




SPEEDO  **Born in the water**

SEPTEMBER
1997
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SCOTTISH
SWIMMING
2000



VOLUME 5 NUMBER 1

THE WAY FORWARD!

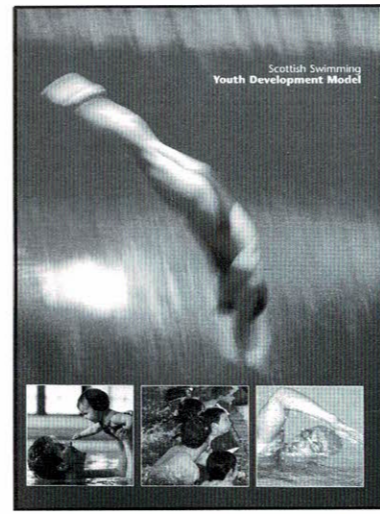


The three day National Planning Seminar took place earlier this month in Perth and proved to be a resounding success.

Chairman of the board of management Ian Mason commented; "This has been undoubtedly the best one yet. In particular I was delighted by the response from local authorities to day one. To have representatives from 26 of Scotland's 32 new unitary authorities paying to attend our seminar is no mean feat!"

Ian continued; "It was doubly important as on the Friday we were launching two significant new programmes which will have a major impact in local authorities."

Youth Development Model



SWIMMING 2000 SEPTEMBER 1997

The Youth Development Model is the Associations major strategic document spelling out the future for youth swimming.

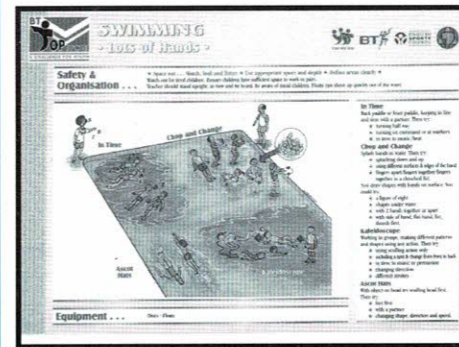
The production of a national framework for teaching and coaching is seen as particularly important to the future success of our sport.

The Model recommends a five level programme, delivered by six agencies, related to the seven phases of youth development. The document presents an outline of the programme which will be further developed within a series of specially designed resource packs each addressing the organisational, technical and administrative aspects.

In launching the Youth Development Model at the national development officers' seminar Ian Mason said; "We would urge those involved in the delivery of swimming provision to use the model as a template for improving their individual programmes and schemes in the coming years."

BT Top Sport Programme

The British Telecom Top Sport programme was also launched at the national development officers' seminar and is a major new UK wide initiative to improve the



teaching of swimming in schools. The Scottish dimension to the programme has been developed in conjunction with SASA and the Scottish Sports Council in conjunction with BT.

Each local authority in Scotland will

receive resource packs and a one day in-service training seminar for their key personnel involved in the delivery of schools swimming.

National Planning Seminar

Following on from the development officers' sessions on Friday the Saturday was focused on the way ahead for the association. This is the association's principal strategic planning meeting and as well as presentations on the Youth Development Model it was the first opportunity for discussion on the next four year development plan.

A working group led by Sandy Brunton and including, Jim Hitchin, Fiona Cameron, Robert Jackson, Robert Hammond and Hugh Stevens shared some of the early thoughts for the next plan and this should ensure lively debate during the next consultation phase.

EUROPEAN JUNIORS - WELL DONE!

Messages of congratulations have been received from all over Europe with many saying that the recent championships in Glasgow and Edinburgh were the best yet.

The atmosphere at Tollcross during the four days of the championships was electric, with the noise during finals reaching fever pitch with rattles, gongs, bugles and drums - and the swimming was pretty good too!

The diving event in Edinburgh equally proved to be extremely successful going to prove that Scotland is now firmly on the international swimming map as a quality location for major events.



SCOTTISH SWIMMERS HELP WITH COMMONWEALTH GAMES PROMOTION

Over the coming months Commonwealth Games hopefuls will be taking part in a variety of fund raising and promotional activities to raise the profile of the Games.

Here we see David Leith helping to carry the games banner at a parade in Edinburgh's Princes Street



1997/98 NORTH DISTRICT SQUADS

National District Squad

B Robertson Aberdeen Dolphin
E Robertson Aberdeen Dolphin
C Witcombe Aberdeen Dolphin
S Neydeli Aberdeen Dolphin

L MacGregor Dyce Aberdeen
S Shand Dyce Aberdeen

N McLaren Bridge of Don
M Arnold Bridge of Don

D Buchan Peterhead
M King Peterhead

M Strachan Aberdeen
P Robb Aberdeen

L Innes Banchory
M Grant Banchory

R Adam Westhill
L Kennedy Westhill
M Brown Westhill

S Watson Elgin
F Angus Elgin

J Ritchie Fraserburgh

L Young Garrioch

S Witeford

Tain

B Allan Thurso
R McKay Thurso

N Stewart Buckie

Staff
Alistair Johnson City of Aberdeen
Stewart Haslam Elgin

District Regional Squad

S Masson Aberdeen Dolphins
R Stewart Aberdeen Dolphins

L Mair Westhill
A Currie Westhill
L Wilson Westhill
C Reilly Westhill
E Forno Westhill
S Low Westhill

A Gordon Upper Deeside
S Cooper Upper Deeside

M McIntosh Buckie
M Young Buckie

J Potts Garrioch
K Pole Garrioch

E Duncan Elgin
F Chalmers Elgin

J Butler Bridge of Don
N Beaton Bridge of Don

M Evans Cults
L Kemp Cults

J Riddell Banchory
R Keown Banchory

E Cole Inverness
F Cliff Inverness
M McIntosh Inverness
N Hobson Inverness

L Rennie Dyce Aberdeen

C Waldron Bucksburn

E Buchan Peterhead

N Mack Tain

Staff
Andy Drumm North District
Pat Prentice Banchory



LOUISE TAKES DOUBLE GOLD at ASA Age Groups

Louise Coull struck gold twice at the ASA Age Group Championships in the 100m and 200m backstroke.

It was the climax of a memorable season for Louise who lives in Cumbernauld and attends St Maurice's High School.

In addition to six gold medals at the Scottish Age Group Championships at the Royal Commonwealth Pool in June, Louise also won eight gold medals at West District Championships.

The success is the result of plenty of hard work.

Louise's mother Sandra and father David have to get up before 5am to get her to training sessions with the City of Glasgow Club.

She trains there seven times per week, either at the morning session or in the evening, when she completes a gruelling 5000m total swim.

With her mother a nurse in the city and her father a traffic policeman it is sometimes difficult matching shifts with their daughter's swimming schedule.

"But it is worth the effort," said her mother.

"Louise is thoroughly enjoying her swimming at the moment and the success she has had, has really been the icing on the cake."

FINA AWARDS

FINA PRIZE 1996

The FINA Bureau at their meeting in Fukuoka (Japan) unanimously awarded the FINA Prize to Alexander Popov (Russia) for his exceptional achievements, ethical and moral conduct.

SILVER PIN

ASFGB Chairman Jeff Cook was awarded a FINA Silver Pin.

ANDREW MAKES A SPLASH

Andrew Gilhooley has become the first member of the Lothian and Borders Police ever to be presented with the Award of Excellence of the British Police Athletics Association.

It came as he was also awarded the force's own Sportsman of the Year trophy.

Andrew organised the British Police Swimming, Diving and Water Polo sub-committee's 50th anniversary championships in Edinburgh.

He has been involved in water polo for 25 years and captained the British Police team and is presently coach/player.

Andrew is also President of Portobello Water Polo Club which has been eminent in Scottish events for many years.

To top all that he has represented both Scotland and Great Britain a total of 146 times. And just to show how versatile he is, Andrew also plays football for the force and the division.

It is no wonder he is described as an excellent ambassador for sport and for the police service.



Andrew Gilhooley

LEN WATER POLO REFEREE

Brian Littlejohn former Scottish national team goalkeeper and now one of our leading referees has successfully passed the LEN Water Polo Referee's Certificate. This entailed a written paper as well as practical performance.

Well done Brian!

SPORTS MEDICINE

Dr Andrew Stewart formerly (Kilmarnock ASC) has recently been appointed Director of the Scottish Institute of Sports Medicine and Sports Science at the University of Strathclyde.

LACTATE TESTS RESPONSE

Dr. Pete Snape
Aberdeen. AB15 4EP
14 September, 1997
The Editor, Swimming 2000,

Dear Sir,

When you feel strongly about a particular subject it is often better to take time to consider your response to ensure that you are not over reacting, hence the delay in my submitting this letter in response to Dr. R. Howat's article entitled "Lactate Testing etc." in the June issue of Swim 2000.

My personal opinion is that this was one of the most negative articles ever published in Swimming 2000 and that it should not have been printed in its present form, if at all. I also believe that the Editorial Board and the SASA must take full responsibility for the effect that it may have had on our athletes and coaches. To print the disclaimer that they did was irresponsible and sets a dangerous precedent without relieving them of any responsibility. If material or an advertisement of a specialist nature is submitted for publication and the editors cannot assess its appropriateness, then they should ask for the opinion of the SASA Committee that has responsibility for that subject area or that of an independent expert, not just publish and seek to relinquish all responsibility.

