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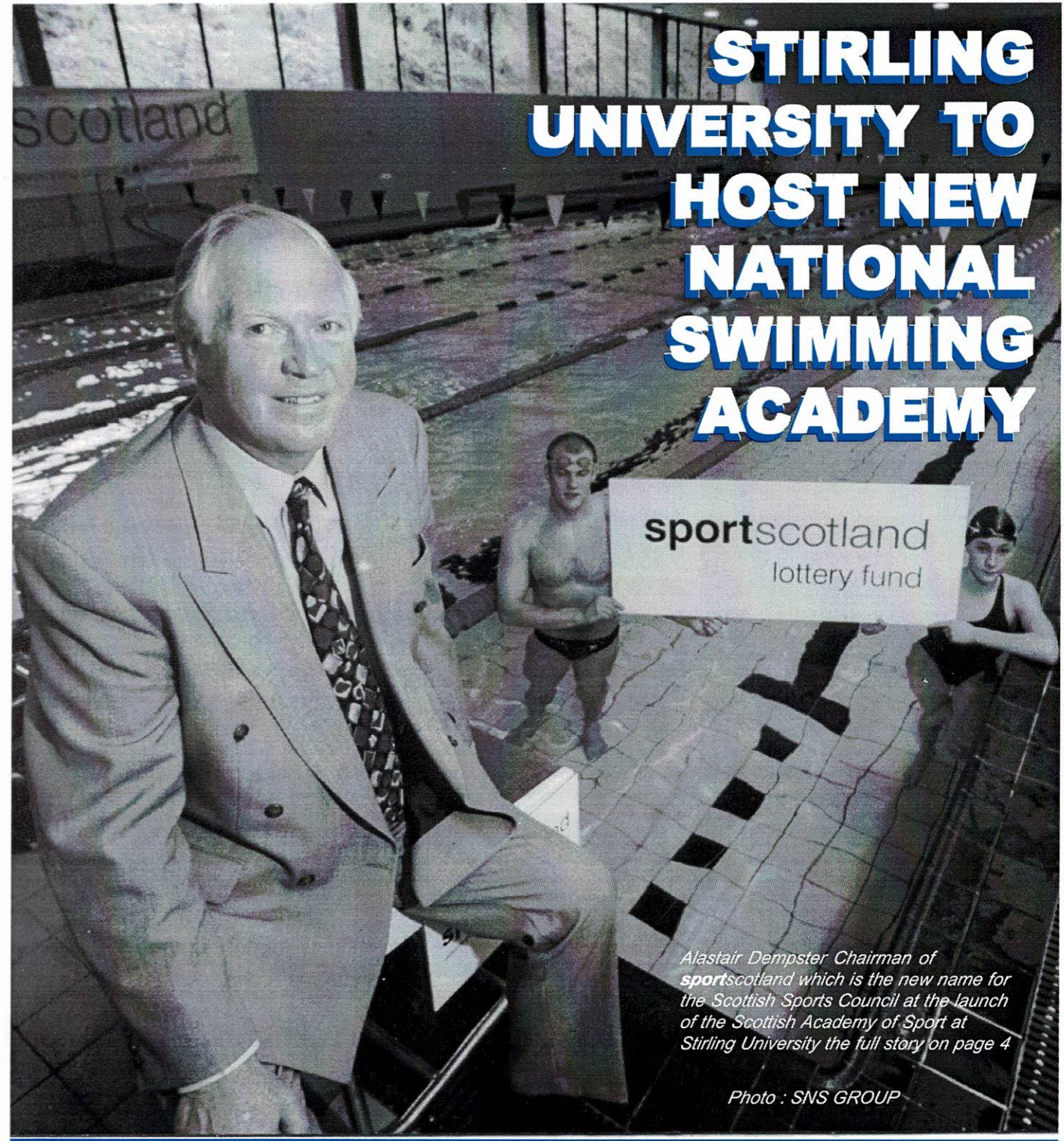
SCOTTISH SWIMMING

2000

AUGUST 1999

Founding Editor Bill Black (1993)

VOLUME 6 NUMBER 4



# STIRLING UNIVERSITY TO HOST NEW NATIONAL SWIMMING ACADEMY

sportscotland  
lottery fund

*Alastair Dempster Chairman of sportscotland which is the new name for the Scottish Sports Council at the launch of the Scottish Academy of Sport at Stirling University the full story on page 4*

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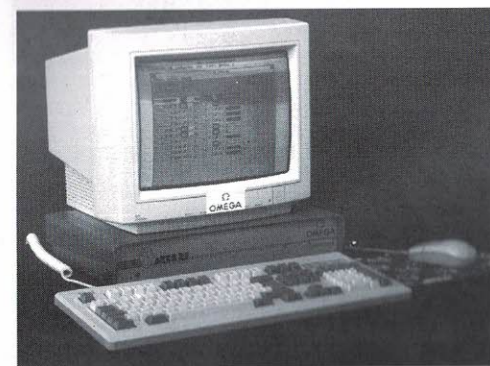
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### SCOTTISH SWIMMING

#### AUGUST 1999 2000

The official magazine of the Scottish Amateur Swimming Association.

VOLUME 6 NUMBER 4

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### CHIEF EXECUTIVE'S EDITORIAL

The long awaited announcement from **sportscotland** in respect of the National Swimming Academy

**Paul Bush** was made on Wednesday 7<sup>th</sup> July at a packed press conference at the University of Stirling. The £5.6M project received £2.75M of lottery funding and will not only provide a dedicated site for our swimmers to train but also new headquarters for Scottish Swimming. Chris Martin, our National Coach told the press that he had not yet stopped smiling! We will keep you posted of the ongoing development of this excellent and landmark project for our sport.

In the pool it has been more hectic than ever. Our National Age Groups at Tollcross in June saw 4 days of quality racing with City of Aberdeen and City of Glasgow battling for top honours. Less than 2 weeks later the focus switched to Edinburgh, the Royal Commonwealth Pool and the Long Course Championships. Kerry Martin was in excellent form prior to her GB representation at the World student Games in Palma, Majorca smashing her own 50M Butterfly Scottish record. Kerry went on to record further personal bests in Palma.

July saw the European Trials at Sheffield, a good Scottish contingent notched up a further 6 new Scottish Long Course records, Alison Sheppard performing superbly. Her new Commonwealth, British and Scottish 50M Freestyle mark saw Alison eclipse Susan Rolph in a tremendous race. Alison also recorded an excellent 100M Freestyle time and re wrote the record books on the 50M Butterfly. Next stop is the European Championships in Istanbul where Graeme Smith who had a comfortable 1500M victory at Sheffield and Anglo swimmers Jamie Salter and Nick Shackell will join her on the team. Cameron Black, Scottish record 50M Butterfly, Gregor Tait, Scottish record and Kirsty Orr posted other fine performances in Sheffield. These are encouraging times for Scottish swimming and with Rosy Cornish and Louise Coull in Moscow at the European Juniors as I write, and a strong squad off with the Scottish Institute to Canada next month, we can look forward to a successful new millennium for our sport.

As we look to the new millennium mark Saturday 26<sup>th</sup> February in your diary

NOW. The First Scottish Swimming awards dinner will be hosted in Aberdeen, it promises to be an outstanding as well as enjoyable occasion, an opportunity to recognise our very best in the Sport in Scotland.

Away from the swimmers, our Divers, Synchro swimmers, and Water Polo players have also been busy. The Scottish diving championships with victories going to Matthew Bass (Leeds), Anne Murray (Inverclyde), Claire Taylor (Tynemouth) and Nicki Bennett (Edinburgh) were closely followed by three days of World Class diving in Edinburgh at the FINA Diving Grand Prix. Top quality performances were in every session with the Chinese team particularly catching my eye. The Water Polo Cup Finals were held at Drumchapel in June, Dunfermline taking the Malta Trophy (U21's), Menzieshill the Willie Mellors Memorial (U17's) and Portobello the Mens crown, congratulations to all the winners. Drumchapel also hosted the Synchro Championships, Clydebank winning the coveted team awards.

Away from the water there has been much happening, the Scottish Sports Council is now renamed **sportscotland** and has a new Chair in Alistair Dempster formerly from the TSB Bank.



*Ian Mason reappointed as Chairman of the Board of Management*

Scottish swimming has recently undertaken interviews for the positions of Chair of Board of Management and Director of Disciplines. I am pleased to advise you that Ian Mason and Douglas Brown have accepted the invitation to hold these posts for four more years. Thank you for your service to date and good luck for the next four years.

As we look forward to an exciting new season I would like to take this opportunity of wishing everyone a restful summer holiday.

**Paul Bush**  
 Chief Executive

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The views expressed in this magazine are those of the authors and do not necessarily reflect those of the Editor, the Scottish Amateur Swimming Association Council or the Board of Management.

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



# STIRLING UNIVERSITY TO HOST NEW NATIONAL SWIMMING ACADEMY



Myles Mackintosh

On the eve of the ASA National Championships and European Trials in Sheffield, Scotland's swimmers were already celebrating success following the announcement of a major investment of lottery funds in the future development of their sport in Scotland.

£2.75m of investment from the sportscotland Lottery Fund will go towards a £5.6m National Swimming Academy at Stirling University to help produce Scotland's next David Wilkie.

The award will be the first major facility investment from up to £20m set aside by the sportscotland Lottery Fund to establish and run the new Scottish Institute of Sport aimed at generating more Scottish success at international level.

The Swimming Academy, with its six lane 50m pool, will be the main base for all elite level training for youth and senior level training including Scotland's paralympic medalists.

The major benefit of this facility to our up and coming swimmers will be access to an Olympic-length pool at all times of the day. Currently only three other 50m pools exist in the whole of Scotland, with access for our top swimmers to train usually restricted to times outwith normal public use.

The pool will also be fitted with a moveable floor to alter pool depth and can be divided into two 25m pools for short-course training. Also on site will be coaching and sport medicine and sport science facilities.



L - R, Chris Martin, Myles Mackintosh, Sarah Henderson, Scottish Youth Team (Stirling) Grant Robins

Although designed to meet the shortfall in adequate training facilities for Scotland's leading senior and junior swimmers the facility will also offer regular access to students and the local community.

Paul Bush, Chief Executive of Scottish Swimming, comments, "Scottish Swimming is delighted that the National Swimming Academy at the University of Stirling has been awarded lottery backing.

"Recent years have seen a renaissance in Scottish swimming with national records tumbling at every championships, world records in disability swimming and bronze for Graeme Smith at the last Olympics.

"This dedicated training facility, with superb infrastructure and technical support, is the missing part of the jigsaw in assisting Scottish swimmers who aspire to be world class.

"It will ensure that in conjunction with the Scottish Institute of Sport - through Chris Martin the National High Performance Swimming Coach - we can really unlock the full potential of Scotland's able bodied swimmers while



L - R Paul Bush, SASA Chief Executive, Alan Alstead, Chief Executive sportscotland, Chris Martin, National Coach, Alistair Dempster, Chairman sportscotland, Prof. Mike Jackson, senior Deputy Principal Stirling University

ensuring our already successful swimmers with a disability can maintain their leading position against ever improving international opposition." Professor Andrew Miller, Principal of the University of Stirling University, said, "The lottery award will allow the University to work together with Scottish Swimming to develop training facilities and support services that will enable swimmers in Scotland, including our own students, to excel.

"The University is an ideal partner in such a

venture. It is recognised as one of the leading centres in the UK for the development of excellence in sport and for teaching and research in the same area. This lottery award will re-enforce this position."

Alastair Dempster, Chair of sportscotland, comments, "It's more than 20 years since David Wilkie set Scotland alight winning gold at the 1976 Olympics in Montreal.

"These new facilities and support services will mirror those available to swimmers in other parts of the UK and ensure a levelling of the playing field for our home-based Scottish swimmers.

"Swimming continues to be one of Scotland's largest participation sports and with this new National Swimming Academy we can ensure that those showing potential, including those with a disability, can have access to the training and support facilities essential to success at the highest level."

## NOTES

- sportscotland is the new trading name of the Scottish Sports Council as launched on Tuesday 6 July 1999.

- sportscotland has earmarked up to £20m of lottery funds for the setting up and delivery of services over the next four years by the new Scottish Institute of Sport.

- Scottish swimmers set nine Scottish records at the 1998 Commonwealth Games in Malaysia with Alison Sheppard winning silver; Graeme Smith won the only medal by a Scot in any sport at the 1996 Atlanta Olympics; Scots swimmers won 12 of Britain's 18 gold medals at the 1998 International Paralympic World Championships in New Zealand.

- Scotland's other 50m pools are: Tollcross Leisure Centre, Glasgow, Dollan Aquacentre, East Kilbride; and the Royal Commonwealth Pool, Edinburgh.

- 22% of the adult Scottish population regularly participate in swimming making it the most popular activity in Scotland aside from walking (2+ miles) at 24%. Third most popular are football and keep-fit/aerobics both at 10%.

John Lindsay, Head of Media Relations, sportscotland  
Photos: SNS GROUP



## DIRECTOR OF SWIMMING'S REPORT SPEEDO SUPER GRAND PRIX FINAL 1999

The 1999 Grand Prix Final was again held in Ponds Forge, Sheffield, this year being held from Friday 28 May 1999 through to Sunday 30 May 1999. During the past four years Scotland has seen an increasing number of swimmers competing in the Super Grand Prix Final. It was most encouraging to note that this year not only were there teams from Scotland competing but also the West District Team were represented and we can be proud of the progress we have made over the past three or four years which was reflected in an improving number of finalists and medalists at this event. The British Grand Prix Final always provides the opportunity for swimmers to seriously test themselves in long course competition prior to the forthcoming Scottish and English National Championships and European Trials. This year's Grand Prix Finals were doubly important for many junior swimmers as they were the final selection point for the Great Britain European Junior Championship Team. As you will see from the event by event report, not only were we successful in the competition but also several swimmers broke Scottish records and swimmers were selected for Great Britain Teams on the strength of their performances.

### Mens 1500 Freestyle Final

As expected Graeme Smith comfortably won this event and although well outside his best time would be very happy with having beaten Olympic medalist, Paul Palmer, convincingly and also swimming a creditable 15:38.02 without tapering or shaving for the meet. Graeme was obviously using this event as a training exercise in readiness for the forthcoming European Trials and European Championships.

### Mens 50 Freestyle Final

Commonwealth Games finalist, Bryan Morgan, was matched against the World's Short Course Champion, Mark Foster. Bryan made a good return to swimming at this level finishing 3rd in 23.64 behind Foster who recorded a time of 22.93. In second place was Belgium international, Hans Bylemans. Also competing for East Kilbride, Kenny Clarke, did exceptionally well to make the final and will be most encouraged with his improving performances.

### Womens 50 Backstroke Final

Rowena Cornish having comfortably qualified for the final and having set a Scottish Junior Record in the heats of 30.46 then had to compete against British internationals, Katy Sexton, Zoe Cray, Sarah Price and Melanie Marshall. The ever improving Rosie managed an exceptional 5th place finishing a mere six tenths of a second behind Commonwealth Games gold medalist, Katy Sexton.

### Mens 50 Backstroke Final

In a strong final line up of Great Britain World Championship representatives Neil Willey and Simon Handley, David Carry from Aberdeen swam an excellent 6th place recording a time of 28.00 and when one considers that David was amongst the youngest competitors in the field the performance must give him the confidence to realise that he can now compete with the best of British at a senior level.

### Womens 100 Butterfly Final

This event saw a welcome return of Kerry Martin who swam a wonderfully controlled race recording a Scottish Senior Record time of 63.54. The race was impressively won by Nicola Jackson who won the event in 62.05 - a new Junior British Record.

### Mens 200 Breaststroke Final

European Short Course champion, Adam Whitehead from Coventry, would have expected to have won this race without any real problems. However Edinburgh's Ian Edmond continues to show that he is becoming one of Britain's leading 200 breaststroke exponents and although Whitehead won the race narrowly from Ian he will still be encouraged with the fact that he knows when shaved and tapered he will be able to improve on his time of 2:19.89.

### Mens 200 Freestyle Final

Edinburgh's Jamie Salter made a wonderful return to form coming 2nd in a time of 1:50.91 just being out touched by Great Britain international and Olympic silver medalist Paul Palmer. Jamie has during the past 12 months been dogged by illness and his return to form has proved that with perseverance he will get back to and beyond the standards he has previously set.

