroke for 25 metre and 50 metre pools and for morning and evening sessions.
3. Tests of anaerobic capacity.

Additional random checks were undertaken as necessary, and two "profiles" at a coach's request.

The aerobic capacity test was a 2 X 200 metre swim with 30 seconds rest and the anaerobic test a 100 metre maximum effort, first stroke swim from a dive.

All results were recorded.

RESULTS:

Figure 1 (pages 12 - 14) shows the trends in aerobic capacities, long course for six swimmers for both morning and evening tests in Front Crawl.

The first test of aerobic capacity (400 metre reference time) is recorded as 0: and improvements or deteriorations in aerobic capacity are chronologically recorded. Tests results above the 0 line are deterioration in aerobic capacity and below the line improvements. The results are provided in tabular form.

Table 1

There was insufficient data to produce results for the other three swimmers. It will be noted that there are variations in the pattern of change in the six swimmers.

SWIMMER	MORNING TESTS NUMBER	BEST SWIM	FINAL TEST	EVENING TESTS NUMBER	BEST TEST	FINAL TEST
A	4	-14 secs	-10 secs	3	No change	No change
B	4	-22 secs	-20 secs	4	-15 secs	-12 secs
C	5	-2 secs	-2 secs	5	-1 sec	-1 sec
D	4	-6 secs	No test	4	-3 secs	No test
E	4	-5 secs	No test	4	-6 secs	No test
F	4	-11 secs	No test	3	-6 secs	No test

On the face of it, it would seem that Swimmer A, Swimmer B and Swimmer F have shown substantial improvements in their aerobic capacity but for Swimmer A in morning swims only. This however is only part of the picture.

Only Swimmer A had a reasonable aerobic capacity in the first tests; the other five were aerobically poor and therefore major improvements should have been expected. That this occurred in only one swimmer, i.e. Swimmer B gives much cause for concern.

The data collected by the National Coach on training volumes and intensities should help provide some insight into this problem. However, the initial information would not seem to relate training volumes to aerobic capacities. Coaches had available to them accurate assessment of short course training times from the end of January onwards.

WARM-UP TESTS

Adequate preparation both for competition and training is essential: swimmers were therefore tested at both morning and evening sessions after they had performed their own warm-up, prior to the first test of aerobic capacity. Where the warm-up tests showed a level which was too low, an additional warm-up was undertaken. The results of the warm-up are given below.

Morning Tests

Twenty-six tests were performed. The mean was 1.14 mmol per litre. The range was 0.3 - 2.5 mmol per litre. On twelve occasions the reading was less than 1.0 mmol per litre. Evening Tests Thirty-two tests were performed. The mean was 1.20 mmol per litre. The range was 0.8 - 2.2 mmol per litre. On seven occasions the first reading was less than 1.0 mmol per litre.

These were experienced swimmers. Clearly their perceived effort was less than their actual effort. Does this therefore carry over to their training?

DIFFERENCES BETWEEN MORNING AND EVENING TESTS

The 400 m reference times in front crawl were compared for both morning and evening tests.

Most observers would expect the evening reference times to be faster than those in the early morning tests.

The evening times were on average 1.6 seconds faster than the morning times. In some instances swimmers were slower in the evening than in the morning. Further tests would be necessary to assess if these findings are swimmer specific.

DIFFERENCES BETWEEN SHORT COURSE AND LONG COURSE 400 M REFERENCE TIMES

Published conversion tables suggest a difference of around 5 seconds between 400 metre times recorded in 25 metre and 50 metre pools.

The results for Friday evening (25 metre) and Saturday evening (50 metre) times were compared over three weekends.

Sixteen comparisons were made. The 50 metre time was on average 13 seconds slower than the comparable 25 metre time. The range of times was from 9 to 18 seconds slower. This finding has important implications for coaches using conversion tables for training purposes.

ANAEROBIC TESTS

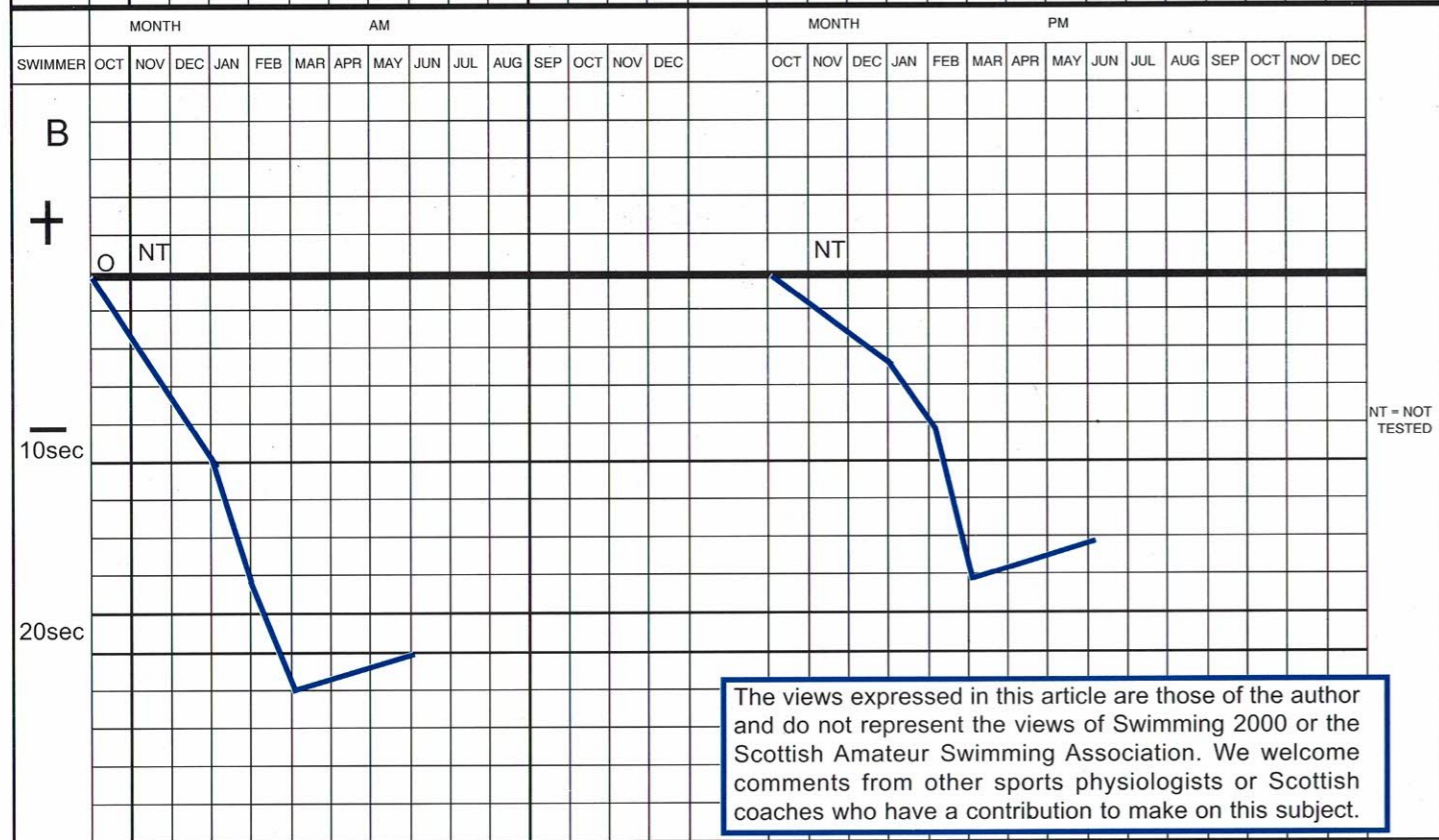
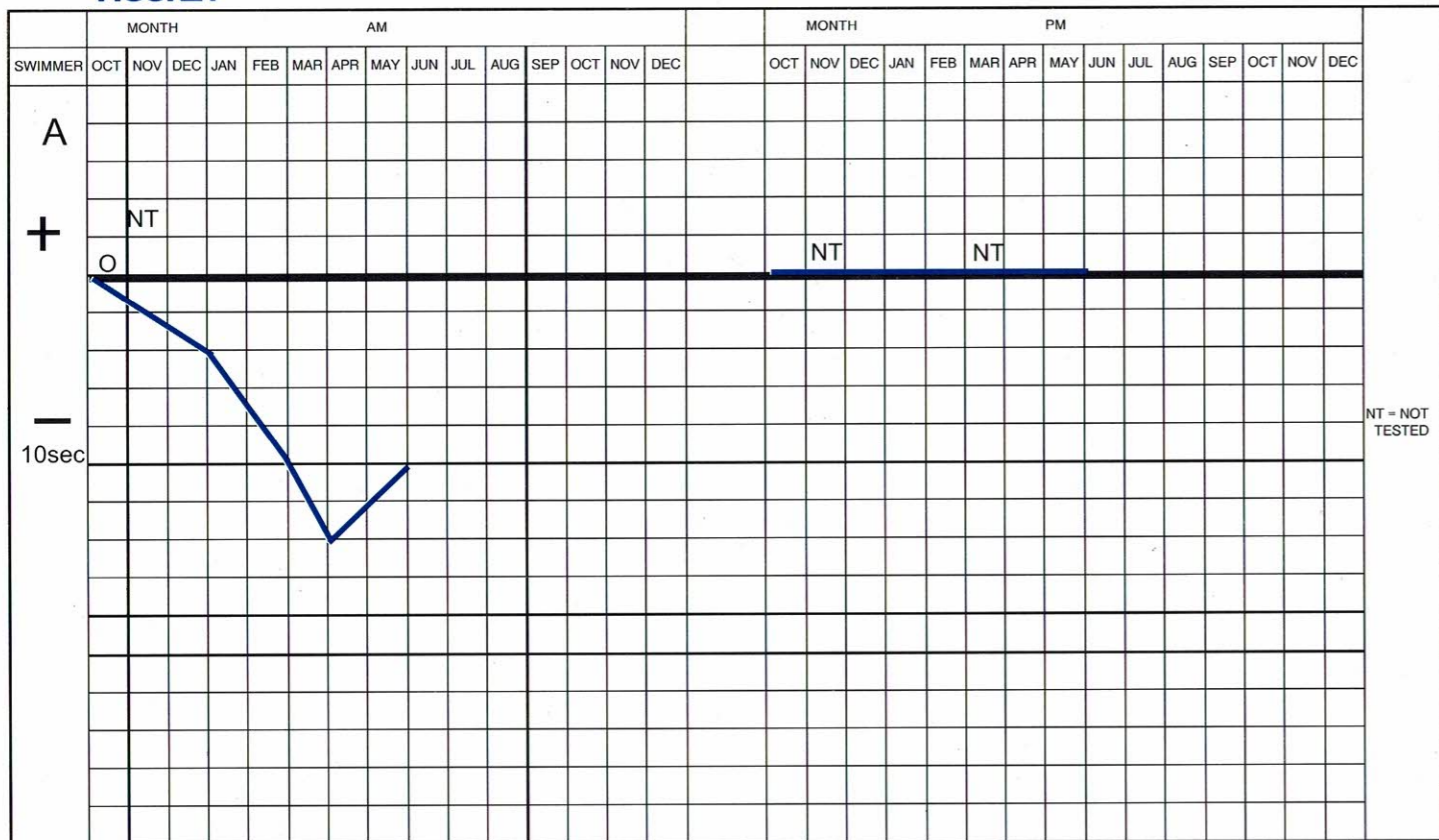
On each weekend, at the Saturday evening session, swimmers were asked to swim, from a dive start a 100 metre first stroke swim at maximum effort.