To most of the people who read this article, lactate testing is shrouded in mystery and not a subject they would wish to question. Unfortunately, they will therefore have regarded the article as a scientific paper and the conclusions to be scientifically valid, when in fact I believe this to be an anecdotal article from which no scientifically valid information can be gained. The sample size is too small, the data are incomplete and the validity of the test itself is, in the opinion of a number of leading exercise physiologists, questionable.

To suggest that Scottish coaches and swimmers are at risk of bringing the test into ill repute is quite honestly an insult to our talented athletes and dedicated pool-side staff. Whilst accepting that Scottish swimming has an uphill climb ahead, articles like this will simply make that mountain even higher and more difficult to climb due to the potentially negative effect they will have.

If any benefit results from this article, it will hopefully be an end to Scottish Swimming's preoccupation with lactate testing and the dawning of a new era when we focus on our most valuable resource; our talented and aspiring athletes and their well-being.

Yours sincerely
Dr. Pete Snape

ScotSwim
DIRECT

See page 18 for
stopwatches

See page 23 for
leisure wear

New Products
Coming Soon!

AROUND SCOTLAND

By popular demand the Nairn Swimming Pool is proposing wide ranging changes to its timetable.

The need for swimming lessons now outweighs the case for retaining poorly attended public sessions a fact which has prompted the Pool Manager Simon Workman to ask for public session time to be cut back from 35.5 hours per week to 29 hours per week.

Swimming lesson time would increase from 13 hours per week to 19.5 hours allowing the waiting list to be cut by a massive 95%.

Currently instruction is given to 600 swimmers ranging in age from six months upwards and there is a waiting list of 265.

With a growing emphasis on the importance of being able to swim and water safety in general Pool manager Simon Workman believes that there is a strong case for change.

"Within the community there is now a greater awareness of the importance of the ability to swim and remain safe in an area surrounded by bodies of water.

"Many complaints have been received from the parents of children on the waiting list, as to the length of waiting time prior to acceptance on to a swimming course."

Nairn Councillors heard the proposals and the rationale from Pool manager Simon Workman and have agreed to the implementation. An added incentive for making the change is an estimated increase in income of approximately £10,000.

This decision and support from the Council means the final part of the Development Plan which Simon Workman has devised for the facility can be put in place.

The courses offered go beyond learning to swim, all aspects of water safety and lifesaving techniques will be covered enabling anyone interested in making a career in Leisure to gain qualifications as Pool Lifeguards.

The Nairnshire Telegraph

EUROPEAN TITLE TRIUMPH

Glenrothes swimmers helped Britain retain the European Championship in Spain.

Excellent performances in the pool at Badajoz from Paul Noble, Andrew Lindsay, Lara Ferguson and Paul Johnston helped the UK squad finish ahead of the hosts and 29 other countries.

Team captain Noble celebrated his first international medal in five years in the 100m breaststroke.

He said "My race was very late and it was virtually dark. I could barely see a

thing."

He also added silver in the 4 X 100m medley relay.

Lindsay was one of only two British competitors to win two gold medals in the 400m freestyle and 100m backstroke to which he added silvers in the 4 X 100m freestyle and medley relays and bronze in the 50m freestyle.

Ferguson was part of the relay team which claimed the women's 4 X 100m medley and freestyle titles and also claimed a bronze in the 100m breaststroke.

Johnston took bronze in the 100m breaststroke and 4 X 50m freestyle and medley relays.

Glenrothes Gazette

JEAN STRIKES GOLD

A Callander swimmer struck gold when she came first in the 50m backstroke event at the British Transplant Games.

Months of practicing at Stirling and Grangemouth pools reaped rewards for Jean Roberts (54) who has braved two kidney transplants in only 15 months.

Just a few years ago Jean was so weak she couldn't event dust around her home or do her own shopping.

But great courage and determination have helped her back to health.

Now she has dived into a new challenge and takes a range of sporting activities seriously - but none more so than swimming.

For last year a jubilant Jean brought home two silvers and a bronze from the games in Cardiff.

This year at the Wirral in Merseyside she pounded the pool in three swimming events - backstroke, freestyle and the first leg of the 4 X 50m relay - all in the veteran category.

"Everyone was saying I had to get a gold this time. So the pressure was on and I just had to do it," said a delighted Jean.

"When I finished the backstroke I knew I had won a medal, but I didn't know which colour. Then I heard the cheering noise from the Scots in the crowd - it was a gold."

Before mounting the podium to collect her coveted medal, plus a bronze for the relay, Jean phoned her Mum in Falkirk to break the exciting news.

And her husband Ken was by her side, supporting her the whole way.

Jean explained there were about 900 competitors taking part in the games, all owing their lives to donated organs.

"Now I find it hard to look back and think how poorly I was before I had my transplants," said Jean.

"A transplant is really the gift of life. It's an eye-opener to see what from toddlers to elderly men can do competing at these games and it can be quite emotional

just watching them."

Back in Callendar Jean and her family are recovering from the excitement. What's sure is this increasingly competitive swimmer is confident she can do even better at Belfast next year. *Stirling News*



SPECIAL OLYMPICS

Athletes from all over Scotland spent a week in Portsmouth taking part with competitors from the rest of Britain in athletics, Basketball, bowling, equestrian sports swimming and table tennis.

The Special Olympics, for athletes with learning difficulties are held every four years and it was Portsmouth's turn to host this event.

All the hard work and commitment by two swimmers Beverly Cowie and Simon Richardson paid off - the photograph shows them with their medals.

Beverley and Simon are members of Montrose and District Seals ASC and were part of the Tayside Team at the Special Olympics.

Participation was made possible by the fund raising activities of parents, many local businesses, day centres, clubs and Councils.

Sophia Barclay

NEW TASK FORCE

A new Task Force of officials from the Scottish Office, COSLA and the Accounts Commission has been set up to look at the CCT contracts system.

In the meantime a moratorium has been imposed on all CCT contracts.

The Task Force will be looking and working towards an alternative system of running local government - a "best value system which still retains the elements of CCT" is the aim.

GREAT BRITAIN NEWS

The British Winter Championships will be held at Ponds Forge, Sheffield from the 10th to the 13th December 1997.

The event will be **LONG COURSE** this year, and will be used as a selection event for 'topping up' the team for the FINA Swimming World Championships to be held in Perth from the 8th to the 16th January 1998.

This is an **OPEN MEET** and further information will be available in due course. In the meantime, should you require any further information please contact the ASFGFB office in Loughborough, telephone 01509 618700 ; Fax 01509 618701.

The ASFGFB and the City of Sheffield have been awarded the 2nd European Sprints and Short Course Swimming Championships to be held from the 11th to the 13th December 1998.

FINA SWIMMING WORLD CUP '98 - Ponds Forge - 13/14 March

Great Britain looks forward to hosting the first of the European meets of the extended '98 series, there are now nine venues.

January 21 - 22 Sydney, Australia
Wednesday / Thursday
February 21 - 22 Hong Kong, China
Saturday / Sunday
February 25 - 26 Beijing, China
Wednesday / Thursday
March 07 - 08 Rio de Janeiro, Brazil
Saturday / Sunday
March 13 - 14 Sheffield, GB
Friday/Saturday
March 17 - 18 Malmö, Sweden
Tuesday / Wednesday
March 21 - 22 Gelsenkirchen, Ger.
Saturday / Sunday
March 25 - 26 Imperia (tbc) Italy
Wednesday / Thursday
March 28 - 29 Paris, France
Saturday / Sunday

The renowned "fast water" of Ponds Forge will be ready for the short course swimmers of the world as they gather in Europe for the final leg of the series.

The designated airports are Manchester and East Midlands, and free transportation will be arranged to Sheffield. Accommodation within walking distance of the pool has been reserved, and full information will be circulated later in the year. Should you have any queries in the meantime, please contact :

Amateur Swimming Federation of Great Britain, Harold Fern House
Derby Square Loughborough
LE11 5AL Tel. 44 (0)1509 618732
Fax. 44(0)1509 618733

1st BRITISH GRAND PRIX - Ponds Forge - Sheffield - 30 & 31 May 1998

A new presentation of this exciting **LONG COURSE** meet at which world-class swimmers can compete prior to the commencement of the Mare Nostrum Series in Southern Europe.

The designated airports* are Manchester and East Midlands, and free transportation will be arranged to Sheffield. Accommodation within walking distance of the pool has been reserved, and full information will be circulated later in the year.

Further details will be made available in the autumn, but meanwhile should you have any queries, please contact:

Amateur Swimming Federation of Great Britain

Tel. 44 (0)1509 618732

Fax. 44(0)1509 618733

EUROPEAN LONG DISTANCE SWIMMING CUP Holme Pierrepont - Nottingham - 18 July 1998

Nottinghamshire, the county of Robin Hood and his Merry Men is the Great Britain venue for this new series of meets:

27 June (Saturday) Brno, Czech Republic 15km
5 July (Sunday) Aix les Bains France 25km
18 July (Saturday) Nottingham Great Britain 5km
25-26 July Sardinia, Italy (Saturday) 7.5km (Sunday) 10km

The 5 km course at Holme Pierrepont is set in the peaceful rowing channel of our National Water Sports Centre, which was also the venue for the FINA World Masters Long Distance events in 1996. Holme Pierrepont has all facilities on hand, in tranquil surroundings, just 10kms away from the heart of the historic City of Nottingham.