### Womens 200 Backstroke Final

The ever improving Louise Coull set a new Scottish Junior Record of 2:18.88 finishing 4th in her first major senior final. The measure of her performance was such that Commonwealth Games gold medalist Katy Sexton was only some 2 seconds in front of her at the finish. Provided Louise can continue her level of improvement and gain sufficient strength and endurance I have no doubt that she can and will surpass most of the current senior elite British 200 backstrokers.

### Mens 100 Backstroke Final

City of Edinburgh's Gregor Tait took on a high class field of international swimmers and recorded a 59.36 finishing 6th in the event to World Short Course Championship representative Neil Willey,

winning in a time of 57.58 and finishing just behind Matthew O'Brien from the City of Leeds who set a new Junior British Record time of 58.26.

### Mens 50 Breaststroke Final

Although the sprint breaststroke is Ian Edmond's least favourite distance he still managed a creditable 30.31 in the final of this event. The winning time of 29.31 was achieved by Adam Whitehead and again provided Ian sticks at both his distance and sprint events I see no reason why he should not improve and start beating some of the current sprint specialists.

### Mens 400 Freestyle Final

The return match at the shorter distance between Paul Palmer and Graeme Smith proved that Paul is still ahead of Graeme at this distance. Palmer recorded an excellent time of 3:53.71 but Graeme was still delighted to have broken 4 minutes for the distance. Again it is encouraging to see Edinburgh's Jamie Salter returning to form. He finished in a notable 5th place just over the 4 minute mark.

### Mens 200 Backstroke

Great Britain international and Commonwealth Games champion Adam Ruckwood was given the fright of his life by Gregor Tait who stayed with him virtually all the way through the race to finish 2nd in 2:04.92. Having had the experience of competing at the Commonwealth Games Gregor is showing that he is able to compete at the highest possible levels and is now in a good position to start taking on the best in Britain and hopefully starting to beat them in the near future.

### Mens 100 Butterfly Final

David Cox narrowly missed making the 200 Butterfly Final but made amends by finishing 5th in this event recording a time of 57.21. Great Britain international, Steven Parry, having just returned from America recorded a time of 55.44 to win the event. It will be interesting to see how Steven develops now that he is training and living in Stockport. Obviously this will create a friendly rivalry between Steven and James Hickman who on this occasion did not compete in the British Grand Prix, having expressed a desire to take a short rest out of competition before competing in the European Championships. James used the opportunity to test his vocal skills by commentating on the event for Sky Sports Television.

### Mens 100 Breaststroke Final

Ian Edmond appeared in his third breaststroke final of the weekend and whilst not performing to his best will have still been pleased to have made the final and gain some high quality racing prior to our National Championships and the European Championship Trials. Adam Whitehead and Darren Mew, both British internationals, closely contested the winning place with Whitehead snatching the victory by one tenth of a second from Mew, recording a time of 63.95.

### Mens 200 Individual Medley Final

Anglo Scot Michael Cole who now lives and trains in Edinburgh snatched a memorable victory in this event, recording an excellent time of 2:07.24 beating international swimmers Mark Spackman and Darren Wigg. Michael will have been particularly delighted with this performance



and provided he continues to make progress in all four strokes I have no doubt that he too can start regularly winning at British level.

## Womens 100 Freestyle Final

Having already competed in two finals Kerry Martin continued to show excellent form having made this final recording a time of 58.43. The winner of the event Sue Rolph finished in a time of 55.78 and it will be interesting to see the clash between Sue and our own Alison Sheppard when she returns from training in Canada.

## Mens 100 Freestyle Final

In a very competitive line up of British internationals, Sion Brinn, Gavin Meadows, Paul Palmer and Andrew Clayton, Edinburgh's Nick Shackall finished in a creditable 52.17 narrowly beating Carnegie's Bryan Morgan who made a good return to form in a time of 52.20. The mens 100 freestyle is always an event that is competitive for relay spots at a Great Britain level and certainly our Scottish sprinters must be looking forward to the challenge of making the Olympic Freestyle Relay Team as well as qualifying in their own individual right.

## Womens 50 Butterfly Final

Kerry Martin, having returned from a valuable training stint in Canada, finished in an excellent 4th place recording a time of 28:81 setting a new Scottish Senior Long Course Record. The event was won by the youngster Nicola Jackson from Derwentside and was closely followed by 34 year old Caroline Foot in 28.32.

After any swim meet it is always difficult to pick out all the outstanding performances. However we should take this opportunity of congratulating Kerry Martin, Rowena Cornish and Louise Coull on setting Scottish Records at the meet and also offer congratulations to Rowena and Louise who have been subsequently selected to swim for Great Britain at the European Junior Championships. Further congratulations are offered to coach Billy McGoldrick who has been selected as one of the Great Britain coaches for the European Junior Championships and to Helen Murray who will be acting as Team Manager for the event.

In commenting on the Scottish performance at the British Grand Prix Final, I would say that we are improving and in the right direction. However I would also add that there are many clubs and swimmers in Scotland who really could do with competing at this level more often and would suggest that in future years Scottish coaches plan to travel and compete outside of Scotland more often. I would also recommend that we start identifying some of the real weak events in British swimming and target them for some of our Scottish swimmers who I am convinced have the potential and talent to be British internationals if they choose their events carefully.

M J Woodroffe  
Director of Swimming

## LETTERS TO THE EDITOR

Dear Ed

A couple of things that I feel require discussions on regarding how do we get it right for SCOTTISH swimming.

First of all what is being done for the "grass roots" of SCOTTISH swimming. Oh some may say the Pathway To Performance is part of the answer and I would agree that part of the answer has been positively approached. Well surely that depends on where you perceive the "grass roots" of swimming commences! My own opinion is that we need to get down to the first lesson to beginners. Do I hear screams of anguish from leisure centres who totally monopolise this area for pure profit. How many times have I heard "the beginners sessions are only about numbers". The standard of most beginners classes in leisure centres in my experience is crap. Most leisure centres only want to make money so they push lifeguards through their Assistant Teachers course - to give them a break from lifeguarding they allow them to teach. What a motivation that is!! Where is the accountability! Most competitive clubs that I know utilise their own teaching classes for two main reasons (1) They always make money. (2) The standard of teaching is generally better and the kids then feel part of the club and are more loyal to the club.

There is a certain amount of accountability in the club situation because those beginners then move into the next stage of improvers and there is a certain specific criteria specified for progress which is related to competitive swimming and not just profit motivated. No beginners classes that I know of are monitored in ANY fashion in leisure centres. There are no common standards utilised for monitoring the actual teachers. Why! Because the profit margin would decrease. Yes folks that's the bottom line.

At the other end of the scale. What has happened to the Scottish National Championships. The standard once again not to be conventional is absolutely crap. One of the most positive things that I have witnessed in Scottish swimming in the last few years is Chris Martin.. Very positive and very long term thinking, but I have to disagree with some of his comments recently in the press (if they were his) regarding the National Open Championships. They were dismal and I speak for the majority of coaches involved who are aware of past performances.

Gone is the National Squad accountability where part of the criteria of being in a National Squad was to be seen to be competing reasonably well at your own National Championships. When did this disappear!! Well of course if you are not actually Scottish then this is not really a priority. Well I am Scottish and very proud of it and regardless of what my swimmers/administrators feel is their priority, I feel that our own Nationals should be high on that list. With all of the new appointments and mega bucks being spent in Scottish swimming advancing! Well what is advancing is the cost to one and all. Throwing money at something has proved all too often the wrong option sometimes, as it is often seen as jobs for the boys.

Garrie Roberts

## WHAT is COACHING?

By Bill Sweetenham

### Abstract of a Talk given by Bill Sweetenham to the British Swim Coaches & Teachers Conference - Coventry, January 1999

Coaching is convincing the willing and unwilling to accept the unwanted and to achieve the unattainable and unknown.

Coaching is living, feeling and smelling success. Coaching is achieving great joy and satisfaction in working with young people having each individual reach their individual potential and capitalise on it. You do not have to have a champion swimmer to be a champion coach, but chances are if you coach like a champion, the results will reflect this commitment and enthusiasm.

Coaching is challenging the unknown - coaching is a continual quest for knowledge. It is about touching the intangible. Coaching is learning. It is about convincing young people to accomplish tasks and goals that without your influence, they would otherwise consider impossible or unachievable. Coaching is running where others walk.

Coaching is not so much about what is achieved by the super-talents in your care, but more what is achieved by the least talented Coaching is promoting personal pride in performance as paramount to all else. Ask yourself how many senior athletes have you coached to their full maximum potential without rationalisation of any type? how many have you coached at senior level to perform above their talent levels?

This is a coach's job and it must be done without any rationalisation of why it could not be achieved - know no boundaries! Coaching is about giving totally and not entertaining compromise. It is about converting involvement into commitment. Coaching is converting a 'group' of Swimmers, parents and officials into a 'team' - There is a huge difference. It is developing individual excellence and team success. When an athlete wins when they should have achieved a lesser result, both you (the coach) and the athlete recognise that you made the difference.

Coaching is having the swimmer(s) perform consistently at training and competitions to your standards, not necessarily what the athlete is will to give at any given time. It is knowing when to 'go' and when to stop. Coaching is expecting and demanding the impossible, along with motivating the athlete in order to achieve the possible. It is having the athletes able to perform their best in all conditions.

Coaching is having great empathy for young people who attend the program willingly and continually put their talent and commitment on the line and scoreboard for all to see and to perform beyond their limits. How many business people are prepared to display their business dealings on a scoreboard for all to see and give opinions or ratings on?

Young athletes do this, knowing that everyone thinks they are a sports expert. As a Swimming Coach, we get to work with the best young people in the world. Unlike school they attend because they want to, not because they have to. We sell dreams and assist in turning dreams into reality.

Are the athletes willing to do the right thing when they don't have to? have you sold commitment, enthusiasm and excellence to them as normal facets of their lives? Have you converted participation to commitment? Do you coach and/or train athletes? Do you know the difference? A few questions for the coach to ponder on.

Coaching is communicating, building confidence and providing leadership for athletes, other coaches, parents and officials. We are ultimately held accountable. With that goes a responsibility for developing your skills and knowledge in all areas to enable you to be successful in communicating this to the athletes, coaching is managing all facets of the program both creative and scientific) and selling commitment to parents and swimmers

Coaching is thinking laterally! How many coaches have Learn to Swim brochures on offer in local doctors' rooms introducing new parents, asthma sufferers and the injured to the benefits of learning to swim and swimming as a therapy? How many associations and coaches ask the referees at swim meets to talent spot - they see all swimmers and have an eye for talent? Coaches and parents only watch their own.

As a coach, you must be and be seen to be fair, consistent, flexible, open minded, ready to listen, prepared to delegate authority and have patience, i.e. to coach the total person. Coaching is developing male and female athletes both at age group and senior club level through to international ambitions and talent across all events - Coaching is producing coach-independent senior athletes as an end result.

Coaching is eliminating weaknesses and negatives. Ask why will these swimmers go faster this year than they did last year? Why will swimmers want to join this program? The answer is giving total commitment. Part-time commitment always concludes in part-time results. Will you be a better coach tomorrow because of what you did or did not do today?

Coaching is making eye contact with every athlete in every workout. Coaching is spending 10-15 minutes one-on-one with a different athlete before and after every workout. Formula 1 cars do not come off an assembly line. Coaching is being able to read athletes and people in general. A coach must handle individual and team success and failure with the same conclusion - do it better next time and not dwell on past performances, good or bad. Do not see success as the end of progress. Go beyond!

*Coaching is maximising individual and team potential. Why be normal when you can be anything you like? success is a choice and more importantly, it's your choice. Dream, say and do the same thing to enjoy happiness. Ask yourself what attributes do the great coaches have that you do not, and then set about developing them. Ask yourself what attributes do you have that the great coaches do not have, and use these as your strengths. Eliminate weakness - be invincible. An athlete and coach will enjoy success due to their strengths and be defeated due to their weaknesses.*

I strongly recommend never coaching tired - this is a big negative. Every coaching decision I have ever made that I now feel I would either like to change or deliver different was due to being tired.

It is said that the most aware and alive person in the world is the person due to be executed within the hour. Whilst I have no desire to be executed to find out if this is indeed true, the greatest feelings of being truly alive have happened to me about 9-12 times in my life. This has usually come about when I have enjoyed a time just prior to a major event when both the athlete and I have had a perfect performance preparation, where there has been total commitment from both of us and a feeling that something special lies only minutes away and nothing can prevent it. From many years of experience, I have enjoyed the sweet feeling of success. However, I must say that no matter what monetary success brings, the best times have come from those rare moments when the successful athlete comes to you and thanks you for all you have done in contributing to their success.

This is coaching this is being truly alive! Coaching is expecting to succeed rather than hoping it happens. success is the difference between expectation and hope. Is coaching an art constrained by scientific principles? Coaching is the greatest profession in the world, and great coaches have a real touch of genius.

*We hope you enjoyed the above article which was brought to you from the BSCTA/GMB National Seminar. This is one of very few seminars held in Britain that gives every coach access to highly respected world experts in swimming. The BSCTA Scotland is committed to bring exciting teacher/coach education opportunities to us here in Scotland to help increase our experience and knowledge. To find out more or suggest speakers & topics please contact your local BSCTA Scotland Committee member listed below. You don't have to be a member to access these opportunities but members will hear about them first and receive discounted rates. Members also have access to the protection offered by the GMB union in relation to employment (this includes your day time job) and activities whilst coaching.*

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(Grampian)Mrs Eileen Adams, 01224 873077  
(Central)Grant Robbins, 01798 466404, E-mail; g.a.robbins@stir.ac.uk  
(Highlands)Jeff Tavendale, 01463 667528 e-mail Jefftav@aol.com  
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National Organiser: Brian McGuinness, GMB Regional Offices, Birmingham & West Midlands Region, 2 Birmingham Road, Halesowen, W. Midlands, B63 3HP  
(0121)5504888;  
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Jeff Tavendale  
Scottish BSCTA Representative

## GRAND PERFORMANCES AT GRAND PRIX FINAL

by Alan S. Lynn, City of Edinburgh.

Scottish based swimmers put their best stroke forward at the recent Sky Sports televised Grand Prix Final at Ponds Forge, Sheffield. Leading the way with a victory in the 200 IM was City of Edinburgh's Michael Cole. Taking control of the race from the start, Cole won by a comfortable margin in a best unshaved time of 2:07.24 seconds. Also making their mark against rivals for places in the GB team for the European Championships in Turkey were City of Edinburgh colleagues, Jamie Salter, Ian Edmond, and Gregor Tait. Salter was a close second to Olympic medallist Paul Palmer in the 200 Free in 1:50.91 secs. Edmond took the silver in the 200 Breast behind Commonwealth Games medallist Adam Whitehead in 2:19.89 secs, and Tait earned the runner-up spot to World Short Course medallist Adam Ruckwood in 200 Back with 2:04.92 secs. Carnegie swimmer Bryan Morgan also showed that he is back to his best form with strong showings in 50 Freestyle (3rd place in 23.64 secs) and 100 Freestyle (6th in 52.20 secs).

Following on from her record-breaking feats in Canada, Kerry Martin continued to re-write the Fly record books with two new marks. 50m Butterfly in 28.81 secs, to finish 4th, and 100m Butterfly in 1:03.54 secs to finish 7th. These swims coupled with a PB in 100m Freestyle (58.43 secs) earned the Stirling University graduate a selection to the GB team for the World University Games in Mallorca from 1 - 11th July.

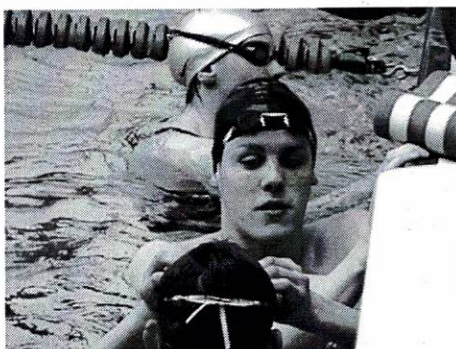
There were several other encouraging performances at Sheffield from Scottish youngsters including those by Louise Coull, setting a new Scottish Junior record for 200 Backstroke, finishing 4th in the senior final in 2:18.88. Rosy Cornish qualified 2nd for the 50 backstroke final in 30.46 secs, and Kirsty Balfour of Hearts was the fastest Scottish breaststroker finishing 4th in the B Final with a PB of 1:15.58 seconds.

These swims on the back of a successful Commonwealth Games, Graeme Smith and Alison Sheppard's superb results at the World Short Course Championships in Hong Kong, and the arrival of Scottish Institute of Sport National Coach, Chris Martin mark the continuing emergence of Scottish Swimming as a force to be reckoned with.