Blood lactates were taken three minutes after completion of the swim and every two minutes until a peak was reached. The swim time and peak lactates were recorded.

It became clear from the recorded times and the lactate peaks that the swimmers were seldom at maximum effort. The value of these swims and tests was therefore reduced.

The results are shown in Table 3. (page 14)

FIGURE I



The views expressed in this article are those of the author and do not represent the views of Swimming 2000 or the Scottish Amateur Swimming Association. We welcome comments from other sports physiologists or Scottish coaches who have a contribution to make on this subject.

Competition peak lactates were taken at the Cumbernauld Open Meet in November 1995, the Olympic Trials, March 1996 and the Scottish National Championships June 1996. Results from both heats and the final swims are recorded. The numbers tested are small and the results for various reasons are incomplete. Nonetheless there is no evidence of progress.

CONCLUSIONS

There has been no real change, apart from one swimmer, of aerobic or anaerobic capacities

during the testing programme.

Scottish swimmers, on the whole, are both aerobically and anaerobically unfit and therefore unable to compete with distinction at International Level.

Coaches seem to be unwilling to accept factual information and implement the changes required to effect improvement. This regrettably has been the situation for some years and nothing seems to have changed.

The stage has almost been reached where

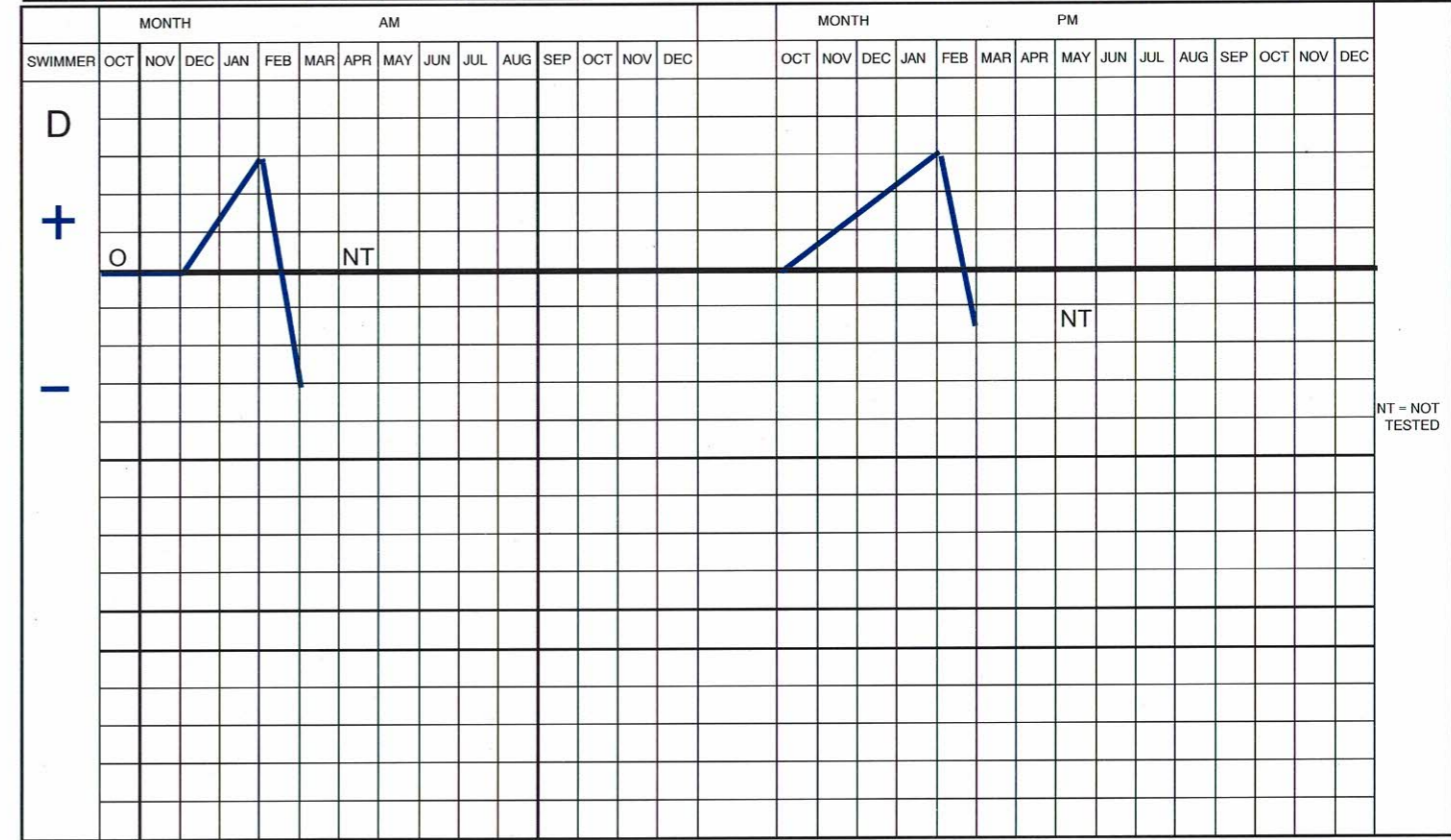
Scottish coaches and their swimmers are giving lactate testing a bad name.