The designated airports of Birmingham and East Midlands are nearby, so too is the office of the ASFGFB in Loughborough.

Full information will be circulated later in the year. Should you have any queries in the meantime, please contact :

Amateur Swimming Federation of Great Britain.

SPORTS MEDICINE

The VIII International Symposium - Biomechanics and Medicine in Swimming will be held next summer in Finland.

The venue is the University of Jyväskylä from the 28th June to the 2nd July. The campus is located in the centre of the city. The Symposium begins with an opening ceremony and a key-note address on Sunday June 28th and closes with meetings, Swimming Coaches' Clinic and post-Symposium activities on Thursday July 2nd.

Jyväskylä is a lively university town with 75,000 inhabitants. It is located in the heart of one of the lake districts, on Lake Päijänne, about 270 km north of Helsinki. Travel connections to Jyväskylä are good by air, rail and road from all destinations.

The official language of the Symposium is English. It is open to all registered participants.

Highlights

David L. Costill (USA)
Training Adaptations for Optimal Performance in Swimming
Mitsumasa Miyashita (Japan)
Biomechanics of Swimming; Past, Present and Future
Feran A. Rodriguez (Spain)
Cardiorespiratory and Metabolic Field Testing in Swimming and Water Polo: from Physiological Concepts to Practical Methods.
Jane Cappaert (USA)
Biomechanics of Swimming as Analyzed by 3D Techniques.
Jean-Claude Chatard (France)
Training Load and Performance in Swimming.
Bengt O. Eriksson (Sweden)
Chairman of the Round Table: Medical Aspects in Swimming.

General Information

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Jyväskylä Congresses
P.O. Box 35
FIN-40351 Jyväskylä, Finland
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Fax. +358 14603 727
E-mail: pitkanen@cone.jyu.fi
WWW
URL: <http://www.jyu.fi/swimsymp/>

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Fax: +358 14602 071
E-mail: keskinen@palo.jyu.fi



1998 NIKE WORLD MASTERS GAMES

"The Global Celebration of Sport for Life"

When August 9 - 22 1998
 Where Portland, Oregon, USA
 Fax (00 1) 503 - 226 - 0989
 Website www.worldmasters.org
 Address 1998 NIKE World Masters Games,
 55 SW Yamhill Street,
 Portland, Oregon
 97204 - 3331 USA.

FACTS AND FIGURES

- ◆ Previous World Masters Games were held in Brisbane, Australia in 1994, Denmark in 1989 and Toronto, Canada 1985.
- ◆ The Games are the largest participatory multisport competition in the world, bringing together 25,000 men and women from over 100 countries to compete in 25 sports.
- ◆ "Masters" is simply an age designation. Most sports require the individual to be 30 years or older by August 9, 1998; however, each sport in the Games may have different age requirements.
- ◆ The Games are open to anyone. Participants compete for themselves - there are no country delegations. Beyond the age requirement and membership in that sport's governing body, there are no competition qualification requirements. Registration is currently filling up, so contact us today!

REGISTRATION INFORMATION

- ◆ Athlete Registration Fee - \$200
- ◆ All athletes will receive the following:
 - Credentials for admittance to -
 - Competition and spectator areas of your sport and spectator area at all other sport venues.
 - Celebration City Entertainment and Exposition.
 - Opening, Welcoming and Closing Ceremonies.
- ◆ NIKE Athletic Bag including the Official Games T - shirt & Souvenir Programme.
- ◆ Daily schedule of events and results & official competition final results.
- ◆ Discount coupons for services, products and restaurants around Oregon.
- ◆ Sample products from Games Partners.
- ◆ Maps & local tourist information.
- ◆ Water, isotonic drinks, fruit and snacks at venues.

Who is in charge of the Games?

World Masters Games 1998, Inc. is the non-profit organisation that will plan and administer the Games. NIKE, Inc. was recruited as the title sponsor, naming the event 1998 NIKE World Masters Games. The worldwide governing body for the games, the International Masters Games Association, is responsible for selecting which bid city will be awarded the next World Masters Games.

Which sports will be featured at 1998 World Masters Games?

Twenty-five sports will be featured at the Games, including: athletics (track and field), badminton, basketball, baseball, bowling, canoe/kayak, cycling, diving, fencing, golf, orienteering, rowing, rugby, sailing/windsurfing, shooting, squash, swimming, soccer, softball, table tennis, tennis, triathlon, volleyball, water polo and weightlifting.

Will each sport be recognized as official championship competition?

The 25 sports in the World Masters Games will be sanctioned by their respective sports' governing body and competition will be conducted by their rules and regulations.

How many people are expected to attend the Games?

The Games boast the largest participation of any multisport competition in the world, bringing together 25,000 Masters athletes from over 100 countries. The number of visitors the Games will bring to the state of Oregon - including competitors, sponsors, officials, sports dignitaries and accompanying friends and families - is expected to top 100,000.

What qualifies someone to be a "Master" in masters sports?

"Masters" is simply an age designation; it does not denote a level of proficiency or a particular achievement. Each sport has designated a minimum age that qualifies the athlete as a Master. Generally it is 30 and above, but can be higher or lower, depending on the sports' governing body. For example, the minimum age to compete in the NWMG Diving or Swimming competition is 25, while Golf is 40.

Can I compete in the 1998 NIKE World Masters Games?

The Games are open to anyone. Participants compete for themselves - there are no country delegations. Beyond the age requirement and affiliation with a recognized sport association, there are no competition qualification requirements. However, there will be registration requirements. Entries into the Games are limited, and priority is based on the date of receipt of your registration materials. Each sport has a set number of competitors based on age, gender and other considerations.

INTERNATIONAL TOLL FREE REGISTRATION NUMBER:

Register for the Games by calling the following phone number :

0800 - 89 - 5765 - 1998

Alternatively you can fax your name, sport, address, phone and fax numbers and any questions you may have to :

001 - 503 - 226 - 0989



International Masters Games Association

ARES 21

SPORTS TIMING

The most powerful Sports Timing Device in the World

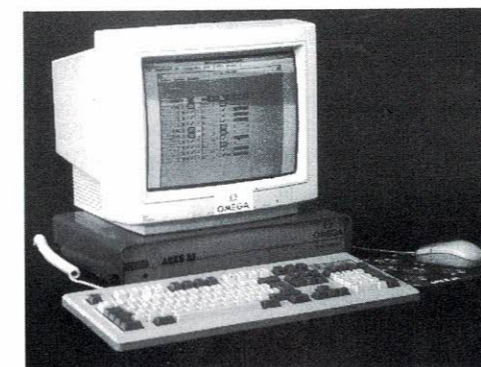
This new product range is NOW available at extremely competitive prices!

Complete **ARES 21** 6 lane systems available from **£12,500.00*** including acoustic start system, single line scoreboard, control PC (desktop or laptop) and installation.

The patented system allows **multi-sport** options with programmes for Swimming, Diving, Waterpolo and Synchronised Swimming.

ARES 21 can provide a full A4 print out showing individual splits for each lane as well, of course, as the final result complete with header giving details of event and heat number and title.

ARES 21 may be connected to a data handling/results system such as that offered by HyTek/SportsSystems or, alternatively, can be pre-loaded with swimmers' names (SportSystems latest feature) to give an integrated results handling capability.



ARES 21 system memory capacity virtually unlimited.

ARES 21 utilises Omega Electronics own Microsoft Windows™ based software package.

ARES 21 system complies with CE regulation.

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- European Junior Champs, Glasgow 1997**
- European Championships, Seville 1997**
- European Short Course Champs, Sheffield 1998**
- FINA World Championships, Perth 1998**
- FINA World Cup, Sheffield 1998**

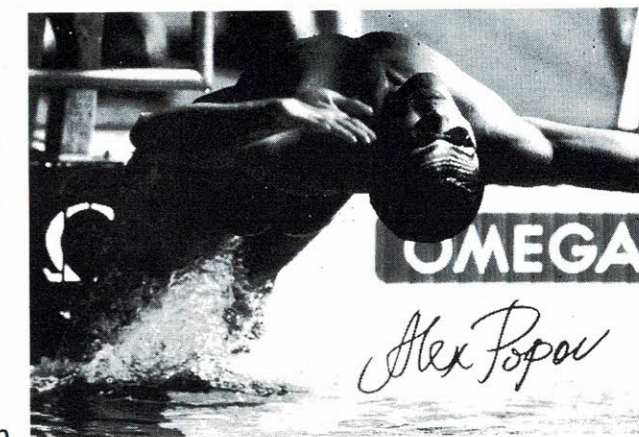
Olympic Games, Sydney 2000

Omega Electronics, Unit 1 Discovery Business Park, Brickfield Lane, Chandlers Ford, Eastleigh, SO53 4DP

Tel:- 01703 274520 Fax:- 01703 274521 E-mail: omega_electronics@compuserve.com

* Prices as at 01/09/97

Ω OMEGA ELECTRONICS



Running time | Start time | Arming delay | Intermediate times

4 F I B M 200 m BR

Actions	Options	Records	Running time	Start time	Arming delay	Intermediate times
Arm start	WR	2:10:16				
	ER	2:11:23				
100 m 2	50 s	2	50m			
2	✓	1	2			
2:13:83	2	2				
2:13:09	2	3				
2:12:11	2	4				
2:12:46	2	5				
1	2	6				
1	2	7				
1	2	8	2:2:01:38			

Final times | Number of laps | Lane | Touch pad status | Touch pad arming clock | Lane status | Touch pad status | Lane | Intermediate times | Number of 1/2 laps

EUROPEAN JUNIOR SWIMMING CHAMPIONSHIPS TOLLCROSS POOL, GLASGOW 31ST JULY TO 3RD AUGUST 1997

Ligue Europeenne De Natation (LEN) appointed the following principal technical officials for all eight sessions of the Championships:-

Referees
Rein Haljand (Estonia)
Jose Sacadura (Portugal)
Starters
Robin Dale (Great Britain)
Michael Dhoste (France)

There were also officials from Denmark, England, Finland, Germany, Iceland, Italy, Norway, Portugal, Russia, Spain, Sweden and Wales, as well as representatives from the four districts in Scotland. Accordingly, there was a full complement of officials at every session including reserves for comfort breaks, etc.