## EDINBURGH MEET OFF TO CAPITAL RE-START

Scotland's capital city re-launched its involvement in the Open Swim Meet scene with the City of Edinburgh International Age Group Meet on Saturday 15 May. The one day, three session format proved to be a winner with over 500 swimmers taking advantage of the opportunity to compete Long Course early in the season. Home advantage certainly paid off for the City of Edinburgh programme with 12 first places, 10 seconds, and 10 thirds. Exactly half the swims were PB's, proving that there was no complacency from swimmers who are well used to the surroundings at the RCP. Strong showings in the senior Men's and Women's events from the Edinburgh High Performance group were the classiest swims of the day, but several young swimmers from around the country showed that the future of Scottish swimming is in good hands. Age Group category winners were: Randal Falconer (COAST), Sam Beenie (Glasgow), Mark Johnston (FAST), Louise Coull (Glasgow), Darren Ward (M&B), and Kelly Hamill (Carnegie). Next year's Meet will be bigger and better, over two days, 15/16 April 2000, and hopes to attract some of Europe's (as well as Scotland's) best swimmers. See you there!



City of Edinburgh's Ian Edmond during the warmup at the British Grand Prix Super Final in Sheffield.

## Junior pair bound for Moscow

By ELSPETH BURNSIDE

CITY of Glasgow's Louise Coull and Rosy Cornish, from First Aquatics, have been named as the two Scots in the British team for next month's European Junior Championships in Moscow.

Both back-stroke specialists, the pair's friendly rivalry has acted as an extra spur. Rosy will compete in the 50m and 100m, while Louise, a year younger at 15, will go in the 200m event.

Scotland had five swimmers in last year's team, and assistant team manager Helen Murray, from

Longniddry, admitted that there were several other Scots who came very close this year.

"David Carry, Lee McDonald and Becki Bolton, who was in last year's side, were all pretty close, but, unfortunately, just missed out," she said. "But it is excellent for Rosy and Louise. It will be a great experience and underlines their potential."

Meanwhile, four City of Edinburgh swimmers put their names firmly in the frame for the European senior Championships in Istanbul in August following their swim at the recent British Grand Prix Finals in Sheffield.

Michael Cole won the 200m individual medley, while Ian Edmond (200m breast-stroke), Jamie Salter (200m free-style) and Gregor Tait (200m back-stroke) all claimed silver medals as the perfect prelude to the count down to Olympic year. While Salter, an Englishman who competed in the last Olympics, has been a regular in the British team for the past few years, the three Scots are bidding for a first GB cap. Edmond's international bid has been particularly impressive as he has successfully combined the sport with his third-year medical studies at Edinburgh University. However, next year he intends concentrate solely on making the Olympics in Sydney. "I've managed to keep things ticking over this year but I'm sure it will make a big difference to be able to train full-time," said 21-year-old Edmond.



**MARK OF SUCCESS:** the City of Glasgow Swim Team, based at Tollcross Leisure Centre, have won sponsorship from construction company **Hall & Towse**, also based in Glasgow's East End, who have given a supply of training kit.

Swimmers from the City of Glasgow Swim Team recently took part in the Scottish national age group championships in the national swimming centre at Tollcross in Glasgow and scooped a total of 32 medals. The team won 8 gold, 11 silver and 13 bronze medals with a further 54 finals placings.

This is the best ever performance from the Glasgow team which is only in its fourth year.

City of Glasgow Swim Team chief coach Paul Remmonds commented; "This is an outstanding performance and is an indication of the success that is a direct result of our city-wide programme. "This takes swimmers from the city councils learn to swim scheme and provides a structured development programme to prepare young athlete through to senior elite level."

Louise Coull (15) won three golds and a silver, Samantha Beanie (12) took two golds and a silver while the boys and girls relay teams collected one gold, 4 silver and two bronze medals.

Louise won 2 golds in the Scottish National Open Championships at the Royal Commonwealth Pool.

Louise's success has been rewarded with selection to represent Great Britain in the European Junior Championships, which are being held in Moscow from 14 to 17 July. Louise will then join the Scottish elite squad for a training camp in Canada with a chance to compete in Canadian National Championships in the Olympic Pool in Montreal in mid August.

City of Glasgow chief swimming coach Paul Remmonds comments; "Louise has been in the City of Glasgow swimming programme since the age of nine and has worked her way through the club's development stages to the elite level. "Everyone at the City of Glasgow Swim Team and the City Council are proud of Louise and delighted that she has been rewarded with the opportunity to represent her country."

Bob Dyett

## Viv Alexander honoured for tremendous service

By JOHN SIMPSON

OVER 100 people packed into Alloa's Speirs Centre In Alloa on Friday evening as the curtain was brought down on Clackmannan District Swimming Club after 12 years in existence. Viv Alexander, who has run this successful club since its formation, was in tears as the close-knit community organisation met for the final gala presentation.

Swimmers, parents and friends offered Viv their best wishes for the future following the news that she had reluctantly decided to close



Viv with her husband Willie

her beloved swimming club following a car accident in which she, her daughter Claire and Peter Swift - also club members were seriously injured.

After the season's prizes had been presented, parents showed their gratitude to Viv for the years of pleasure she has given to their children by playing her favourite tune, "Simply The Best" by Tina Turner, and the presentation of a specially baked iced cake in the design of a swimming pool.

But perhaps an even better award - an



## NATIONAL DEVELOPMENT OFFICER'S REPORT

### NORTH DISTRICT DEVELOPMENT DAYS

Recently I had the pleasure of spending 2 days with Deveron ASC in Banff. Club President, Carol Balcome had approached me sometime before to visit the Club as part of my North District Development Day allocation.

The warm sunny weather outside mirrored the welcome I received from everyone. Deveron ASC has 3 squads and a 'Thursday Thrashers' group and is staffed by a band of very able and enthusiastic coaches and teachers in the shape of Hugh Gordon, Liz Ramsay, Myra Anderson, Monica Jack, Alexandra Hepburn and Debbie Watt. These coaches are in turn supported by a group of dedicated parent and swimmer helpers. I attended both early morning sessions [a shock

inscribed silver salver will be the one Viv will treasure for many a year to come.

Following her accident, she underwent a four-hour operation at Glasgow Royal Infirmary and now suffers from vertigo.

Viv's career as a swimmer found its peak in 1975 when she represented Great Britain in the Coca Cola International in Leeds, which was followed by selection the following year.

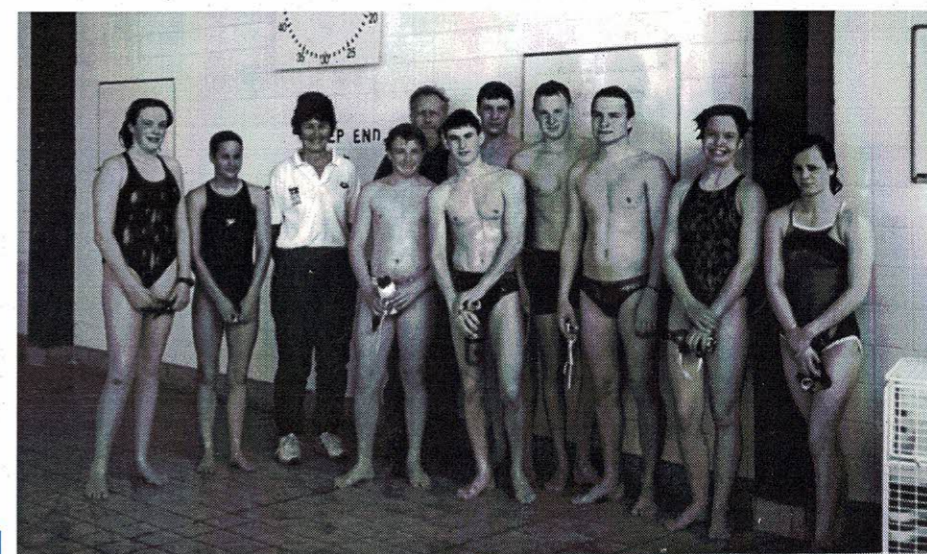
Scottish honours came almost automatically for Viv and she had the distinction of representing her country at an early age. She was capped at years and continued to swim for Scotland until she was 19, in Bulgaria, Switzerland and Bremen where she broke the Scottish record.

She was in the same team as Olympic champion David Wilkie, the World record holder in 1972, which is one of her most treasured memories in a glittering career.



Viv, Graeme Wardell and Claire

It was perhaps only natural then, that this Menstrie lass should take up coaching and the formation of Clackmannan District Swimming Club in 1987 gave her the opportunity to pass on her valuable experience to her young



to the system] and was impressed by the hard work done there. On a personal note, it was great to get back to coaching!

I was asked to lead both Wednesday and Thursday evening sessions, which I viewed as an opportunity for teacher/coach development. We worked through such topics as the development of breathing in **young swimmers**, dealing with mixed abilities and the progressive development of Butterfly.

Between sessions I had the opportunity to meet with some of the parents and teachers in an 'Open Forum' and to discuss some of the issues facing

members.

The club president, Viv's husband Willie chaired the final meeting and told the packed hall, "Viv and I are overwhelmed by the attendance here tonight."

He introduced the top table guests, among whom were: City of Glasgow Swim Club's Graeme Wardell, Lanark Swimming Club's Karen Kelly and Charlie Johnston, a long-time swimming friend of Viv's and now Dumfries Dolphins chief coach.

Willie continued, "I think we are all aware of the achievements and involvements Viv has had with this club. As I look around I see all age groups here, and I know that friendships - have developed over the years. Bonds have grown and become stronger and there have been many special friendships."

Graeme Wardell said, "It is a privilege to be here to honour Viv. She has been an enthusiastic coach and the reason this club is so successful is because of that lady - she is an inspiration to us all."

Charlie Johnston added, "Viv has said she is proud to see us here, but she is not as proud as I am to be here. - She is well known for producing good young swimmers, but she is also a straightforward and uncomplicated person. "Although her own children swam, she was in the sport for more than that. Viv has done it all, from bottom to top and I can honestly say we will miss her greatly."

Former swimming teacher Mrs. Anne Richards, known to so many who swam at the old baths (now the Speirs Centre), paid her own personal tribute. She said, "It is a great pleasure to be here and to present some of the prizes to the next generation of stars Viv will be greatly missed by the sport."

the club. We also met with the Pool Manager to discuss the integrated implementation of the Scottish Learn to Swim Syllabus.

To all other Clubs out there, I would like to remind you that each District has been allocated 5 Development Days. To date the North District has used two with another two planned and Midland District has used one (Aberfeldy ASC) with another planned. If you feel I could be of use to your Club [or preferably group of Clubs] please don't hesitate to get in touch.

Katie McConachie  
National development Officer



Charlie Johnston making a presentation

The Club can proudly many top sportsmen and women. Lisa McLuckie has graduated for Sports Coaching in Ford Lauderdale; Ben Harkin has graduated for Sports Science at Warrington University; and Alasdair Currie has progressed to become President of the Students Union at Strathclyde University.

In conclusion, Willie Alexander spoke of the future for the young swimmers and was happy to announce that most of them will continue either with Alloa or Stirling Swimming Clubs.

He said, "We are closing the doors on our club now, where the stars of the show have been the kids. Viv and I have been a small but proud club and have always believed that it was part of our extended family.

"May I say thanks for your support over the last three months, in fact years back. It is a great pity something so good has to come to an end. Viv and I are eternally grateful to you all for being part of this club."

The company was then upstanding in a round of applause for Viv.

**PRIZEWINNERS**  
Graeme Wardell, Charlie Johnston, Karen Kelly and Mrs. Anne Richards presented



the youngsters with the gala awards from two swim meets held recently at the Rainbow Slides, Stirling.

**Top Squad Swimmers Of the Year Awards**  
Ashley McDowall Russell Thomson, Alistair Motion  
**Junior Swimmers of the Year**  
Ross Stephenson and Sarah Walker  
**Best Improvers Awards**  
Graham Oliver (7) and Jennifer Watson.  
**Special Award for training and dedication**  
Peter Swift.

**Long term service to the club as former top swimmer and now assistant coach**  
Gari Carmichael (20) from Dollar.

**Butterfly winners -**  
Rachel Heddleston, Graham Oliver, Rachael Walker, Timmy Swift, Lauren Heddleston, Russell Thomson, Nicola Heddleston, Jill McLuckie.

**Silver -** Rebecca Walker, Donald Musk, Jenny Watson, Row Stephenson Kirsty Musk, Alastair Motion, Fiona Williams, Ashley McDowall.

**Bronze -** Louise Stephenson, Susan Thomson

**Backstroke winners**  
Rachel Heddleston Donald Musk, Jenny Watson, Timmy Swift, Kirsty Musk, Russell Thomson, Nicola Heddleston, Jill McLuckie.

**Silver -** Rebecca Walker, Graham Oliver, Jenny Stephenson, Ross Stephenson, Lauren Heddleston, Alastair Motion, Fiona Williams Ashley McDowall.

**Bronze -** Rachel Walker, Susan Thomson.

**Breaststroke winners**  
Rachael Heddleston Ian Kellock, Timmy Swift, Ashley McDowall, Susan Thomson, Alistair Motion.

**Silver -** Rebecca Christie, Graham Oliver, Lauren Heddleston, Sarah Walker, Fiona Williams, Jill McLuckie

**Bronze -** Rebecca Walker, Rachael Walker, Ross Stephenson, Nicola Heddleston, Russell Thomson.

**Freestyle winners**  
Rachael Heddleston, Ian Kellock, Emily Snowdon, Lauren Heddleston, Susan Thomson, Ashley McDowall Russell Thomson.

**Silver -** Rebecca Christie Graham Oliver, Rachael Walker, Jennifer Stephenson, Ross Stephenson Nicola Heddleston, Donald Kellock.

**Bronze -** Rebecca Walker, Louise Stephenson Sarah Walker, Fiona Williams, Jill McLuckie

**200 Medley Champions**  
1st Top Squad - Alastair Motion,  
2nd Jill McLuckie, 3rd Russell Thomson.

**Junior Squad Champions -**  
1st Fiona Williams, 2nd Nicola Heddleston, 3rd Susan Thomson.

**100 Medley Champions**  
1st Junior Squad - Susan Thomson, 2nd - Sarah Walker, 3rd Timmy Swift.

**Top Squad Champion**  
1st Jill McLuckie, 2nd Ashley McDowall, 3rd Fiona Williams

**Top Squad Champion**  
1st Russell Thomson, 2nd Alastair Motion. 3rd Donald Kellock.

**Commemorative medals were given to Rowena and Angus Bell-Scott, Fern and Findlay Pearson.**

**ALLOA ADVERTISER - Clackmannanshire's Paper Thursday 1st July, 1999**



## WATERPOLO REPORT

### Tribute to Nigel Wilkinson

All of Scottish waterpolo was saddened and shocked to hear of the death of Nigel Wilkinson on Sunday 27th June 1999. Nigel (42) had been a stalwart of the Western Baths club and was currently club President, during the last few seasons he had been one of the clubs most loyal players in National Competition and had been instrumental in establishing a junior section in the club. This had led to his involvement in the National Junior Squad, where he had been Assistant to Coach Alan Donaldson for season 1997 and 1998. The intention was for Nigel to be Junior team coach this year but the onset of his recent illness led to him being unable to take up this post. All of the polo fraternities thoughts are at this time was his family who have lost a true gentleman. We as an association will find it hard to replace one such as Nigel Wilkinson.

### Inverness Junior Tournament

For the first time since 1986, Inverness Waterpolo Club held their annual tournament. The difference this time was that it was for players 14 and under.

Tribute must be paid to Alan Faulkner who is ploughing a lone furrow in the Highland Capital to keep the juniors going. The tournament saw Inverness, Warrender, Dunfermline and Menzieshill competing. A great day was had with many good close games of polo. The Menzieshill team came away victorious in an excellent competition, taking home the Mackenzie shield some 13 years after their older club members did so. Lets hope that Inverness can make this an annual tournament and encourage the development of the sport in the Highlands.

### Midland District Junior Tournament

The Midland District continues to be a hot bed of development with their latest production of an under 15 championship. The day proved one of the biggest successes in years. A gala occasion with music, a smaller pitch, a size 3 balls being used in a competition with 6 well matched teams battling it out right to the end of the day.

District convenor, Dave Balbirnie, recognises the importance of poolside officials and was glad to use this opportunity to introduce some new enthusiastic flag wavers and whistlers. His confidence was well founded with them keeping the games well flowing, under control and a joy to watch.