No test, however sophisticated, is going to change a swimmer's level of fitness. Only the correct application of sound physiological principles will lead to improvement.

Scottish swimming has a mountain to climb.

R.C.L. Howat
July 1996

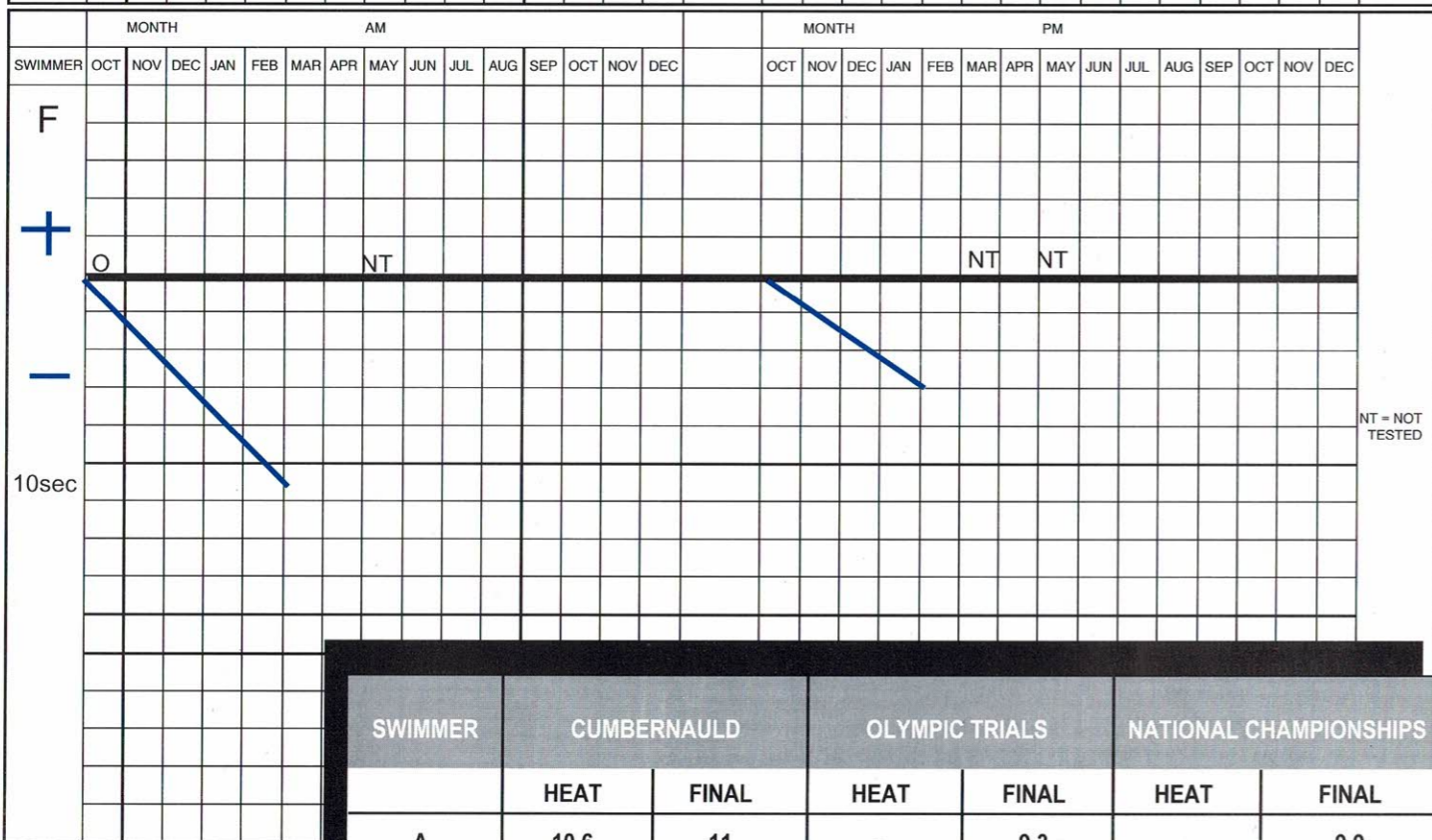
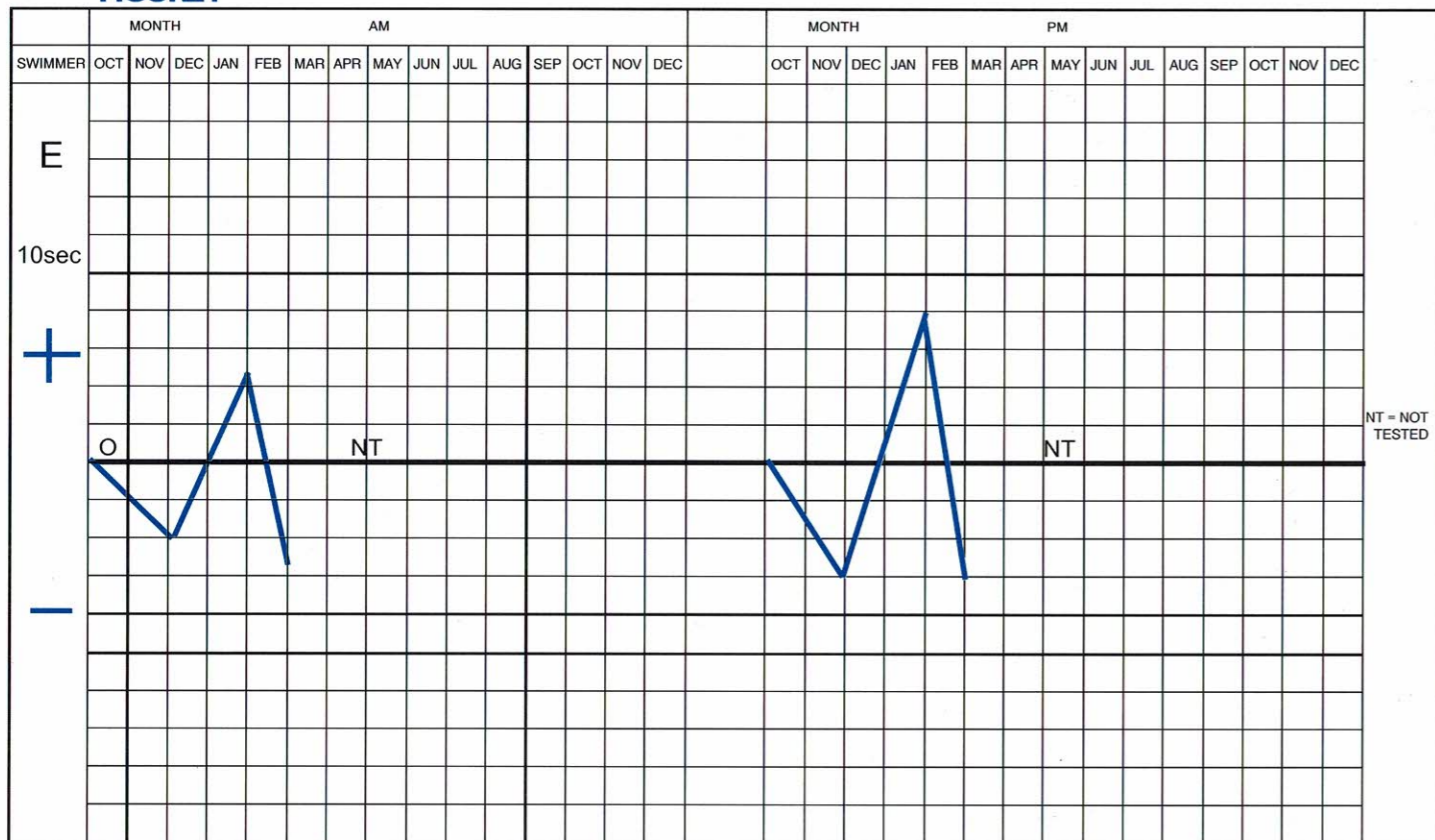
FIGURE I