Briefing and debriefing meetings were held before and after every session when pondside incidents and decisions were fully debated. Transport was provided from the pool to the Glasgow Thistle Hotel and Strathclyde University where lunch was served. These establishments were the Championships accommodation for key personnel and officials who resided a great distance from Glasgow.

Special features associated with international meets were in operation. Accreditation identity cards had to be worn at all times on the pondside, Speedo polo shirts were issued for the finals, there were no finish judges, but the three electronic

back up buttons were fully utilised and disqualifications had to be notified expeditiously to the referee in writing.

Bob Greenlees organised the marching to and from the pondside and was also responsible for discipline.

Bill Murdoch allocated the duties for the officials which were changed every session. Dougie McAllister was responsible for the equipment and administration matters.

39 different countries were competing and there was a carnival like atmosphere during the finals with supporters of the various nations becoming very vociferous, beating drums and playing musical instruments, etc.

Great Britain won two events, the women's and men's 4 x 100 metres freestyle relays, eight Junior European records were broken, one British record was broken, as well as several other national records. These achievements emphasised and contributed to the great success of these Championships. In fact, Harm Beyer, Secretary of LEN has put on record that these were one of the best Junior European Championships ever in terms of quality, organisation and efficiency.

Once again, Scottish Swimming and the City of Glasgow have demonstrated they have the relevant modern facilities and acumen to host international meets.

Finally, I wish to convey my personal thanks to all the Scottish Technical Officials, who gave of their own time to officiate at this high profile meet and, in so doing, contributed to its success.

ROBIN DALE
Technical Officials Co-ordinator

VIII FINA WORLD CHAMPIONSHIPS 1998 7 - 18 January in Perth, Australia.

Elizabeth Anne Baines (England) will be the ASFGB nominated swimming judge at the Championships.

There are 23 judges from outwith the host country which will provide 6 plus a referee and a starter.

FINA MASTERS OFFICIALS

The FINA Bureau has ruled that in line with their previous decision to limit the age of Technical Officials to 60 years this will also apply to FINA Masters events.

The FINA NEWS refers to this as being a FINA Rule but it cannot be found in the FINA Handbook.

They followed this decision with the appointment of Head Referees for the next World Masters in Casablanca in 1998 not all of whom meet the age restriction!

Technical Officials who wish to officiate at the World Masters should apply to the ASFGB via the STO Committee, nominations to be submitted to FINA before the 31st March, 1998. The ASFGB should have details regarding requirements and any costs involved.

FINA NEWS 25 July, 1997

SASA REGULATIONS SWIMMING

Now of particular importance, these Regulations will govern the conditions for the organisation and conduct of all SASA swimming events and championships.

The following extracts only, are reproduced for the information of SASA registered referees and technical officials. The full document has been distributed to all affiliated SASA clubs.

SW 3.0 Scottish Championships

SW 3.2 ELIGIBILITY TO COMPETE
SW 3.2.2 If an event has only one competitor (including only one relay team) that competitor or relay team will not be required to complete the event but will be recognised as the winner without the award of a medal.

SW 3.3 JURY OF APPEAL
SW 3.3.1 Swimming Committee shall appoint a jury of appeal for each Scottish Championship in accordance with Bye-Law BL 15.3
SW 13.0

LICENSING AND ACCREDITATION
SW 13.1.1 Licensing is to provide the Association with a means of control over the operation of swimming events in Scotland where two or

more affiliated clubs or teams participate.
SW 13.1.2 Accreditation is to provide a common criteria for the establishment and conduct of Licensed Swimming events which as a consequence provide swimmers with the opportunity to achieve qualifying standards for national and international swimming meets and teams.

SW 13.2 LICENSE CATEGORIES
SW 13.2.1 Event licenses will be categorised as follows:

- (a) Category LA1 - International meets between two or more nations and national meets.
- (b) Category LA2 - District organised events.
- (c) Category LA3 - Other accredited meets.
- (d) Category LA4 - Non accredited meets.

SW 13.11 MEET MANAGEMENT

SW 13.11.1 The Referee will be responsible, for the conduct of a meet as defined by its license, for all pondside and related activities and areas (eg. to include computer team, commentary team and competitors' seating).

SW 13.11.2 The Referee will assume control at the end of the warm up of each scheduled session until the final event in the session has been ratified.

SW 13.11.3 A Meet Director/Manager must be appointed for all meets by the Organising Body.

SW 13.12 MEET TECHNICAL OFFICIALS

SW 13.12.1 Category LA1, LA2 and LA3 meets must use officials registered with the SASA or have equivalent registration within GB, or be FINA listed or be appointed by LEN.

SW 13.12.2 Appointment of technical officials will be as follows:

- (a) Category LA1 Meets - The National STO Committee will make recommendations to the National Swimming Committee who will appoint ALL officials.
- (b) Category LA2 Meets - The organising body will appoint the Referee(s) and Starter(s) following consultation with the appropriate District STO Convener. The appropriate District Committee will appoint all other technical officials.
- (c) Category LA3 Meets - The organising body will appoint all technical officials following consultation with the appropriate District Convener

SW 13.12.3 The referee for category LA4 Meets appointed by the Organising Body following consultation with appropriate District Convener should be registered with the SASA. The supporting officials will normally also be registered with the SASA. However, in the interest of the Meet and the training of new officials, the organising body in consultation with the local STO Committee may appoint non-registered officials.

SW 13.12.4 A complete list of technical officials for each session must be signed by the session Referee and submitted to the

Meet Observer for inclusion in the Meet report.

SW 14.0 SASA RULES (SWIMMING)
SW 14.1 ORDER OF EVENTS

SW 14.1.1 No alteration shall be made to the order of the printed programme unless with the consent of the Referee and Gala Convener. The Referee shall inform the Starter, Recorder and Announcer of any alteration.

SW 14.2 RELAY EVENTS
SW 14.2.1 Competing clubs or teams must submit a list of names of team members, including reserves, to the Recorder for the information of the Referee before the commencement of the competition or session.

SW 14.2.2 All team members must be bona fide members of the club or team.

SW 14.2.3 The composition of a relay team may be changed between heats and finals provided it is made up provided it is made up from the list of swimmers submitted.

SW 14.2.4 A swimmer may be named as a member or reserve for only one team.

SW 14.3 START

SW 14.3.1 With the consent of the Referee a competitor may start other than with a dive. In such instance the Referee shall inform all other competitors.

SW 14.4 DISQUALIFICATION

SW 14.4.1 A swimmer shall be disqualified for failing at the end of a race to keep their place in the water. Disqualification shall not be enacted provided the swimmer returns to the water on the instruction of the Referee.

SW 14.5 FAILURE TO APPEAR

SW 14.5.1 Any person who undertakes to appear at a gala or competition and without adequate reason or explanation fails to appear may be reported by the organising body to the National/District Swimming Committee, as appropriate. This may result in the person receiving a suspension or fine.

SW 14.6 WITHDRAWALS

SW 14.6.1 Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part, except in the case of genuine illness or proven emergency, shall be suspended immediately from all further events at the competition.

SW 14.6.2 The reserve will normally occupy the lane vacated by the swimmer withdrawing.

SW 14.7 PERMANENTLY DISABLED SWIMMER

SW 14.7.1 A permanently disabled swimmer shall not be disqualified in a competition in a case where their disability prevents them from complying with the rules of a particular stroke, provided that the disability has been notified to the Referee by the swimmer or their representative before the race takes place. Notification must be by a Certificate issued by the SASA Medical Advisory Committee.

STO COMMITTEE SECRETARY

Mr Bob Conroy, has reluctantly vacated his position as STO Secretary with immediate effect.

The STO Committee would take this opportunity to thank Bob for his contribution during his period in office.

STO National Convener, ED Adam will be pleased to hear from anyone wishing to be considered for this position.

SASA SWIMMING TECHNICAL OFFICIALS COMMITTEE:

NATIONAL CONVENER:

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

SECRETARY:
Vacant

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

STO News continued..