**Final Position after 15 great games**

	won	lost	drawn	points
1st Menzieshill Boys	4	0	1	13
2nd Warrender	4	1	0	12
3rd Inverness	2	2	1	7
4th Portobello	1	1	2	5
5th Menzieshill Girls	1	3	1	4
6th Dunfermline	0	4	1	1

Presentations were made to the Menzieshill Boys

team and the individual players who won awards. Most valuable player-Ian Lyall (Warrender), Most valuable Keeper- Sara Thompson (Menzieshill Girls) and Top Goalscorer- Steven Adams (Menzieshill Boys), By Councillor John Letford Depute Lord Provost of Dundee with Mr Jim Stewart President of the Midland District in attendance and giving every player who took part a memento of the day. Well done Midlands keep up the good work.

## Scottish Cup

Scores Semi-finals

**U/17**  
Menzieshill 13 Portobello 5

Dunfermline 12 Warrender 7

**U/21**  
Dunfermline 12 Hamilton 11

Menzieshill 9 Portobello 9

**REPLAY**  
Portobello 14 Menzieshill 9

**SENIOR**  
Warrender 11 Renfrew 18

Portobello 16 Dunfermline 7

**FINALS DAY REPORT**

Unfortunately the women's final was cancelled due to the Hamilton team being unable to field a team due to work commitments and resignations. They missed out on a wonderful day which started with the U/21 Malta Trophy Portobello V'sDunfermline.

An end to end affair with Dunfermline making more of their early chances to go 6-1 up in the second period. Portobello fought back with some spirited counter attacking and after an inspiring time out talk from coach Ramon Valvona, managed to draw level at 7-7. The Edinburgh side were visibly tired from playing catch up and couldn't sustain it leaving Dunfermline to finish 1999 champions with a 14-8 scoreline. Stephen Fyfe was top goalscorer with 5 goals.

After a short break the Fifers were back in the pool against Menzieshill in the U/17 final. the was the Dundee teams first shot at this tournament since a 1989 Bruce Elder inspired team won the championship. The Menzieshill boys and girls showed a disciplined display of possession, fitness and well rehearsed teamwork, taking the lead in 13 seconds and never looking back, finishing 21-6 winners with Captain Ryan Laird inspiring in the same way as his big cousin did in '89 with 7 goals to his credit.

**FINALS SENIOR**

Portobello 22 v 6 Renfrew

**MALTA TROPHY U21**

Portobello 8 v 14 Dunfermline

**WILLIE MELLORS U17**

Menzieshill 21 v 6 Dunfermline

**NATIONAL LEAGUE**

Portobello 28 v 6 Warrender

Dunfermline 17 v 7 Dundee

Renfrew 8 v 18 Portobello

Hamilton 9 v 10 Dundee

Portobello 17 v 17 Dunfermline

Warrender 12 v 8 Hamilton

Warrender 17 v 16 Renfrew

Renfrew 16 v 11 Dunfermline

Dundee 7 v 13 Dunfermline

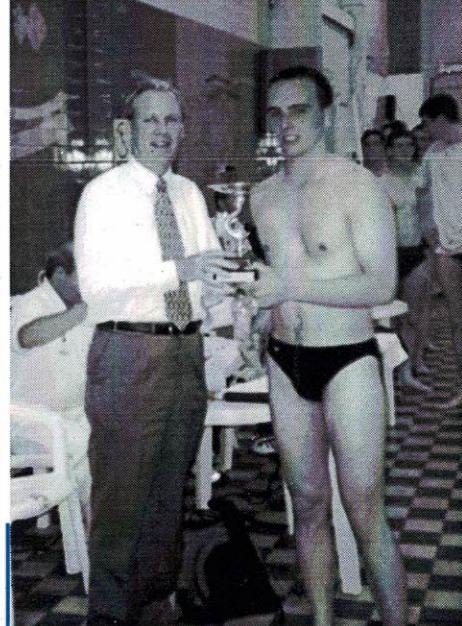
Warrender 7 v 9 Dundee



President Robin Dale presents the Scottish Cup to B. Davidson Captain of winners Portobello.



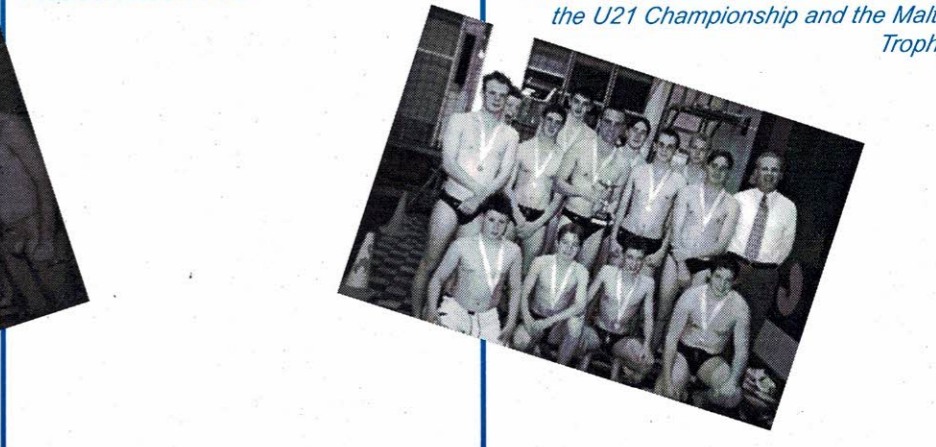
A special presentation from the SAsA to David Bathurst to mark his retirement from refereeing on the international circuit. An engraved Edinburgh crystal bowl was presented by Scottish President Robin Dale



Dunfermline WPC Captain S. Fyffe is presented with the Malta Trophy by President Robin Dale

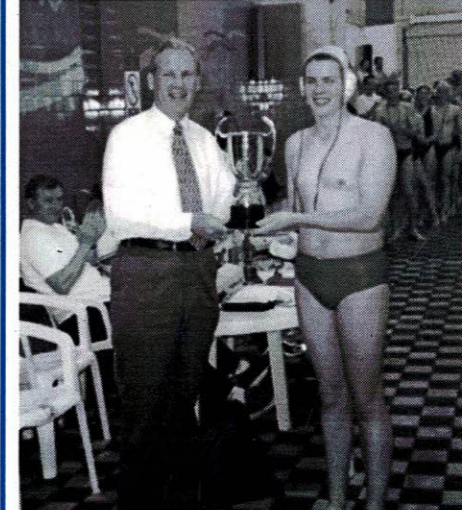


Bobby Barr (Renfrew) without his makeup but with his Scottish Cup runners up medal - still looking good!



Dunfermline Water Polo Club winners of the U21 Championship and the Malta Trophy

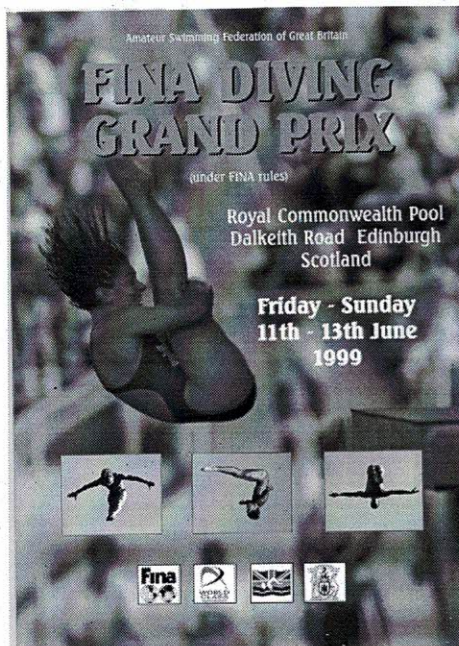
Ryan Laird Captain Menzieshill receives the Willie Mellors Trophy from Scottish President Robin Dale



Referees for the Finals Day Ross Elder, David Bathurst, and Brian Littlejohn with President Robin Dale (wearing tie)

Photos from Ross Elder





## FINA World Diving Grand Prix 1999 N° 8 Royal Commonwealth Pool Edinburgh. 11,12,13 June

THE Chinese lost one of the ten events when Yulia Pakualina of Russia won the women's three metre springboard title on the third and last day of the eighth FINA World Grand Prix diving series at the Royal Commonwealth Pool, Edinburgh.

Chinese pairs won all four of the new men's and women's synchronised team events from the three metre springboard and ten metre platform and with five rounds left of the Grand Prix including the final in Mexico in September could still win all the overall titles. Xiang Xu and Quang Huang competed most against each other individually and were unbeatable as a pair. After a bronze by Peter Waterfield from London in the one metre springboard on Friday, the nearest Great Britain came to individual medals was Jane Smith and Lesley Ward both in fourth place in

the one metre spring board and on the ten metre platform respectively, Smith and Amanda Day finished second of three countries represented in the three metre synchronised event.

Justin Dumais 20, of America, a World Student Games gold medallist and going onto a full academic course in Austin, Texas made all three men's individual finals with an excellent silver in the three metre springboard behind a third different Chinese, Zhou Yi Li who picked up the men's gold medal.

### Results:

#### Finals: Men: 1m Springboard:

- |                                     |         |
|-------------------------------------|---------|
| 1. Xu Hao (China)                   | 405.54; |
| 2. Yoshihiro Sakata (Japan)         | 341.73; |
| 3. Peter Waterfield (Great Britain) | 318.21; |
| 4. Rafael Alvarez (Spain)           | 309.48; |
| 5. Atilla Kantor (Germany)          | 298.05; |
| 6. Justin Dumais (United States)    | 290.79; |

#### Men 3m Synchro:

- |                                     |         |
|-------------------------------------|---------|
| 1. China (Hao, Z Yi Li)             | 305.70; |
| 2. Spain (R Santos, Alvarez)        | 264.48; |
| 3. Japan (Y & K Sakata)             | 262.20; |
| 4. Ireland (M Goldfarb, B McCarthy) | 171.33. |

#### Women: 10m platform:

- |                                  |         |
|----------------------------------|---------|
| 1. Na Sun (China)                | 330.00; |
| 2. Cai Yu Yan (China)            | 329.88; |
| 3. Clara Elena Ciocak (Romania)  | 286.83; |
| 4. Lesley Ward (Great Britain)   | 281.70; |
| 5. Sally Freeman (Great Britain) | 254.13; |
| 6. Anisoara Opreia (Romania)     | 244.95; |

#### Women 3m Synchro:

- |  |         |
|--|---------|
| 1. China (Y Lan, S Lei)                  | 266.76; |
| 2. Great Britain (J Smith, A Day)        | 231.60; |
| 3. United States (G Ligamfelter, K Link) | 198.60. |

#### Men: 3m Springboard:

- |                                  |         |
|----------------------------------|---------|
| 1. Zhou Yi Li (China)            | 452.01; |
| 2. Justin Dumais (United States) | 401.16; |
| 3. Imre Lengyel (Hungary)        | 388.68; |
| 4. Thomas Bimis (Greece)         | 372.27; |
| 5. Ruben Santos (Spain)          | 353.04; |
| 6. Atilla Kantor (Germany)       | 318.39. |

#### Men 10m Platform Synchro:

- |  |         |
|--|---------|
| 1. China (X Xu Q Huang)                      | 342.63; |
| 2. United States/Romania (Dumais/ Chereches) | 258.24; |
| 3. Great Britain (G Brown/ B Aldridge)       | 241.38. |

#### Women: 1m Springboard:

- |                                      |         |
|--------------------------------------|---------|
| 1. Shi Lei (China)                   | 264.09; |
| 2. Yang Lan (China)                  | 261.30; |
| 3. Jenny Ligamfelter (United States) | 242.94; |
| 4. Jane Smith (Great Britain)        | 238.80; |
| 5. Rieko Kasai (Japan)               | 215.76; |
| 6. Swana Jendt (Germany)             | 209.64; |

#### Women 10m Platform Synchro:

- |   |         |
|---|---------|
| 1. China (C Yu Yan, N Sun)                | 257.01; |
| 2. Romania (C Ciocan, Opreia)             | 240.60; |
| 3. Great Britain "B" (S Freeman, K Smith) | 230.49; |

- |                                   |         |
|-----------------------------------|---------|
| 4. Great Britain (L Ward, A Page) | 229.56. |
|-----------------------------------|---------|

#### Men: 10m Platform:

- |                                |         |
|--------------------------------|---------|
| 1. Xiang Xu (China)            | 476.37; |
| 2. Qiang Huang (China)         | 471.72; |
| 3. Francisco Perez (Mexico)    | 414.90; |
| 4. Leon Taylor (Great Britain) | 390.03; |
| 5. Gaby Chereches (Romania)    | 315.84; |
| 6. Justin Dumais (USA)         | 303.42. |

#### Women: 3m Springboard:

- |                                       |         |
|---------------------------------------|---------|
| 1. Yulia Pakualina (Russia)           | 298.92; |
| 2. Jenny Lingamfelter (United States) | 280.38; |
| 3. Shi Lei (China)                    | 273.54; |
| 4. Yang Lan (China)                   | 260.88. |
| 5. Sotiria Koutsopetrou (Greece)      | 248.97; |
| 6. Swana Jendt (Germany)              | 247.02. |

At the Opening Ceremony Councillor Cardownie welcomed everyone on behalf of the City of Edinburgh and SASA President Robin Dale replied and thanked the City for the support given to the Sport.

Robin also made the presentations at the conclusion of the first day. The opening day was well attended by SASA members Past Presidents John Neil and Margaret, George Philp and Agnes, Winnie Ferguson, Donald McGillivray and Nancy, Life Members Nan and George Battison and Board of Management Ian Mason, Douglas Brown and CEO Paul Bush. Sir Peter Heatly and Lady Mae were also present - Sir Peter as Chairman of the Organising Committee.



PETER Waterfield, European Junior gold medallist, picked up a bronze medal for Great Britain in the first event the one metre springboard on the first day of the eighth 1999 FINA World Grand Prix diving series at the RCP, Edinburgh.

Competitors line up for the 1m Springboard event and the Opening Ceremony



## ENJOYING & UNDERSTANDING DIVING

The pleasure derived from an athletic contest deepens with insight and some knowledge of the fundamentals, and with this in mind, there are two things the spectator will want to know about diving - what dives should look like and how they are judged.

It doesn't matter to the spectator how the diver succeeds in spinning and/or twisting at several kilometres an hour, at the same time keeping his or her legs and feet pressed together. That is in the province of the coach. The spectator, like the diving judge just wants to know how well the somersaulting and twisting is done. The difficulty of the dive is taken care of by its rating or difficulty, ranging from 1.2 for the easiest dive to 3.5 for the most difficult.

The flawless execution will include strong initiation into the dive and vertical entry into the water without splash. Divers call this a "rip" entry. Between these parts of the dive, the body will be carried in what are known as "positions"; the straight position (no bending at the hips or the knees), or piked (bending at the hips, but not at the knees), or tucked (body bunched up tightly, with the hands on the lower legs). Feet must always be together and toes pointed. Sometimes the announcer speaks of the "Wee position" which implies some twisting combined with one or more, usually at least two, of the other positions.

The judge may award 1 to 10 points, in half point stages. A table of the scores and how they should be awarded is as follows:

Very Good	8.5 - 10
Good	6.5 - 8.0
Satisfactory	5.0 - 6.0
Deficient	2.5 - 4.5
Unsatisfactory	0.5 - 2.0
Completely failed	0

The highest and lowest awards are discarded and the sum of the remainders multiplied by the degree of difficulty to give the points scored. For

example, if a dive with a difficulty rating of 2.0 is awarded 4, 5, 5, 5, 6, the 4 and the 6 are discarded and the sum of the other scores multiplied by 2.0 to give a score of 30 points.

Competition dives are performed from springboards set at 1 metre or 3 metres above the water, or from platforms set at 5, 7.5 or 10 metres. The number of dives varies from one competition to another.

Apart from a few penalties that might be imposed, that's all there is to diving, so now sit back and enjoy second guessing the judges scores, and, above all, cheering for your favourite diver.

And remember, the flight through the air may bemuse you, but if it pleases you immensely you may well have seen one of those extremely rare 10 - point dives.

A welcome addition to the sport is synchronized diving. Synchronized diving is where two competitors dive at the same time. If the two competitors dive different dives, then the degree of difficulty is taken as the average of the two dives.

