



SPEEDO  **Born in the water**

JULY 1998

SCOTTISH SWIMMING

2000

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COMMONWEALTH GAMES NOMINATIONS

Following the Scottish national open swimming championships 11 - 14 June the list of Commonwealth Games nominations was released. The nine swimmers who achieved better than the qualifying times were being nominated for individual swims viz:- Alison Sheppard (Milngavie & Bearsden), Bryan Morgan (Carnegie) Graeme Smith (Stockport Metro), Kirsty Thomson (Leeds), Tom Griffith (Milngavie & Bearsden), Lynn McLaren (Carnegie), David Leith (City of Edinburgh), Beverly Robertson (City of Aberdeen), Michael Cole (York City). An additional eight swimmers are being nominated for relay swims and they are: Diana Borland (REN 96), Pauline McLean (Stirling Students), Gregor Tait (Stirling), Ian Edmond (City of Edinburgh), Paul Latimer (Warrender), Myles McIntosh (Stirling Students), Alasdair Pullan (Leatherhead), Kerry Martin (Stirling Students) Director of swimming, Martyn Woodroffe commented; "This is the strongest Commonwealth Games team Scotland has had for a while. It should give us strong finalists and includes a blend of youth and experience which will also set us up for the next games in Manchester in 2002."

Three synchronised swimmers who achieved the qualifying scores were also nominated for selection for the games. The three are:- Morag Shaw (Clydebank), Isla Dunbar (Elgin) and Pauline McFadyen (Nairn). All of these swimmers must now wait until the first week in July for confirmation of their places on the plane to Kuala Lumpur when the Commonwealth Games Council makes the final team selections known.



DIRECTOR OF SWIMMING SIGNS UP FOR ANOTHER FOUR YEARS

The Board of Management is pleased to announce that Martyn Woodroffe has agreed to renew his contract and stay in post as Director of Swimming for a further four years. The post had been advertised and the Board were disappointed only to have received five applications. Two candidates were interviewed and neither came up to the required standard. Director of Public Relations, Bob Dyett said: "Things have moved on significantly in the Association since Martyn's original decision not to stay, with the appointment of a professional Chief Executive and the inclusion of Swimming within the Scottish Institute of Sport resulting in the appointment of a full-time national coach. "These changes mean that the role of the Director of Swimming in the next four years will be fundamentally different and we are delighted that Martyn has accepted the challenge of leading the technical development of the Association into the next millennium." This will ensure continuity into the next Commonwealth Games cycle and will allow Martyn to see through to fruition the ambitious plans for the development of all of our national squads.

SCOTTISH SWIMMING SUCCESSFUL IN LOTTERY BID

The Association is delighted to announce that it has recently been awarded £50,000 from the National Sports Lottery Fund which will enable Scottish Swimming to introduce a new Junior Elite Squad to its National Squad Programme.

The Association submitted a lottery bid under the heading "Developing Our Future International Swimmers" which outlined our existing National Squad Structure from Pathways to Performance through to the Senior Elite Squad. The comprehensive submission pointed out that whilst we have an excellent structure which includes the National District Squads and the Scottish Youth Squad we have in the past been unable to provide for our National Junior Elite Swimmers. The award will allow us to provide international competition and training camp opportunities for the Elite Juniors (Boys 18 - 20 years and Girls 17 - 19 years). It will also enable us to provide some financial assistance to develop the National Pathways to Performance Programme and also assist in developing some aspects of the National District Squad Programme.

In this edition of Swimming 2000 you will see the Selection Criteria and Policies for the Senior and Junior Elite Squad and also the Scottish Youth Squad. If you look collectively at the three policies you will notice the age bands and selection standards link together as follows. (Selection times are based on 1997 Long Course FINA Points.)

Squad	Age Range	FINA points
Senior Elite Squad	Open Age	860
Junior Elite Squad	Boys 20/ Girls 19	840
	Boys 19/ Girls 18	820
	Boys 18/ Girls 17	800
Scottish Youth Squad	Boys 17/ Girls 16	790
	Boys 16/ Girls 15	745
	Boys 15/ Girls 14	700

SCOTTISH SENIOR ELITE SQUAD SELECTION TIMES

MALE	1998/1999	FEMALE
860	FINA POINTS	860
EVENT		
23.62	50m Freestyle	26.74
52.31	100m Freestyle	58.27
1:54.68	200m Freestyle	2:05.89
4:02.48	400m Freestyle	4:23.59
15:57.41	800/1500m Freestyle	8:57.64
58.42	100m Backstroke	1:04.92
2:06.20	200m Backstroke	2:18.01
1:05.41	100m Breaststroke	1:12.62
2:21.05	200m Breaststroke	2:35.92
56.58	100m Butterfly	1:02.72
2:04.86	200m Butterfly	2:16.54
2:08.50	200m Individual Medley	2:21.42
4:32.40	400m Individual Medley	4:56.99

SELECTION CRITERIA AND POLICY

- The selection times have been based on 860 FINA Long Course Points.
- The Scottish Senior Elite Squad will be selected on 25 September 1998.
- The following Long Course competitions will be used for selection:

Leeds Grand Prix	20 - 22 February 1998
Cardiff Grand Prix	1 - 3 May 1998
Sheffield Grand Prix Final	29 - 31 May 1998
Scottish Nationals, Glasgow	11 - 14 June 1998
Scottish Age Groups, Edinburgh	24 - 27 June 1998
ASA Nationals, Sheffield	9 - 12 July 1998
ASA Age Groups, Leeds	3 - 8 August 1998
Commonwealth Games, Kuala Lumpur	10 - 20 September 1998

Additional accredited Long Course Meets may be considered provided they are agreed in advance with the Director of Swimming.

- Swimmers achieving a qualifying time in an accredited Long Course Competition between 1 October 1998 and 31 March 1999 may be considered for selection to participate in limited aspects of the Senior Elite Squad Programme.

- Selection to the Scottish Senior Elite Squad may entitle swimmers to access lottery funding and services from the Scottish Institute of Sport.

SCOTTISH JUNIOR ELITE SQUAD SELECTION CRITERIA AND POLICY

- The selection times have been based on FINA Long Course Points.
- The Scottish Junior Elite Squad will be selected on 25 September 1998.
- The following Long Course competitions will be used for selection:

Leeds Grand Prix	20 - 22 February 1998
Cardiff Grand Prix	1 - 3 May 1998
Sheffield Grand Prix Final	29 - 31 May 1998
Scottish Nationals, Glasgow	11 - 14 June 1998
Scottish Age Groups, Edinburgh	24 - 27 June 1998
ASA Nationals, Sheffield	9 - 12 July 1998
ASA Age Groups, Leeds	3 - 8 August 1998
Commonwealth Games, Kuala Lumpur	10 - 20 September 1998

Additional accredited Long Course Meets may be considered provided they are agreed in advance with the Director of Swimming.

Swimmers achieving a qualifying time in an accredited Long Course Competition between 1 October 1998 and 31 March 1999 may be considered for selection to participate in limited aspects of the Junior Elite Squad Programme.

- Selection to the Scottish Junior Elite Squad may entitle swimmers to access lottery funding and services from the Scottish Institute of Sport.

SCOTTISH YOUTH SQUAD 1998/1999 SELECTION CRITERIA AND POLICY

- The selection times have been based on FINA Long Course times.
- The Scottish Youth Squad will be selected on 10 August 1998.
- The following Long Course Competitions will be used for selection:

Leeds Grand Prix	20 - 22 February 1998
Cardiff Grand Prix	1 - 3 May 1998
Sheffield Grand Prix Final	29 - 31 May 1998
Scottish Nationals Glasgow	11 - 14 June 1998
Scottish Age Groups Edinburgh	24 - 27 June 1998
ASA Nationals Sheffield	9 - 12 July 1998
ASA Age Groups Leeds	3 - 8 August 1998

Additional accredited Long Course Meets may be considered provided they are agreed in advance with the Director of Swimming.

- There will be a maximum of 24 swimmers for the Scottish Youth Squad.

- In the case of more than 24 swimmers achieving the selection times, FINA points will be used to identify the four highest swimmers in each age group for boys and girls.

- In the event of less than 24 swimmers achieving the qualifying times in the above specified long course meets, additional swimmers may be selected after 10 August 1998 provided they achieve a selection time in an accredited long course competition.

SCOTTISH JUNIOR ELITE SQUAD SELECTION TIMES

BOYS BORN			1998/1999	GIRLS BORN		
1978	1979	1980	FINA POINTS	1981	1980	1979
840	820	800	EVENT	800	820	840
23.84	24.07	24.30	50 Freestyle	27.51	27.25	27.00
52.81	53.31	53.81	100m Freestyle	59.94	59.38	58.83
1:55.77	1:56.87	1:57.97	200m Freestyle	2:09.49	2:08.28	2:07.08
4:04.78	4:07.09	4:09.42	400m Freestyle	4:31.14	4:28.61	4:26.09
16:06.48	16:15.62	16:24.83	8/1500m Freestyle	9:13.04	9:07.87	9:02.74
58.98	59.53	1:00.10	100m Backstroke	1:06.78	1:06.15	1:05.53
2:07.40	2:08.60	2:09.81	200m Backstroke	2:21.97	2:20.64	2:19.32
1:06.03	1:06.66	1:07.28	100m Breaststroke	1:14.70	1:14.01	1:13.31
2:22.39	2:23.74	2:25.09	200m Breaststroke	2:40.38	2:38.88	2:37.40
57.12	57.66	58.20	100m Butterfly	1:04.52	1:03.92	1:03.32
2:06.04	2:07.24	2:08.44	200m Butterfly	2:20.45	2:19.13	2:17.83
2:09.72	2:10.94	2:12.18	200m Ind.Medley	2:25.47	2:24.11	2:22.76
4:34.98	4:37.58	4:40.20	400m Ind.Medley	5:05.50	5:02.64	4:59.81

SCOTTISH YOUTH SQUAD SELECTION TIMES

BOYS BORN			1998/1999	GIRLS BORN		
1981	1982	1983	FINA POINTS	1984	1983	1982
790	745	700	EVENT	700	745	790
54.06	55.22	56.43	100m Freestyle	1:02.86	1:01.52	1:00.22
1:58.52	2:01.07	2:03.70	200m Freestyle	2:15.79	2:12.90	2:10.10
4:10.60	4:15.97	4:21.55	400m Freestyle	4:44.32	4:38.27	4:32.42
16:29.47	16:50.70	17:12.70	8/1500m Freestyle	9:39.92	9:27.57	9:15.65
1:00.38	1:01.67	1:03.02	100m Backstroke	1:10.02	1:08.53	1:07.09
2:10.43	2:13.22	2:16.12	200m Backstroke	2:28.87	2:25.70	2:22.64
1:07.66	1:09.05	1:10.56	100m Breaststroke	1:18.34	1:16.67	1:15.06
2:25.78	2:28.91	2:32.15	200m Breaststroke	2:48.18	2:44.60	2:41.14
58.48	59.73	1:01.03	100m Butterfly	1:07.66	1:06.22	1:04.83
2:09.04	2:11.81	2:14.68	200m Butterfly	2:27.27	2:24.14	2:21.11
2:12.80	2:15.65	2:18.61	200m Ind.Medley	2:32.54	2:29.29	2:26.15
4:41.52	4:47.56	4:53.82	400m Ind.Medley	5:20.35	5:13.53	5:06.94

EAST DISTRICT AGE GROUP CHAMPIONSHIPS 1998

Heart of Midlothian produced nine East District Champions. They are as follows:-

Kirsty Orr, a Great Britain Youth Internationalist, took the titles in the 100/200/400/800m freestyle, 100/200m butterfly, 100/200m breaststroke and the 100m backstroke. She established East District Records in the 100/400/800m freestyle events and the 100m backstroke.

Laurie Adair took seven titles: 100/200/800m freestyle, 200/400m IM, 200m butterfly and 100m backstroke. She also took the silver in the 400m freestyle and 100m butterfly.

David Furness took three titles: 100/200m breaststroke and 200m backstroke. He also took the silver in the 200m IM and 200m freestyle and the bronze in the 400m IM and 100m backstroke.

Kris Gilchrist took three titles: 200/400m IM and the 200m breaststroke. He also took the silver in the 400m freestyle.

Jillian Rees took three titles: 400/800m freestyle and 100m backstroke. She also took the bronze in the 100m freestyle.

Sara Orr took the titles in both the 200m IM and 200m backstroke as well as the bronze in the 200m freestyle.

Paul Dalgleish took the title in the 200m butterfly, silver in the 200m backstroke and bronze in the 400m IM.

Hayley Preston took the title in the 200m breaststroke and bronze in the 100m breaststroke.

Karen Mhairi Lewis took the title in the 100m freestyle.

Other medallists were:-

William Maguire: silver in the 100/200m butterfly bronze in the 100/200m freestyle and 200m backstroke

Lindsay Paterson: silver in the 100m backstroke and 100m freestyle bronze in the 200m backstroke

Louise Wright: silver in the 400m freestyle bronze in the 800m freestyle

Kirsty Balfour: silver in the 200m breaststroke bronze in the 100m breaststroke

Louise Brown: silver in the 200m breaststroke

Jennifer McLeod: bronze in the 100/200m backstroke and 200m breaststroke

Kirsty McCluskey: bronze in the 200m backstroke and 200m IM

Andrea Bird: bronze in the 100m butterfly and 100m freestyle

Lindsay Livingstone: bronze in the 800m freestyle

Suzanne Rae: bronze in the 200m breaststroke

Our relay teams also proved to be very successful. The 17/18 years Girls team, consisting of Siobhan Edgar, Karen Mhairi Lewis, Sara Orr and Jillian Rees, took the title in both relays establishing an East District record in the freestyle.

The 13/14 years Girls A team, consisting of Laurie Adair, Andrea Bird, Kirsty McCluskey and Jennifer McLeod, took the title in the freestyle. Kirsty Balfour substituted for Andrea in the medley and they won the silver.

The 15/16 Girls team, consisting of Lindsay Livingstone, Kirsty Orr, Lindsay Paterson and Louise Wright, took the silver in both relays.

The 13/14 Boys team, consisting of David Furness, Kevin Lamb, William Maguire and Gregor Morrison, took the bronze in the freestyle.

Hearts established five East District Records, won 30 gold, 13 silver and 21 bronze medals, achieved 121 Personal Bests and finished 2nd Top Club.

SECOND GENERAL CONGRESS

The Second General Congress and 99th Annual General Meeting was held at the Howden Centre in Livingston, West Lothian, on Saturday 28th February.