CONGRATULATIONS

Congratulations are extended to the following technical officials who received their Certificates of Competence during July to September 1997.

RECORDERS:

Margaret Somerville East

JUDGES:

Christine Rees East

TIMEKEEPERS:

Elizabeth Smyth North
Morag Kennedy Midland
Rhona Rutherford Midland
Karen-Anne Wilson North
Margaret Johnson North

STO 1997 Registration

National Convener Ed Adam, has reported a further increase in the number of technical officials re-registered for 1997:

West	115	(112)	previous figure	
Midland	94	(92)	"	"
East	147	(141)	"	"
North	193	(175)	"	"
	549	(520)		

STO EXAMINATIONS

Written examination for timekeeper, judge, recorder, starter and referee will be held throughout Scotland on Monday 3 November, 1997.

Application forms are available from your District Secretary.

Closing date for applications is 1 October, 1997.

Details of training workshops is available from your District STO Committee representative.

SYNCHRO COURSES

JUDGES/EXAMINERS

There will be courses held at the Scottish Police College, Tulliallan Castle on Saturday and Sunday 4th and 5th October, 1997.

Details from National Convener:

Mrs Elizabeth Bowman, 40 Maple Drive, Clydebank. G81 3SD.
Tel: 01389 878145 (H)
0141 950 1335 (W)

POINTS OF VIEW COMMENT OR ARTICLES

Points of view, comments or items and articles for inclusion in STO News are welcome. These should be sent in the first instance to: Peter Syer at 185 Park Road West, Rosyth, KY11 2SZ. Tel: 01383 415426.

CARNEGIE OPEN 13/14 September 1997

The annual Carnegie Open swim meet which was part of the Sport for all Week and sponsored by Fife Council and Canada Life was a huge success, with the highest number of entries since its inception and also the largest number of clubs competing, the standard was extremely high.

25 Meet records were broken along with a number of East and West District records.

The Top Club trophy was won by Carnegie with Cumbernauld in second place with 214 points to Carnegie's 326 points a very decisive win indeed.

British Youth internationalist 16 year old Lynn McLaren despite only just back in the water broke two meet records, with golds in the 50m Freestyle 27.33 and 50m Butterfly 30.62. Also collecting golds in the 100m Freestyle 1:00.53, 50m Breaststroke 35.66 and the 200m Individual Medley 2:29.45.

Lynn's clubmate British Youth internationalist Bryan Morgan won gold in the 50m Freestyle in 24.45 with Euan Stevens winning gold in the 50m Breaststroke in 31.51.

Scottish Youth internationalist Kirsten Sinclair won two golds, 100m Freestyle 1:01.91 and 200m Individual Medley 2:29.96 with fellow Scottish internationalist Lynda Kinnell winning gold in the 200m Breaststroke in 2:50.34.

Team mate Linda Devlin won gold in the 100m Breaststroke in a very respectable time of 1:17.54 with 16 year old Michael Kane winning gold in the 100m Backstroke in 1:05.15.

The 12/13 year old girls' age group saw Emily Byars have an outstanding weekend with golds in the 100m Breaststroke 1:17.55 and 200m Individual Medley 2:35.65 whilst 12 year old Kelly Hamill won gold in the 100m Butterfly 1:13.22.

The younger age group 11 and under saw two young stalwarts battle it out in the boys events Lee Aitken winning two golds and setting one Meet record in the 100m Freestyle 1:08.21 and gold in the 50m Butterfly with team mate Steven Stewart, who travels all the way from Armadale to train at Carnegie, winning gold in the 50m Freestyle in 31.03

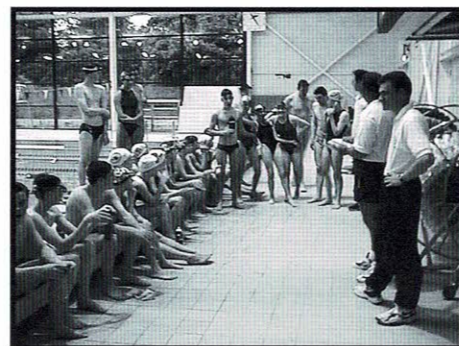
Altogether, 18 golds, 14 silver, 17 bronze and 3 Meet records, with a massive

87 finalists so early in the swimming calendar bodes a good year ahead for the Dunfermline club.

Garrie Roberts, Head Coach
Carnegie Swimming Club.



West District Squad



This year's National West District Squad met for the first time at the National Swimming Centre in the middle of September. As a result of the success of last year's programme the squad was increased this year and now numbers 45.

Chief coach Alan Lynn will be concentrating on the older group and assistant coach Neil Murdoch will look after the younger members.

The first session involved everyone getting to know each other and an outline of this year's programme.

The next thing on the agenda for the squad in a trip to Millfield school near Glastonbury for the Best of the West meet, which has now been changed to long course.

As innovative feature of the first session was parents' meeting which was well attended and allowed a number of issues such as doping control to be discussed.

Bob Dyett
West District Squad Manager

SCOTTISH AMATEUR SWIMMING ASSOCIATION

SUPPORTED BY GLASGOW CITY COUNCIL

SCOTTISH OPEN NATIONAL WINTER CHAMPIONSHIPS

AND

SCOTTISH YOUTH WINTER SWIMMING CHAMPIONSHIPS

18 - 21 DECEMBER 1997

SESSION TIMES

10.30 AM HEATS

5.00 PM FINALS



TO BE STAGED AT THE WORLD CLASS VENUE
NATIONAL SWIMMING CENTRE
TOLLCROSS PARK, GLASGOW

UNDER SASA AND FINA RULES

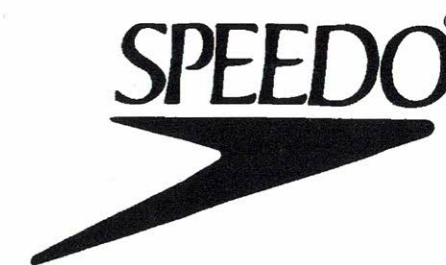
FULL OLYMPIC LONG COURSE PROGRAMME

FULL DETAILS AVAILABLE FROM:

Scottish Amateur Swimming Association
Holmhill Farm
Greenlees Road
Cambuslang
Glasgow
G72 8DT
Tel: 0141 641 8818
Fax: 0141 641 4443



CLOSING DATE FOR ENTRIES:
Monday 17 November 1997



10

HIGH-CLASS

Artificial Teeth

with all the most modern and scientific improvements, combined
with the best materials and finest workmanship supplied at the

Lowest Possible Cost.

HOW strange that Ladies, who would never dream of going out of doors with a button off their coat or a torn glove, should appear in public WITHOUT TEETH, or present to view blackened or decayed stumps.

Many ladies let their mouths go by until their good looks vanish and their health fails. Their cheeks and lips sink in, because THEY NEGLECT THEIR TEETH.

J. HIGH.

**19 Bain Square, Wellgate,
DUNDEE.**

Hours—9 a.m. till 8 p.m. Telephone 1287.

GALA PROGRAMME 1904

ASA Past President Alex Spence inherited a number of memorabilia from Mr George Prescott who was the Association's oldest Past President until his death last year.

One of the items was a programme from the Whitehall Amateurs Swimming Club annual gala of 4th May, 1904, called the Grand Aquatic Gala.

The events are varied and include many non-aquatic happenings! The evening commenced with "Orchestral Selections" a string band playing "A Life on the Ocean Wave".

Event 3 shows that swimmers appear to be graded into 1st, 2nd and 3rd class groups. It is interesting to note prizes are detailed - Alex reckons that if you already had an inkstand you would swim more slowly to get the pocket knife!

Event 4 was a "Display of Ornamental Swimming" not by the ladies, but by a Mr David Sellars. The first part of his performance was called "The Six Stages of a Swimmer" and the second part "Trick Swimming".

The STO Committee should investigate the position of "Steward" which is attached to each event, it is not clear what the function of the steward was as there was a different one for each competitive event in addition to the Referee, Judges and Timekeeper. Maybe he was the equivalent of the "Bouncer" in present day entertainments?

The main event was undoubtedly the first of two Water Polo matches. The teams

were Warrender Baths Club, Scottish Champions in 1903 - 1904 versus the host club Whitehall Amateurs, Scottish Finalists 1903 - 1904 we will have to wonder about the result because the programme has not been completed.

Page 10 is illustrated above showing an advertisement for artificial teeth - there is no soft sell in this advert!

The orchestral and solo musical performances intersperse the competitions and displays.

The boys and girls from The Royal Orphan Institution gave a display of Indian Club swinging, Barbell Drill and Dumbbell Drill.

The Diving Display has some unusual items e.g. how is the "Salmon Leap" done? Perhaps it was from the water to the diving board? The other puzzle is the "Ping Pong" dive!

The world one mile and quarter mile swimming record holder of the day, David Billington recommends in another advert that "OXO" gives energy without waiting.

Horniman's tea "secured in Packets" - prices from 1/6 per lb (about 7 pence).

All in all a programme full of variety and something for everyone - a copy will be available for the new National Events Co-ordinator when that post is filled !!

Advertise your meet or staff vacancies in our classifieds for just £15!