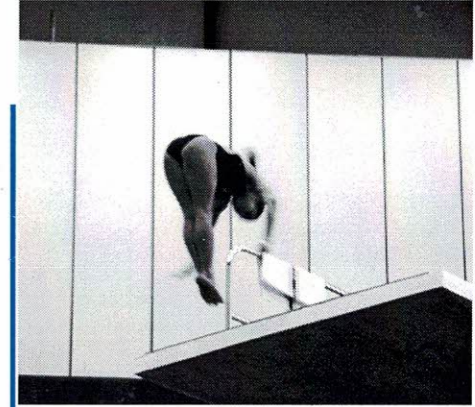
A panel of nine judges is required for synchronized diving. Five solely judge the synchronization between the two divers. Another two judge on the execution of the dive of one of the competitors, whilst the remaining two judge the execution of the other.



The 10m platform finalists: Anisoara Opreia (ROM), Lesley Ward (GBR), Sally Freeman (GBR), Clara Elena Ciocak (ROM), Cai Yu Yan (CHN), Na Sun (CHN)



SASA President Robin Dale makes a presentation and congratulates Peter Waterfield Great Britain's medalist in the 1m Springboard event at the FINA Diving Grand Prix.



Amanda Page in action



Top Three in the 10m Platform



The Judges  
FINA Technical Delegate Kathy Seaman





# ON THE PODIUM

## "Semi-final Race Scenario Preparation"

by Gary VanderMeulen

At the World Short Course Championships in Hong Kong the first semi-final format was used to prepare swimmers for its re-introduction into the Olympic Games since 1972. The unique quality of the semi-final format, which is only required in the 50m and 100m events, creates the need for the preparation of three races and the need to plan through the possible scenario strategies. Traditional finals scenarios often had swimmers racing multiple events, however in the semi-final format the same event is raced twice.

The finals schedule of events in the semi-final format places the 50s and 100s early in the final session to be re-swum again prior to the relay. This scenario places a great deal of responsibility on the swimmers' coaching team. A podium performance will require a strategy that will include all of the necessary warm downs, massages, sport science testing, podium appearances, race warm ups, race strategy sessions and relay races (if necessary) to have a peak performance in the final eight.

In Alison Sheppard's case (my swimmer and partner), we planned each possible scenario out by talking through them prior to Day 3 of the meet. On Day 3 both of Alison's best chances for a medal would be back-to-back races in the 50m freestyle and the 4 X 100m freestyle relay if she qualified for the final eight in the 50m freestyle. It is easy to overlook that the semi-final is simply a stepping stone. The top-8 final is undetermined at the start of the final session and it must be assumed to be part of the plan. By talking through the scenarios we realized that a podium performance in the 50m freestyle would be followed by a relay race without a warm-down or warm-up. Since this was a World Championship event having another team member stand in for the podium performance was not part of our plan. The extrinsic reward of standing on the podium would be part of our plan to prepare for the following relay event. We believed that the missed warm-down would be replaced by the excitement of a World Championship. For us two podium performances were the ultimate goal, but we also ran through the other possible scenarios. Each of these would be easier to accomplish logistically because of less time demands. However in anticipation of our ultimate goal we spoke to the massage/physio staff, to the sport science staff and to other members of the coaching staff to make sure we had covered every possibility and to make them appreciate the urgency of our time constraints during the final session. The timing of massages was set and the warmdown protocol was determined. We felt every member of our team was now ready and as excited to be part of this goal as we were. The main uncertainty became the order of the

relay team in finals. In the heats the decision was to decide which relay team members would be rested. This decision was left to the coach assigned to the relay. Our concerns were well received and considered. The decision for the relay coach became a difficult one because he also had a swimmer as a contender for a medal in the 50m freestyle and the relay. The importance of expressing our view to the members of the coaching staff and everyone affected by these decisions in each scenario is paramount if you are to have an opportunity to reach your ultimate goal. In the morning it was decided to have two alternate swimmers swim in the morn-



ing heats. This gave both relay team medal contenders in the 50m freestyle an equal opportunity at resting for the multiple races they faced in the final session. The strength and depth of the women's team was demonstrated when the relay qualified third for the final. We felt that this decision was very good for us since it is unusual to rest two relay team members. However it was decided to have Alison lead off the relay. This gave us even less time between the 50m freestyle and the relay. We felt that we were considered underdogs to get on the podium in the 50m freestyle and this made us even more determined.

I feel that the planning which was made to earn a World Championship bronze and gold in back to back races paid off in dividends. By talking through the different scenarios that are possible in the semi-final format we identified a time frame between the 50m freestyle final and the 4 x 100m freestyle relay that would not allow for a warm-down. If we had not at least hoped for success and only assumed a medal would be a bonus then the time frame between the two events might have been panicked and problematic. In that case two medals might not have been possible and other relay team members would have been disappointed. As it turned out Alison swam lead-off on the relay and was prepared for her swim despite only having stepped off the podium from her 50m freestyle bronze medal. The finals session transpired like clockwork. As each piece fell into place we were prepared for the next step and even in the euphoria that surrounds a podium performance Alison was able to collect herself and refocus for a world class time to lead off the relay. With lady-luck on their side the gold was icing on the cake on an evening of swimming that I will not forget.

Since the semi-finals format is used at the Olympic Games each swimmer and their coach should go through all of the possible scenarios of their races. This will provide the opportunity for the rest of the coaching team to assist in making a podium performance more likely. The assumption that this format is only a simple

change from the traditional consolation final and final format would be a mistake. The semi-final format requires the scenario of success in the semi-final followed by success in the final in an unknown lane. I believe that going through the possible scenario of winning or getting on the podium also takes away the feelings of a doubtful podium result if that is the case with your swimmer. If a podium performance is possible then it should be considered and your athlete can at least agree to that. Then anything is possible and the door is open.

**NB.** I would like to thank the Canadian Swim Coaches Association, Doug Perks of Team Aquatic Supplies, the Duncan Stingrays Swim Team for their financial support to attend the World Championships, also I would like to thank the Great Britain Swimming Association for providing a much coveted deck pass.

## U.D.A.S.C. CHALLENGE

Upper Deeside A.S.C is issuing an invitation to all Scottish clubs to take part in the 1<sup>st</sup> U.D.A.S.C. Challenge

Meet.

We are an enthusiastic club with around 100 swimming members, ranging from improvers and fitness swimmers, to competitors at graded, district & national level. We have a fledgling Masters section with a small group of masters swimmers & triathletes. We are based at Aboyne Community Centre, Aberdeenshire - an ideal venue for a swim meet, with additional facilities such as Games Hall, Theatre and Outdoor centre accommodation. The meet is based on a format taken from a German competition and offers something different from the usual swim meet. Swimmers enter all events in a challenge and trophies are awarded to the top three in each age group, based on total FINA points achieved. There will also be Open 4 x 50m Relays, both medley & freestyle with trophies for the winning teams. Swimmers may enter a maximum of 2 challenges.

**The DATE is : 20th & 21st November 1999**

**The CHALLENGES are:**

FREESTYLE : 50M, 100M, 200M  
 BACKSTROKE : 50M, 100M, 200M  
 BREASTSTROKE : 50M, 100M, 200M  
 BUTTERFLY : 50M, 100M, 200M  
 SPRINT : 50M EACH STROKE

**The AGE GROUPS are:**

13 years & under,  
 14/15 years,  
 16/17 years,  
 18 years & over.  
 (Age at 31/12/99)

**If you have any queries or wish to request meet information please contact us:**

Email : [udasc@freezone.co.uk](mailto:udasc@freezone.co.uk)  
 Phone : Paul King (013398) 82864  
 Or check us out on the web  
[www.freezone.co.uk/udasc](http://www.freezone.co.uk/udasc)

Meet information will be sent out mid August.  
 Hope to see you at Aboyne in November

# University Aquatics

By David Kane

## British League Finals - Nottingham 2 May 1999

The British University League finals took place at the start of May in Nottingham University. The event consisted of the top eight teams in Britain, the top six English teams and the top two Scottish teams. The Scottish teams selected were Glasgow University and Strathclyde University as they had come first and second in the Scottish league respectively.

The event was spoiled slightly for the Strathclyde team as they were missing around half of their top team due to exams and work commitments, the Glasgow team were also missing their Norwegian Junior champion and one of their Scottish University record holders.

The day began with the 100m Individual Medley and the Glasgow Team got off to a tremendous start with Claire-Jane McPherson coming second only to a Loughborough swimmer. The next few events were not so memorable with Glasgow coming fifth in most events and Strathclyde behind them. The tide soon turned when James Donn gave the Glasgow team a boost with after a great swim in the 100m Backstroke, coming third. David Kane coming fourth in the 25m Backstroke closely followed this performance. The scores were announced at the halfway mark and Glasgow and Strathclyde were 6<sup>th</sup> and 7<sup>th</sup> respectively. The Glasgow team was, however, within touching distance of fourth, nine points behind Birmingham and Oxford Universities.

The second half of the event began well for both Scottish teams, some excellent swims in the 100m Breaststroke saw Claire-Jane McPherson and Craig Freeland take 3<sup>rd</sup> place for Glasgow and there was hope for Strathclyde as they came 5<sup>th</sup> in both. The 25m Breaststroke saw the turning point in the meet. Ruth Morrison of Glasgow swam a fantastic swim to come third in the ladies race and this was just before Craig Freeland produced one of the swims of the meet. Having just competed in the 100m Breaststroke, Craig produced a marvellous swim in the 25m breaststroke only to be beaten by one one hundredth of a second by the Loughborough swimmer.

The next couple of events passed fairly quickly and the scores were announced just before the last four relays. Glasgow had somehow pushed their way into 4<sup>th</sup> place just half a point ahead of Birmingham. Strathclyde had performed well to consolidate their 7<sup>th</sup> place with their lack of a team.

The atmosphere was building going into the final few events and the Glasgow team responded well. The first relay saw the Glasgow Ladies medley team produce an excellent performance to take third place behind Bath and Loughborough. The Glasgow men then followed this up with a fourth place finish in the same race, importantly beating both Oxford and Birmingham. The freestyle relays followed and Glasgow stayed ahead of both Birmingham and Oxford.

The meet was a tremendous success for the Scottish Representatives with Glasgow coming fourth overall and Strathclyde coming seventh. However the top three teams included Loughborough "A" and Loughborough "B" effectively making the Glasgow team the third best student team in Britain, only behind the centres of excellence of Bath and Loughborough, with Strathclyde being the sixth.

The Glasgow team would like to thank their coach John Bradley for all the excellent work he did with the club. The club would like to wish John luck in his new job at the University of Central Lancashire. John did more than anyone to make the club the unstoppable force it is today.

## Scottish Universities Swimming Championships 1999 19 - 20<sup>th</sup> February

There was a record entry with over two hundred entries at this years championships, the event is the highlight of the Scottish Universities swimming calendar with all 10 universities participating. As usual there was some exceptional swimming going on. The team trophies for both men and women went for the third year in a row to Glasgow University, the Glasgow team showed their strength by having a medallist in every event with some superb individual and relay swimming. Anyone who doubts the quality of university swimming need just look at some of the performances over the weekend, especially the 5 individual records set:  
 Pauline McLean Abertay University  
 50m Freestyle - 27.38  
 100m Freestyle - 59.27  
 Isla Hale Glasgow University  
 200m I.M - 2.26.80  
 200m Freestyle - 2.09.53  
 Neil Forster Aberdeen University  
 50m Freestyle - 24.27

The most exciting races of the weekend were left to the Relays and it took top class performances from the Glasgow Teams to win all of these, with the Edinburgh teams just pipped in them all. The men's medley relay was particularly close with the Glasgow Team touching out the a strong Edinburgh Team in a tight finish, there was a bigger deficit in the 6 x 50 freestyle relay with Glasgow winning by just over a second. The better performances came in the women's relay's with Glasgow not only winning but setting new records in the process in both the medley and freestyle relay's, this really was a superb performance from a particularly strong Glasgow team and it will take a while to match these records.

Winning Relay Times  
 Women's  
 4x50m Medley - Glasgow (Julie Warner, Ruth

Morrison, Zoe Phimister, Isla Hale) - 2.08.01  
 4x50m Freestyle - Glasgow (Isla Hale, Ruth Morrison, Fiona McKerie, Julie Warner) - 1.55.02  
 Men's 4 x 50m Medley - Glasgow (Kristian Sorensen, Craig Freeland, Doug Forrest, Alex Herbert) - 1.52.70.

6 x 50m Freestyle - Glasgow (David Kane, Kristian Sorensen, Bill Tannahill, Doug Forrest, Alistair Smith, Alex Herbert) - 2.30.87.

Overall the meet was a great success with some immense times being posted, the Scottish Universities Swimming Association would like to thank the event's sponsors, Glasgow Sports Council, the management of Tollcross pool for allowing us to host the event there and especially the Senior Assistant Manager Graham Atkinson and his team for their invaluable help in running the gala and Hugh Steele for his help. Particular thanks go to Alistair Smith, Greg Jardine, Louise Hogg, Fiona McKerie and John Steele, the main organizers of the event, they all did a great job and the event ran very smoothly. The Championships show both the popularity and high standard of university swimming in Scotland and hopefully encourage people to get involved with University swimming.

### Overall Scores PLACING

		MEN'S	WOMEN'S
1st	Glasgow	127pts	
	Glasgow		141pts
	Glasgow	268pts	
2nd	Aberdeen	60pts	
	Edinburgh		65pts
	Edinburgh	113pts	
3rd	Edinburgh	48pts	
	Aberdeen		43pts
	Aberdeen	103pts	
4th	Strathclyde	35pts	
	Strathclyde		29pts
	Strathclyde	64pts	
5th	Robert Gordon	28pts	
	Stirling		17pts
	Robert Gordon	28pts	
6th	Heriot Watt	11pts	
	Abertay		12pts
	Stirling	17pts	
7th	St Andrews	4pts	
	Dundee		4pts
	Heriot Watt	13pts	
8th	Dundee	2pts	
	Heriot Watt		2pts
	Abertay	12pts	
9th			
	St Andrews		1pt
	Dundee	6pts	
10th			
	St Andrews	5pts	

## British Universities Long Course Championships 26-28<sup>th</sup> February 1999 - Leeds International Pool

The highest profile University swimming event was held at Leeds on the last weekend of February. A record number of Scottish Universities swimmers attended the event and did themselves proud with

OVER...



some tremendous swimming. The event attracts some of the very best swimmers in the UK and the Scottish teams showed they can compete at this level.

The most outstanding Scottish performance came from Karen McCrone of Stirling University, Karen produced one of her best swims in winning the 200m Butterfly in a time of 2.26.77, it is a testament to Karen's fitness and more so her swimming ability that she held off swimmers from Loughburgh and Bath to win gold in this event, winning by almost three seconds. This performance was followed up by Pauline McClean of Abertay University and Claire-Jane McPherson of Glasgow University winning medals in the 50m Backstroke (33.08) and 200m Breaststroke (2.48.42), respectively. As well as these medalists Kenny Clark and Greame Greer of Strathclyde University and Doug Forrest and Zoe Phimister of Glasgow University also made finals with Kenny coming fourth and the others coming eighth.

In the relay's the Glasgow team proved to be extremely strong, with the women's team doing particularly well. Both teams were short of some of their best swimmers but performed well with three out of the four making finals.

#### 6<sup>th</sup> Place

**Women's 4x100m Medley** - Glasgow (Beth Boyd, C.J. McPherson, Zoe Phimister, Ruth Morrison)

**Womens 4x100m Freestyle** - Glasgow (C.J. McPherson, Ruth Morrison, Zoe Phimister, Beth Boyd)

#### 8<sup>th</sup> Place

**Mens 4x100m Freestyle** - Glasgow (Doug Forrest, Alex Herbert, David Kane, Alistair Smith) - 3.54.72

The Scottish swimmers showed they can compete with the might of the top English teams such as Loughborough, Coventry and Portsmouth. The Scottish swimmers also provided the main source of atmosphere over the weekend which helped our swimmers performances. Hopefully next year more swimmers from Scotland will attend the event but as it is just one week after the Scottish Universities Championship it is difficult to get as many swimmers as we take to the British Short Course Championships.

## SCOTTISH SCHOOLS TEAM CHAMPIONSHIPS

**The Royal Bank of Scotland** Scottish Schools Team Championships took place at Tollcross pool on Friday 4th June. The day started ominously with no runners, a shortage of officials and about 500 swimmers from 41 schools who had travelled from as far as Elgin, Inverness, Aberdeen and the Borders. However, thanks to volunteers from the gallery, and the timely arrival of some West district officials headed by Bill Murdoch straight from his ship, and our SASA President Robin Dale abandoning his V.I.P. status, donning plastic overshoes and doing a great job as Referee the whole day went very well. Top schools for the competition were Westhill and Robert Gordons College and our sponsors were delighted with Tollcross as the venue. Our thanks go to Richard Campbell and his team for all their help in making the day such a success.