Weekend	October	November	January	March	May
No. of swimmers	6	5	6	7	3
Mean lactate (mmol)	7.4	8.6	7.6	6.5	6.8
Range (mmol)	-5.39	-6.99	-6.09	-4.97	5.8 - 7.9

Table 3
"Maximum Effort" Swims
- Lactate Peaks

FIGURE I



SWIMMER	CUMBERNAULD		OLYMPIC TRIALS		NATIONAL CHAMPIONSHIPS	
	HEAT	FINAL	HEAT	FINAL	HEAT	FINAL
A	10.6	11	-	9.3	-	9.9
B	10.2	11.2	-	-	10.4	10.3
C	-	-	-	9.6	8.7	8.4
D	11	9.2	-	-	-	-
E	7.3	-	8.6	8.7	-	-
F	-	-	10	-	10.4	-
G	9.4	9	-	-	9.5	-

Table 4
Competition Lactates:
100 metre events

NATIONAL PLANNING SEMINAR
DAY TWO
SUNDAY 7TH SEPTEMBER 1997

CLUB ADMINISTRATION

- Who should attend?**
- Club Secretaries
 - Club Executives
 - Club Administrators
 - Interested Individuals
- PROGRAMME**
- 09.30 am Coffee
 - 10.00 am Welcome - Derrick Hoare
 - 10.15 am Running a Club
 - The role of the Secretary
 - Equipment needed to run a club
 - Correspondence
 - Organising a meeting
 - Keeping records
 - 12.30 pm Lunch

FURTHER INFORMATION FROM:-
SASA Headquarters
Holmhill Farm
Greenlees Road
Cambuslang G72 8DT
Tel: 0141 641 8818
Fax: 0141 641 4443

- 01.15 pm Getting Things Done
- Recruiting and training volunteers
- Managing volunteers
- Finding volunteers
- Job descriptions
- Motivation, delegation & recognition
- 03.15 pm Tea & Close

GBDF JUNIOR
CHAMPIONSHIPS 1997

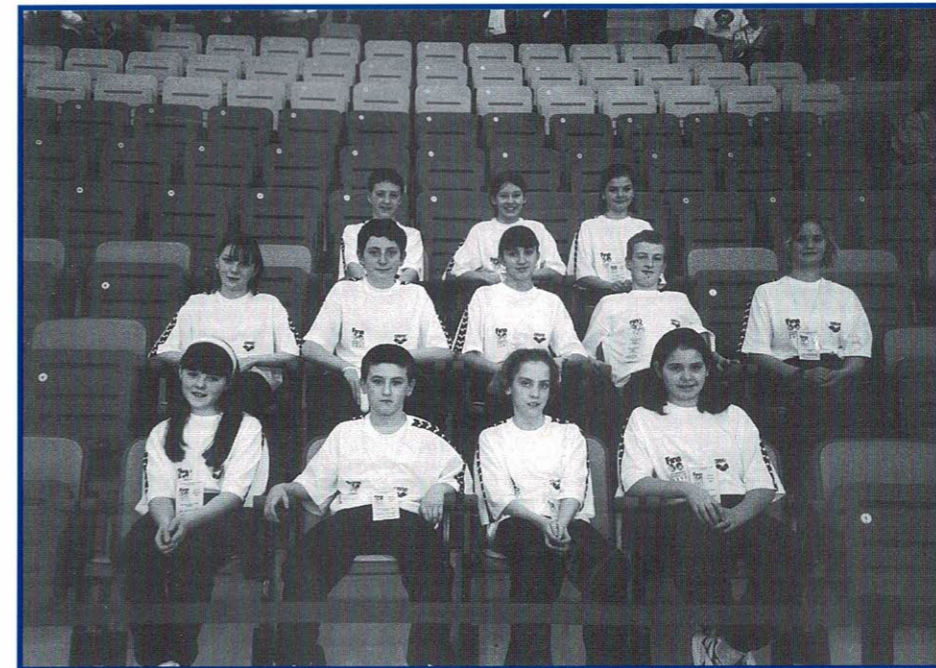
(incorporating the ASFGB Trials for the European Junior Diving Championships Team)

28th - 31st May 1997
Royal Commonwealth
Pool,
Edinburgh



- Competition in 4 Age Groups**
- ◆ Group D 10 - 11 years
 - ◆ Group C 12 - 13 years
 - ◆ Group B 14 - 15 years
 - ◆ Group A 16 - 18 years

The Trials are for Groups A & B
and cover 1m, 3m Springboard
and 10m Highboard.



Top Row left to right:
Alasdair Frondigoun,
Shona Brown
Claire McFeetes
Centre left to right:
Pauline Dick,
Robert Mills,
Jennifer McKirdy,
Paul Finnegan,
Catriona Plenderleith
Bottom left to right:
Pauline Hepburn,
Charles Mills,
Katy Finnegan
Natalie Ward

A TOP TEAM

At the World Cup in January there were many volunteers, none more willing than the children from City of Glasgow Swim Team who were delighted to be asked to attend as basket and medal presentation bearers. The children were able to get "close to the action" which gave them an opportunity to watch the top class swimmers. At the end of each race all the swimmers had to pick up their clothes from the holding area which gave

the children a great opportunity to autograph hunt and speak to the swimmers, most of whom were willing to have a chat.

I would like to thank all the children Charles and Robert Mills, Paul and Katy Finnegan, Pauline Dick, Pauline Hepburn, Jennifer McKirdy, Catriona Plenderleith, Alisdair Frondigoun, Shona Brown, Natalie Ward, Ross Muir, Heather Gordon, Fiona Dyett, Lauren Carson, Graham Biggart, Keith Anderson, Alister Connell, Claire McFeetes and Rachel

Connell who did a first class job under the supervision of Mamie Mills and hope to see them back for the European Junior Championships in July/August.



GETNETTED

Ever since gaining my ASA teachers Certificate last year, I have been looking for ways to further my teaching and coaching experience and, in particular, to widen my theoretical knowledge.

However, while making a conscientious effort to attend meetings and seminars, I constantly find myself coming up against a stumbling block - the cost of recommended texts. Many are American publications and most are hard backs and therefore very expensive.

Being a "canny" Scot, I set out on a mission to gain as much information as possible for absolutely no cost. Where? - on the Internet!

Oh! computers you say to yourself turning to the next article but I promise you it is not as hard as you may think so here is your step by step guide to finding more information than you could ever put into all your sessions.

The first rule of netiquette is don't go looking for information which is too specific. For example, what backstroke yardage should my twelve year old girls County Champion swim in a week? Apart from the fact that no two twelve year olds are the same it would take you weeks on the computer trying to find an answer. The net is like the biggest library you have ever been to, with a brand new indexing system you have never seen before, imagine how long it would take to answer your question.