The proceedings were started with a warm welcome from Provost Joe Thomson of Livingston, who was pleased that Livingston had been selected as the venue. He also mentioned West Lothian's commitment to Sports Development and the new Development Officer for the area Mr Jim Auld.

AMATEUR

The main item of business was a proposal to drop the word 'amateur' from the title of the Association. This was defeated by 66 to 55 so was well short of the two thirds majority required. The need to change the title was not convincing as the way to 'modernise' the image of the Association.



1998 President Robin Dale being installed by retiring President Derrick Hoare

Most of the other proposals were tidying up items which had slipped through or became necessary since the 1995 Congress.

The members of the Board of Management are retitled as 'Directors' of their area of responsibility.

Council and the Board of Management have the authority to lease/purchase or sell property pertaining to office accommodation.

Council has authority to approve payments of honoraria though any person receiving an honorarium would not be involved in the decision.

NATIONAL EVENTS CONVENER

This new position suggested by the Board of Management and initiated by the Swimming Committee lead to prolonged discussion and an amendment. The Swimming Committee was concerned that the appointment would be made outwith their control. The Board of Management was concerned that the policy of opening positions for application and interview, to get the best person for the job, should be maintained. It was also made clear that the position applied to swimming events only.

The Swimming Committee unsuccessfully opposed the Swimming Technical Officials Committee additional remit of being responsible for arranging the selection, appointment and supervision of swimming technical officials at national championships and international events held in Scotland.

The Development Committee was deleted and the Board of Management assumed the responsibility for planning development.

A new structure for the Education Committee was put in place which will have two parts, one for ongoing business and the other concerned with development in education.



Ed Adam the retiring Convener of the Swimming Technical Committee and architect of the Editorial Board the most recent of a long list of positions he has held at District and national level received Life Membership of the Association



Bernard M. Connolly was awarded Life Membership of the Scottish Amateur Swimming Association in recognition of his outstanding contribution to swimming development and the provision of facilities.

AWARDS NOT EXACTLY THE OSCARS

JUST BETTER!

Graeme Smith (Stockport Metro ASC) was awarded the Nancy Riach Memorial Medal but was unable attend the AGM. Lynn McLaren (Carnegie ASC) was also unable to be there to receive the W.G. Todd Prize and Cup as the best Junior Swimmer of 1997.

Keith Anderson (Portobello ASC) was awarded the Senior Water Polo Player of the Year but could not be at the meeting.

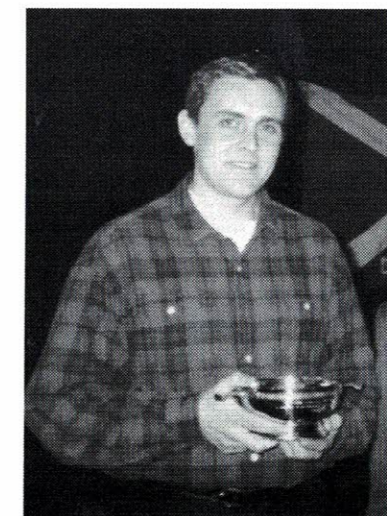


Ron Taylor (Warrender Baths) was installed as Scottish Vice President.



Lynn Baird (Hamilton ASC) received the Junior Water Polo Player of the Year Trophy.

Portobello ASC Water Polo Team were awarded a special achievement award in recognition of their winning the Great Britain Water Polo Championships in 1997, the players were unable to attend the AGM.

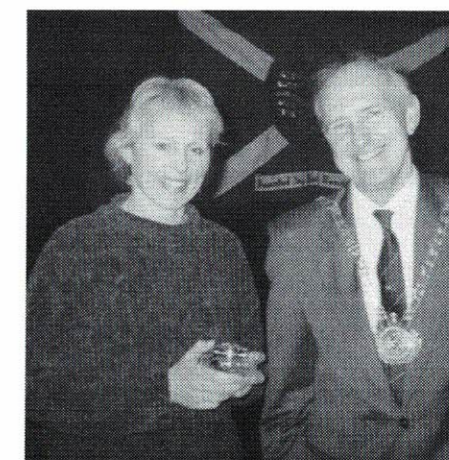


Special Achievement Award was made to Alexander Clarke Warrender Baths Club who achieved his ambition and swam the English Channel from England to France in 1997

Outgoing President Derrick Hoare was also awarded Life Membership for his service to Scottish Swimming



Ann Hart received the J.Y. Coultts Memorial Award for a lifetime service to swimming education



Fiona Thomson with the John and Margaret Bell Trophy for her work on behalf of Diving in Scotland

**SCOTTISH COACHES
VOTE TO JOIN UNION**



The Scottish Swimming Coaches Association (SSCA) has voted overwhelmingly in favour of going into partnership with the British Swimming Coaches & Teachers Association (BSCTA) and has agreed to be renamed BSCTA (Scotland). The vote; 42 against 1, gave a clear mandate to the SSCA Committee to take this historic step.

The BSCTA took the step in 1997 of becoming a branch of the GMB - Britain's General Union, and following this vote by the SSCA, members re-joining BSCTA (Scotland), will do so via the BSCTA offices in Birmingham, but they will be serviced via the GMB offices in Glasgow. The opportunity is therefore available to Scots' coaches & teachers to have the immense protection available from one of the nation's largest unions.

Whilst general protection is obviously available, the GMB took the step of appointing Dundonian and former BSCTA President, Brian McGuinness, as its first swimming specific officer to advise on the issues which arise from aquatic sport. Mr. McGuinness was heavily involved in a number of swimming political issues over the last few years, and his appointment as the liaison officer between the GMB and the BSCTA was widely welcomed within the swimming coaching fraternity. It is the only appointment of its sort in the UK. The BSCTA (Scotland) officers & committee will still be elected by coaches and teachers in Scotland, and will still be the representative voice of swimming coaches & teachers north of the border, but as GB issues become ever more important, BSCTA (Scotland) has an automatic place in its own right upon the BSCTA Executive Committee. This follows the election of Alan Lynn to this committee in February.

It is the aim of the BSCTA to protect, promote, recognise, represent and educate swimming coaches & teachers, whether professional or voluntary, whether highly experienced on international teams, or a keen amateur helping out for a couple of hours each week, in a club, school or local authority. By being aligned to the GMB, it is the aim of the BSCTA, in Scotland & elsewhere, to raise the profile of the profession/activity, so that parents, officials, employers, and the public as a whole, become more aware of the role of the coach/teacher and the work they have to do, and hopefully become more appreciative of it; likewise it will also have the effect of encouraging coaches & teachers to take a more professional approach, and be rewarded for setting examples of good practice.

By being linked to one the country's largest unions, the door is available to specific legal support where required, and can also give access to political support if that is felt necessary by the Association.

Any coach, teacher or club official who would like more information can contact Brian McGuinness on telephone 0121 550488 or fax 0121 5504272



To: Bill Black, Editor,
Scottish Swimming 2000

Subject:
Error in Scottish Swimming 2000, vol. 5, No. 3

Dear Bill,

We feel that it is necessary to point a very fundamental error in the above issue of Scottish Swimming 2000. Page 19, column 2 states "The Omega OSM6 system in use at present can accommodate two (2) only back-up buttons."

For the record this is absolutely untrue

Omega have been timing LEN & FINA events with OSM6 devices since 1984. The **three (3)** back-up button facility, when OSM6 is used as semi-automatic AOE, has been available for the entire period. Clearly, the same now applies to **ARES21**

Under FINA rules AOE has no timekeepers button facility - by definition. FINA rules, by implication if not by actual word, require semi-automatic AOE to be a separate device since the ability of a single device to have both touchpads **AND** 3 buttons is not recognised by FINA or LEN - obviously if the device fails then everything is lost. In total agreement with FINA and LEN, it is our stated practice (and indeed that of our colleagues in Swiss Timing) that when performing timing to this level we install a completely separate cable network to an **independent** OSM6 / **ARES21** for connection of the 3-button back-up equipment. Back-up is not **true** back-up unless two **independent** devices are used.

It is this system that is installed at the Royal Commonwealth Pool, at Scotstoun, Glasgow utilising **OSM6s AND Glasgow, Tollcross utilising ARES21** It should be noted, therefore, that the system installed in Inverness has a single **ARES21** and, while it has the facility to have 3 buttons connected, this actually precludes the fitting of touchpads.

It should also be pointed out that the only back-up recognised at the most major events (e.g. Olympic Games) is an overhead video camera system.

We also note that the article has some interpretations of the rules printed where our professional input may be appropriate.

We feel that it is also appropriate that a clarification of the matter is printed in the next issue.

Should you have any questions regarding the above, please do not hesitate to call.

Best regards,
Yours sincerely
for and on behalf of
OMEGA ELECTRONICS

Steve Currie
SALES MANAGER



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ARES21 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.

ARES21 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.



ARES21 system memory capacity virtually unlimited.

ARES21 utilises Omega Electronics own Microsoft Windows™ based software package.

ARES21 system complies with CE regulation.

Omega Electronics is the Official Timekeeper to the ASA and the **ARES21** system has been used at or chosen for the following major international events:-

- European Junior Champs, Glasgow 1997**
- European Championships, Seville 1997**
- European Short Course Champs, Sheffield 1998**

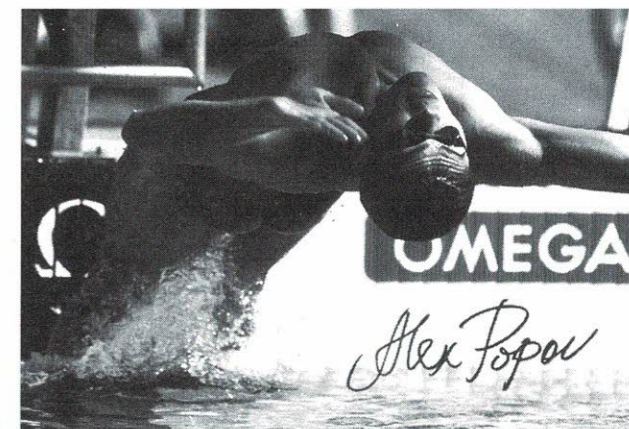
- FINA World Championships, Perth 1998**
- FINA World Cup, Sheffield 1998**

Olympic Games, Sydney 2000

Omega Electronics, Unit 1 Discovery Business Park,
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Running time	Start time	Arming delay	Intermediate times
4 FI B M 200 m BR			
Actions	Options	Records	
2:18:5	WR	2:10:16	
Arm start	ER	2:11:23	
100 m 2	50 s	2	50m
2	✓	<<-----	1 2
2:13:83 2		<<-----	2 2
2:13:09 2		<<-----	3 2
2:12:11 2		<<-----	4 2
2:12:46 2		<<-----	5 2
1		<<-----	6 2
1		<<-----	7 2
18		<<-----	8 2 2:01:38

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

1997 SCOTTISH COACH OF THE YEAR AWARDS RECOGNISE WORLD CUP SUCCESSES

Two coaches who have led their national teams to forthcoming World Cups were honoured in the 1997 Scottish Coach of the Year Awards. Hockey Coach, Mike Gilbert, who has taken Scotland's Women's Team to their first World Cup in 12 years - and to ninth place in the World rankings - was winner in the top 'Male Coach' category. National Cricket Coach and Director of Cricket, Jim Love, who has taken Scotland's part-time players to the 1999 World Cup - and to 12th in the World rankings - was winner in the Association of Scottish National Coaches Professional Coach category. Mike is currently in San Diego with the Women's Squad as part of the team's preparations for the World Cup which takes place in Utrecht, Holland in May/June 1997. Jim has just returned from a tour of South Africa with the U19 national squad.

The Awards were made by the Minister for Sport at the Scottish Office, Sam Galbraith MP, and Scottish Sports Council Chairman, Graeme Simmers, at a special ceremony held in the Gleneagles Hotel.

Awards were given out in a total of seven categories. The winners in each category were:

Male Coach (coaching individual performers and/or teams)

Winner Mike Gilbert Hockey Edinburgh

Commended Hew Chalmers Curling Stranraer

Commended Alan Lynn Swimming Kinross

Female Coach (coaching individual performers and/or teams)

Winner Moira McBeath Athletics Thurso

Commended Janice Eaglesham Athletics Glasgow

Commended Mary Ann Cosgrove Netball Glasgow

Male Coach (coaching juniors)

Winner Robert Inglis Judo Inverness

Commended George Loney Athletics Moray

Female Coach (coaching juniors) Winner Ann Dickson Swimming Perth

Commended Jeanette Sutherland Swimming Ellon

Community Coach (coaching individuals or teams at local level)

Winner John Grant Basketball Dundee

Commended David Johnston Badminton Cumbernauld

Commended Susan Miller Netball Glasgow

Coaching and Coach Education

Joint Winner Martin Blacklaws Volleyball Perth

Tom Hepburn Badminton Glasgow

ASNC Professional Award

(for outstanding work nationally in coaching and/or coach education by a male of female employed full-time in the sport and recreation industry)

Winner Jim Love Cricket Mid Lothian

Graeme Simmers, Chairman of the Scottish Sports Council, comments: "Good coaching is at the heart of all top performances in sport, whether at team or individual level.

"But the UK still falls behind other sporting nations in recognising the vital role played by the coach in achieving top performances. In the southern hemisphere in particular, the public profile and status of the coach is often on a par with that of the sportsmen and women with whom they work.

"This year will see coaching taking centre-stage with the establishment of the Scottish Institute of Sport and the employment in Scotland of the first full-time national coaches under the new Lottery-funded Coaching Programme. "If coaching is to develop in Scotland, we have to continue to raise the profile of coaches and coaching among the wider community and highlight the efforts of those who are succeeding.

The annual Scottish Coach of the Year Awards are organised by the Scottish Sports Council's Coaching Unit with support from the London Stock Exchange and stockbrokers in Scotland, the National Association of Sports Coaches and Coachwise.

All shortlisted coaches receive a certificate and free membership to the National Association of Sports Coaches. The category winners also receive

a trophy and a £500 coaching study grant courtesy of the London Stock Exchange and stockbrokers in Scotland, and clothing vouchers from Coachwise.

Category winners go forward to the UK Coach of the Year Awards in March, 1998.



Alan Lynn Swimming Kinross Coach to a number of swimmers who have achieved Scottish and World Student Games honours
Ann Prentice received the commended award on behalf of Alan.