Morag Venner



## R.E.N. 96 FIGHTING THROUGH

R.E.N.96 had a rather disrupted year after the sudden departure of chief coach Grant Robins to Stirling. Despite this the swimmers and coaches pulled together and achieved great success at both the National Age Group championships at Tollcross and the Senior Nationals in Edinburgh.

In the age groups we gained 6 gold, 7 silver, 8 bronze as well as 15 other final places. Medals were gained by Claire McGarvey - 2nd 100 Fly, 3rd 200 Fly; Sharon McPherson - 1st 200 Backstroke; Laura McGarvey - 1st in 200, 400 and 800 Free, 2nd 400 I.M and 3rd 100 Fly; Fiona Rennie - 1st 200 Free, 400 I/M, 2nd 200 Fly, 3rd 200 Breast, 200 I/M; Chris Grabham - 3rd 200 Free; Gillian McFadyen - 2nd 800 Free; Robbie Hayton 3rd 100 Free.

The 17/18 girls Gillian McFadyen, Sharon

McPherson, Fiona Rennie, Claire Crossan 1st in the Freestyle Relay and 2nd in the Medley Relay. The 15/16 boys Gary Kemp, Ewan Eadie, Richard Fraser, and Robbie Hayton were 3rd in the Medley Relay.

The team followed this two weeks later with further success at the Commonwealth Pool in Edinburgh. Laura McGarvey confirmed her Youth Squad status with silver in the 200 Free and 200 Fly, Fiona Rennie gained bronze in 200 I/M, Chris Grabham bronze in 200 Free, Ciaran O'Brian went from strength to strength gaining bronze in 100 Fly, silver in 200 Fly and in an electric finish gold in 100 Breast - just outside the coveted Junior Elite squad time. Showing promise for the future, youngsters Julie Williams and Graeme Gordon gained silver in the 200 Breaststroke events. Other finalists were Gillian McFadyen, Claire McGarvey, Robbie Hayton, Adam Fulton, Martin Kemp and Elaine Ramsay.

The team finished on a high with our Junior Men 4 X 200 Free relay becoming top junior team both senior and junior women's teams in their final, the senior women's team coming a close second to Edinburgh.

As acting Chief Coach I would like to commend the swimmers on their achievements this year and wish our incoming Chief Coach Graham Wardell success with R.E.N. 96 in the future.

Morag Venner  
Acting Chief Coach



## TREBLE PLUS FOR NORTH Ayrshire

MANCHESTER UNITED may have done the treble this year, but swimmers from North Ayrshire Swimming Club have managed to go one better!

During the swimming season the team travelled to Dunfermline in October 98, where at the Carnegie Mini Meet they picked up their first trophy for best team. Then in February, another jaunt to Dunfermline at the Falkirk Otters Meet they were again awarded Best Team. The team then made the long journey through to Dundee at the Arnhall Stars of the Future Gala where they picked up their third Best team trophy.

However, it was at the Clyde Coast Mini League swim off at Ayr pool in June that they picked up

their fourth trophy of the season in a nail biting finish. Looking to regaining the trophy that they had won last year they competed against teams from City of Glasgow, Kilmarnock, Milngavie and Bearsden, South Ayrshire and Ren 96. They pulled off some great performances at this extremely exciting event and it was only after the very last race that match points revealed that they had won jointly with the City the of Glasgow Team, each scoring 197 points against Kilmarnock 158, M&B 154, Ren 96 139 and South Ayrshire 109.

North Ayrshire Swimming Club Coaches are delighted with the successes that their young swimmers have achieved this year, it great to see that the teams hard work has paid off.

The future is looking bright and the club are looking forward to the challenge of defending these trophies next year.

Marie Blackwood



## Attention all former Scottish Schools' Swimming Internationalists, Office Bearers and Team Staff

### Scottish Schools' Swimming Association 50th Anniversary 'Meet'

to be held at the  
Stakis Grosvenor Hotel, Edinburgh  
on  
Saturday, 29th April, 2000

WARM UP: 7.30pm  
START: 8pm  
AGE GROUP: 18 years and over  
ENTRY FEE: £15

Further details may be obtained from:-

Mrs Christine Rees  
55 Dalgety Gardens  
Dalgety Bay  
Fife  
KY11 9LF  
Tel: 01383 825428





# SWIMMING TECHNICAL OFFICIALS NEWS

## RULES AND LAWS AND LAWS AND RULES

by Chris Bostock, Hon Sec ASA Swimming Officials Committee.

Interesting rule changes in England (extract from Swimming Times July 1999 edition reproduced with kind permission of the Swimming Times Ltd.)

Most parents know more about track athletics than swimming when they first get involved and their initial shock is usually our starting laws. We all know that track athletes each get two attempts at starting before they are disqualified. It seems very unfair in swimming that one swimmer gets two chances but the others only get one. That's the rule for 'two start' events held in England but what about the Olympics and other international events?

FINA, the international governing body of swimming, had only the 'two start' condition in its Rules for many years. However the FINA World Cup events which are run under FINA Rules have used the 'one start' rule in recent years!

At the last FINA General Congress, the 'one start' rule was officially introduced and since then we have seen it used at an increasing number of events. Now the ASA has introduced it for all National events, other than Masters, starting with the National Championships/European Trials in July and the National Age Group Championships in August.

There are many arguments both for and against either rule. Compared with track athletics, both the 'one start' and the 'two start' rules seem unfair, but it can be argued that the 'one start' rule is equally unfair on all swimmers. Whichever arguments are debated, we must accept that if the event organiser decides to use the 'one start' rule, then it will happen and it is important that swimmers, coaches, parents and officials fully understand the conditions.

The minutes of the 7th February 1999 ASA Swimming Committee meeting state: 'The Committee recommend to the Districts to consider implementing the one start rule at their events in the future. The Competitive Continuum Working Party are requested to consider the level at which the one start rule should be implemented in their com-

petitive proposals'. The choice now lies with the Promoters. If the event being staged is Designated, that includes County Championships and Competitions, there will be serious discussion over the coming months about which rule to use.

So what does the 'one start' rule entail? It certainly does not necessarily mean one start. It is possible to have several attempts to start a race, with swimmers not always being disqualified, depending on what the occurrence has been to abort the start.

Whichever rule is used, the starting sequence is exactly the same, and changes to the Rules have been made to clarify the responsibilities and actions at the start. The Swimming Technical Rule changes come into effect from the 1st September and, from that date onwards, all events held under, ASA Laws and ASA Technical Rules' should state the starting rule to be used on the entry form and announced at the start of each session. This equally applies to one or two start events.

The old laws used to allow the starter to disqualify a competitor 'with the concurrence of the referee'. This has now gone and only the referee has the power to disqualify a swimmer with the exception of a handicap race where the check starter still has the authority.

A swimmer must remember, whichever rule is used, he can be disqualified by the referee for delaying the start, disobeying an order or for any other misconduct taking place at the start. Such a disqualification does not count as a false start and in the event of a disqualification, if it was a first start it remains a first start. If it was a second start, it remains a second start and does not revert back to a first start. It is a penalty rarely used but it acts as a reminder to the swimmers that the event is about to start and they should immediately follow instructions.

Once the starter has said 'take your marks', any swimmers who leave their starting position before the starting signal is given, have committed a false start.

If it is a 'one start' event or a second start of a 'two start' event, then all swimmers who have committed a false start should be disqualified. The swimmers should be verbally stood down to ensure that those swimmers who are unable to stand down without falling in are not unfairly disqualified. If the starting signal has been given, then the race should be allowed to continue and the swimmers 'false starting' disqualified at the end of the event.

If it were the first start of a 'two start' race, the swimmers would be called back irrespective of the starting signal being given.

The starter used to say 'Swimmers this is your second start' or 'Swimmers this is still your second start' depending on the situation. FINA and ASA Rules require the starter to remind the swimmers of the penalties and, to meet this requirement, we have changed the wording to 'Swimmers, you will be disqualified for a false start'. Following the revised wording, the referee gives the long whistle blast again and the starting sequence continues.

If the event is held under the 'one start' rule, is it possible to recall the swimmers after the starting signal is given? The answer is clearly yes and the swimmers must know this. If there has been an external occurrence that has disadvantaged any competitor in the race, both the referee and starter have the power to recall the swimmers and start afresh. In such a case, it shall not be a false start.

The question arises about what wording, if any, should the starter use in the event of recalling the swimmers and it not being a false start. Neither FINA nor the ASA require any statement but that does not prevent him from saying anything. Different levels of competition may influence the starter at this time. If it is a club event with inexperienced swimmers, then an explanation to the swimmers might be sensible. A major international event may not require it. Common sense applies but if there is any doubt the swimmers should be informed.

The 1999 rule changes affect the start for the backstroke swimmer. On the second long blast, the swimmers are now required to take up their starting position at the end of the pool. It is at this time when the toes should be under the water surface and not in any gutter.

A swimmer who then walks up the wall on the command 'take your marks' and sticks his toes above the water surface has committed a false start (he has left his starting position) and the starter should declare a false start. This has been a contentious issue over the last few years but the rules are now clearer.

Other major changes to the laws are designed to assist any swimmer, who for whatever reason, start a freestyle, backstroke or butterfly event in the water. We all know this position puts the swimmer at a disadvantage compared with the swimmer who dives. The situation was not helped by the requirement for the breaststroke or butterfly swimmer having to hold the starting grips with both hands. This usually applies to the younger swimmer and the rules have been relaxed to allow one hand starts in these events.

By the way, starting grips also mean the end of the pool, gutter or any suitable handhold available.

Congratulations are extended to the following Technical Officials who received their Certificates Of Competence during May and June 1999: -

### STARTERS

Colin Anderson North  
Ann Lyon East

### JUDGES

Eleanor Murson North  
Marjorie Fearn Midland  
Andrew Smith East  
Patricia Cole North  
Gail Connell North  
Ross Ainslie East  
Colin Hunter North  
Margaret Riach West  
Caroline Adam West  
Allison Graham East  
Sheila Madsen West

### TIMEKEEPERS

Jacqueline Poskitt Midland  
John Officer West  
Lesley Jayaskera East  
Lynda I. Jeffrey West  
William Christie West  
J. Crombie Midland  
James Buchan North  
Donald Robertson North  
Brian Mathieson East  
Paul M. King North  
Elizabeth Allison West  
Keith Proskitt Midland  
Jane Jack East  
Anne Hendry North

### MAY EXAM RESULTS

Sat Referee	Passed	Failed	Did Not Sit
4	0	4	—
Starter	9	6	3
Recorder	5	1	4
Judge	29	17	12

As at 1st June 1999 the total number of registered Technical Officials are :-  
East 138  
West 114  
North 236  
Midland 71  
Total: 559.

### S.T.O. MEMBER VACANCY

With Jeanette Patterson (Midland District) having recently resigned her position on the S.T.O. Committee, could anyone wishing to be considered for the above post, please submit their nomination to Eddie Wilmott 28 days prior to the S.T.O. Meeting being held on 3 October 1999.

### S.A.S.A. Swimming Technical Officials Committee:

National Convenor:  
John Bruce  
50, Station Road  
Roslin  
Midlothian  
EH 25 9 LR  
Tel: 0131 440 1752

### Secretary:

Barbara Moore  
2, Briarhill Court  
Prestwick  
South Ayrshire  
KA9 1HN  
Tel/Fax: 01292 474764

### West District:

Bill Murdoch  
2, Briarhill Court  
Prestwick  
South Ayrshire  
KA9 1HN  
Tel / Fax: 01292 474764

### Midland District:

Vacant  
East District  
Colin Kennedy  
55, Ambrose Rise  
Dedridge  
Livingstone  
EH54 6JT  
Tel: 01560 492807 (H)  
Tel: 0131 553 8327 (B)

### North District

Doris Mair  
2, Harvest Hill  
West Hill  
Aberdeen  
AB32 6PU  
Tel: 01224 741701(H)  
S.T.O. Member  
Eddie Wilmott  
294, Ravensby Road  
Carnoustie  
Angus  
DD7 7NW  
Tel: 01241 54853

### Points Of View, Comments, Or Articles

Points of view, comments or items and articles for inclusion in S.T.O. News are always welcome.

These should be sent in the first instance to:

John Stewart  
5, Smugglers Brig Road  
Crossford  
Carlisle  
ML8 5SE  
Tel: 01555 860816

### Scottish National Open Age Group Championships 10 - 13 June at Tollcross Leisure Centre Glasgow

On behalf of the STO Committee I would like to thank all of the officials who gave up their time to officiate at the Championships.

70 officials were present for all or part of the event including Fiona Lucas on exchange from the Welsh ASA. The minimum number of officials on pondside was 29 the maximum 41 excluding our Chief Recorder, Carolyn MacDonald.

Briefings were held prior to the start of the first

session each day. Notes for Officials were issued to those attending except for Referees who had theirs in advance.

Two Referees were used for each session with one of the referees from the Training List being Referee for the whole day and a second Referee appointed for each session. One Starter was used per session with one Chief Timekeeper appointed daily.

Most sessions ran to time except for the Thursday night finals session which seemed long and drawn out.

Using no cards presents particular problems at Tollcross as there is no reliable method of the recorders checking the actual results issued by the meet management system and Ares21. This will be looked into prior to the next major event at this venue.

Blair Prentice, Meet Referee, and myself would like to thank Richard Campbell and his pool staff for their magnificent help during the four days.

Bill Murdoch  
West District STO Convenor

### OVERVIEW of the performances from City of Edinburgh Swimming athletes at the recent ASA National Championships held at Ponds Forge Sports Centre in Sheffield, 8th - 11th July.

Particular note should be made of the following performances :-

1. Jamie Salter and Nick Shackell for qualifying for the Great Britain Team for the European Championships in Istanbul, 23rd July - 1st August.

2. Gregor Tait for his Scottish Senior Record in the 50m Backstroke and bronze medals in the 50m & 200m Backstroke events.

3. Kirsty Orr for attaining 3 Junior Elite Squad times in the 200m Freestyle, 200m and 400m Individual Medley.

4. Ian Edmond for his bronze medal in the 200m Breaststroke.

Salter and Shackell depart for Turkey on 24th July whilst Mike Cole David Leith, and Gregor Tait will fly out to Montreal along with Assistant Coach Alan Lynn for the Canadian Nationals (11th - 14th August 1999).

Tim Jones  
Head Coach City of Edinburgh



# SCOTTISH NATIONAL OPEN & YOUTH SWIMMING CHAMPIONSHIPS ROYAL COMMONWEALTH POOL, EDINBURGH 24th -27 th JUNE 1999

Well done everyone associated with officiating at these Championships, you all did well.

Despite the low numbers of officials attending at some of the sessions, everyone pulled their weight to ensure the overall success of this major domestic Championship.

There is however, something fundamentally wrong somewhere in the system whereby, over four days of competition, only forty-seven technical officials from Scotland attend at the National Championships. Joanna Maguire in particular is to be congratulated for her singular efforts in recruiting those who did attend. Unfortunately, Joanna has now decided enough is enough, and has resigned her position as Gala Officials Secretary in the East District.

The National STO Committee now has the full responsibility for the appointment of technical officials to national and international events being held in Scotland. We shall now await their decision on how to ensure sufficient officials attend at these events in future, without undue pressure being put on those already there. Likewise, they have the responsibility for the National Referee Experience Programme, part of which strategy is that those persons hoping to be nominated in future to FINA Lists, should make a commitment to attending at national Championships, as well as at ASA events across the border. Certainly, the adopted strategy to go through the Districts' was, to say the least, on this occasion unsuccessful.

The referees and starters appointed for these Championships, were all provided prior to the Championships, with full written information and briefing notes, appointment list and sessions schedules. All other officials attending were provided with full information and meet detail on their individual attendance at the respective Championship. There were no time cards in use, and therefore, the chief timekeeper was also the timekeeper on Lane 8. Timekeepers were required to record the time of their swimmer directly onto the start sheet. Only where a timekeeper manual time was required by the referee,

was the chief timekeeper required to attend at any lane to record a time. This proved to be efficient and adequate to the requirement of the competition.

Referees' and starters' who were appointed for the National Open Championships were distinct from those appointed for the afternoon National Youth Championship. To ensure continuity of service to the swimmers' referees and starters were appointed for heats and finals on the same day. It was further relevant to the general conduct of the meet that one referee was appointed for males and one for female events. Each respective referee therefore, when not actually event referee, thus acted as the finish judge. This ensured there was only **one referee** on the poolside at any one time. Any judgement/timing problem was under the control of the current event referee and the AOE operators. All referees' during both competitions resulting in a much smoother and non-conflicting decision-making adhered to clearly understood procedures.