So what do you do. I would go to the reference section (the bit with the fat books), look for books beginning with the letter S and in there I would hopefully find some pearls of wisdom on swimming. If you enter the net with that frame of mind you will not be disappointed and the beauty is that no matter what you find you always feel like the first person to have received the information. Think I'm kidding? How many of you can tell me the national record swimming times of the Faeroe Islands (some of them are quite fast). I felt like the first man to climb Everest when I saw that, True it is completely useless but it's amazing what you can find when you go for a "surf".

The second rule of netiquette is, find someone who has used the Internet to lend you a first guiding hand. Outside North America, Britain has the highest number

of Internet users and all of you will know at least one person who has a linked computer maybe at work, university. Perhaps you know somebody who frequents a cyber cafe. If not, your offspring will, so get them to take you. An hours lesson is worth ten hours of experimentation but, believe me once you've lost the initial trepidation you are likely to become seriously hooked on the Information Super Highway and at this point all you will want to do is experiment.

Having persuaded you to get in front of your monitor, lets put netiquette rule number three into action. The main requirement of a successful session is a good starting point. Your starting point is a list of all the web sites that relate to your topic of interest. On most occasions this will be generated using a Net Search. A net search is an indexing program which regularly searches all the web sites on the world's computers dividing them into subject categories. When you ask for "Swimming" you will receive a list of some 10,000 web sites with a brief description of each. Then it is simply a case of choosing something that interests you, click that reference, and the computer will deliver the information for you from, perhaps, the other side of the world.

Although this method will get you to swimming web sites, it makes no judgement on their quality. For every swimming association site, you will probably find five people trying to sell you a back yard swimming pool. I would recommend directly accessing a good swimming site using their web address. One of the most comprehensive belongs to "Swim News", a Canadian magazine (<http://swimnews.com>). The first page, or "home page" is like an index of the sites contents. There are six choices, firstly selected highlights from this months issue. The October issue for example features an interview with Popov's coach Gennadi Touretski. Swim News also supplies an archive of the magazines back issues containing many useful articles, a databases where you can request photo's and biographies of your favourite international swimmers it also contains a "Forum Area" where coaches and swimmers can ask questions and hold discussions.

The final category Swim News offers is a list of web addresses. These "links" direct your computer to other swimming site instantly without you having to type the address. You can then go backwards and forwards between chosen sites and Swim News' list. You will find links to twenty three national associations ranging from Fina and U.S. Swimming to Slovenia. There are also the coaching associations, swimming clubs,

(four of which are British) and a list of swimming related sites. The last is where details concerning the disciplines and the more technical information can be found.

Two addresses that I would recommend accessing are, "The Swimming Science Journal" which publishes the results of scientific experiments from the physiological and psychological fields. One interesting study concentrated on why it was easier to overtrain female swimmers. The second and probably my favourite site features the teaching theories of Terry Laughlin. These theories are called Total Swim. They concentrate on simplifying swimming fundamentals, details can be found at "Total Swim Cyber Coaching".

Another useful address available from the Swim News list is to the yellow pages of swimming. This is an even more extensive list of sites for those interested in swimming. There are several that will be of interest to you whatever your taste, be it technical or more light hearted eg finding a swimming penfriend in Canada. The beauty of finding this information on the computer is that it can be copied into a word processing package to be used at your convenience at a later date.

I hope this brief introduction to the Internet based swimming community has wetted your appetite for a trip to the cyber swimming pool. Industry is finding that the Net really brings colleagues around the world closer and facilitates the exchange of new ideas and theories it is exactly the same for swimmers. Please join us on the web and when you do, drop me a line about the experience. My E-mail address is level5@easynet.co.uk.

Colin Mitchell
Scottish West District Education Committee.

West District Education

The reformation of the West District Education committee continues apace. So it is time to review our progress so far.

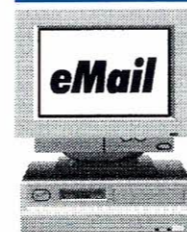
We have completed our database containing details of all teachers and coaches who have registered for any of the new ASA swimming qualifications. The aim of this process is to keep in touch with the valuable resource of education talent in the area. The medium we are using to establish this communication is through a free, quarterly newsletter which will keep them informed of events in the swimming world, the seminars and courses available in the area, as well as the issues that affect them for example the revalidation of their qualifications.

One of my main priorities for the newsletter is to sell to teachers the idea of joining the coaching staff at their local swimming club. Firstly because hopefully they will enjoy the experience, secondly because we believe all teachers should try to get some formal education and qualification and thirdly because the teachers and coaches at swimming clubs are often the most experienced and can give new teachers so much in that respect.

The main accomplishment so far was the first annual West District Swim School. There were three course on offer. An assistant teacher, a teachers and a club coaches course. In all thirty-one candidates were involved with a 93% pass rate for the practical parts of the courses. So far the reception for the event has been very complimentary. Hopefully that is because of the format of the event. We aimed to create the intensive low cost format, normally found most suitable at these kind of events the longest and most expensive course was the Club Coaches at nine days and £195. Due to the success of the courses an expansion in places is due this year, so put the date in your diaries, the 10th to 18th October 1997. A big debt of gratitude is due to the tutors and invigilators, the staff of East Dunbartonshire District council, all those who helped publicise the swim school and last but not least the candidates, some of whom came all the way from Manchester.

So now that our achievements have been discussed what does the next year have in store for West District Education. We have decided that we will concentrate on finding and developing the niche areas of development that larger bodies do not have the time or resources to concentrate on. Ideas include concentrating on education for outlying areas of our district. Calendar planning the courses so people know and can plan the those they wish to attend well in advance. We are working on information and templates which should help coaches complete the education portion of their clubs development plans and of course we offer advertising for events which will be useful for teachers in our area letting people get involved. However we are always open to ideas from clubs or people who have a need. We would like to help with the resources at our disposal so get in touch with us through the West District.

Colin Mitchell
West District Education Committee



SASA2000@AOL.COM
This is SWIMMING 2000
eMail address .

WHY TECHNIQUE MATTERS MORE THAN FITNESS

Multisport athletes are strongly inclined to work at swimming by doing more laps or working harder at them. Running and biking experiences make you think that more work is the way to get better. But swimming has more in common with such skill sports as tennis and skiing. Here's why:

It's the water that makes swimming different. Water robs the swimmer of energy and efficiency. With every stroke you take, the water is applying the brakes, trying to drag you to a halt, stealing energy from you. Think about it this way: If you stand on the ground and jump into the air, you burn about 10 calories. Nine of those calories went directly into getting you off the ground. One was lost to the slight inefficiency of the muscular exertion. Because muscles contract by a ratcheting mechanism and that ratcheting action causes friction which creates heat—the reason we sweat when exerting ourselves—some of our calories are thrown off as waste heat. If on the other hand, you jump in the pool and swim a few strokes, burning the same 10 calories, only one of those calories would go directly into moving you forward; the other nine would be lost as waste energy because of the action of water drag. Water is a frustrating medium for the person trying to move through it, and the nature of that medium makes the swimming puzzle far more difficult to solve than running and biking. Let's compare it with running. A runner, with each stride, gets to push off solid footing while moving forward through thin air. The swimmer, on the other hand, with each stroke has to push against a liquid that seems to do nothing but swirl away when you try to push against it. And to compound your difficulty, inpropelling

yourself forward, you have to thrust your body through a medium that is a thousand times denser than air. For a runner, this would be like trying to run across a field of Jello into the teeth of a gale-force wind. Water is so effective at robbing us of efficiency that scientists estimate that even world-class swimmers are probably only about 9 percent mechanically efficient—91 of every 100 calories being robbed by water drag and the difficulty of pushing a hand against liquid. The novice swimmer may be only 1 or 2 percent efficient, as many as 99 of every 100 calories being stolen by the water.