Ann Dickson Swimming Perth Coach to a number of junior swimmers who have achieved Scottish honours



Jeanette Sutherland Swimming Ellon Coach to a number of junior swimmers who have representative honours at district, regional and national level



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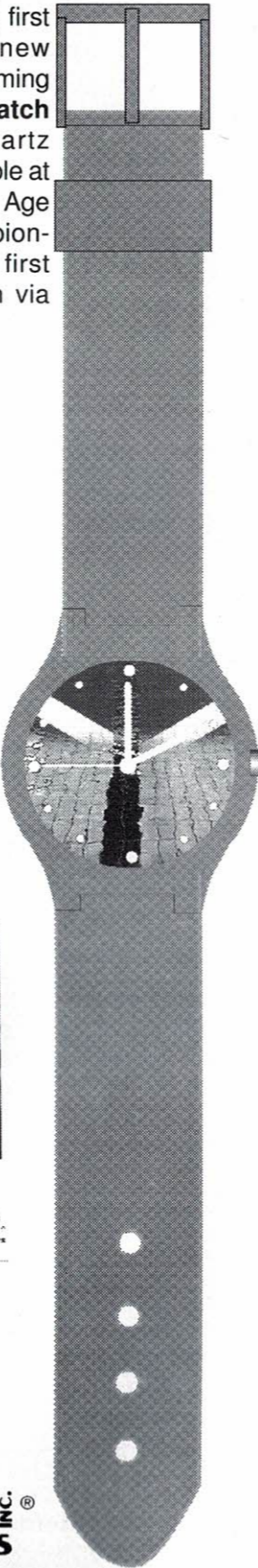
ZOGGS
TOGGS

SCOTTISH SWIMMING

ScotSwim DIRECT



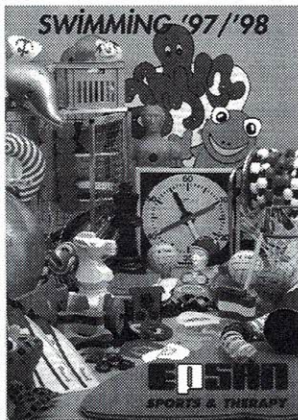
Be among the first to wear the new Scottish Swimming designer "Swatch Style" quartz watch. Available at the National Age Group Championships for the first time and then via mail order.



The entire Epsan catalogue is now available exclusively through ScotSwim DIRECT at attractive prices. Clubs will receive a catalogue with the May club mailing. Call ScotSwim DIRECT on 0141-641 8818 for details of price and availability.

EPSAN
SPORTS & THERAPY

POLAR
heart rate monitors



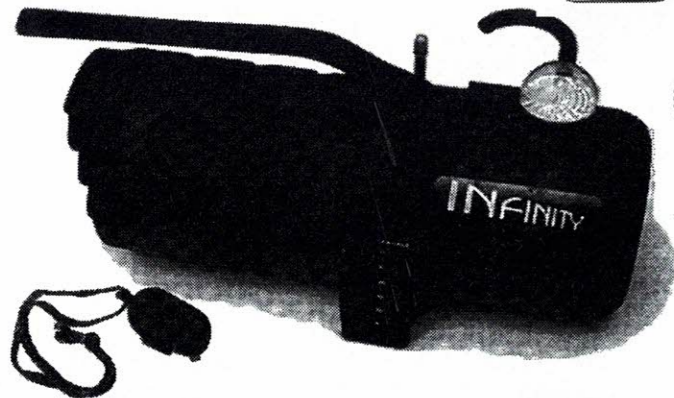
ScotSwim Direct is now an official distributor for a selected range of Polar Heart Rate Monitors which meet the needs of competitive swimmers. Call ScotSwim DIRECT on 0141-641 8818 for details or see our display at the National Age Group Championships at the Royal Commonwealth Pool.



POLAR
heart rate monitors



Now available from ScotSwim DIRECT the SIS range of Sports Drinks including PSP-22, GO and REGO. Also available is the unique SIS drinks bottle which includes a mixing guide for preparing each of the products to the correct strength. Call for an order form or see our display at the National Age Group Championships at the Royal Commonwealth Pool.



Colorado TIME SYSTEMS

ScotSwim DIRECT is now the Scottish distributor for Colorado Time Systems and has available the revolutionary new **Infinity Start System**. At last a truly portable acoustic start system with wireless module for the starter and the ability to interface with any Omega or Colorado timing system. Call for details.

EDITORIAL SWIMMING 2000 IS BACK !

After a delay of four months I am pleased to be able to issue SWIMMING 2000 once more.

Well it is good to be back! I have been frustrated in not being able to bring you the April issue, which, due to technical problems totally outwith my control had to be abandoned.

I have now managed to ensure that procedures are in place which not only rule out such technical problems but also remove some of the procedural problems which have caused delays in the past.

As a result of decisions taken by the Board of Management I now have tighter control over the entire production process and I will be ensuring that Swimming 2000 appears through your door when scheduled.

At the same time I would remind you that the magazine is only as good as the material it contains and it is no good complaining that it never features your club, committee or discipline if you don't provide some material yourself!

With your help and input I can ensure that we have a valuable means of communications with the membership at large.

Bill Black Editor



NATIONAL SEMINAR

PERTH APRIL 26 1998

An excellent response for the Butterfly Seminar - one hundred and ten people attending.

Unfortunately, several people, through applying too late missed the opportunity, I felt for safety precautions the numbers were already high.

Many thanks to Drew Gordon, for his excellent and informative lecture on Butterfly.

The Water Polo, sadly, only attracted seven people - these people have been put in touch with Fiona Cameron, who has willingly offered to visit their pool and offer advice, so if you require advice on Water Polo etc. please contact Fiona.

The next dates to keep in mind are:-
Inverness Aquadrome - 6 September '98
Dumfries - 13 September 1998

Subject - Front Crawl covering all aspects from beginners to competitive.

Starts and Turns
Variation of Starts - particularly the safety aspect.

Teaching the Competitive Start
Individual Medley

Venue TBA - 26 October
Subject - Breaststroke
Marketing Your Club
AquaFit

Offers are invited to accommodate the above seminar with pool facilities, meal provision, lecture room facilities plus AV equipment. Suggestions gratefully received. In addition any proposed topics of interest for future seminars.

GOLSPIE SEMINAR

Disappointing as the seminars only attracted 18 candidates and this was due to a final effort by the Highland Regional Coach, Jeff Taverdale's persuasion to boost up the numbers. However, it was a very successful day and most of the candidates gained from Jeff's experience or consolidated their knowledge. Sincere thanks and appreciation to help received from Graham McArthy also the free facilities from Sutherland Arms hotel and the pool from Highland Region Council.

Hopefully, we can look forward to a larger seminar and more participants at the Aquadrome on 6 September.

Mrs Winnie Ferguson

FROM THE SHETLAND ISLES

We thought your magazine may be interested in doing a feature on the swimming activities and achievements from the far north. With the Shetland Isles situated nearer to Bergen than to Aberdeen, our swimmers often have to overcome exacting and exhausting circumstances just to attend a North District Saturday meet - a minimum FIVE nights away from home and a fourteen hour (longer if the seas are rough) ferry crossing in each direction. Even air travel requires overnight stays and at £240.00 for a return fare: needless to say our trips to the mainland are carefully selected for maximum value.

Nevertheless we have a good number of keen and enthusiastic swimmers. In January of this year, the Clickimin Pool Training Squad invited Mr Andy Drummond, the North District Regional Coach, to Shetland for a weekend training session and this was very well received. Perhaps you could contact him for comments?

We believe we are also the FIRST venue in the UK to hold the newly introduced Lane Coaching Course. Mr Tony McKay (Glasgow) visited the Clickimin Pool in Lerwick and instructed fifteen teachers from different pools throughout Shetland in lane coaching techniques. This was deemed a tremendous success and injected a boost of enthusiasm to teachers who otherwise have great difficulty in accessing any coaching sessions.

An example of the quality and enthusiasm for swimming in Shetland can be seen in the silver medal David Henderson won at the Scottish Schools this year (see enclosed copy from our local newspaper).

We hope that you will find space in your magazine for some of this material. Being so isolated geographically we feel we need to remind others of our existence! The four clubs which regularly attend North District Meets are the Lerwick Amateur Swimming Club and the Shetland Competitive Amateur S. C., Delting Dolphins and the South Mainland S.C.

*Mrs Christine Simpson
and Mrs Mandy Henderson*

How nutrition can improve your swim times

Competition nutrition advice and tips

After hours of hard training sessions and determination you are ready for your next gala. You're feeling great and are in tiptop form. You've obviously been doing a lot of things right. However, the gala has a different set of challenges - a couple of days or even weeks competition, perhaps even away from home, with hours spent on a hot humid pool-side, apart from the physical and mental stresses of swimming heats and hopefully finals!

It is not uncommon to see athletes ruin months of physical and mental preparation by failing to consider their nutritional needs for competition, even to the extent of relying on the catering at the event where often you will be lucky to get a decent burger.

There are 3 main factors to consider when planning your nutritional strategy for competition:

1. Energy Provision

All Olympic disciplines of swimming are heavily dependent on the carbohydrate energy system. If you are to swim at your best you will need to ensure that your nutrition contains adequate amounts of carbohydrate energy to fully replace your muscle glycogen stores. Carbohydrate is stored in the body as muscle glycogen.

2. Hydration

It is well documented that as little as 2% loss in body weight due to dehydration will cause performance to fall by 10%. Dehydration can be a major factor in swimming because of the nature of the environment.

3. Maintaining a familiar nutrition programme.

It is best to check what food will be available at the race venue and accommodation before you get there to find out they have nothing you like. Better still, make sure you have taken enough food yourself so you know what you will be eating. Sports nutrition bars can be especially useful to provide a nutritious high-energy snack that is easily carried in your kit bag.

OUR ADVICE: Fluid and hydration

There is no doubt that the swimmers who look after their fluid needs will be at a major advantage to those who take less care about what and how much they drink. Pool sides tend to be very hot and humid at the best of times. By the time you've packed in all the competitors and spectators, the temperatures soar and sweat rates are likely to be far above normal. Have a drinks bottle with you at all times - you'll be doing yourself a favour even if it is just water. An electrolyte fluid replacement drink like **GO** is ideal. **GO** is a carbohydrate energy fuel drink with electrolytes to give you ultimate performance in the heat.

CAUTION: Be careful about drinking too much tea, coffee, cola's, or other drinks with caffeine in, as this has a diuretic effect and can actually cause more dehydration.

Energy levels

Keep your carbohydrate energy levels high. Maintaining optimum glycogen levels is the key to maintaining optimum performance. **PSP22** is ideal to drink during warm up and immediately after a swim. **PSP22** provides easily digested carbohydrate energy in a range of refreshing flavours.

Speeding up recovery during heavy training and competition

Recent research has shown that the carbohydrate-protein complex found in **REGO** improves recovery far better than just carbohydrate (i.e. maltodextrin) alone. This can be especially important for instance if you have a heat late one evening and the following morning. Similarly, after hard training sessions taking **REGO** will significantly improve recovery allowing you to effectively get more out of the session.

The inspiration for Science in Sport to produce **REGO** came from Olympic cycling champion Chris Boardman. Boardman was (and still is) a regular user of **PSP22** carbohydrate energy drink but was aware, through coach Peter Keen, of research which shows that a carbohydrate protein complex works better for recovery, than

just carbohydrate alone. Boardman had therefore experimented with using a combination **PSP22** and protein powder and was sufficiently impressed to suggest that we should base a product around them. Our sport scientists were also enthused about creating a product specifically for recovery between workouts as they saw this as one of the most neglected areas of preparation. However, although they were happy with the theory and Boardman's practical experience, they added the following....

It needed to taste great and be light on the stomach, so it would go down easily after exercise. It would need fortifying with Vitamins and Minerals, and these should favour those used during exercise. It should have a balanced carbohydrate composition, as glucose based carbohydrates are best at restoring muscle energy stores, and fructose is best for restoring liver energy stores.

The result was **REGO**, which has been widely acclaimed by top athletes following the Science in Sport nutritional program, including top swimmers James Hickman, Susan Rolph, Jamie King and the University of Bath elite squad. It is available in Strawberry, Banana and Chocolate flavours and makes a milkshake style drink just by adding water. It is best made up the night before training and left in the refrigerator and taken to the pool in a drinks cooler or cool box.

More than just your swim times!

The benefits of energy drinks transcend pure sports performance. From anecdotal reports from parents, who noticed that their "swimming" children were generally more alert during the day and generally "nicer to be with" once they had started using **PSP22**, tests proved that the mental performance and mood state of adolescents improved when they combined early morning training with consuming **PSP22**.

Nutrition for Sports Performance

Apart from genetic and training effects, nutrition is the single most important factor governing sports performance. Science in Sport offers easy mix sports fuel, designed as a nutritional strategy that works for you.



Have you trained enough for you next competition?

Heart rate measurement is a tangible way of assessing the effectiveness of training

The value of objective assessment of physiological parameters for prescribing training levels has become very important in competition training and swimming. The systematic use of heart rate measurement during swimming is not new. Your heart rate tells you how much exercise you need. To obtain the maximum benefit from exercise - particularly in terms of cardiovascular improvement - it is important to exercise at an appropriate heart rate (often referred to as target zone) and to stay within this zone for a minimum of 20 to 30 minutes.

What exactly is the target heart rate zone for swimmers?

It is the optimal heart rate range a swimmer should maintain during exercise to reach the goals you have set for yourself. As an example, when training towards a swimming gala, your exercise may involve training within a target zone of 70-80% of your maximum heart rate.

Why use a Heart Rate Monitor (HRM)?

The rate at which your heart beats is a very good indication of training intensity and a perfect guide to your fitness level. Scientists have been able to prove that the specific changes that occur within the body, as a result of exercise, relate directly to heart rate.

It is impossible for a person to determine his or her heart rate without measuring it. Without a heart rate monitor, a person must stop exercising, feel for their pulse with their fingers - either on the side of the neck or wrist - and count beats for a period of time, by which time your heart rate has already dropped. This method is often not very accurate. You can also not tell when you are exercising too hard. Polar Heart Rate Monitors offer an accurate and reliable reading of your heart rate.

What is a HRM?

Heart rate monitors consist of a wireless transmitter belt that is worn around the chest. The elasticated chest belt has two electrodes which, when moistened, pick up the electrical signals produced by the heart. This works in a similar way to an electrocardiogram in a hospital and offers very accurate results. The chest belt then sends a signal to the wrist receiver. Your heart rate (in beats per minute) is then displayed on the screen of the wristwatch receiver.