T. SELLARS, Hon. Secretary, D. & B.L.C.

S. Cornet Solo by Mr W. WALLACE.
9. Final Two Lengths Handicap (Confined).

10. Displays
By Boys and Girls from ROYAL ORPHAN INSTITUTION, Forty Road,
(Stewart—Mr J. B. Mackay.)

Display of Indian Club Swinging by Two Boys.
Display of Barbell Drill by Two Girls.
Display of Dumbbell Drill by Two Boys.

11. Four Lengths Race. (Handicap).
(Competed in 1st Class Swimsuits). (Stewart—Mr T. C. Simpson.)
1st Prizes—Victor and John.
1st Prizes—Victor and John.
J. Edwards, 8 seconds. D. Kennedy, 8 seconds.
J. G. Johnston, 8 seconds. A. Torrie, 9 seconds.
E. Kenton, 11 seconds.

Commonwealth Games Preparation Well Under Way

July and August this year saw the start of a detailed programme to prepare Scotland's swimmers for the Commonwealth Games in Kuala Lumpur in 1998.

National squad coach Jim Park said; "Our preparation this summer involved bringing the squad together for altitude training at Sierra Nevada in Spain, followed by competition, for some at the World Student Games and for others at the Malaysian nationals in Ipoh. "The objectives of the altitude training camp were to provide a positive controlled training environment during July, to create an opportunity to build relationships between staff and swimmers, and to emulate a programme and conditions similar to what could exist in 1998."

Sierra Nevada

The facilities at Sierra Nevada were ideal and the Scottish team were joined by groups from other European national squads.

Danny McGowan, national aquatics team manager takes up the story; "The only negative aspect of the Sierra Nevada camp was the lack of physiological testing available to the Scottish squad. "All other national groups at Sierra Nevada were lactate testing on a daily basis - including several swimmers who went on to win medals in Seville."

Several variations were noted in the preparation of each of the squad members. The input from the various individual swimmer's coaches ranged from a complete programme to nothing. The input from coaches prior to the competition ranged from a complete programme to nothing. There were also substantial variations in the arrangements for swimmers training between the altitude camp and the competitions.

Malaysia

The visit to the Malaysian national championships was primarily to gain experience of the climatic conditions for next year's games. Danny McGowan continued "This trip provided us with invaluable experience of the heat, humidity and the culture we will find in Kuala Lumpur next year". During the visit Danny recorded the heat and humidity at two hourly interval every day to collect data for the Scottish institute of sports science for the general use of the Commonwealth Games team.

...continued on page 17



City of Glasgow assistant coach Graeme Wardell gets the message across.

COACH 97 POINTS THE WAY IN DEVELOPING THE NEXT GENERATION

To be the best we have to learn from the best' was the driving force behind the highly successful coaching conference organised recently by the Scottish Sports Council and Glasgow City Council.

Coach 97: Into the new millennium, which took place in Glasgow on September 13/14, was the UK's first major coaching conference to bring a group of the world's top coaches to Britain to pass on their expertise. The event attracted a who's who of world coaching to address over 350 UK-based coaches from a range of sports through a series of seminars and practical workshops.

Speakers included Bert van Lingen, youth coach to the highly successful Dutch Football Association, Roland Hansson, top Swedish tennis coach, Jim Telfer, Director of Rugby at the Scottish Rugby Union and Frank Dick, President of the European Athletic Coaches Association. During the two days the conference covered issues ranging from skill development in young athletes up to preparing an Olympic team.

The Scottish Sports Council and Glasgow City Council, hoped the event would help share expertise and highlight the vitally important part played by coaches in developing and encouraging young athletes in particular.

Says Graeme Simmers, Chairman of the Scottish Sports Council: "When Sally Gunnell spoke about her retirement from competitive sport, she paid tribute to her

coach, Bruce Longden. He has been with her since she was 14 years old and the important thing is that he aimed long term. He didn't go for immediate gains, a gold medal at 18, he looked at the long term picture."

Dr Sue Campbell, Chief Executive of the Youth Sport Trust, who delivered a keynote address at the conference, stresses that the role of a coach is far more than simply helping a young athlete to win. In fact the coach has a responsibility not to push the young athlete into too much competition.

"Talented youngsters may be in demand to compete for schools, and at district and regional level, often in more than one sport. Many young people who 'burn out' are not over-training, they are over-competing. The coach needs to help them be selective about the competitions they take part in, rather than feel they must make every team."

Coaches must also help youngsters balance their sport with the rest of their life, so that they don't sacrifice their education or miss out on important socialising with their peers. In many other countries, specialist sporting schools cater for the requirements of talented young sports people, whereas in this country, training and competitions must be fitted around lessons and homework.

"We have to address the problem of youngsters training for several hours each day in the swimming pool, the gym or the games field on top of a normal school day," says Dr Campbell. "We've all seen the pale faced swimmers at 6am in the local pool...We have to consider ways of releasing more time for our youngsters to train."

Frank Dick, who spoke on 'Strength Development in Young Athletes', believes the key to future success is to catch talented youngsters early.

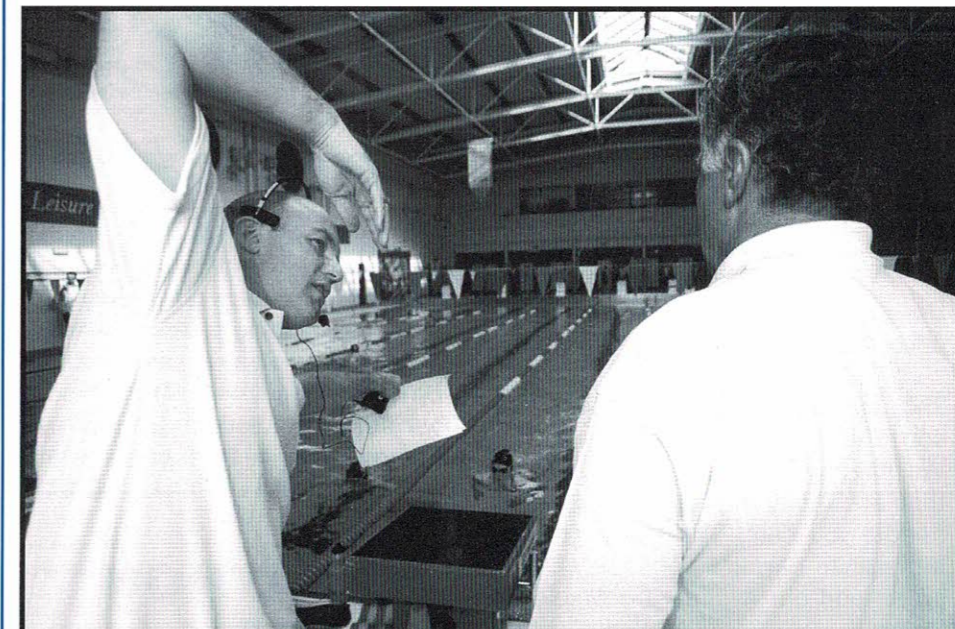
"If you are expecting top class performances from people in their 20s, you need to select them for the preparation programme while they are in their teens. And how do you select them? You can only select on the basis of ability and talent and how can you do that unless they are involved in those particular sports in the first place?"

And for these youngsters to succeed, good coaching is essential. "We need more specialists who can look after the physical development of youngsters in British schools," he says. "We need quality specialist expertise to look after youngsters in the 10 to 13 year old age group. If you don't deal with it at this stage, then you miss the boat."

But most importantly, we need to make sure that these youngsters also develop in other areas. Tom Fawcett, senior lecturer in sports psychology at the University of Northumbria, Newcastle, stresses that youngsters not only need training in their sporting skills but in 'broader lifeskills' and this is where the role of the sports psychologist comes in.

"Sports psychology accepts that sporting performance is very important to any aspiring young athlete, but there are other important areas that need to be developed just as effectively. Youngsters need to be able to enjoy their lives and develop relationships, they need to work well at school and be helpful at home."

Graeme Simmers summarises: "There is no doubt that coaching is a key factor in nurturing young talent. If UK sport is to progress we have to set our standards at the highest level and develop the expertise and approaches that will enable the coach and the youngsters to get the maximum from each other."



Paul Remmonds City of Glasgow chief coach leading the swimming practical session with assistant coach Bill Penny looking on.

SWIMMING COACHING DEVELOPMENT OFFICER

(Three Year Fixed Term Contract)
£15,000 - £20,000

This exciting and challenging full time coaching post offers the opportunity to coach and direct the coaching of all swimmers in the Highland Council area. The post holder will be given support from the District Council, Scottish Sports Council and the Scottish Amateur Swimming Association. The post holder will have the support of the Highland Swimming Clubs and will be required to coach the Highland Swim Team and assist in the development of swimming at the grass roots level. The successful candidate will be responsible for organising a coach education programme and advising clubs on competition and training methods. Applicants should be ASA Coach qualified or show equivalent qualification or experience and have a proven record of coaching and/or competing

Application forms, job description and information packs are available from:

Martyn J. Woodroffe, Director of Swimming
Scottish Amateur Swimming Association
Holmhill Farm
Greenlees Road
Cambuslang
Glasgow
G72 8DT
Tel: 014-641 8818

Closing date for applications 9 October, 1997
Interviews will be held 27 - 31 October, 1997

Fax: 0141-641 4443



HIGHLANDS GO FOR SWIMMING DEVELOPMENT OFFICER

Nine swimming clubs in and around Inverness have entered into a partnership with Highland Council. The clubs will have a financial stake in the new post.