Because stroke efficiency is such a big factor, the great performances of world-class swimmers are approximately 70 percent due to the efficiency, economy and co-ordination of their body position and stroking movements, and only 30 percent a factor of their power and physical conditioning. For the less experienced and less skilled swimmer, perhaps 90 percent or more of your performance will be determined by how efficiently or inefficiently you move through the water, while less than 10 percent will be determined by how fit you are.

Therefore, if you can swim a quarter-mile in 10 minutes, but would like to improve your time to nine minutes, only about five to 10 seconds might be gained by getting in better shape, while 50 to 55 seconds will come from learning how to move more efficiently through the water.

Greater stroke efficiency is a combination of two efforts: minimising drag and maximising overall propelling efficiency. Our next swim lesson will discuss why minimising drag is the more important of the two.

Terry Laughlin
Back to TotalSwimm - Swimming Cyber-coaching

MASTERS MASTERS

Two Scottish Masters records were smashed at the seventh Silver City Blues Masters Swimming Meet held at Westhill, near Aberdeen, on Saturday 1 March. Gillian MacAulay (formerly Fordyce) a bronze medallist at the 1974 Commonwealth Games, recorded 37.09 seconds in the Women's 40-44 years section 50 metres backstroke and 1.20.09 in the 100 metre individual medley.



CARNEGIE S.C.

SUMMER 1997 TRAINING CAMP AND COMPETITION

Selection Criteria

1 There will be a maximum of six(6) places for swimmers on the above camp and competition.

2 The swimmers will be selected by a process linked to the four level schedule of times published in connection with the Commonwealth Games, Kuala Lumpur 1998.

3 The swimmers will only be ranked on their performance at the Scottish National Long Course Championships and European Trials, June 1997.

4 Primary selection will be carried out according to the four levels, those at level 1 being ranked first, then moving through the levels until the top six is reached. The ranking order within any one level will be determined by calculating the percentage proximity to the previous faster level time.

5 Only swimmers achieving a minimum of level 4 will be considered.

6 In the event of any withdrawals from the original selection, replacements will be added only if they are level 4 or faster.

7 If the number selected by the above criteria is less than six, further consideration for additions to the acclimatisation and competition experience will be given to swimmers competing at the Czech Championships (see below) in the European Junior Championships - provided they achieve a level 4 time.

8 No relay selections will be considered for this camp or competition.

9 The training camp is likely to be at Sierra Nevada (Spain) at altitude.

10 The competition could be in Malaysia in August or at an alternative venue.

Additional Incentive Programme

After selection of the first six places as detailed in the Summer 1997 Training Camp and Competition selection procedure, there will be a further selection for four (4) more swimmers to participate in the Czech Championships in Prague, 4th - 6th July 1997

These places will be awarded according to the next four ranked places in relation to the four level schedule of times for Kuala Lumpur.

For this selection it will not be necessary to have gained a level 4 time.

Carnegie S.C. are tops!

Confirmed after the Premier League debut at East Kilbride on Saturday the 8th of March and what a superb turn out for Scottish swimming. A real carnival atmosphere with painted faces, drums, bugles and very good participation by parental support. Hopefully clubs across the land will be ambitious enough to wish to be part of this gala occasion.

Carnegie won 18 firsts, 10 seconds and 3 thirds to win fairly convincingly with 208 points with REN 96 and M & B equal in second place with 184 points. The presentation of the Red Cross Trophy was a little questionable and seemed to be done as an after thought, perhaps futuristically a little more respect for the occasion will be considered.

Two of Carnegie's Scottish Youth Internationalists attended the British Grand Prix meet in the Leeds International pool on 22nd & 23rd February with the intention of possible selection for the GB Youth team to be selected for a multi-Nations meet in France in April. Both qualified with Bryan Morgan No 1 choice for the 100m B/C in 1.00.42 which won him a medal in the grand final. Bryan also won gold's in the 50m free grand final in 24.73 and 50m B/C in 28.52. Unfortunately Bryan only qualified for the consolation final in the 100m free but stormed home in 53.00 to win by some margin and take the No 1 spot for the top British 17/18yr old for GB selection. Carnegie's Scottish Youth Internationalist 16yr old Lynn McLaren qualified for the grand final of the 100m free where she finished in 8th place in 1.00.69 which qualified Lynn as the 4th fastest junior for the 4 x 100m free relay team. Both swimmers were both totally demotivated to eventually discover that the powers to be had decided to cancel the GB selection because of a number of call off's. So despite spending a couple of hundred pounds travelling to Leeds AND qualifying these aspiring athletes find the goal posts not merely moved but taken away. I must ask myself should there be recompense ???

The second of the East District age group championship weekends took place at Kirkcaldy on Sat/Sun. 15th & 16th March with Carnegie winning 16 gold's, 13 silvers, 8 bronze with 59

finalists and a superb 61 personal best times some by 20 seconds or more. Star of the weekend and certainly a Scottish prospect was 13yr old Emily Byars who won four gold medals from four swims knocking an incredible 21 seconds from her 200m freestyle time to win in 2.21.80. Another 35 seconds from her 400m free to win in 4.59.37 also 40 seconds from her 200m B/C to win in 2.34.53 and last but not least 37 seconds from her 200m Br. to win in 2.50.37.

The girls 12/u age group saw a number of excellent Scottish prospects with the 200m IM going 1-2-3-4 for Carnegie. Kelly Hamill won the gold in 2.41.05 with Lucy Warren 2nd in 2.46.07 Lorraine Mullen in 3rd in 2.48.50 and Amanda Pauline 4th in 2.51.19.

The girls 13yrs age group saw Carolyn Bathgate give a gutsy display to win two silvers in the 400m free 5.14.55 and 200m IM 2.46.04 also bronze in the 200m free 2.30.49. Carolyn also won the 100m "B" final 1/09.74 as did Michael Wood in the boys 13yrs age group in 1.11.67.

The 12/u "B" finals of the 100m free saw Tracy Jermain entered in 1.22.8 to win in 1.09.87 and 11yr old Lee Aitken entered in 1.21.31 win gold in 1.09.91. Both times would have won the gold at the "A" meet last year.

The boys 13yr age group also saw Mark Speed win gold in the 400m free 5.08.58 silvers in 200m free 2.27.44, 200m Br. 2.59.42 and bronze 200m IM in 2.47.37.

In the girls 14yrs another two Scottish prospects were competing with Sarah Kinnell not back to top form winning gold in the 200m IM in 2.35.38 with team mate Alison Mutter winning the bronze in 2.41.74. Alison turned the tables in the 200m B/C to win silver in 2.38.66 with Sarah on bronze in 2.41.04 Sarah also won the silver in the 400m free in 4.47.78. The boys 14yrs age group saw Thomas Davidson win bronze in the 400m free in 4.49.28 and also win the "B" final of the 100m fly in 1.14.09. Alistair McLaren also picked up a silver in the 200m B/C in 2.30.24 and a bronze in the 200m Br. in 2.48.96.

The girls 15yrs group saw Carnegie's Scottish Youth Internationalist Lynda Kinnell in action picking up two gold's from two swims in 200m fly in 2.35.86 and 400m IM in 5.18.87. The boys 15yr group saw Andrew Stewart win three silvers in 400m free 4.33.16 200m fly 2.33.18 and 400m IM 4.59.44 with club mate Neil Bogucki

winning both the "B" finals in 100m free in 1.01.58 and 100m B/C in 1.10.76.

The boys 17/18 group saw Cameron Slane win a bronze in the 200m B/C and last but not least ex-Scottish Youth squad member and now 19/24yr age group Sarah Paterson win silver in 200m fly.

With quite a number of Carnegie's top swimmers unavailable to compete they are at present lying in second place overall after the "C" & "B" meets only one point behind the Edinburgh Hearts club and with only the "A" meet left in April Carnegie are confident they will retain the Solripe Trophy once more.