The effect that this type of monitoring has upon the mental attitude of swimmers should not be disregarded. More often than not, swimmers perceive this type of analysis as giving them the edge in preparation for competition, thereby boosting confidence. This could count for more than a few thousand metres in the pool.

The entire Polar heart rate monitor range, work well in the water.

Tip: Tighten your chest strap to ensure it does not slip as you swim, or wear a tri-top. Very concentrated chlorine or salt water can affect the read-out.

Polar HRM's are well suited for the serious swimmer.

Polar Favor HRM

Easy-to-operate heart rate monitor for basic exercise, fitness, weight management and health rehabilitation programmes. It is well suited for those who want to exercise within a personally set target heart rate zone.

Polar Pacer HRM

It is a popular multi-functional HRM for recreational and fitness enthusiasts. Real time visual indicator of quality exercise within training zones. Dual watch/heart rate display and back light for everyday use.

Polar SmartEdge HRM

Polar has introduced the Polar SmartEdge, a new and innovative heart rate monitor. First with the SmartEdge, the monitor features OwnZone, an automatic exercise heart rate zone, that determines target heart rate limits, making it easy for the person who has certain exercise objectives, be it to lose weight or to prepare for a gala, to know when he or she is exercising most effectively. Another first is the OwnCal feature that calculates the number of calories consumed during the exercise period by taking the user's heart rate, weight, age and gender into account.

Polar Protrainer NV HRM

A quality performance monitor and watch. An advanced, accurate and reliable HRM suitable for fitness enthusiasts and sport training. Constant feedback about your workout is displayed with memory functions that allow for recovery of lap/split times and corresponding heart rate.

Polar Accurex Plus HRM

The Polar Accurex Plus HRM is suitable for personal trainers, coaches, teachers or anyone in serious training. It is the first HRM that offers an entry level PC downloadable function. Constant feedback about your workout is displayed and recorded for analysis either after the training sessions or race. It easily tracks recovery information and improvement, two important factors for efficiently managing a training programme.

James Hickman

British short course record holder in swimming, James Hickman uses Polar Accurex Plus.



Polar Heart Rate Monitors for swimming excellence



Polar Favor



Polar Pacer



Polar SmartEdge



Polar Protrainer NV



Polar Accurex Plus



flight path zig-zagged its way towards Florida (Glasgow, Amsterdam, Detroit, Fort Lauderdale). We eventually arrived at around midnight and the only thing on our minds was sleep. The training camp had been booked through a company called Peak Performance and Lois, their representative in Fort Lauderdale was to be our life line for the duration

On the 28th December we assembled first thing at Glasgow airport ready to depart for two and a half weeks of training and Florida sunshine. With all the swimmers having competed at both the British and Scottish Winter Nationals the camp was a very important part of getting back into full training after approximately three weeks of tapering and competing. No senior swimmer needs reminded of the fact that Commonwealth Games are just around the corner and the four of us were keen to get 1998 off to a good start with some quality long course training. The 28th was a very long day as our



of the camp, organising our activities and transport wherever we went.

The pool, only a short bus ride from the hotel, was outdoor eight lane 50m. It was the local pool but for the duration of the time we were there was only used by teams on training camps - no battles with public for lane space out there! It was good experience to be able to train outdoors. Many of the major competitions are swum outdoors, The best way to learn how to do something is to practice under those circumstances, Swimming outdoors sounds luxurious but one forgets the fact you are open to the elements. During the camp we experienced strong wind and heavy rain. This probably toughened us up a bit but when the sun shone it was very welcome - our bodies were allowed to warm and training times improved dramatically. We normally had a lane each and four hours pool time was available every day.

Before departure all our coaches had stressed the importance of the camp was to prepare for the next training phase. We were to do no more than we normally did at home in a full training week. We all brought our own training programmes from home and Ian

and Lynne had their hands full co-ordinating four different training programmes, taking times and taking spot lactic tests. The training camp gave us all a good chance to develop our aerobic fitness and we all benefited from the experience. In Britain over the festive period pools close and training facilities are limited. By going to Florida, to a dedicated training environment, we were able to train every day without pool closure worries. Our only restriction on access to the pool was when a power cut caused the boiler to go off and the



pool temperature dropped two degrees. It was too cold to possibly train so we were allowed a session off in the hope the pool was warmer by the afternoon. Our accommodation was good and food was always plentiful. None of us could get over the size of portions or the amounts Americans must eat. It should be noted though that Ian took to jogging to and from the pool to enable him to eat more at meal times. He promised this jogging would be kept up when he got home but with all the cold mornings and evenings there have been since we got back we find it hard to believe - sorry Ian!

I have covered the swimming but whilst on a training camp there is a great amount of free time. Every day we had compulsory rest from 1 - 3 p.m. With

no transport of our own we had to depend on the hotel mini-bus service to take us places. This limited our freedom to explore but we still managed some trips out and about. On our first day we were taken to an American Football game. It was only a college game but was still entertaining to watch and work out who exactly had the ball and where it was going. I think we possibly all had one of the quietest Hogmany celebrations we had in a long time. Lois arranged a party at our hotel for all the swim teams on training camps. The food provided was good but the rest of the evening proved to be embarrassing both to watch and to perform as every team had to perform a sketch. Not having much of a clue what to do we stood up and sung Flower of Scotland. The others seemed to quite like it as we droned away desperate to be able to sit down again.

America has many large shopping malls and we managed to find one with more than 200 shops. Normally it is the swimmers who spend a fortune and the coaches who are sensible with their money but on this trip the McGregors won the prize for extensive shopping. Not content with one trip to the mall we had to visit a second time so they could spend even more money. Other ventures included a visit to the Florida Everglades to an Alligator Farm, a trip to the Cinema and a round of golf at the hotel golf course. In reference to the latter it should be noted I won the money - better luck next time guys! (Beverley chose not to play but to practice her driving skills on the buggies that were provided).

In conclusion, the camp was very worthwhile. The swimmers all worked hard in the pool and got on well together throughout. Fort Lauderdale provided good facilities for a training camp and enabled all of us to enjoy our time abroad. All of us would be keen to return again in the future but we all felt a shorter flight route could be found and having our own transport would enable greater freedom.

Beverley, David, Mike and myself would all like to thank Ian and Lynne for the hard work they put in to our training camp and for making them selves available for coming away on a training camp over the New Year period. Without their contributions of time and effort such training camps could not go ahead.

Richard Hope.

CARNEGIE SC

INTERNATIONALISTS

17 yr old Scottish Senior internationalist **Bryan Morgan** had a very reasonable start to his World Cup circuit. Bryan swam a 51.30 for his 100m freestyle, finishing top Briton and 11th overall. In his 50m free Bryan qualified for the final in 23.25 and went or to swim a new **Scottish Senior record of 23.15** to finish in 7th place behind world record holder and Olympic gold medallist Alex Popov. Bryan is at this time in Beijing competing in the next leg.

16 yr old British Youth internationalist **Lynn McLaren** and Scottish Youth internationalist 16 yr old **Steven Kidd** both competed in the Leeds British Grand Prix Meet (20 - 22nd February) and both swam out of their skins. Lynn qualified in 2nd place for the final of the 200m I/M behind Olympian Kathy Osher. Lynn proceeded to blow Kathy away in the final to win gold in 2:2 1.62 in a new East District Senior Record. Lynn went on to win bronze in the 50m free in 27.02, bronze in the 100m free 58.69 also an East District record and 4th in the 50m fly in 29.54. Steven still only 16 yrs old had a tremendous swim in the 200m backstroke to finish in 4th place in 2:08.81 which was enough to put him as first string for the Great Britain Youth team to compete in Italy along with club mate Bryan Morgan from 1st - 6th April.

Both Lynn and Bryan who have achieved qualifying times for the Commonwealth Games in September are knuckling down to real hard training as their ambition is win a medal.

SUPER SCOT

The British Grand Prix finals held in the Ponds Forge swimming pool, Sheffield Friday - Sunday 29 - 31 May saw Carnegie's "Super Scot" 17 year old Bryan Morgan blast his way into the record books once again. Bryan's 100m Freestyle time of 51.10 broke the 14 year old Scottish senior record set by Paul Easter, 51.83 at the Los Angeles Olympics in 1984. This time set Bryan up as the fastest qualifier against Olympic finalist Sion Brinn from Jamaica now swimming for England.

In the final which was a little slower (51.26) Bryan still had enough to see off the English pair of Brinn and Gavin Meadows to take the gold.

This extremely exciting young talent also swam a good 50m Freestyle (23.39) to finish second behind former World record holder Mark Foster.

Both times not only qualify Bryan for the Commonwealth Games but also rank him as Britain's No.1 freestyler for the European Junior Championships in Antwerp at the end of July and is less than a second from the Olympic 100m Freestyle qualifying time (50.09).

At the time of going to press Bryan's time of 51.10 also ranks him as No. 1 in the world for under 18 year olds.

Young 17 year old Steven Kidd had a reasonable couple of backstroke swims finishing in 3rd place in both 100m and 200m consolation finals in 59.64 and 2:09.08. These times, at present, rank Steven No. 1 in Britain in both 100m and 200m backstroke for the European Junior Championships, but as they are not actually qualifying times will probably not be considered which would then put Steven in the picture for the Youth Olympics in Moscow mid July.

CARNEGIE MASTERS

One of Carnegie's growing band of Masters swimmers Andrea Gellan had a superb weekend at the British Masters Swimming Championships in Tollcross, Glasgow 29 - 31 May. In winning two gold medals Andrea set two Scottish Masters records in the 200m Butterfly and 1500m Freestyle an excellent result for this young mother of three young children.

Garrie Roberts, Head Coach Carnegie Swimming Club.

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Mobile: 0378 066 429

SCOTTISH MASTERS NEWS



The first ever Swim Marathon over 5000m held at the National Swimming Centre in Tollcross Park proved to be a great success with an entry of 50 competitors. The format of time limit of two and a half hours worked very well giving the competitors a double target the time and distance. This innovative event was a result of collaboration between the Open Water Committee and the Masters Committee through Brian Bain and Donald Muirhead. It was originally intended to hold the swim during the gap between sessions at the Winter Championships to make full use of the 50m pool in response to a request to the Masters'

SCOTTISH MASTERS COMMITTEE - SCOTTISH OPEN WATER COMMITTEE SWIM MARATHON - 5000M

THE NATIONAL SWIM CENTRE
TOLLCROSS PARK, GLASGOW
7 FEBRUARY 1998

Age Groups :- 14 and under; 15/16 years; 17/19 years; 20/29 years; 30/39 years; 40/49 years; 50/59 years; 60 years plus.

The top performers in each category were as follows:

FEMALE :

17/19 years	Jane Evans	1st
20/29 years	Allison Allan	1st
	Jennie Guthrie	2nd
30/39 years	Janie Carmichael	1st
	1 hr 15:39.00*	
	Gillian Innes #	2nd
	1 hr 15:40.00*	

Current Scottish Open Water Champion over 9.5 miles

	Fiona Christie	3rd
40/49 years	Audrey Cooper	1st
	Andrea Gellan	2nd
	Miki Davies	3rd
50/59 years	Arline Morrison	1st
	Dorothy McDonald	2nd
60 years+	Janet Stobie	1st
	Pat Tait	2nd

*** Fastest females**

1st	Janie Carmichael(NB. 1 sec-ond difference after 5000m swim!)	
2nd	Gillian Innes	

MALE:

14 yrs & under	Graham Paw	1st
1 hr 06:02.00	*15/16 years	
	Fraser Riach	1st
	Paul Gibbon	2nd
20/29 years	David Ogg	1st
	Gavin Calder	2nd
30/39 years	Brian Bain #	1st
	1 hr 05:15.00*	

Current Scottish & English ASA Open Water Champion 16.5 Km

	Stuart Black	2nd
	Andrew Stokes	3rd
40/49 years	Eddie Riach	1st
	1 hr 07:07.00*	
	Mike Thomson	2nd
	Gerrard Malone	3rd
50/59 years	Ally McGregor	1st
	Matt Nelson	2nd
	Denis Thys	3rd
60 years +	Bruce Cook	1st

***Fastest Males:**

1st	Brian Bain
2nd	Graham Paws
3rd	Eddie Riach

MASTERS DIVING

Anne Murray - Achievements for 1997

Yorkshire Open Masters

1m Springboard	-	2nd
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Convener. However, sponsorship was obtained from Glasgow City Council and the event went ahead on its own on Saturday 7th February. The event attracted a wide range of age groups from 14 years to 60 plus, and provided a great start to the season for Masters and a good training swim for the Open Water swimmers. The intention is to include the Swim Marathon 5000m in the calendar for future years. Thanks are due to the band of volunteers who came along and did a great job. SASA Past President and Masters swimmer Norrie Beattie presented the medals. **ALLOA MASTERS SWIM MEET**
The second Masters event of the year was the Alloa Masters and this was well organised and also very successful. Four Scottish Masters records were set at Alloa **40/44** 50m Free **31.39** Janice Millar Motherwell **50/54** 50m Breast **36.16** Denis Thys Glasgow Western **60/64** 50m Breast **39.10** Hugh Cumberford Motherwell **100m I/M** **1:20.70** Hugh Cumberford Motherwell Motherwell Masters won 33 gold 10 silver 8 bronze and 6 relay events.

3m Springboard	-	3rd
5m Highboard	-	1st

British Open Masters Championships

1m Springboard	-	3rd
3m Springboard	-	3rd
5m Highboard	-	3rd

AF Logistic Command Championships

Combined Boards	-	1st
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Scottish National Open Championships

3m Springboard		2nd
5m Highboard		2nd

Triangular Match (Civil Service v Police v Combined Services)

Springboard	-	1st
Highboard	-	2nd

European Masters Championships - Prague

1m Springboard		4th
3m Springboard		5th
5m Highboard		5th

Civil Service Championships

Springboard		1st
Highboard		1st

GBDF Winter Masters

Combined Boards		6th
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RAF Tour - New Zealand

RAF v Dunedin Masters	-	1st
Masters Competition	-	1st
International Event	-	4th



From Otago Daily Times Scot shows class as RAF divers sink hosts

By Alistair McMurran

Former Scottish International Anne Murray was in fine form as the visiting Royal Air Force diving team beat the Otago Masters in an international at Moana Pool, Dunedin, yesterday.

Murray (35), of Motherwell, was the Scottish high and springboard champion before she retired because of injury. She returned to the sport as a coach and recently started Masters diving after a break of five years. The other two members of the team touring New Zealand are present RAF champions Gaye Williams (31) and Mandy Howson (26).