The new SDO will be based at the £10 million Inverness Aquadrome.

Cultural and Leisure Services Director Alan Jones had recommended approval of the post and Councillors agreed - despite grumbles from outwith Inverness the Highland Capital.

The region already has dedicated football, shinty, rugby and tennis officers and backers hope the new scheme will boost the North's chances in swimming competitions and spark new schools initiatives.

The new post, attracting a salary between £15,000 and £20,000, will be funded initially for three years. The officer will be employed by the Scottish Amateur Swimming Association under the supervision of Highland Council.

The Council are also going to hold a meeting in Skye to address complaints that swimming facilities there are being neglected.

An Update from the "Big Brown Envelope"

It was business as usual through the summer and here are reflections on past business and thoughts for the future.

CLOSET CRITICS

The youth squad de-brief in May was excellent. Approx. 40 members of the swimming community were invited and about 8 turned up to hear a very interesting and professional presentation on the 96/97 activities and achievements. It is interesting that the closet critics did not take this opportunity for open discussion and debate of their concerns.

Youth squad business continued later in the summer with the selection meeting for 97/98 and future improvements to the selection process were briefly discussed.

ELITE SQUAD DEBRIEF

The elite squad de-brief in September was marginally better attended, it coincided with the national planning seminar !!, but why such apathy to these events. The focus for senior swimmers must be the Commonwealth Games '98 in Malaysia and after hearing about recent experiences in Malaysia, with Scottish swimmers, I think achieving the qualification criteria will be the easy part. Latest addition to the squad kit is a monsoon poncho.

The presentation by the squad management was again a credit to the time and efforts put in by the participants.

DIVERSE VIEWS

The diverse views of the coaching fraternity, present at the meeting, was enlightening and would suggest that there is a significant difference in the philosophy for preparation programmes for senior / international events.

There are also diverse views on the types of problems that should be expected when training and competing in unfamiliar foreign environments.

It presents a major challenge to the "administrators" to support and facilitate performance programmes when the experts have diverse views on what these activities should be !!

LICENSING & ACCREDITATION

The Licensing and Accreditation Regulations have been the subject of heated debate over recent months and have now been approved, by Council, with some minor modifications.

A sincere hope of the Committee is that the process will be supported in a positive manner and problems referred back

immediately for consideration and appropriate action. It is considered a process which will improve by use rather than ongoing debate.

RANKING LISTS

An effective method to produce a Scottish ranking list, compatible with the Great Britain list, has been under review for some time and we are now committed to using an upgraded version of the "SportSystem" software.

A challenge, from this decision to support and develop the use of "SportSystem" is for the districts to train and support an adequate number of proficient operators.

NATIONAL EVENTS CO-ORDINATOR

Everyone, but everyone, has passed positive comment on the successful organisation of the European Junior Championships, but to sustain that level of success the committee has recommended the appointment of a national events coordinator (official title pending and you will recognise the face).

Districts will retain full responsibility for the organisation of "national" type events and NEC will coordinate with the district organising committees to ensure consistent quality standards are achieved.

LOTTERY FUNDING

Lottery revenue funding is now available to swimmers at a senior level, but there have been concerns at anomalies which were evident after the first release of funds. Efforts are being made to understand problems and lobby for improvements.

TIME LAG

Due to the inherent delay between the writing and publishing of my "little piece" I have not included any "stop press" or "hot gossip" in this issue, it could be history by the time you read it!

STRESS

Ahh!! another of those infamous brown envelopes from my convenor has just been delivered by my long suffering postman, bouncing on my newly reinforced floor. More news from that in the next issue.

John Deans
Scottish Swimming Committee

Commonwealth Preparation

...continued from page 14

Although the visit was a resounding success in terms of the experience gained for next year's games the actual championships were less than adequate. The training environment was poor, there was a lack of quality opposition in most events, the meet administration and organisation was very poor and the local food and standards of hygiene, outwith the base hotel, were very low.

Our swimmers put in some good performances winning every event except one!

At the elite squad debrief during the national planning seminar at Perth earlier this month Jim Park and Danny McGowan presented a set of recommendation to ensure that the Scottish squad arrives at Kuala Lumpur in 1998 in the best possible form.

- Widen target group of swimmers following winter championships
- Restart physiological testing on a regular basis for 1998
- The financial emphasis in 1998 should be directed towards the Commonwealth Games participation
- Organise a review of the nutritional arrangements in Kuala Lumpur
- Consideration to be given to 'racing opportunities' after selection of team
- Improve quality of work in 'gap period'
- SASA to provide financial structure to cover cost of coaches' absence
- SASA to provide hire cost or purchase necessary technical equipment for camps

SASA eMail Addresses

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Scotswim@aol.com
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Elaine McKenzie:
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Ann Lafferty:
Sasaann@aol.com
Gillian Ross
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Melanie Findlay
Scotswim@aol.com
Ian Mason:
Sasaian@aol.com
Bob Dyett
Sasabob@aol.com
Stuart Martin
Sasastuart@aol.com
Briony Shimmons
Swimdev@aol.com



SCOTTISH SWIMMING AWARDS NOW IS THE TIME TO START!

Take Advantage of our Special Offers

Now is the ideal time to start using the Scottish Swimming Awards because until the end of December you will receive **50% OFF** the price of all Competition Start Awards.

This special offer is just one more reason to start using *your* Awards scheme. We now have new, faster Speed Awards that are more appropriate to clubs' needs; you can receive an invoice rather than paying by cheque with the order; and our Awards are simpler to issue.

DISTANCE AWARDS

You may not have introduced **Distance Awards** or **Marathon cards** to your club yet but now nothing could be easier. Order in a stock - we have sale or return so don't worry about being left with some. Then set aside a Badge night once every few months or give them a Speed Award when they achieve a Personal Best.

MARATHON CARDS

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Memories of Lisbon Ross Martin

I cannot describe how I felt when I found out that I had been selected for the Great Britain Team to compete in the 200 metre breaststroke in the European Youth Olympic days. I knew that it would mean hard training for the next six weeks and discussed my training with my coach, Andy Figgins, who had also been selected to go to Lisbon as team coach.

I travelled to London with Andy and Fraser Bisley who had also been selected, to meet up with the rest of the GB team. It was the first time that I had met some of the other swimmers, but we all got on really well.

We arrived in Lisbon late afternoon on the Friday and went straight to our hotel which we were sharing with teams from several different countries. The evening was spent settling in and having a team meeting.

Our hotel was only five minutes walk from the pool and stadium and a training session had been arranged for the Saturday morning. The opening ceremony was on Saturday evening and it was a very proud moment when it was the turn of Great Britain to march into the stadium.

All events started on Sunday and although I was not competing until Monday I used the warm-ups as training sessions.

I was ranked number 10 but my main aim was to set a new Scottish junior record. I discussed my race plan with Andy just before my heat. I felt good throughout my race and was delighted with my time of 2:25.88, a new Scottish junior record.

I was lying third going into the final but knew that it would be a very tough race as some of the boys, including the Irish and the Germans, had previously recorded times faster than they had done in the heats.

My aim was to go as high up the rankings as possible hopefully with another new record.

Again I felt good during my race and finished 5th with a new Scottish junior record of 2:25.78

I was now able to relax and enjoy the remainder of the events and support the rest of the team. I made quite a few friends from other countries and I look forward to hopefully meeting them again at another international meet.

The closing ceremony was less formal than the opening. A.B.B.Q. and pop concert had been organised for the competitors and we were allowed a "late pass".

The whole event was an experience I will never forget.

I feel very proud to have been selected, but hope that with a lot of hard work and commitment, it is only the start of my international career.



Ross Martin

European Youth Olympic Days

Andy Figgins

It was a totally unexpected surprise to be selected as a coach to the Great Britain swim team for the European Youth Olympic Days in Lisbon during the Summer. It had been a target form myself and Ross to place him on the team and it was something that gave us a great deal of satisfaction and pride when it was achieved.

Frances Smith had already been selected as team manager for the event and Ian Greyson was the chief coach.

The European Youth Olympic Days is a multi-sport event covering athletics, cycling, gymnastics, judo, swimming, yachting, football, basketball, volleyball and handball. although Great Britain only took part in the six individual sports. The Great Britain team included 54 athletes and 21 officials.

There were three Scottish swimmers in the team, Kirsty Orr, Fraser Bisley and Ross Martin and I had the privilege of working with them and five others. The members of the squad acquitted themselves very well with most swimmers recording best times and qualifying for finals against some very talented competition from around 40 countries.

Several of the swimmers who took part in the event went on to win titles at the European junior championships in Glasgow and some went on to win medals and qualify for finals in the European championships in Seville.

The European Youth Olympic Days is a fabulous opportunity for young swimmers to experience a multi-sport event and mix with competitors from other sports and countries. As a coach I learned much, not only from Ian Greyson but from coaches and performance directors with other sports and teams.