A dedicated judge placed on each lane and, using the Semi-automatic button achieved the manual placing of swimmers in 50m events during both heats and finals. Manual timekeepers moved to the shallow end of the pool for these events with the judges, in order to provide any manual time which might have been required. This procedure, which is legal under FINA Rules, must not be mistaken for the quite illegal procedure of placing a swimmer by using the back-up time from a button operated by a timekeeper. Two entirely different things, one legal - one not. The requirement of course is to ensure there are eight separate and individual judges on station.

Poolside communication by way of radio is now also firmly established. Providing an immediate voice to the referee, first reports of disqualification can be acted on quickly. The referee however, must be positive in his judgement of acceptance of such verbal reports, and should not confirm it to the announcer unless written and signed disqualification slips support them. It is always of course open to the referee to confirm interpretation of the rules with the judge.

Question:

Is a 'non-simultaneous touch' by a swimmer at a turn in Breaststroke a 'one handed touch'?

Certainly one judge thought so at the National Championships!!

The question of technical official's expenses has been the subject of considerable debate and contention over a number of years now. Much of the issue has now been resolved, thanks to the work done by the STO Committee. It has to be noted however, that a number of technical officials continue to offer their services on the poolside only when their own children or family members are competing and, they have brought them. Whilst all technical officials are welcome to officiate, surely there must be some commitment and consideration given to their acceptance of expenses.

In addition to the **SASA** technical officials

attending, we were very pleased to welcome from the ASA for the duration of the Championships David Collins from Manchester. David is on the ASA Pre-FINA list and was attending in Scotland for the first time at our National Championships. In common with our own officials, David was afforded a very warm welcome to Edinburgh and enjoyed the company and hospitality extended during his stay.

East District	25 deck officials 6 on other duties 31 representatives
Midland District	6 deck officials
West District	12 deck officials
North District	3 deck officials
ASA representative	1 David Collins

#### 47 Total attended overall

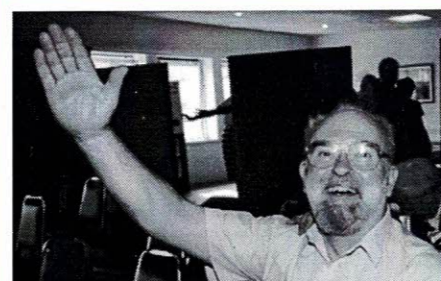
The ASA representative, Dave Collins, was very well received and accepted by all attending officials. In common with the S.A.S.A. referees and starters, all of the relevant information was sent to him prior to his attendance in Edinburgh. He attended at every session and other than Starter, he carried out all other duties poolside, including two sessions as Referee at the Youth Event.

Referee and Starter duties were in the main carried out efficiently and correctly, and no problems were experienced with carrying out any of the required procedures during the Championships.

*Peter Syer Meet Referee S.A.S.A. National Championships.*

National Convenor for Open Water Swimming, **Ian McIntosh**, has announced his retiral at the end of the 1999 season. Ian has done a great job in keeping the long distance swimming tradition going against the odds financially and weather wise. A hard act to follow!

**POLAR**  
heart rate monitors



#### CONGRATULATIONS

Douglas Brown has been elected Secretary of the Commonwealth Games Council for Scotland. Douglas has also been reappointed to the SASA Board of Management as Director of Disciplines. His portfolio of appointments includes representing the Association on the Scottish Sports Association, the Amateur Swimming Federation of Great Britain Committee and the British Olympic Association. *How to fill your retirement days!*

## NATIONAL SWIMMING TRUST

diving - open water - swimming - synchro - water polo  
(Registered Charity No: 1058338)

### TRAINING SUPPORT GRANTS 1999 - 2000 PILOT PROGRAMME

#### Introduction

Recent announcements, concerning the extent of - funding to be made available to sportsmen and women from the National Lottery over the next ten years, have been very welcome. It is clear, however, that even this generous funding will not meet the needs of all those in the sports of diving, open water, swimming, synchro and water polo who have the potential to represent England, Scotland, Wales or Great Britain and win medals at international level.

#### Objective

There is a particular need to help promising younger athletes to have a chance to bridge the gap from age group competition, supported by World Class Start and World Class Potential or similar financial programmes, to the elite level of National Senior Squads.

The Trustees of the National Swimming Trust have therefore decided to set up a pilot programme of Training Support Grants to help fill this gap.

15 grants of £ 1,000 each will be offered to cover the twelve month period to the Olympic Games to be held in Sydney, Australia, in September 2000.

The Trust is able to finance this pilot programme in part with money given by private individuals attracted by the tax advantages of making donations through a registered charity. The income tax which can be reclaimed on these donations will provide finance for the Trust to undertake other initiatives in the future. The Trustees hope this pilot programme will encourage additional donations so as to allow the Trust to expand its work further.

#### Application Criteria

Applications are invited from English, Scottish or Welsh athletes who fulfil the minimum criteria set out under the four headings below:

- 1) Age  
year of birth 1980 to 1986 inclusive
- 2) Ranking  
either : a current member of a National Squad; and/or  
ranked in the top three as at the most recent national championships for your age group; and/or placed in the top three in the most recent National or European championships.
- 3) Eligibility  
eligible for selection for National and/or British representative teams in diving, open water, swimming, synchro or water polo
- 4) Charitable Qualification  
either : a needy young person currently in full time education or in part time education leading to a recognised qualification; and/or a young person whose personal circumstances place him/her in social and financial need; and/or a young person who has a disability.

**NB Athletes who are already in receipt of direct personal funding from the National Lottery will not**

be considered eligible for selection.

#### Selection Process

The Trustees anticipate that applications will exceed the number of grants available and, even if an applicant reaches the minimum criteria, it does not necessarily follow that he/she will receive a grant. In reaching their decision the Trustees will consult, at their discretion, appropriate officers of the **ASA, SASA, WASA** and the **ASFGB**;

take account of consistency of competitive performance by applicants;

exclude applications which do not meet the stated application criteria or follow the application process.

#### How to apply

Your application must not exceed five sheets of A4 paper and **MUST** include:-

- your full name;
- your date of birth;
- which school, college, university or other educational establishment you attend;
- what qualification you are studying for;
- a summary of your personal financial situation;
- details of all other regular financial support which you have received or expect to receive in the twelve months to 31 August 2000;
- your squad, ranking and performance record over the most recent twelve months;
- an outline of your planned training and competition schedule;
- an explanation of how you intend to use the grant if your application is successful;
- a brief endorsement signed by your current coach.

(if any category - e.g. qualification - above does not apply to you, please mark it "not applicable")

**Applications must be sent to : the National Swimming Trust, 1 Harley Street, London W1 N1 DA, to arrive no later than 12th August 1999.**

#### Payment

Successful applicants will:  
be notified as soon as possible after 26th August 1999;  
receive their funding from the Trust in quarterly tranches over the period to 31st August 2000;  
be required to provide to the Trustees a quarterly progress report endorsed by their coach;  
be required to adhere to the relevant governing body's code of conduct;  
cease to be eligible to receive further tranches of their grant if they are awarded direct personal funding from the National Lottery at a future date

#### Use of grants

As a general guide, the following items are appropriate uses for grants:

- additional costs of accommodation when training away from home;
- additional costs of special nutrition or

dietary requirements;

- costs of travel to and from training;
- costs incurred in essential competition preparation;
- necessary coaching fees (but not coaches direct salaries);
- costs of items of personal equipment which the athlete pays for with his/her own money.

#### Review

The Trustees will periodically review the progress of the pilot programme and, in due course and subject to sufficient money being available, make a decision as to whether a programme of Training Support Grants will be repeated in the future.

*Simon H Le Fevre  
Chairman*

Patrick Allan  
Nick Gillingham MBE  
Andy Jameson  
David Sparkes  
Alison Streeter MBE  
Trustees

## World Record For Andrew

**Andrew Lindsay** and **Tracy Wiscombe** both from Glenrothes swimming club represented the G.B. swimming team at the American Open Disabled Swimming Championships. in Minneapolis 11th -13th June. With swimmers from Canada, New Zealand and all the American States it was a high class field.

Andrew had an excellent meet with three golds, a silver, a bronze and a World Record. Andrew's World Record came in the heats of the 200m Backstroke in a time of 2.50.43. Andrew went on to win the gold also winning golds in the 100m B/C in 1:18.54 and a gold as part of the 4 x 100m Medley Relay team. Andrew's silver came in the 1500m F/C in 22:13.00 with a bronze in the 50m F/C in 32.21.

Tracy came home with four golds and a silver. Her golds came in the 200m F/C in 2.22.59; 100m F/C in 1:05.76; 50m F/C in 30.34 and 100m Butterfly in 1:14.78 just outside the World Record.

Both swimmers went on to a training camp in Fort Lauderdale from 14th - 24th June.

Credit must go to their coach **Eddie Campbell** who has just recently retired from coaching for personal reasons but who coached five of his swimmers for selection for the European Champs. in Germany in August. Andrew and Tracy being two of them with **Rebecca Lee, Lara Ferguson, Adam Morley** and **Paul Johnston** the others.

*Garrie Roberts  
Glenrothes*





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Fax: 01276-855301



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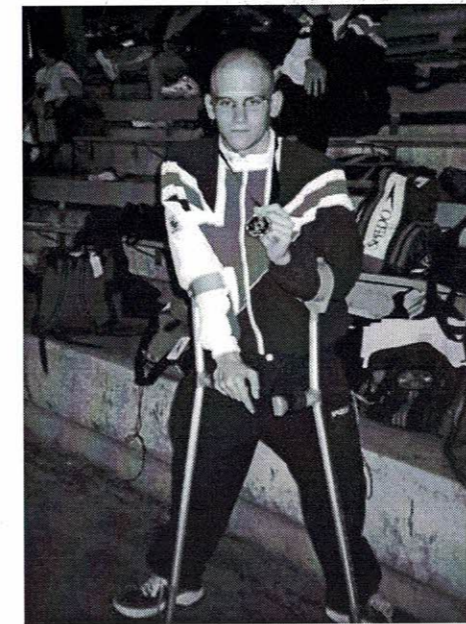
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**TOGGS**

## DISABILITY SWIMMING

BY PAUL NOBLE

The weekend of 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> of June saw Scotlands top swimmers with a disability head for Pônd Forge, Sheffield for the BT/Disability Sport England Long Course Open Championship.

*Andrew Lindsay celebrates (?) his gold medal at last years World Championships - I'd hate to see him when he gets beat!*



The event, which is now in its sixth year, is by far the worlds premier annual event for swimmers with a disability, and this year attracted it biggest entry ever - over 400 hundred competitors from 18 countries. Scotland too had their biggest ever representation, 36 swimmers from all corners of the country ranging from experienced GB internationalists to members of the Scottish Junior squad in their first major long course meet.

The event in Sheffield, and indeed the major international meets for swimmers with a disability are run under the rules of the IPC (International Paralympic Committee), and a system of classification of the swimmers is used;

### Classes S1 - S10

Swimmers with a physical disability  
S1 - most severely impaired S10 - least impairment (subject to a minimum disability)

### Classes S11 - S13

Swimmers with a visual impairment  
S11 - totally blind S12 & S13 - partially sighted  
Class S14

### Swimmers with a learning disability

The European Championships in Germany in August is the major meet of this year, and those in contention for places in the GB team were looking for qualifying times for selection for the team which was to be announced a few days after the Sheffield event.

One of the first Scots to gain that qualifying time was **Tracy Wiscombe** of Glenrothes ASC. Tracy has had a great season so far and in Sheffield she renewed her rivalry with Australian Siobhan Paton in the S14 class. The Australians, who are without a major competition this year, brought a massive squad over to Sheffield and they look like they are

going to be a major force in Sydney next year. Tracy and Siobhan had another close weekend with the Australian taking gold in both the 100m and 200m Freestyle events, breaking Tracy's world records in the process. Tracy had the last laugh though, beating her rival by 1/100<sup>th</sup> of a second in the 50m Freestyle and ensuring the Aussie didn't have it all her own way over the weekend.

Another swimmer on form was **Jim Anderson** from Broxburn. Jim was up against his main European rivals in the S2 class at the weekend and took four golds in his four events, including a world best time in 100m Backstroke. He was closely followed home (as he seems to have been for almost as long as I can remember) by **Alan McGregor** of Glamis, who took five medals over the weekend and also booked his place on the plane for Germany. The two lads look good for European medals in August.

In the male S3 events, Scottish swimmers dominated. **Kenny Cairns** of Port Glasgow Otters, the Peter Pan of the GB team, had three great freestyle victories over his old adversary, double World Champion "big" Palmar Gudmundsson of Iceland. Kenny told me that he had been working on the kayak principle over the winter, and obviously it's done the trick. He said that he was "quite happy" with how it was going, and he was on course for "more medals" than the 50m Freestyle gold he won in last years World Championships. Good luck Ken!

**Adam Morley** from Glenrothes ASC was another S3 gold medallist, and in the 50m Breaststroke he proved that he can really swim in non-salt water with a European qualifying time, 1/100<sup>th</sup> of a second faster than his "salty" Swedish time from March. He'll make a welcome return to the GB team after an absence of three years.

**Tommy Hunter** from Aberdeen was another S3 gold medal winner as he turned back the clock with a great win in his 1992 Paralympic Gold Medal winning event of 50m Backstroke. The longer distances proved a bit tougher for the wee man in his comeback event, but he showed that he's still got it (even if it is well hidden!).

**Margaret McEleny** of Port Glasgow Otters, Scotlands outstanding swimmer of the year, predictably qualified in her two World Championship winning events of 150m Individual Medley and 50m Breaststroke with gold medals in each at Sheffield. She'll be looking to repeat that performance at the Europeans, and she's firm favourite to do just that.

The final Scottish gold medalist of the weekend was **Andrew Lindsay** of Glenrothes ASC with a great PB swim in his World Championship winning event of 100m Backstroke in the S7 class. Andrew has been chipping away at the world record mark for that event which was set way back in 1992. He is now only 0.6 of a second away - could the European Championships be the time for it to go?

Andrew's clubmate **Paul Johnston** was also in the medals in the S4 class, with a silver and two bronze. The final bronze, in the 50m Freestyle, was to prove the most important, because although PJ was outside the European qualifying times, he held off a young English rival by just 1/2 a second to earn himself a relay place and a passport to his fourth European Championships.

The final Scottish medallist of the weekend was **Fiona Gray** from Glasgow. She has

made a return to the sport after many years, and is the first visually impaired female swimmer from Scotland to have competed at this level for a number of years. Let's hope she is not the last.

**Murray Dingwall** from City of Aberdeen, a medallist in last years World Championships, was up against some strong opposition in the male S14 class and just missed out on medals finishing 4<sup>th</sup> in 100m Breaststroke and 50m Butterfly. However, Murray's time in the Butterfly event was a European qualifying time, and he'll be out to retain the European title he won in that event in Spain in 1997.

In the female S14 events, **Rebecca Lee** from Glenrothes ASC and Incas had an up and down weekend but still did enough to gain a place in the S14 relay squad for the Europeans. Newcomer **Kimberley Docherty** from City of Dundee, had some good swims and her performances also gained her a place in that relay squad and her first GB cap.

**Lara Ferguson** was the sixth Glenrothes ASC member to make the European team. She finished 4<sup>th</sup> behind three international rivals in her 200m Individual Medley event, just outside the European qualifying time, but her 100m Freestyle swim meant selection for the female S1-S10 relay squad.

Other notable swims over the weekend saw Scottish Juniors perform well. **Kirsty Colquhoun** of Milngavie and Bearsden was again the top British female in the S7 freestyle events - it won't be long before she is knocking at the door of international recognition. The S10 trio of **Gordon MacDonald**, **Scott Ramsay** and **Bryan Ritchie** moved themselves up the GB rankings with some good performances. **Stuart Mullen** was highly placed in the S5 events. **Garry Brown** gets better the taller he grows (too bad he hasn't grown out of being a Rangers fan!), and the Kilmarnock contingent of **Jemma Calderwood**, **Gary McNaught** and **Gillian McBain** acquitted themselves well in their first trip to Sheffield.