Murray comfortably won the 1m and 3m events. In the 3m dive she scored 177 points to finish 21 ahead of Williams. The RAF scooped the event Howson finishing third with 118.65 points. In the 1m dive Murray scored 140.55 and was 18 points in front of Williams. Kirsty McDonald (Otago) was third with 117.55. Howson hit her head on the diving board in the 1m event and dropped back to sixth place.

MASTERS CALENDAR UPDATE

August 10th - 15th
Nike World Masters Games
Portland, Oregon, USA
Scottish ASA
Holmhills Farm
Greenlees Road
Cambuslang
GLASGOW G728DT
Attention: Gillian Ross
0141 641 8818
August 22nd
Lomond Masters Open Swim Meet
Vale of Leven, Alexandria,
Dunbartonshire.
Jim Percy
22 Chapelacre Grove
HELENSBURGH, G84 7SH
01436 674876

August 30th

Scottish National Short Course Training Camp - **Open to Registered Masters Swimmers excluding National Squad Members - Groups 1 & 2.**
Scotstoun, Glasgow
Donald Muirhead
01475 520440
September 6th
Scottish National Squad Training Camp - Group 2
Scotstoun Glasgow
Donald Muirhead
01475 520440
September 12th
Inverclyde Masters Open Swim Meet (to be confirmed)
Donald Muirhead
01475 520440
3 Ryan Road
WEMYSS BAY PA18 6DH
September 20th
Scottish National Squad Training Camp - Group 1
Scotstoun Glasgow
Donald Muirhead
01475 520440
October 2nd/3rd
Aer Lingus International Masters Swim Meet, Dublin
Mary Fitzpatrick
501 Griffith Avenue,
DUBLIN 11
00 353 1 836 0691
October 23rd/24th/25th
ASA Masters Open Championships
Sheffield
ASA Harold Fern House, Derby Square,
LOUGHBOROUGH LE11 5AL
Attention: Judy Mott
01509 618 728
November 6th/7th
7th Glasgow International Masters Open Swim Meet
Scotstoun, Glasgow
Glasgow City Council,
Parks & Recreation Department,
Swimming Development Office
37 High Street, GLASGOW, G1 1LX
0141 287 5947
November 21st
Annan Masters Open Swim Meet
Annan
Sandra Shaw
Sports & Development Officer,
Council Offices,
ANNAN DG12 6AQ
01461 203 311
November 29th
Scottish National Squad Training Camp - Group 1
Scotstoun, Glasgow
Donald Muirhead
01475 520440
December 6th
Scottish National Squad

Training Camp - Group 2
Scotstoun, Glasgow
Donald Muirhead
01475 520440

SCOTTISH MASTERS COMMITTEE

At the Annual General Meeting held in Livingston, West Lothian on Saturday 28th February the following appointments were approved:

National Convener
Donald Muirhead
3 Ryan Road, WEMYSS BAY, PA18 6DH
Tel: 01475 520 440 (H)

North District Convener
Brian Bain
103A Hamilton Road, ABERDEEN AB2 4DU
Tel: 01224 645 109 (H)

West District Convener
Bill Black
5 Burnside, Spokers Loan, BALFRON, Stirlingshire G63 0QQ
Tel/Fax :01360 440 740 (H)
E-mail :Sasa2000@aol.com

The East and Midland Districts do not have conveners at the present time coopted members for 1998 will be submitted to the Board of Management for approval.

MASTERS RECORDS

Scottish Masters records can only be claimed by Masters Swimmers registered with the Scottish Amateur Swimming Association.

All accredited Masters Meets in Scotland using approved electronic timing will automatically be considered by the National Convener Donald Muirhead and the Masters Record Keeper Jeanette Patterson. It is the responsibility of the Meet Organiser to send official results to the National Convener.

All other claims for events outwith Scotland must be made by the competitor or club official in the form of a set of official results endorsed by the referee for the meet and accompanied by the electronic timing printout.

Donald Muirhead
National Convener



ALLOA MASTERS 13th OPEN SWIMMING MEET

RECORDS tumbled on Saturday 21st February at the Alloa Masters Gala sponsored by Clackmannanshire Sports Council.

Overall four Scottish Masters swimming records were smashed at Leisure Bowl three by Motherwell swimmers Hugh Cumberford and Janice Millar.

Hugh grabbed gold in the 50m breast-stroke and 100m I.M. while Janice took gold in the 50m freestyle. The fourth record went to Denis Thys Glasgow Western in the 50/54 50m breaststroke. The prestigious Alloa A.S.C. event attracted 120 swimmers from a total of 23 clubs from every corner of Scotland.

The local club presented their strongest team with 17 top masters competing.

Many of the Alloa swimmers produced some fine swims with several achieving personal best times as well as winning medals.

The ladies got off to a good start in the 50m butterfly with Susan Ross winning gold in the 'X' age group.

Anne Cassidy lifted silver and Betty Ross bronze in the 'F' age group.

Young Susan went on to pick up four more gold medals with Anne winning another four silvers and Betty taking another bronze in the 100m I.M.

Helen Martin produced her usual high standard in the backstroke and freestyle events winning gold in both events in the 'G' age group.

Clare Armstrong appears to have recovered from injury as she had a great 50m breast-stroke winning silver before picking up another second place in the 50m freestyle in the 'B' age group.

Katrina Stokes and Jackie Smith proved that good coaching makes all the difference when recording personal best times in two finals.

Coach Maggie Young took part in the relay events and swam so well she has promised to enter the individual events next year.

Both of the ladies relay teams won two silver and two bronze medals each to complete a fine display.

The top Alloa men's swimmer of the day must be Kevin Greig competing in his first competition went on to win gold and two silvers in the backstroke, breast-stroke and freestyle events.

The old seasoned campaigners of Brian Boos moved up an age group this year and his class showed in the 'F' age group when winning gold in breast-stroke, silver in the freestyle and bronze in the backstroke.

Despite the distraction of ensuring the whole event ran smoothly Willie McLaughlin produced a magnificent swim in the 50m breast-stroke to lift gold ahead of a high class field.

Willie also went on to record a personal-best in the butterfly and equalised his p.b. in the freestyle.

FIRST TIME MEDALIST

First timer David Musk produced personal best times in all his swims and was rewarded with a bronze medal in the 50m backstroke.

Andy Stokes has been concentrating on long distance events recently but still managed to pick up a bronze in the 50m breast-stroke in the 'B' age group.

Nigel Grant and Andy Stewart acquitted themselves well in their individual events before recording personal best times and winning silver and gold medals respectively in the relay events.

NB: TECHNICAL OFFICIALS

One of the most enjoyable moments at the gala was when timekeepers Alan Gall and Ian Young competed in the relay events helping their team to two silver medals.

Alloa 'A' team showed their class in the final relay event winning gold.

Head swim coach Andrew Buchanan has to be acknowledged for the club's success at the gala.

SPONSORS

The gala was a resounding success with thanks going to Clackmannanshire Sports Council; D.M. Thomson & Sons Ltd; A&B Reid Fencing- Contractors; Royal Bank of Scotland, Deebee Ltd and Arnold Clark.

Willie McLaughlin - Gala Convener

At the conclusion of the SWIM MARATHON 5000m all the participants (competitors and volunteer timekeepers) enjoyed a buffet meal in the cafe area at Tollcross Park Leisure Centre. It was also an opportunity to relax and socialise after the swim.

Scottish Past President Norrie Beattie presented the medals to the winners of each age group and the overall fastest male and female swimmers.

Photo by Bill Black



Stirling Amateur Swimming Club

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Sue Tait
Westkirk House
Balkerach Street
DOUNE
FK16 6DE

Tel:- 01786 841 664

August 22nd, 1998

Lomond Masters Open Swim Meet

Vale of Leven, Swimming Pool, Alexandria, Dunbartonshire.

Entry Forms and Information from:-

Jim Percy
22 Chapelacre Grove
HELENSBURGH, G84 7SH
01436 67



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Greenlees Road
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INTRODUCTION TO OPEN WATER SWIMMING IN SCOTLAND

Brian Bain

The vast majority of competitive swimmers believe that all races are held in heated pools, rectangular in shape and not more than 50 metres in length. However, this is not the case. One branch of the sport offers an alternative, an opportunity to try something different. For some it provides a challenge to complete the course. For others it could lead to representative honours for Scotland and international competition.

This article aims to tell you a little about open water swimming in Scotland and how you can get involved.

GETTING BACK TO BASICS

Open water swimming must surely be one of the most traditional sports available. No need for purpose built deck level pools with anti-turbulence lane ropes, starting blocks and electronic timing. In some ways it is analogous to cross country running. In open water swimming your back to what nature has provided.

THE RACING SEASON

Competitions are confined to the summer months between June and September when water temperatures are at a suitable level. During this period, events are held on most weekends. Venues vary from small lochs in country parks to large fresh water and saltwater lochs in the Scottish Highlands. A variety of events also take place in the Tay Estuary around Dundee.

EVENTS IN SCOTLAND

The most important events are, of course, the Scottish Championships. The senior championships are held at Loch Lubnaig (3¾ miles) and Loch Rannoch (9 ½ miles). Junior championships are held over 1 mile (1998 venue to be decided) and over the course at Loch Lubnaig.

Events staged by the Midland District

are now well established and some are open to all comers. This year sees an inaugural North District Open Championship at Loch Linnhe. In addition, Ye Amphibious Ancients Bathing Association (YeAABA) organise a number of open events on the Tay as well as their Championships on Loch Earn.

SAFETY CONSIDERATIONS

One concern swimmers may have is their safety during an open water swim, after an the water is **deep**, cold and you could be some distance away from the shore.

First of all, the water isn't as cold as most people imagine. After the initial "shock" your body adjusts itself to the conditions and although, you'll never feel warm you probably won't feel unduly uncomfortable.

In the event of a swimmer being unable to complete the course, adequate supervision is provided to ensure that you can be taken on board a boat and returned to the shore. In short races with large entries, cover is provided by a number of rescue boats patrolling the course. In longer swims a boat manned by two crew is assigned to each swimmer. In the case of retirement a swimmer can be taken on board and then transferred to a faster rescue craft for return to the shore. In these swims the boat can also be used to do the navigation for you. In swims that extend for more than, say, two hours you may want to have a stop for drinks and/or food - this can be arranged with your crew.

OPEN WATER SWIMMING OUTSIDE SCOTLAND

Open water swimming is very much an up and coming branch of the sport. It is now included in most major championships. 5km and 25km events were held at the 1997 European Swimming Championships in Seville and at the recent World Championships in 1998. It is likely that they will soon become Olympic and Commonwealth Games events.

In England there are many events staged by the British Long Distance Swimming Association (BLDSA) this

includes the championships at Lake Windermere (Seniors) and Lake Coniston (Juniors), both in the Lake District, which normally have a high entry from Scottish swimmers.

Further afield there are many events on the continent including international competitions to which Scotland might consider sending teams.

TRAINING

It is not considered necessary to train in open water in order to race in open water. Normal indoor training is sufficient to build the necessary fitness and endurance. However, a practice session prior to your first event may be helpful, especially if you can practice swimming alongside a safety boat

CURRENT STANDARDS

The standard of open water swimming in Britain is improving but does not match that of conventional swimming. Opportunities exist for competent "pool" swimmers to figure highly in Scottish championships and perhaps- gain international selection.

Even if you do not consider yourself to be of this standard, the experience and challenge of competing in an open water event is one worth considering.

CONTACTS FOR FURTHER INFORMATION

For further information about events and other aspects of open water swimming contact one of the following;

SASA National Convenor:

Ian McIntosh
85b Queen's Street,
Broughty Ferry
DUNDEE.
DD5 1AF
Tel.01382 775312

North District Convenor and Masters Contact:

Brian Bain
103A Hamilton Place,
Aberdeen
AB15 5BD
Tel. 01224 645109

Midland Convenor

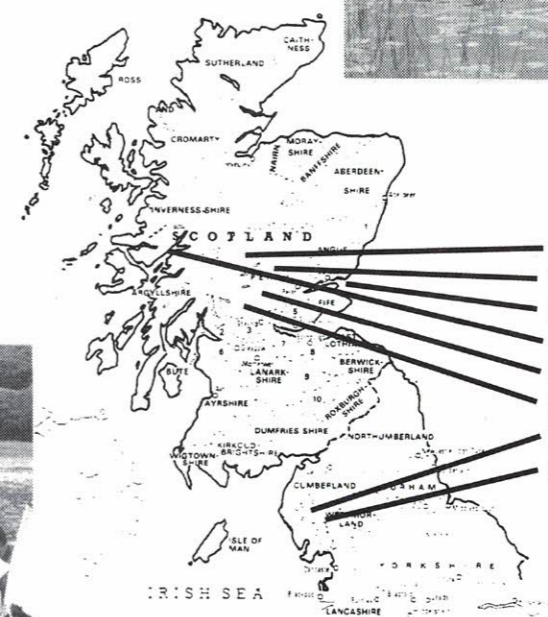
Joyce McIntosh
85b Queen's Street,
Broughty Ferry
DUNDEE.
DD5 1AF
Tel.01382 775312



The loneliness of the long distance swimmer >



Photos of Championships at Loch Lubnaig by Bill Black



OPEN WATER SWIMMING VENUES

1. Loch Rannoch
2. Loch Tummel
3. Tay Estuary
4. Loch Linnhe
5. Loch Earn
6. Loch Lubnaig
7. Lake Coniston
8. Lake Windermere



'Take Your Marks!' with a difference - swimmers heading for their starting position.