We were also very pleased to have Mike Peyrebrune, ASA director of swimming join the team for the duration of the events as an observer.

Events such as this prove that Scotland can not only have good representation at GB level but that Scottish swimmers can produce quality performances against very tough opposition at age group level in Europe.

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Alan Lynn

Backstroke start



Great Britain Girls also in the medals



Great Britain Boys on the podium

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Photos by Bob Dyett

SYNCHRONIZED SWIMMING COMMITTEE

CONSIDERATION SCORES FOR THE 1998 COMMONWEALTH GAMES IN KUALA LUMPUR, MALAYSIA

On the receipt of a copy letter from the organising committee of the 1998 Games the Synchronized Swimming Committee has had to reconsider the preparation of the Elite Squad.

In previous Games the competitions had two parts 'Figures' and 'Free Routines', for Kuala Lumpur the 'Figures' have been replaced with a 'Technical Routine'. Currently there are no major events in Britain and few in Europe which include this event in their programmes, therefore initially the priority will be to base selection criteria on the 'Free Routine'. However, the Squad members are now working on the 'Technical Routine' aspect and the consideration scores will be related to those calculated for 'Figures'.

The scoring system is weighted - 65% to the Free Routine and 35% to the Technical Routine, another reason for giving priority to the Free Routine for selection purposes.

PROPOSED LEVELS

(based on 1994 Commonwealth Games bronze medal score)

TECHNICAL ROUTINES (SOLO)

- Level 1 87.940
- Level 2 81.937
- Level 3 78.000
- Level 4 73.707

FREE ROUTINES (SOLO)

- Level 1 88.467
- Level 2 84.000
- Level 3 78.000
- Level 4 74.000

TECHNICAL ROUTINES (DUET)

- Level 1 79.164
- Level 2 74.141
- Level 3 71.052
- Level 4 70.313

FREE ROUTINES (DUET)

- Level 1 86.467
- Level 2 80.267
- Level 3 78.000
- Level 4 74.000

SCOTTISH AMATEUR SWIMMING ASSOCIATION SYNCHRONIZED SWIMMING COMMITTEE

Commonwealth Games, Kuala Lumpur, Malaysia, 1998

Selection Criteria

1. Consideration Scores

The four levels of consideration scores which will be used for selection purposes are listed in the previous column.

2. Primary Selection Procedure - Individuals

- 2.1 Selection of swimmers achieving scores for Level 1.
- 2.2 Selection of swimmers achieving scores for Level 2.
- 2.3 Selection of swimmers achieving scores for Level 3.
- 2.4 Selection of swimmers achieving scores for Level 4
- 2.5 If the final number of places allocated for "Swimming" by the Commonwealth Games Council for Scotland is exceeded by the number of qualifiers in a particular level, using the above procedure, the order of selection will be determined by calculating the percentage proximity to the score in the immediate higher level.

3. Secondary Selection Procedure - Duet

- 3.1 Consideration will be given to the Duet selection after the Solo selection.
- 3.2 From the top Solos the best combination - scores and compatibility - will be considered for selection.

4. Pre-selection Considerations

Any swimmer who achieves a score in Level 1 from the 1st January 1998, in specified competitions, will be pre-selected. The events will be specified in October 1997.

5. Special Note

Swimmers who achieve scores lower than Level 4 will not be considered for selection.

Elizabeth Bowman National Convener
Scottish Synchronized Swimming Committee

CONSTRAINTS FACING SYNCHRONIZED SWIMMING

FUNDING

The preparation of synchronized swimmers for the Commonwealth Games has been handicapped by a lack of financial incentives and support. This has resulted in some elite swimmers withdrawing from the national programme and placing a heavy financial burden on those who have committed themselves to the programme.

1. Elite Swimmer Support.

Funding has been available as an additional incentive to speed swimmers who were selected for the Great Britain Team for the 1996 Olympic Games or who achieved a Level 3 time of the 1998 Commonwealth Games consideration times. Also during 1996 Performance Related Funding was offered to encourage Scottish speed swimmers to break Scottish and British Long Course records at designated meets. A British record was worth £400 and a Scottish record £300.

2. Scottish Sports Aid Foundation Grant Aid Awards

Since June 1995 grants have been available to speed swimmers who achieved the 1998 Commonwealth Games consideration times. These payments ranged from £25 per month for Level 4 to £125 per month for Level 1.

3. Professional Staff

The Association's professional staff are primarily involved in supporting the speed swimming programme.

4. Elite Funding

Leading up to the 1994 Commonwealth Games, Elite Funding was provided for the Synchronized Swimming preparation. This provided extra technical support from Scottish Ballet and Scottish Gymnastics with choreography and landconditioning.

The above resources have not been available to Synchronized Swimming.

Elizabeth Bowman National Convener
Scottish Synchronized Swimming Committee

SCOTTISH SYNCHRONIZED SWIMMERS RANKING LIST RELATING TO KUALA LUMPUR CONSIDERATION SCORES						
LIST CONSTRUCTED FROM COMPETITIONS SINCE JANUARY 1997						
SOLO						
Rank	Name	Level	Event	Score	% to next level	Date achieved
1	Pauline McFadyen	3	Free Rout.	78.2	4.14	21/6/97
2	Isla Dunbar	4	Free Rout.	77.733	1.4	21/6/97
3	Morag Shaw	4	Free Rout.	77.466	1.64	21/6/97
4	Susan Bowman		Free Rout.	69.796	3.7	21/6/97
5	Katie McPherson		Free Rout.	66.056	7.02	21/6/97
6	Linda Kane		Free Rout.	66.053	7.03	14/06/97
7	Fiona Whitehead		Free Rout.	63.881	8.95	21/6/97
8						
9						
10						

SCOTTISH SYNCHRONIZED SWIMMERS RANKING LIST RELATING TO KUALA LUMPUR CONSIDERATION SCORES						
LIST CONSTRUCTED FROM COMPETITIONS SINCE JANUARY 1997						
DUET						
Rank	Name	Level	Event	Score	% to next level	Date achieved
1	Pauline McFadyen/Isla Dunbar	4	Free Rout.	75.532	1.42	14/06/97
2	Morag Shaw/ Susan Bowman		Free Rout.	72.9	0.95	21/06/97
3						
4						
5						
6						
7						
8						
9						
10						

Elizabeth Bowman,

SCOTTISH SWIMMERS RANKING LIST RELATING TO KUALA LUMPUR CONSIDERATION TIMES

Constructed from Long Course Times done from January 1997

NAME	LEVEL	EVENT	TIME	% TO NEXT LEVEL	DATE DONE
Alison Sheppard	2	50 Free	26.26	0.08	14 June.97
Graeme Smith	2	400 Free	3:51.54	0.44	12 April, 97
Michael Cole	4	200 I/M	2:07.08	2.25	18 July, 97
Beverley Robertson		100 Breast	1:12.81	0.03	14 June, 97
Paul Latimer		200 I/M	2:07.47	0.3	11 April, 97
Teresa Davies		200 Fly	2:19.08	0.42	11 April, 97
Alisdair Pullan		50 Free	24.01	0.5	14 June, 97
Lynn McLaren		50 Free	26.82	0.52	14 June, 97
Karen McCrone		100 Fly	1:04.57	0.72	12 June, 97
Bryan Morgan		100 Back	58.74	1.15	2 August, 97
Forbes Dunlop		50 Free	24.18	1.21	14 June, 97
Kerry Martin		100 Fly	1:04.95	1.31	12 June, 97
Ian Edmond		200 Breast	2:22.16	1.76	20 July, 97
Myles Macintosh		50 Free	24.31	1.76	14 June, 97
Tom Griffith		50 Free	24.34	1.88	14 June, 97
Ben Harkin		200 I/M	2:09.86	2.18	18 July, 97
Steven Young		50 Free	24.44	2.3	12 April, 97
Diana Borland		100 Free	59.12	2.3	18 July, 97
David Leith		100 Free	53.11	2.47	11 April, 97
Gregor Tait		100 Back	59.52	2.5	13 June, 97
Pauline McLean		100 Free	59.27	2.56	11 June, 97
Claire Bruce		100 Breast	1:14.66	2.57	14 June, 97
Richard Hope		200 Back	2:07.75	2.76	13 April, 97
Juliette Botterill		100 Fly	1:05.72	2.82	26 June, 97
Louise Coull		200 Back	2:23.77	2.83	8 August, 97
David Cox		200 Fly	2:07.22	3.01	19 July, 97
Kirsty Orr		400 I/M	5:05.96	3.01	12 June, 97
Emma Maule		200 Back	2:24.03	3.02	14 June, 97
Neil Sloan		400 Free	4:07.20	3.09	1 June, 97
Gillian Anderson		200 Back	2:24.74	3.53	14 June, 97
Michelle Livingstone		800 Free	9:14.83	3.54	14 June, 97
Ruth Leaver		100 Breast	1:15.4	3.58	29 July, 97

If any coach or swimmer is aware of any additions or corrections to the above list, please contact me as soon as possible.
Jim Park, National Coach (10 September 1997)

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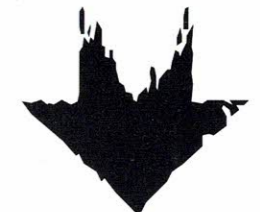
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