Garrie Roberts

A BRIEF SYNOPSIS - PLEASE!!

(from the Scottish Swimming Committee)

A Problem, Challenge or Opportunity?, THAT is the question.

A "few words for Swimming 2000" was the request from the Convener and thereby lies the challenge of distributing information whilst maintaining a level of mystery and mystic, well that is what these National Committees surround themselves in, isn't it?? I would not like to be responsible (during my first "few words") for dispelling the mystery and mystic that has been developed over the years, therefore I will choose my words carefully.

I have attended two meetings of the Committee and it has been an enlightening experience.

The scope of business is much broader than I had initially anticipated, with numerous Minutes and Papers made available for consideration and comment. I am sure that my Postman will get used to the Convener's "brown envelope" which bounces on the floor the week before the meeting.

A couple of items which had focused attention, over recent months, were the National Leagues 1997 held at RCP and East Kilbride on 8 March and the Licensing and Accreditation Regulations.

The work and effort put into the organisation of the National Leagues, by the East and West Districts, ensured a successful competition at both venues.

Jim Park and Martyn Woodroffe shared both the progress and the problems, across the air waves of mobile communications, to facilitate a unified event.

Meets can be noisy events but the atmosphere of the drums, bugles, maracas, horns and war paint (sorry, face paint) was something completely different

and a challenge to the Officials.

Debriefs have taken place, with concerns ranging from the mess caused by the face paints to the length of programme and 100 metre relays.

Hot gossip, the relays will be 50 metre next year!!

Draft Licensing and Accreditation Regulations have been in circulation for nearly 15 months, but it would appear that everyone (almost) has ignored them until decision time was imminent. Heated debate and confusion (not from the Committee) are the order of the day and decisions are delayed.

It is interesting to listen to Club delegates opinions on the Scottish Swimming Committee's motives and hidden agenda (all of course which are completely untrue!!).

The rest of the business on the Agenda of the Committee covers Ranking Lists, GB Coaching Activities, Development, Scottish Squads, National Championships and I will try to cover these and other subjects in future "leaks" from the Committee.

John Deans
Scottish Swimming Committee

EUROPEAN YOUTH OLYMPIC DAYS

This event is held every two years with ten sports as part of the British Olympic Association programme. It is taking place in Lisbon, Portugal from 18 - 24 July 1997.

For swimming the ages are:

15/16 Boys i.e. born 81/82
14/15 Girls born 82/83

A Great Britain Team of 8 boys and 8 girls will be selected to compete in the following events:

100 & 200m on all strokes
plus 400m Freestyle
200 & 400m Individual Medley
4 X 100m Feestyle & Medley teams.

The final qualifying opportunity is Sunday 18th June which takes place in the Grand Prix Final at Sheffield, and all 50m times from 1st January will be considered. Remaining opportunities in Scotland are the East District Time Trials on 27th April and 25th May at the Commonwealth Pool in Edinburgh.

All long course results are being sent to me by the Scottish, Welsh and English ASA. If necessary, I can be contacted via the SASA

Frances Smith Team Manager



NATIONAL AGE GROUP CHAMPIONSHIPS 1997

ROYAL COMMONWEALTH POOL,
EDINBURGH

26 TO 29 JUNE 1997

Closing date for entries is 12 NOON, TUESDAY 3rd JUNE, 1997, all entries should be submitted on the appropriate entry forms to

JOHN BRUCE, 50 STATION ROAD,
ROSLIN, MIDLOTHIAN EH25 9LR

ATTENTION!!!!!!! IMPORTANT URGENT NOTICE CHANGE OF DATE

FOR THE SCOTTISH NATIONAL OPEN CHAMPIONSHIPS AND SCOTTISH YOUTH CHAMPIONSHIPS

The Championships will now run from WEDNESDAY 11th JUNE to SATURDAY 14th JUNE at Tollcross Leisure Centre, Glasgow.

The Scottish Youth Championships will take place on Wednesday 11th and Thursday 12th June

The programme order, closing dates and entry times remain as published.

We are clashing with International Rotary who will be holding a conference in the City in June.

"FYFFES DEVELOPMENT GALA"



take part in a fun filled day with Bryan holding "master classes" throughout the day to demonstrate each stroke.

Bryan Morgan captivated the swimmers and audience alike with his demonstration swims throughout the day. he also was a big hit with the autograph hunters and took his new found fan club in his stride.

Fyffes naturally supplied their famous product to help the swimmers keep up their energy levels through the day and the local management team from Newbridge, Mark Paton and Gary Porter, presented the medals to the winners. Certificates were also awarded to every swimmer taking

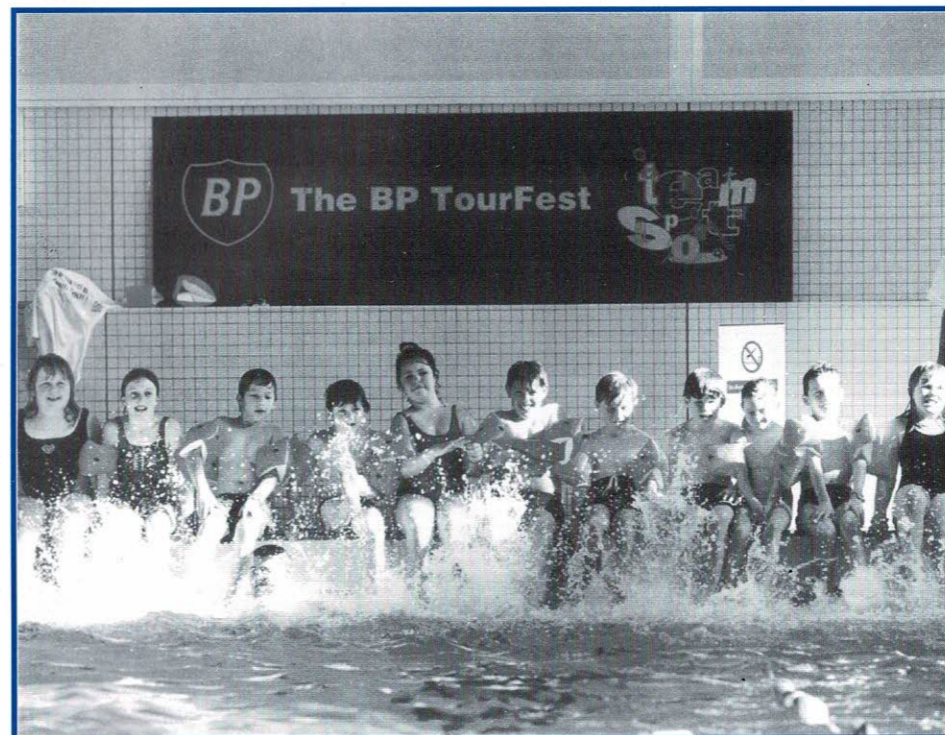
part, along with a swim cap courtesy of Fyffes and a variety of key rings, pens and other mementoes.

The finals of the day was an exciting club squadron relay involving boys and girls from each age group. The winners were, in reverse order, Trojan, Inverleith and Warrender.



**FYFFES
FYFFES
FYFFES
FYFFES**

Bryan Morgan demonstrating.



INVERNESS AQUADOME OPENING BP SWIMFEST WAVED OFF TO A SPLASHING START

More than 700 primary school children participated in one of the largest swimming events ever to take place in Inverness on Wednesday March 26 on the occasion of the official opening of the new pool the Aquadome

The BP SwimFest, organised by the Scottish Amateur Swimming Association, Scottish Sports Council and Highland Council with BP sponsorship, was a fun event to improve youngster's swimming ability and build their confidence.

The first of it's kind in the town, the BP SwimFest was co-ordinated by SASA national swimming development officer Briony Shimmons and Evelyn Johnston, Highland Council, Cultural and Leisure Services' education and media officer.