Seniors and Masters

Date	Event	Distance	Start Time	Organiser
Sat : 20 June	Kirkton of Balmerino - Broughty Ferry	8 miles (tide assisted)	12:15	YeAABA
Sun: 21 June	Tayport Cup	1 mile	13:18	Ye AABA
Fri: 26 June	World Masters Championships	5 Km	unknown	FINA
Sat: 4 July	Loch Linnhe	TBA	TBA	North District
Sat: 11 July	Scottish Championship - Loch Linnhe	3.75 miles	10:00	SASA
Tue: 14 July	Dundee : Bridge to Bridge	1 mile	19:15	Dundee C. C./YeAABA
Sat: 18 July	ASA Open/ASA Masters/European Cup	5 Km	09:30	ASA
Sat: 18 July	ASA Team Event	1.5 Km	Afternoon	ASA
Sun: 19 July	ASA Championship	25 Km	10:30	ASA
Sun : 19 July	Veterans Single Tay	1 mile	11:48	YeAABA
Sat : 8 August	Scottish Championship - Loch Rannoch	9.5 miles	10:00	SASA
Sun: 9 August	11th International Sri Chinmoy Marathon Zurich, Switzerland	26.4 Km	07:00 for individual swimmers 07:30 for relay teams	Sri Chinmoy Marathon Team Postfach 1377, 8040 Zurich Switzerland
Sun:16 August	Loch Earn	6.5 miles	10:00	YeAABA
Sat:22 August	Double Tay	2 miles	16:20	YeAABA
Sun:23 August	Woodhaven - Broughty Ferry	5 miles (tide assisted)	14:30	YeAABA
Sun:30 August	Loch Tummel	6.5 miles	11:00	Midland District
Sat : 5 September	Lake Windermere	10.5 miles	09:00	BLDSA

Juniors

Date	Event	Distance	Start Time	Organiser
Mon: 15 June	Single Tay	1 mile	19:28	YeAABA
Sun: 21 June	Tayport Cup	1 mile	13:18	YeAABA
Sat: 4 July	Loch Linnhe	TBA	TBA	North District
Sat: 11 July	Scottish Championship - Loch Lubnaig	3.75 miles	10:00	SASA
Tue: 14 July	Dundee :- Bridge to Bridge	1 mile	19:15	Dundee C.C./YeAABA
Sat: 1 August	Scottish Championship	TBA	TBA	SASA
Sat: 15 August	Half Loch Earn	3.25 miles	11:00	Midland District
Fri: 28 August	Double Tay	2 miles	16:20	YeAABA
Sun: 6 September	Lake Coniston	5.25 miles	11:00	BLDSA

SWIMMING TECHNICAL OFFICIALS
By Peter Syer

NEWS

Congratulations are extended to the following technical officials who received their Certificates of Competence during January - March 1998.

TIMEKEEPERS:

John Kirkwan	North
Ann Jarrett	Midland
Joan Leask	North
Jean Bain	North
Helen Butcher	North
Hema Kamath	North
Christine Simpson	North
Susan McLauchlan	Midland
Greg Michalski	North
Joan Russell	Midland
Penelope Williams	East
Miller Scott	Midland
Lesley Ramage	East
Jim Ramage	East
Maira Thow	East
Jeanette Dundas	East
Alison Gall	West
Ann Uag	North
James Leisk	North
Jennifer Ewen	North
John Nicol	East
David Sutherland	North
Patricia Kennedy	North
Andrew Smith	East
Marcia Irving	North
Calum Walter	North
Sheila Madsen	West
June Nicol	North

STARTER

Lesley Prentice	East
Philip Smithard	East
Keith Rowbory	West

RECORDER

Sheena Crockford	North
Jill Williams	East

JUDGES

Tony Dane	East
Arthur Manson	East
Nigel Grant	West
Trish Deans	West

SASA CONGRESS

A proposal by Council to delete the word "Amateur" from the Association name was unsuccessful. The Association shall therefore, continue to be known as the **Scottish Amateur Swimming Association**.

Retiring STO Convener Ed Adam, was successful in proposing that the STO

Committee should henceforth be responsible for: "Arranging for the Selection, Appointment and Supervision of Swimming Technical Officials at National Championships and International events held in Scotland".

A proposal to have a "National Events Convener" was accepted. Universally agreed as necessary for the good order and organisation of national and international events to be held in Scotland, this position will be held under the auspices of the National Swimming Committee.

SASA ANNUAL GENERAL MEETING

Congratulations are extended to John Bruce on his appointment as STO National Convener. Colin Kennedy will now represent the East on the STO Committee. The STO Committee have appointed Barbara Moore as Minute Secretary, with Eddie Wilmott and Peter Syer confirmed as elected members from the STO Seminar.

Very many congratulations are extended to Ed Adam OBE on being honoured with a Life Membership of the Association. Although standing down as STO National Convener after three years, Ed will continue as a technical official and as Chair of the SASA Editorial Board. Our congratulations are also extended to Mrs. Ruby Brockie (East) on her similarly being honoured with Life Membership of the Association. Most unfortunately, due to having had a recent accident, Ruby was unable to attend at the meeting in person to receive her award.

The proposal to increase the Annual Fee for Individual Membership of the Association was defeated. Technical officials who are not bona fide members of an affiliated club, and are therefore, not covered by the Association insurance, should look to this alternative option.

REFEREE TRAINING/ EXPERIENCE PROJECT

Liz Hastie was appointed to attend at

the Welsh National Long Course Championships which were held in Cardiff from 20th -22nd February.

The STO Committee have now established criteria for suitably qualified SASA Referee candidates wishing to be considered for appointment to the Referee Training & Experience Training List.

AGE:

Candidates should not be older than 54 years of age on the date of application.

EXPERIENCE:

Candidates: - Must have passed their Referee examination at least (4) years prior to the date of application. Should have attended, during this period:

The majority of District organised events - Age Groups, Open Championships and other District events.

At least (8) Scottish National Events, two of which must be outside the Referee's parent District.

Scottish National Events - National Winter Championships, National Age Group Championships, National Open Championships.

At least the majority of sessions at these Scottish Championships.

APPLICATION:

Candidates should apply with the appropriate evidence of experience (CV) to the STO National Convener, through the respective District Convener, who would add suitable comment to each application.

It will be the decision of the National STO Committee to appoint suitable candidates to the Referee Training List.

TECHNICAL OFFICIALS EXAMINATIONS

Examinations for SASA qualification as Recorder, Judge, Starter and Referee will be held on Monday 11 May 1998.

The closing date for applications for these examinations was 1 April 1998. Application forms were available from your club secretary.

PROCEDURE:

Completed application forms are submitted along with the Examination Fee (£5.00) and TWO A5 size stamped addressed envelopes to the STO Committee District Representative no later than the appropriate closing date. Training workshops for each category of official are arranged within each District.

STO NEWS - SCOTTISH SWIMMING

2000 vol. 5, No.3 - Clarification Further to the article published on Page 19, column 2 with regard to "Referee decision", Omega Sales Manager Steve Currie, has asked me to clarify the statement with regard to Omega OSM6 back-up facility.

I am pleased to refer you to the points of clarification in Steve Currie's letter. (see Page 2)

I am indebted to Omega for these points of clarification and, which I trust add to your understanding of the article.

Peter Syer

S.A.S.A. SWIMMING TECHNICAL OFFICIALS Committee:

NATIONAL CONVENER:

John Bruce, 50 Station Road, Roslin, Midlothian. EH25 9LR
Tel.: 0131 440 1752 (H)

Committee SECRETARY:

Barbara Moore, 2 Briarhill Court, Prestwick, Ayrshire.
Tel: 01292 001442 (H)

STO MEMBER: Peter Syer

185 Park Road West, Rosyth, Dunfermline, Fife. KY11 2SZ
Tel: 01383 415426 (H)

STO MEMBER: Eddie Wilmott

294 Ravensby Road, Carnoustie, Angus. DD7 7NW
Tel: 01241 54853 (H)

EAST: Colin Kennedy,

55 Ambrose Rise, Livingston, West Lothian. EH54 6JT
Tel: 01506 492807 (H)

MIDLAND: Jeanette Patterson, 45 Pitkerron

Drive, Dundee. DD4 BAT
Tel: 01382 508486 (H)

NORTH: Roy Wilson, 72 Leggart Avenue,

Aberdeen. AB1 6UQ
Tel: 01224 874638 (H)

WEST: Bill Murdoch,

2 Briarhill Court, Prestwick, Ayrshire.
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2 Briarhill Court, Prestwick, Ayrshire.
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Tel: 01292 (0)1442 (H)

POINTS OF VIEW, COMMENTS OR ARTICLES

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

Changes to FINA Technical Swimming Rules

The STO Committee has considered the changes to FINA Technical Swimming Rules, which have been circulated to clubs by Ian Mason, Chairman of the Board of Management, and have advised all SASA REGISTERED REFEREES of their IMMEDIATE EFFECT

THE START SW4.1

The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot in front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

NOTE:

This now means the position of feet when competitors instructed to mount the starting platform is NOT DEFINED. They may stand where ever they wish

SW 5 FREESTYLE SW 5.3

Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface.

NOTE:

This means the head must break the surface of the water not more than 15 metres from the start and turns.

SW 7 BREASTSTROKE SW 7.1

From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.

NOTE:

It is now not a requirement for the shoulders to be in line with the normal water surface

SW 7.3

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except **FOR THE FINAL STROKE AT THE FINISH.** The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond

the hipline, except during the first stroke after the start and each turn.

NOTE:

"THE FINAL STROKE AT THE FINISH" is taken as being the final stroke at the finish of each length.

SW 8 BUTTERFLY SW 8.1

From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the normal water surface. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.

NOTE:

This clarifies the kicking on the side after the start and turns.

SW 8.4

At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

NOTE:

This means that the shoulders do not have to be level when making a turn or at finish of the race.

SW 8.5

At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface.

It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface. The swimmer must remain in the surface until the next turn or finish.

NOTE:

This means that Butterfly is the same as freestyle and backstroke. The head must break the surface of the water at, or by the 15 metre mark and the swimmer must remain on the surface until the next turn or finish.

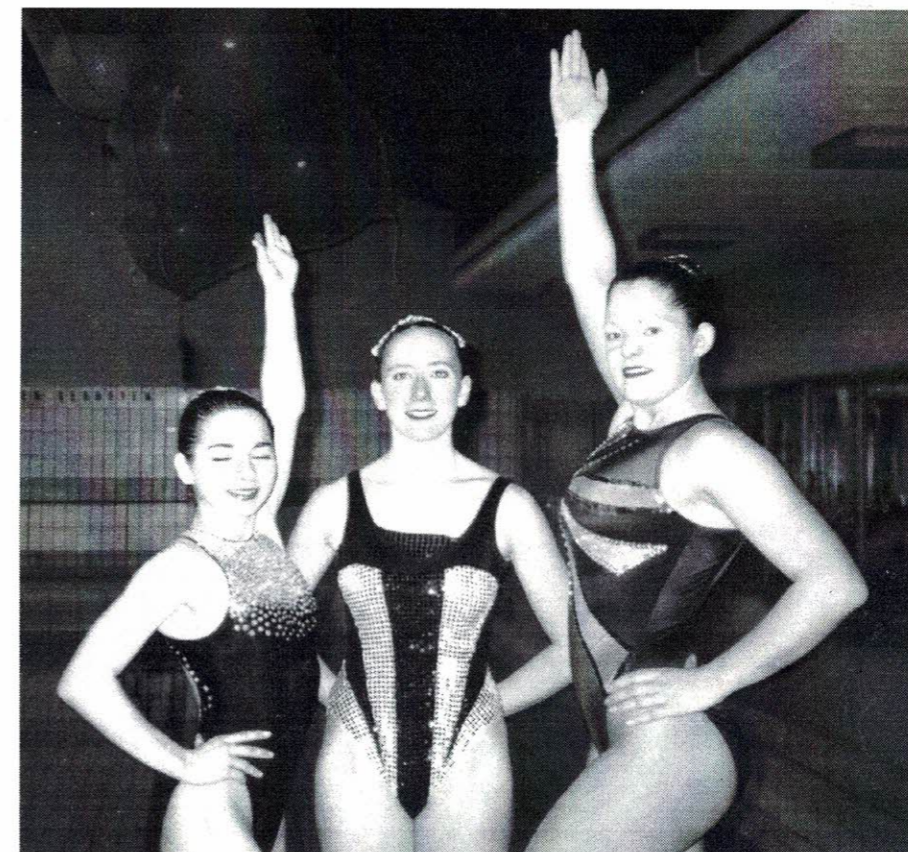
SW 10 THE RACE

SWIO.5 (newrule)

Pulling on the lane rope is not allowed.

SW 10.11

SW 12.5 Transferred to SW 10.14



The Scottish Elite Synchronized Swimming Squad - L - R Pauline McFadyen; Morag Shaw; and Isla Dunbar. Photo by Margaret Dunbar

At the Schleisweg Holstein Open in Flensburg, Germany the Scottish trio came home with two bronze medals. Isla Dunbar (Elgin) won bronze in the Solo event and combined with Morag Shaw (Clydebank) to win a second bronze in the Duet. Pauline McFadyen was placed 6th overall.

STOP PRESS: At the German Open in Bonn on the 28/29 March The above Duet gained a Level 2 score which puts them in line for Commonwealth Games.

OBITUARY

Jimmy Gibson, a member of the famous Motherwell Water Polo team which won the English Cup, died in St Andrews Hospice, Airdrie on the 24th March at the age of 69.

As a young man Jimmy was also an accomplished swimmer and competed in sprint events at West District and Scottish level as well as being a member of the Scottish Water Polo team.

When Motherwell Masters was formed Jimmy was one of the first ex Motherwell swimmers to become involved and for some ten years he competed in backstroke and freestyle events winning many medals and setting records in backstroke events.

Jimmy was a member of a famous Motherwell swimming family, with his brother Peter also an excellent water polo player and sister Cathie who won bronze in the 400m freestyle at the 1948 Olympic Games.

There was a good attendance of former swimmers at the memorial service held at St. Andrews Church, Carluke.

Stewart Murray (Renfrew Baths ASC) and West District Life Member died in his sleep on the 20/21st March 1998.

Stewart was one of the stalwarts of the West and had served as an official in both swimming and water polo.

He had been a member of Fairfield ASC in his water polo playing days when every company or firm of any size had a swimming club.

Stewart served on many West District committees but he resisted his due recognition to become District President when pressed to accept the post.

He was still active in his club as the entry secretary. At Scottish and West District meetings he always questioned any proposed rule changes which he considered detrimental to the young swimmers at the grass roots of the sport.

A good representation from SASA members attended the funeral at Woodside Crematorium, Paisley on Wednesday 25th March.

WARRENDER BATHS CLUB, EDINBURGH 110th ANNIVERSARY OPEN SPRINT MEET

Warrender swimming club was founded in 1888 and has a long and successful history in the development of the sport at District, National and International level. In this a Commonwealth Games year five club members are in the frame for selection to swim for 3 different Nations.

David Leith, Ian Edmond, and Richard Hope (Scotland) Jarnie Salter (England) Chris Shaw (Zimbabwe)

All 5 swimmers train and compete for the City of Edinburgh Swim Team

To celebrate the 110th Anniversary an open sprint meet for boys and girls in 4 age bands was held at the Carnegie Centre in Dunfermline.

Top male in the open category for the highest points on the LEN list for an individual swim went to British and Scottish Internationalist Bryan Morgan from Carnegie ASC, and the top female went to Leah Sandford, Midlothian S.C. and a member of the East District Squad.

Top swimmer in each age category was as follows:

Boys/Girls 10 and under	
Lewis Smith	EWBX
Lynn Duncan	EPSX
11/12	
Jody Forbes	ETTX
Helen McLeod	EPSX
13/14	
Richard Fraser	WRXX
Lauren Greenshields	EPSX
15 and over	
Bryan Morgan	ECEX
Kirsten Sinclair	ECEX

The Top Club award went to the Carnegie Club and the Top Coach award to Ian Wright of Warrender Baths Club

Individual race winners:

10 and under Boys/Girls 50 Freestyle		
Darren Strachan	MMSX	34.43
Lynn Duncan	EPSW	33.62
50 Breast		
Lewis Smith	EWBX	44.90
Lynn Duncan	EPSX	46.37
50 Back		
Darren Strachan	MMSX	39.73

Lynn Duncan	EPSX	41.96
50 Fly		
Lewis Smith	EWBX	40.77
Lynn Duncan	EPSX	37.32
11/12 years		
50 Back		
Steven Stewart	ECEX	34.66
Gemma Baird	ETNx	38.05
50 Free		
Steven Stewart	ECEX	30.01
Helen McLeod	EFSX	31.39
50 fly		
Jody Forbes	ETTX	34.34
Carolyn Fordyce	EWBX	36.84
50 Breast		
Jody Forbes	ETTX	41.31
Helen McLeod	EPSX	41.31
13/14 years		
50 Breast		
Iain Lyall	EWBX	35.63
Lauren Greenshields	EPSX	36.07
50 Free		
Richard Fraser	WREX	28.20
Tracy Jermain	ECEX	30.15
50 Fly		
Richard Fraser	WREX	32.00
Tracy Jermain	ECEX	32.77
50 Back		
Richard Fraser	WREX	33.31
Tracy Jermain	ECEX	34.49
100 I/M Open		
Lauren Greenshields	EPSX	1.13.50

15 and Over

50 Back		
Bryan Morgan	ECEX	28.01
Leah Sandford	EMNX	32.21
50 Breast		
Bryan Morgan	ECEX	30.66
Kirsten Sinclair	ECEX	35.55
50 Free		
Bryan Morgan	ECEX	23.34
Kirsten Sinclair	ECEX	28.73
50 Fly		
Bryan Morgan	ECEX	26.21
Leah Sandford	EMNX	30.56
100 I/M Open		
Mervin F.D.Heer	EWBX	1.01.55
Kirsten Sinclair	ECEX	1.09.97

Warrender Baths Club thank all the sponsors of this event for their generosity. Anyone interested in joining the club or any past members keen to rekindle friendships should contact the secretary Mrs Elizabeth Leith, Tel: 0131 229 6203

AWARDS FOR SWIMMING FOLK

North Lanarkshire Sports Personality of the Year 1997 awards were presented to well-known members of the SASA at an awards ceremony in the Motherwell Civic Centre on Friday 20th March.

Four representing the sport of swimming were among the winners of nine categories. The successful nominees were Jeannette Paterson Administrator of the Year has been a member of Motherwell & Wishaw ASC for over 50 years; Danny McGowan (Cumbernauld) Coach of the Year;

Louise Coull (City of Glasgow and Cumbernauld resident) Junior Girl Athlete and David Rose Junior Boy Athlete.

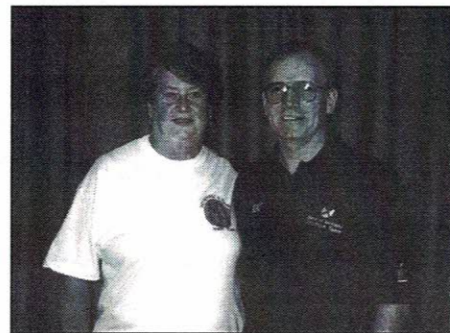
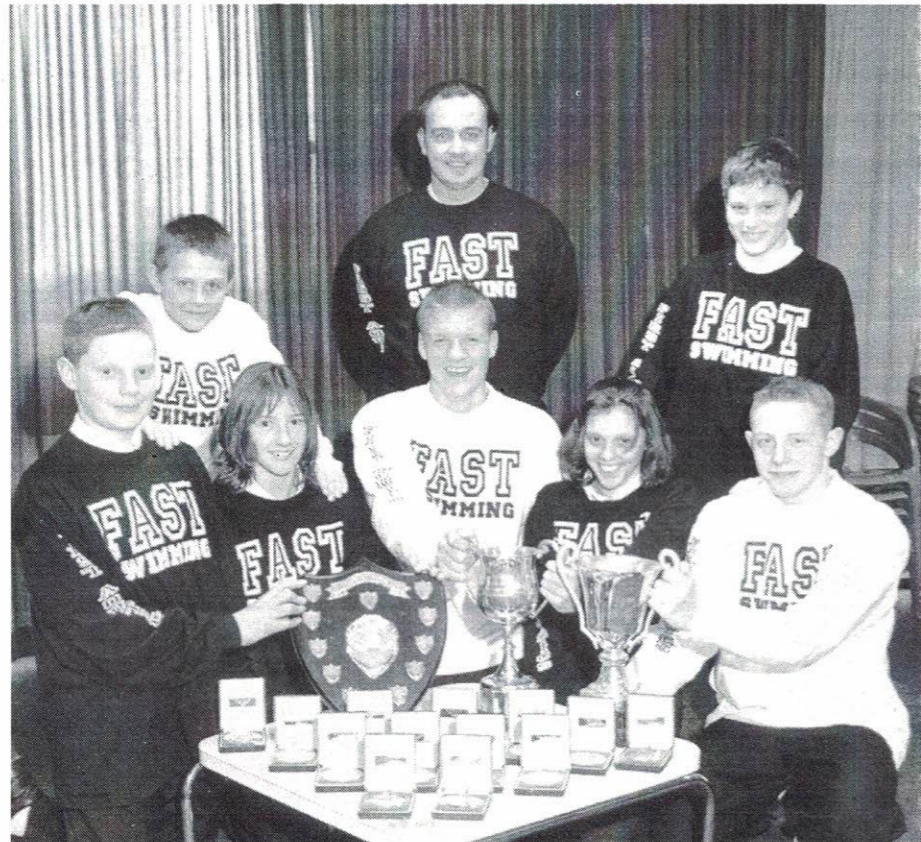


Photo: Jeanette and Danny at a recent Masters Training Day.



Top Honours For First Aquatics

The First Aquatics Swim Team took part in their first competitive meet since affiliation to the Scottish Amateur Swimming Association and the Midland District. At the 11th Stirling Junior swim meet the clubs' swimmers produced some outstanding performances over the two day event. In this high level competition the

swimmers won Top Boys Club for all age groups Best Boy in the 14 year old age group (David Reekie, 4 Golds and 1 Silver). Best Boy in the 15 year old age group (Mark Johnston, 3 Golds and 2 Silvers)

Who also recorded a new meet record of 55.09 for the 100m Freestyle. Other medal winners were Rowena Cornish, 2 Silvers and Gary Johnston a Bronze. The eight strong team (Angela Birchall missing from picture) produced 32 personal bests out of 49 swims and a total of 13 medals.

Pictured: Back Row: Gary Johnston, Billy McGoldrick, Head Coach, Graeme Gawans Front Row: Andrew Davie, Lisa Tapley, David Reekie, Rowena Cornish and Mark Johnston Picture courtesy of the Arbroath Herald, Arbroath.

EAST DISTRICT NEWS

EAST DISTRICT SQUAD UPDATE

After the Winter Championships we are able to confirm our full East District Squad for 1997/98, they are as follows:

Kenneth Anderson	(HN)
Laurie Adair	(HM)
Ross Bousie	(GS)
Jenny Boyd	(WB)
David Bruce	(EH)
Emily Byars	(CE)
Paul Dalglish	(HM)
Linda Devlin	(CE)
Michael Kane	(CE)
Sharon Gay	(CE)
Alan Kerr	(BE)
Lauren Greenshields	(PS)
David Mark	(HN)
Lynda Kinnell	(CE)
Gordon Prentice	(BE)
Kirsten MacLean	(GS)
Michael Sankey	(FS)
Yvonne Pate	(FS)
Taylor Smith	(WB)
Lindsey Paterson	(HM)
Paul Stevenson	(MN)
Leah Sanford	(MN)
Andrew Stewart	(CE)
Kirsten Sinclair	(CE)
Sean Whittet	(GS)
Kirsten Smith	(FS)
Gillian Wait	(BE)

The Squad training day held on Saturday 10th January at St Margaret's Academy was run by Alan Rapley who is the Swimming Development Officer for East Lothian Council. Alan was also the team captain for the British relay team in the Atlanta Olympic Games.

The joint venture arrangements to Luxembourg with the North District to take part in the C I J Meet in April, is well under way. The joint team will be known as "The Scottish National District Team" and this will be enhanced with a special kit bought from Wrightsport.

EAST DISTRICT GENERAL UPDATE

The East District Long Course Time Trials have been arranged for 1998 at the Royal Commonwealth Pool, Edinburgh on **Sunday 26th April** and **Sunday 24th May**. Details will be sent to clubs soon. Put it into your calendar !!

The East District Open will be held on **Saturday 7th & Sunday 8th November 1998**.

Details of the venue will follow shortly

Congratulations go to the following swimmers who achieved Scottish records

- Bryan Morgan (CE) at Sheffield during the British Winter National Championships, he went 00.23.3 in the 50m Freestyle
- Ian Edmond (WB) at Tollcross during the Scottish Winter Championships, he went 00.29.82 in the 50m Breaststroke
- Richard Hope (WB) at Tollcross during the Scottish Winter Championships, he went 00.27.38 in the 50m Backstroke

REGIONAL NEWS

Lothian Region held their Club Championships at Whitburn pool on Sunday 18th January and apart from a good support from the Clubs, the competitors made it an excellent event with lots of vocal support. The results were as follows:

Division 1	Haddington	107 points
	Midlothian	99 points
	Warrender	97 points
	Hearts	95 points
Division 2	Bathgate	106 points
	Livingston	60 points
	Aquanauts	58 points
Division 3	Tranent	126 points
	Inverleith	104 points
	Broxburn	91 points
	Armadale	57 points

The competition for the Telfer Cup was extremely close and the eventual winners were Heart of Midlothian with three points between them and Midlothian.

EAST DISTRICT DISABLED NEWS

The Scottish Disabled team took part in the Double Dutch Open Championship in Deventer, Holland over the 15th - 17th January.

This event is held every two years and this year it attracted swimmers from twenty two countries including many Paralympic champions.

The results of the Scottish swimmers were as follows:

Andrew Lindsay		
100m Backstroke	01.23.87	Gold
200m Freestyle	02.40.28	Silver
50m Freestyle	00.33.97	Silver
400m Freestyle	05.40.30	Silver
100m Freestyle	01.14.31	Bronze
Helen Morley		
400m Freestyle	06.34.77	4th
100m Backstroke	01.45.37	4th
200m IM	03.34.77	4th
100m Freestyle	01.25.40	5th 50m
Freestyle	00.40.81	7th
Paul Johnston		
50m Backstroke	01.01.97	Silver
50m Breaststroke	01.06.66	Silver
200m Freestyle	04.26.90	Silver
100m Freestyle	02.02.06	Silver
50m Freestyle	00.53.90	Silver

Lara Ferguson		
400m Freestyle	05.29.44	Gold
100m Backstroke	01.26.53	Silver
100m Breaststroke	01.31.22	Silver
100m Freestyle	01.13.56	Silver
100m Butterfly	01.26.32	Silver
50m Freestyle	00.34.76	Bronze
200m IM	03.00.18	Bronze
Paul Noble		
100m Breaststroke	01.21.64	Silver
100m Freestyle	01.02.00	Bronze
200m IM	02.38.85	Bronze
400m Freestyle	04.58.64	4th

Anna Tizzard		
100m Backstroke	01.30.07	Bronze
100m Butterfly	01.45.08	Bronze
100m Freestyle	01.25.79	5th

The above are all members of Glenrothes Amateur Swimming Club and the coaches were Mary Cochrane and Drew Lindsay

Special mention must be made of Margaret McEleny who achieved two World Records, Margaret is a member of Port Glasgow

Margaret McEleny		
50m Breaststroke	00.59.24	Gold WR
200m Freestyle	03.33.57	Gold WR
50m Freestyle	00.48.82	Gold
100m IM	01.58.67	Gold
100m Freestyle	01.45.54	Silver

Congratulations to the above swimmers and coaches and to all who took part.
Pete Lourie
East District Swimming Convener

A LOOSE CANNON IN THE COMMITTEE - ME ?

When I sit down to pen these insights into the darkest secrets of the Scottish Swimming Committee, I usually base them (loosely, very, very loosely !!) on the meetings that I have attended and the minutes that have dropped through my letterbox in that, now infamous, large brown envelope.

However I am faced with a challenge, to pen the insights without attending the main meeting and without the minutes. Now will they notice the difference ?

There have actually been two meetings of the committee since last issue of this illustrious journal and I did attend one of them so my imagination will not have to work too much overtime.

And I also went to the de-brief meeting for the Youth Squad so there is even more to base my fiction on.

And I could pass comment on events at the AGM, but the strategies of the war games are beyond the lowly intellect of a district swimming convenor. Its a much more professional game these days, nudge, nudge. Its a pity the factions cannot pull together for the benefit of the sport rather than the benefit of empires.

However that was Saturday, this is Wednesday and I am drifting from my subject.

The Club Team Championships have come and gone, and there are even more grey hairs amongst my golden locks. The plans seemed good at the time and they will get better but it makes the de-brief meetings fun.

After working on the organisation of both the Club Team Championships and the National Leagues, I am concerned at the middle of the road interest in these competitions. A lot of time has been spent trying to fill the lanes with clubs who want to compete. The plan was to run the National Leagues competition this year with 20 teams, but we do not even have a full house for the available 14 lanes (east + west).

Its amazing how everyone's competition and goals priority is different. Give us more competitions they say, at an ever increasing standard they say, but don't expect us to actually compete.

Licensing & Accreditation is still topical and a summit has been called. No, not Ben Nevis, just a meeting to share ideas on how L & A is

progressing, or not.