BP's Jim Doherty, public relations officer, said that the BP SwimFest was one of more than 30 initiatives made possible through the Team Sport Scotland/BP TourFest programme for school-aged children in Scotland.

He explained that the aim of the programme, and the BP SwimFest in particular, was to give as many young people as possible exciting opportunities

to take part in sport and meet new friends.

He added: "This was a flagship event created purely for the enjoyment of the children themselves and was a chance for them to gain skills in a fun, safe environment under expert supervision."

Briony pointed out that the event aimed to transfer youngsters' existing skills into a new learning environment where large numbers of children could experience a much wider range of swimming activities under one roof.

She said: "The aim of the BP SwimFest, as it is with all other events in the BP TourFest programme, is to encourage participation on a wider scale so the atmosphere is totally different from swimming classes at school."

"Thanks to the support of students from Inverness College who played a vital role during the day as swimming teachers and stewards, we had youngsters trying a range of activities at the same time in eight different sections of the pool"

"There were opportunities for youngsters of every ability to try many activities for the first time, such as mini water polo, kicking relays, synchro skills and survival games."

Evelyn, who as event administrator was responsible for liaising with participating schools, said that every young person who took part received a BP SwimFest T-shirt and a commemorative certificate from Highland Council. She continued: "The children were very excited about the day, and the support of teaching staff has been much appreciated. This was a tremendous start to the schools' programme for swimming lessons which will start at the Aquadome after the Easter break."

HOW TO SUBMIT MATERIAL TO SWIMMING 2000

Swimming 2000 offers an ideal opportunity to publicise your club or discipline. It helps considerably in the preparation of the magazine if we receive the material on time and in a format that we can use directly.

Whilst we still welcome submissions which are hand written or typed it makes life much easier if the article has been prepared on a wordprocessor. We can handle PC disks from most of the popular wordprocessor packages and high density Mac disks (1.4 kb) with Claris or MS Word files.

The ideal way to send contributions is to eMail them directly to Sasa2000@aol.com.

There are several rules to keep in mind when writing for Swimming 2000:

- ◆ The copy should be broken into as many paragraphs as possible.
- ◆ Each paragraph should ideally have no more than two sentences.
- ◆ Do not introduce an extra carriage return between paragraphs.
- ◆ Put two letter spaces between sentences.
- ◆ Do not hyphenate text.
- ◆ Do not indent paragraphs
- ◆ Only use capitals for proper names, not for titles etc.

Clubs should also note that our new classified advertising section offers an extremely cost effective way to advertise events and vacancies.

Below you'll find our publication dates and the advertising and copy deadline to guarantee inclusion is the 1st of the month preceding the publication date, with last minute material accepted up to the 10th subject to space availability.

Publication Dates

- ◆ 25 July 1997
- ◆ 26 September 1997
- ◆ 28 November 1997



1996 COACH OF THE YEAR AWARDS

GARRIE ROBERTS WINS COACH OF THE YEAR AWARD

Garrie was judged the best male coach coaching junior performers, (individuals and teams). Runners-up in this category were from yachting and athletics.

Garrie coaches Carnegie ASC, Scotland's top club and winners of the Premier League. Six out of the 20 National Youth Squad are coached by Garrie including Lynn McLaren, Lynda Kinnell, Jillian Rees, Kirsten Sinclair and Daniel Polo Del Vecchio. Garrie also coaches European silvermedallist Bryan Morgan, the Scottish

junior record holder at 100m backstroke and 50m butterfly, and the junior British record holder at 50m backstroke.

Garrie received his award from Raymond Robertson MP, the Scottish Minister for Sport at a special presentation dinner at Hampden Park, Glasgow.

Graeme Simmers, Chairman of the Scottish Sports Council, said: "The commitment and dedication of coaches must never be taken for granted. These Awards are just one way of ensuring that good coaches get the recognition they deserve." The annual Scottish Coach of the Year Awards are organised by the Scottish Sports Council with support from the London Stock Exchange and in conjunction with the National Coaching

Foundation, the National Association of Sports Coaches and the Association of Scottish National Coaches.

In addition to his Trophy Garrie received a certificate and free membership to the National Association of Sports Coaches. He also received a £500 coaching study grant courtesy of the London Stock Exchange.

REMINDER FOR CLUB SECRETARIES

A list of the names and addresses of all club members has to be sent to the SASA Administration Manager before the end of June 1997

COMMUNICATIONS

The inaugural meeting of the new Communications Committee was held under the chairmanship of Bob Dyett at Perth Ice Rink on Sunday 13 April.

The Midland District was represented by their new PR officer - other Districts should follow this example and make similar appointments to help raise the profile of Scottish Swimming.

BARCLAYCARD VIPs

Barclaycard Volunteer Investment Programme Seminar

The Barclaycard Volunteer Investment Programme has been supported by the four home country Sports Councils.

The programme aims to recognise the value that volunteers input into Sport across the UK. To explain the programme to an invited group from Council, BOM, Committees and staff. A dedicated Scottish ASA Seminar will be held on Sunday 22 June at the City Mills hotel, Perth.

WORLD SWIMMING COACHES ASSOCIATION

THE GOLD MEDAL CLINIC BIRMINGHAM, ENGLAND

MAY 21 - 26, 1997

DETAILS FROM
GOLD MEDAL CLINIC
1 THE OSIERS
HALSTEAD ROAD
MOUNTSORREL
LEICESTERSHIRE
LE12 7SN

XIII EUROPEAN CHAMPIONSHIPS 1997

PABLO SPORTS COMPLEX
SEVILLE
SPAIN

SWIMMING EVENTS
TUESDAY 19 AUGUST
TO
SUNDAY 24 AUGUST



SCOTTISH MASTERS NATIONAL TRAINING WEEKEND

SCOTSTOUN LEISURE CENTRE

AUGUST 1997

DETAILS FROM
DONALD MUIRHEAD
NATIONAL CONVENER

TEL : 01475 520 440

CLASSIFIEDS

WHY NOT USE THIS PAGE TO ADVERTISE YOUR CLUB MEET OR STAFF REQUIREMENTS?

THE RATES ARE REASONABLE. YOU CAN REACH ALL CLUBS AND TECHNICAL OFFICIALS IN SCOTLAND.

DETAILS FROM
BOB DYETT
MARKETING
TEL : 0141 634 8852
FAX : 0141 6343020

SCOTTISH NATIONAL AND OPEN CHAMPIONSHIPS 1997

TOLLCROSS LEISURE CENTRE
GLASGOW
12 - 15 JUNE

FURTHER INFORMATION FROM
SASA HEADQUARTERS
HOLMHILLS FARM
GREENLEES ROAD
CAMBUSLANG
GLASGOW
G72 8DT

TEL: 0141 641 8818
FAX: 0141 641 4443

SWIMMING DEVELOPMENT OFFICERS

NATIONAL SEMINAR

FRIDAY 5TH SEPTEMBER 1997
PERTH ICE RINK

Details from
Briony Shimmons
Moray House Institute of Education
Cramond Campus
Cramond Road North
Edinburgh EH4 6JD
Tel: 0131 312 6001 ext 295



31 JULY - 3 AUGUST
TOLLCROSS LEISURE CENTRE
ROYAL COMMONWEALTH POOL

WORLD UNIVERSITY GAMES
SICILY
31 AUGUST - 12 SEPTEMBER 1997

SWIMMERS APPLICATION FORMS

FROM
JIM ELLIS
8 UNION STREET
LONDON SW1
places for
20 swimmers
Team Manager
Two Coaches

SCOTTISH AMATEUR SWIMMING ASSOCIATION

TEAM MANAGERS SEMINAR

SUNDAY 8TH JUNE 1997
PERTH ICE RINK

APPLICATION FORMS AVAILABLE FROM THE SASA HEADQUARTERS

TEL: 0141 641 8818