Free L4 competitions will, no doubt, be on the agenda. I wonder what would have happened if an ACF of a nominal, say, £2.00, had been proposed for L4 meets. Just think, £34000.00 income and some additional real costs to administer it. A full data base of the potential swimmers of the future and it could have been pegged at that level until LA3 required an upgrade. There would still have been quite a bit of spare cash in the kitty, not harf, and a level of competition management, control and accountability appropriate to that level of development of the sport.

But that's another story for another time. I have been reviewing the feedback questionnaires that were returned after the Winter Championships and the Club Team Championships. It didn't take long, 6 out of 73 were returned by Coaches/ Team Managers after the Winters and 1 from 17 at the Club Teams. They really are useful and I would really encourage people to return them, preferably completed.

It is interesting to consider the very wide range of views expressed but frightening to consider that the committee are expected to take cognizance of the breadth of opinion.

Everybody is right and nobody agrees. Sessions are too long, but not enough swimmers get the opportunity to compete, there is too long a break between sessions but the swimmers do not get time to recover, we need more sprint lanes but there aren't enough pace lanes, I now realise that's why we need 20 lane pools, hire the pool for another day to facilitate the Olympic program, but reduce the entry fees.

Somewhere there must be a common drift of opinion, I even tried to analyse it statistically, the graph looked pretty, but it didn't tell me much (too small a sample say the experts out there !!)

The Youth Squad debrief was really interesting with a different approach to squad selection being set out for discussion. It got a bit bogged down in detail which can be sorted out later but the concept was thought provoking. Selection on a broader base than a one off spectacular time, that may never be repeated. I think after it is debated inside out, it has a positive future. It was pleasant to listen to a group of staff with a common goal, genuine concerns and the initiative to formulate the proposals for the future squad staff, even

if it may not be them. They seem uncertain about their own futures. I get the feeling that they just need a push in the right direction by the right people, time will tell.

It certainly made me sit back and have a good think about the future of the National District Squads. I find it interesting that a time when in committee we are really concerned at the apparent lack of progress in standards and the lack of record breakers, the district squads keep improving. We keep upping the standard and the numbers achieving the standard rises as well. More swimmers are passing through to the Youth Squad, the Youth Squad staff declare their support for the district programmes, so maybe its not all bad news. In fact maybe its a lot of good news and we should enjoy the successes while striving for the improvements rather than dwelling on the potential problems.

Well, enough of my ramblings, maybe next issue I will concentrate on specific committee business, or maybe I won't, that will depend on how lively the meetings or the minutes are and with a loose cannon ever present, you never know what is going to happen. Have fun !!!

*John Deans
Scottish Swimming Committee.*

APPOINTMENTS

Katie McConachie has been appointed as the Association's National Development Officer.

Katie is currently employed as Swimming Development Officer with East Dunbartonshire Council; she is also an ASA Senior Tutor and is currently studying for a diploma of management with the Open University. Katie graduated from Glasgow University with an M.A.(Hons.) and completed a secondary teaching qualification at Jordanhill College of Education.

Katie will take up her post with the Association on Monday 6 July 1998.

Sarah Birrell has taken over as Manager of the Scottish Swimming Awards Scheme

WATER POLO

By the Referee

Dundee Schools

Craigie High School won the Open Championship by the narrowest of margins in a closely fought battle to take the double, having already won the 3rd & 4th Year competition. Menzieshill High School, bitterly disappointed at losing the Open Championship, had to console themselves with their own double - the Open Girls Championship and the 1st & 2nd Year competition. John Osborne, taking over as organiser since Frank Jordan's retiral, was more than delighted with the response from the schools, with five or six teams competing at each age group. "It's great to see so many kids taking part and enjoying themselves, it's also heartening to see the newly appointed swimming instructors taking a keen interest in a sport that they knew little about before now. I must thank the Tayside Water Polo Development group for their support and assistance with the organisation, as well as supplying six balls for the Championships." Mr Dave Balbirnie convener of Midlands District Water Polo Committee, attended all the competitions and presented the medals and trophies to the winning teams.

If you have any information, reports, photos (All photos will be returned) you would like to see published please contact Brian or Murray at the following addresses:

BRIAN LITTLEJOHN
49 LORDBURN PLACE,
FORFAR. DD8 2DE
MURRAY McLEOD
28 TARBERT PLACE
DUNDEE. DD2 4HA

Scottish Water Polo Rule Books will be available soon and it is hoped to restart the Referees and Officials Committee to tackle the lack of officials throughout Scotland. It might be an idea for the players to learn the rules at the same time.

At the beginning of the year Alex Burgoyne, Alan Donaldson, Ross Elder, Fiona Cameron and Brian Littlejohn met to discuss Scottish Water Polo and try to arrange a programme leading up

to the Commonwealth Games of 2002. This was to enable the Scottish Water Polo Committee to put forward a submission for Lottery funding. This matter is being dealt with and the SWPC are to be holding a meeting with club representatives on various issues at Perth Ice Rink on Sunday 22 February, to keep the clubs informed and try to make 1998 a more communicative year.

On the same note the National Leagues organisation looks set to fall into the same trap as last year with only some of the clubs responding to requests for information. This info is vital to get the games organised in the manner that was decided at the Scottish Clubs AGM. Check with your club to ensure you will be getting games.

NATIONAL TEAM STAFF

Applications are being invited for ALL Scottish National Water Polo Teams Staff;

Team Managers

Assistant Team Managers

Team Coaches

Assistant Team Coaches

For further details of these posts please contact:-

Mr Ross Elder, 160 Broughty Ferry Road, DUNDEE. Tel - 01382 455767

SCOTTISH JUNIOR TEAM

The Scottish Junior Males team travelled to Rotherham on the 7th February for a training weekend, consisting of games against a North East Counties Select and training time. The links with the North East Counties are of great benefit for a developing side, with the chance for the team to gel and pit themselves against unknown opposition, an added bonus that the team came away victorious in both games 11-6 and 12-5. Coach Alan Donaldson was quite pleased with the result, but admitted that there is still a lot of work to be done before they can compete on the international front.

The team that travelled were;

Greg Johnson, Liam Allen, Ian McKinnon, Stewart Goodman (Renfrew Aqua) Stephen Fyfe, Robbie Neill, Stewart Carlile, Graham Baxter (Dunfermline) Allan Fraser, Mike Smith, David Stewart (Portobello) and Douglas Dempster (Hamilton) with Ross Martin of Rotherham meeting up with the team down there.

The squad is now back in training in preparation for the North Sea Cup

Tournament in Crystal Palace, which takes place from the 2nd - 5th April. The participating teams are England, Belgium, Denmark and Scotland.

RESULTS

National Leagues Phase One:
Senior Males:

Tayseals 6 - Dunfermline 10
Portobello 16 - Warrender 7

BRITISH DEEP WATER LEAGUE

Bristol emerged victorious with a clean sweep over Lancaster, London Poly and Penguin, with Penguin runners up, Lancaster third and London Poly fourth.

Bristol 14 - Lancaster 10

Poly 3 - Penguin 11

Bristol 16 - Poly 2

Penguin 9 - Lancaster 8

Poly 6 - Lancaster 15

Bristol 10 - Penguin 3

A.S.A. CUP GAMES

On Saturday 7 March Portobello are away to Birkenhead and Renfrew Aqua play Lancaster at Drumchapel.

Good Luck to both.

WATER POLO OFFICIALS

There is to be a meeting of all existing Water Polo Officials at Drumchapel Pool on Saturday 7 March at 2.30 pm where it is hoped that the Scottish Water Polo Referees & Officials Association can be reestablished. This association hopes to provide training and refresher courses for all existing Officials, whilst setting up a 'pool' of Officials for National Events and spreading the workload. It is also going to be used to introduce new Officials into the sport and keep the clubs up to date with the definitions of the Rules.

SCOTTISH TUTORS SOON ?

We would like to wish every success to Alex Burgoyne and Alan Donaldson who will be attending the Water Polo Tutors course in Edinburgh at the beginning of April. Once they have passed, Scotland will be able to host in-house courses for Teachers and Assistant Teachers. Bearing in mind that every club will soon need a qualified person on the poolside this can only be a good thing. Watch this space for course details.

Scottish Players of the Year 1997

Junior - Lynne Baird - Hamilton

Senior - Keith Anderson - Portobello

**GB JUNIOR
SELECTION CRITERIA
EUROPEAN JUNIOR
CHAMPIONSHIPS -30
JULY - 2 AUGUST 1998**

Qualifying times are based on the average FINA points level for the 8th fastest recorded time in every event swum at the 1997 Championships.

A ranking list will be compiled from the following nominated long course events in 1998

- Six Nations Junior International 4/5 April
- ASA District Championships 2/4 May
- British Swimming Grand Prix, Cardiff 2/4 May
- Super Grand Prix Final, Sheffield 29/31 May
- Scottish Open National Championships 11/14 June

EVENT	BOYS	GIRLS
	1980/81	1982/83
100 FC	0.51.92	0.58.60
200 FC	1.53.82	2.06.60
400 FC	4.00.65	4.25.09
800/1500 FC	15.50.18	9.00.69
100 BK	0.57.98	1.05.29
200 BK	2.05.25	2.18.80
100 BR	1.04.92	1.13.04
200 BR	2.19.99	2.36.80
100 FLY	0.56.15	1.03.08
200 FLY	2.03.92	2.17.31
200 IM	2.07.53	2.22.22
400 IM	4.30.34	4.58.68

Extracted from ASA/ASFGB Technical Swimming Guide 1998 onwards

*Helen Murray
Youth Squad Team Manager*

**GREAT BRITAIN
JUNIOR '6 NATION'
INTERNATIONAL
COMO, ITALY
4/5 APRIL 1998**

Four Scottish swimmers were selected for the above event based on performance ranking from selected events from December to February. For the purpose of this meet and the European Championships, juniors are classed as - boys born 1980/81. girls born 1982/83.

Bryan Morgan declined his place due to being involved in a number of World Cup Meets. Youth Squad swimmers David Leith, City of Edinburgh/Warrender, Steven Kidd, Carnegie, and Kirsty Orr, City of Edinburgh/Heart of Midlothian all on their first outing with the GB Juniors made a creditable contribution to the team's performance.

Kirsty Orr	400 Ind Med	5.05.66
PB	BRONZE	
	200 Ind Med	2.23.65
PB	SILVER	
Steven Kidd	200 Back	2.08.36
PB	3rd place	
	100 Back	1.00.21
PB		
David Leith	100 F/S	53.45
	4 x 200 F/S	1.56.04
	(7.42.13)	GOLD
	4 x 100 F/S	53.47
	(3.33.79)	4th place

Overall points	
1. Germany	182
2 Great Britain	165
3. Italy	141

BOYS	
1. Great Britain	92
2. Italy	80
3 Germany	78
GIRLS	
1 Germany	104
2 Sweden	87
3 Great Britain	73

A full set of results is available from the SASA office for £2.00

Unfortunately the timing of this competition clashed with the Youth

Squad International in Athens. This will be addressed for 1999 in order to maximise the number of international experiences for junior swimmers.

Qualifying times and conditions for selection for the European Junior Championships are in this edition of Swimming 2000. This should be the goal of all Youth Squad swimmers within the age categories.

*HELEN MURRAY
ASSISTANT TEAM MANAGER
GB JUNIOR TEAM*

By email

Dear Editor

One of our club members requested I asked you to encourage clubs to include instructions on how to get to their swimming pools when they send out invitations. The lady said on a couple of occasions she had driven to the host city only to have problems finding the pool once she got there and perhaps other parents may have had the same experience.

Thank you
*Frank Moore
(Bridge of Don ASC)*

Dear Editor

At the recent Squad Trip to the C I J Meet in Luxembourg the following gentleman approached myself and intimated that he would consider an exchange training camp with clubs/squads from Scotland :-

Peter Fischer
Police Commissioner
Polizeiinspektion Nord
Ulmenstr 130
40476 Dusseldorf
Germany

Tel: 0211/870-3241 Work
Tel: 01231/166123 Home

Could you assist and circulate the information through the SWIMMING 2000

Eric Simpson

**ST. THOMAS
A.S.C.
CENTENARY
CLIMAX**

The climax to the Centenary Year programme of celebrations was a dinner dance at Letham Grange Resort Hotel. Welcoming the company was President Eddie Wilmott, Club Captains Jamie Watson and Claire Geddes. The dignitaries and invited guests were piped in by Gordon Bruce and Jennifer Phillips, members of the Arbroath Branch of the Royal British Legion Scotland Pipe Band. Vice-President Gordon Pyper invited one of the longest serving Club members, Life member and Hon President Austin Hayes to cut the Birthday cake. Andrew Welsh, MP for Angus said Grace. SASA President Robin Dale proposed a toast to the Club and presented Mr Wilmott with a Crystal fruitbowl inscribed with the SASA logo. Mrs Irene Wilmott received a SASA scarf and pen from Elaine Gray. Life member and Hon. Vice-President Dave Dinnie related the story of St Thomas's first 100 years. He and his wife Linda then presented the Club with a silver Centenary Salver for Annual Competition. Depute Brian Milne who represented the Provost proposed a Vote of Thanks. Several male members sported the new limited edition Centenary Tie.

**SCOTTISH MASTERS
NATIONAL OPEN
CHAMPIONSHIPS**

May 1/2/31998

At the SASA Masters Short Course National Open Championships at the Scotstoun Leisure Centre, Glasgow, Scottish Squad member, Linda Oliphant won 5 gold medals, 2 silver medals and a bronze. Clubmate Linda Woodburn was placed overall winner in the ladies 35-39 years section and received a presentation boxed medal. She also won 2 gold medals, 3 silver medals and 2 bronze.

Kathy Geddes Press Officer



TOP TABLE GUESTS AT ST THOMAS ASC CENTENARY DINNER DANCE

Left to Right

Andrew Welsh, Member of Parliament - Angus East
Councillor Sheena Welsh - Vice-Convener Recreation & Cultural Services;
Robin Dale - S.A.S.A. President; Elaine Gray;
Dave Dinnie, St. Thomas Hon. Vice-President, St Thomas Life Member;
Mrs Linda Dinnie;
Eddie Wilmott, St Thomas President; Mrs Irene Wilmott;
Alex Smith, St Thomas Secretary, St Thomas Life Member;
Mrs Linda Smith - St Thomas Life Member, Past President
Councillor Brian Milne, Depute Provost - Angus Council



TOASTING THE ST. THOMAS CENTENARY

Left to Right

Stewart Davidson, Robin Dale, Eddie Wilmott and Elaine Gray

Congratulations to St. Thomas for completing a very successful year of Centenary Celebrations with a varied programme of events on top of the normal club activities.

Photo by Sheena Stubbs