The GB team for the European Championships in Braunschweig, Germany, leave the country on the 30<sup>th</sup> July. The competition will run from the 11<sup>th</sup> to the 16<sup>th</sup> of August. The Scottish members of the team are as follows;

Alan McGregor Glamis  
Jim Anderson Broxburn  
Adam Morley Glenrothes ASC  
Kenny Cairns Port Glasgow Otters  
Paul Johnston, Glenrothes ASC



*Jim Anderson (left) and Alan McGregor celebrating medals in the Atlanta Paralympic Games of 1996. They are favourites for European medals this year.*

Andrew Lindsay Glenrothes ASC  
Murray Dingwall City of Aberdeen  
Margaret McEleny Port Glasgow Otters  
Lara Ferguson Glenrothes ASC  
Tracy Wiscombe Glenrothes ASC  
Rebecca Lee Glenrothes ASC/Incas  
Kimberley Docherty City of Dundee





The two Glenrothes swimmers Lara Ferguson and Paul Johnston relax between events. They've both made the team for the European Championships.

Good luck to them and to the team, hopefully we'll have the results for the next issue of Swimming 2000.

Paul Noble, Swimmers' Representative Scottish Disability Sport.

# Synchro Scotland

## SCOTTISH AMATEUR SWIMMING ASSOCIATION SYNCHRONISED SWIMMING EAST DISTRICT OPEN CHAMPIONSHIPS 22ND MAY 1999 KIRKCALDY POOL

### FIGURE RESULTS GRADE 1

1. Emily Douglas	Trinity	57.298
2. Amy Patrickson	Trinity	56.918
3. Hannah Clark	Troutbeck	55.311
4. Judith Shepherd	Edinburgh	55.258
5. Louise Fleming	Edinburgh	54.825
6. Cara Hutton	Edinburgh	54.656
7. Alison Dean	Dunfermline	54.654
8. Lisa Smith	Trinity	54.486
9. Shardia Sahib	Trinity	54.386
10. Heather Aitken	Dunfermline	54.328
11. Rosie Brown	Dunfermline	54.040
12. Louise Dickinson	Newcastle	53.673
13. Rebecca Jary	Trinity	53.503
14. Alison Fleming	Edinburgh	53.070
15. Rachael Taylor	Newcastle	51.053

### GRADE 2

1. Sharron Langham	Dunfermline	56.164
2. Vicki Reid	Edinburgh	56.116
3. Samara Sahib	Trinity	56.031
4. Chloe Openshaw	Trinity	55.924
5. Caitlin Olney	Trinity	55.832
6. Jill Mulholland	Trinity	55.751
7. Rebecca Wightman	Trinity	55.493
8. Katie Adamson	Trinity	55.276
9. Amy Davidson	Trinity	55.195
10. Jenna Harden	Trinity	54.928
11. Heather Walker	Trinity	54.894
12. Samantha Watson	Trinity	54.876
13. Vivienne Fleming	Edinburgh	54.853
14. Amy Lascelles	Edinburgh	54.697

15. Nicola Gorton	Troutbeck	54.560
16. Eve Smith	Edinburgh	54.356
17. Aimee Hutton	Edinburgh	54.204
18. Andrea Hingston	Newcastle	54.169
19. Laura Watt	Trinity	54.160
20. Kathryn Owen	Newcastle	53.897
21. Teri Crawford	Newcastle	53.825
22. Laura Watt	Dunfermline	53.773
23. Amy Cawley	Trinity	53.543
24. Amy Dean	Dunfermline	53.541

### GRADE 3

1. Lorraine Walker	Edinburgh	61.375
2. Alexis Giboffi	Edinburgh	60.662
3. Kim McDonald	Elgin	59.933
4. Rachel Blum	Elgin	59.620
5. Zoe Hingston	Newcastle	53.194

### GRADE 4

1. Laura Campbell	Edinburgh	62.410
2. Caroline Ostrowski	Edinburgh	61.564
3. Laura Tadrowski	Edinburgh	61.242

### GRADE 5

1. Jennifer Hendry	Edinburgh	66.318
2. Sharon Purves	Edinburgh	64.828
3. Marie Cameron	Trinity	63.405
4. Sarah MacDonald	Edinburgh	62.439
5. Jodie Herbert	Trinity	62.251
6. Karen Moore	Trinity	61.869
7. Suzanne Roy	Trinity	61.808
8. Rebecca Davidson	Trinity	61.268

### GRADE 1 SOLO

1. Emily Douglas	Trinity	56.757
2. Amy Patrickson	Trinity	56.277
3. Alison Dean	Dunfermline	56.178
4. Cara Hutton	Edinburgh	55.399
5. Hannah Clark	Troutbeck	55.238
6. Louise Fleming	Edinburgh	54.938
7. Alison Fleming	Edinburgh	54.627

### GRADE 2 SOLO

1. Sharron Langham	Dunfermline	59.697
2. Vicki Reid	Edinburgh	58.466
3. Vivienne Fleming	Edinburgh	57.808
4. Jill Mulholland	Trinity	57.776
5. Samara Sahib	Trinity	57.441
6. Chloe Openshaw	Trinity	57.229
7. Caitlin Olney	Trinity	57.111

### GRADE 3 SOLO

1. Alexis Giboin	Edinburgh	63.178
2. Lorraine Walker	Edinburgh	62.387
3. Kim McDonald	Elgin	62.142
4. Rachel Blum	Elgin	61.513
5. Zoe Hingston	Newcastle	56.881

### GRADE 4 SOLO

1. Laura Campbell	Edinburgh	65.653
2. Caroline Ostrowski	Edinburgh	65.443

### GRADE 5 SOLO

1. Sharon Purves	Edinburgh	67.410
2. Mane Cameron	Trinity	66.955
3. Suzanne Roy	Trinity	64.663

### GRADE 1/2 DUET

1. Vivienne Fleming/Vicki Reid	Edinburgh	57.769
2. Jill Mulholland/Caitlin Olney	Trinity	56.620
3. Amy Patrickson/Emily Douglas	Trinity	56.033
4. Heather Walker/Samantha Watson	Trinity	55.868
5. Nicola Gorton/Hannah Clark	Troutbeck	55.454
6. Jenna Harden/Laura Watt	Trinity	55.186
7. Alison Fleming/Louise Fleming	Edinburgh	54.545

### GRADE 3-6 DUET

1. Suzanne Roy/Jodie Herbert	Trinity	65.694
2. Sarah MacDonald/Sharon Purves	Edinburgh	64.608
3. Lorraine Walker/Alexis Giboin	Edinburgh	62.523
4. Kim McDonald/Rachel Blum.	Elgin	62.305

### GRADE 1/2 TEAM

1. Trinity	57.928
2. Edinburgh	55.942
3. Dunfermline	54.880

### GRADE 3-6 TEAM

1. Edinburgh	66.931
2. Trinity	64.967
3. Newcastle	53.876

### DISTRICT SOLO CHAMPIONS

Grade 1	Alison Dean	Dunfermline
Grade 2	Sharron Langham	Dunfermline
Grade 3	Alexis Giboin	Edinburgh
Grade 4	Laura Campbell	Edinburgh
Grade 5	Sharon Purves	Edinburgh

### DISTRICT JUNIOR SOLO CHAMPION

Sharon Purves Edinburgh

### DISTRICT DUET CHAMPIONS

Grade 1/2	Vivienne Fleming/Vicki Reid	Edinburgh (Mary Black Trophy)
Grade 3-6	Sarah MacDonald/Sharon Purves	Edinburgh (District Plaques)

### DISTRICT TEAM CHAMPION GRADE 1/2 (medals)

Edinburgh Synchronised Swimming Club

### DISTRICT TEAM CHAMPION GRADE 3-6 (Glenrothes Plate & medals)

Edinburgh Synchronised Swimming Club

There were 55 entries from 6 clubs - 3 Scottish and 3 from England. Paddy and Doreen Murphy came out of retirement to help with the scoring. Mary Black was the Referee.

Gwen Duncan  
East District Synchronised Swimming Convener

## GLOUCESTER OPEN MEET 22 MAY 1999

Senior Squad	Isla Dunbar
	Pauline McFadyen
	Susan Bowman
	Michelle MacBean
	Linda Kane
	Susan Davidson
	Nicky Cramb
	Julie MacIntosh
	Fiona Whitehead

Pauline McFadyen qualified to swim in the Solo section and finished a creditable 12th out of 20 qualifiers.

Pauline partnered Isla Dunbar in the Duet and they reached the final finishing in 7th place out of 15 qualifiers.

The team took the bronze medal with 6 teams competing.

The Gloucester Open is a high standard meet so the results were very pleasing and demonstrate that the girls are getting on with their sport after the disappointment of last year.

Elizabeth Bowman  
National Convener

## SCOTTISH NATIONAL AND OPEN SYNCHRONISED SWIMMING CHAMPIONSHIPS 1999

### 12 - 13 JUNE DRUMCHAPEL SWIMMING POOL GLASGOW

#### RESULTS

JUNIOR SOLO (NATIONAL)		
1. Linda Kane	Clydebank	71.857
2. Nicky Cramb	Elgin	70.173
3. Michelle Macbean	Nairn	69.997

JUNIOR SOLO (OPEN)		
1. Mhari Lang	Birmingham	74.751
2. Heather Cashmore	Bristol	72.778
3. Linda Kane	Clydebank	71.857

JUNIOR DUET (NATIONAL)		
1. Jennifer Hendry/Fiona Whitehead	Edinburgh	69.237
2. Yvette Main/Susan Davidson	Nairn	66.430
3. Julie Mackintosh/Cheryl Mackintosh	Nairn	63.618

JUNIOR DUET (OPEN)		
1. Sarah Jones/Zoe Cooper	Telford	69.509
2. Jennifer Hendry/Fiona Whitehead	Edinburgh	69.237
3. Suzanne Roy/Jodie Herbert	Trinity	67.661

TEAM (NATIONAL)	
1. Clydebank	75.767
2. Nairn	75.200
3. Edinburgh	70.833

TEAM (OPEN)	
1. Clydebank	75.767
2. Nairn	75.200
3. Telford	71.400

SENIOR SOLO (NATIONAL)		
1. Pauline McFadyen	Nairn	79.607
2. Isla Dunbar	Elgin	78.506
3. Susan Bowman	Clydebank	73.713

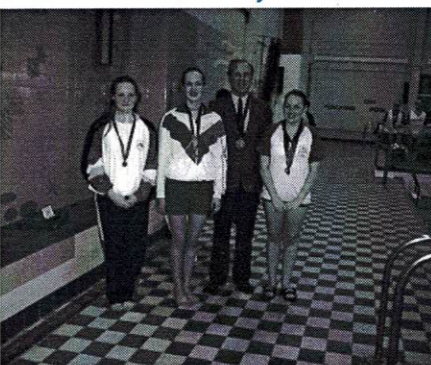
SENIOR SOLO (OPEN)		
1. Kathrine Hall	Bristol	82.546
2. Pauline McFadyen	Nairn	79.607
3. Isla Dunbar	Elgin	78.506

SENIOR DUET (NATIONAL)		
1. Susan Bowman/Julie Law	Clydebank	71.540

SENIOR DUET (OPEN)		
1. Joanne Howard/Sara Cowan	Trafford	77.087
2. Susan Bowman/Julie Law	Clydebank	71.540

Vincent Clark - Music Controller and Announcer >>

JUNIOR SOLO (OPEN) CHAMPION (L - R) Heather Cashmore Bristol; Mhari Lang Birmingham; President Robin Dale and Linda Kane Clydebank



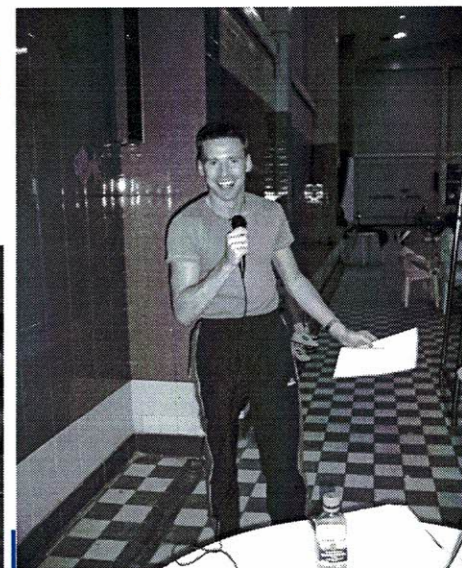
SENIOR DUET CHAMPIONS (OPEN) (L - R) Susan Bowman/Julie Law Clydebank; President Robin Dale; Joanne Howard/Sara Cowan Trafford



JUNIOR DUET (OPEN) (L - R) Suzanne Roy/Jodie Herbert Trinity; Jennifer Hendry/Fiona Whitehead Edinburgh; President Robin Dale; Sarah Jones/Zoe Cooper Telford



EUROPEAN CHAMPIONSHIPS 23 July - 1 August 1999  
Scottish National Convener Elizabeth Bowman and Jenny Gray are the Great Britain Judges for Synchronised Swimming.  
LEN SYNCHRONISED SWIMMING COACHES AND JUDGES CLINIC 19 - 21 November 1999 (3 days)  
Netanya - Israel.



JUNIOR SOLO (NATIONAL) CHAMPION (L - R) Michelle MacBean Nairn; Nicky Cramb Elgin; President Robin Dale and Linda Kane Clydebank



JUNIOR DUET CHAMPIONS (NATIONAL) (L - R) Yvette Main/Susan Davidson Nairn; Julie Mackintosh/Cheryl Mackintosh Nairn; President Robin Dale and Jennifer Hendry/Fiona Whitehead Edinburgh

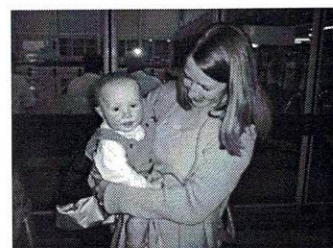


The lecturers are Jenny Gray (GBR) Dr Maria Maximova (RUS) Prof. Vladimir Issurin (ISR)  
Theme: Basic and Intermediate Level Knowledge for Judges and Coaches in Synchronised Swimming.  
Entries to the Israel Swimming Federation By 6th September  
Fax: 00 972 3 885 1969  
Tel: 00 972 9 885 1970 or 863 9464





OPEN TEAM CHAMPIONS : Front Row **CLYDEBANK**; Middle Row TELFORD and President Robin Dale and Anne Kane; Back Row NAIRN



Pauline Bowie with her second baby - Ben

NATIONAL SENIOR DUET CHAMPIONS  
**Julie Law /Susan Bowman Clydebank**  
with President Robin Dale

PHOTOS: BILL BLACK

NATIONAL TEAM CHAMPIONS : Front Row **CLYDEBANK**; Middle Row NAIRN and President Robin Dale ; Back Row EDINBURGH



SENIOR NATIONAL SOLO CHAMPION(L - R) **Isla Dunbar Elgin**; Susan Bowman Clydebank; President Robin Dale and **Pauline McFadyen Nairn Champion 1999**



SENIOR OPEN SOLO CHAMPION(L - R) **Katherine Hall Bristol** ;Isla Dunbar Elgin; President Robin Dale and Pauline McFadyen Nairn:-



9 - 10 OCTOBER 1999  
TULLIALLAN POLICE COLLEGE

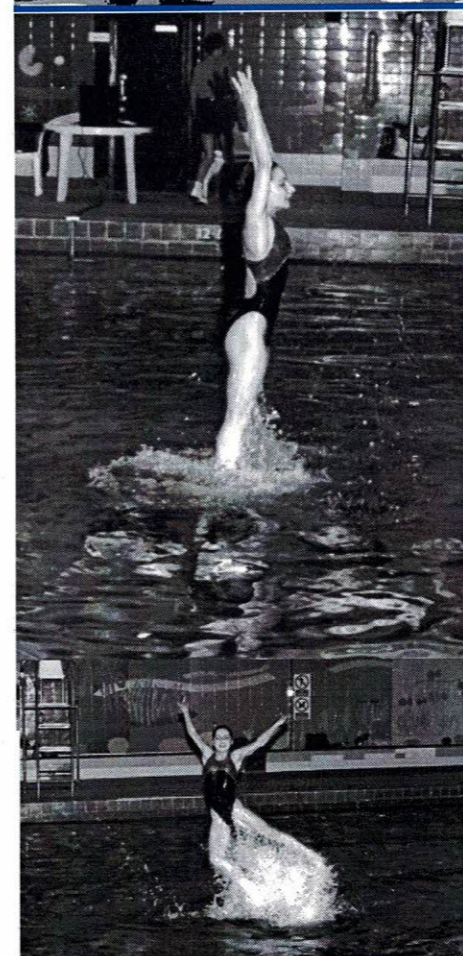


# SYNCHRO SCOTLAND SCOTTISH NATIONAL & OPEN SYNCHRONISED SWIMMING AGE GROUP CHAMPIONSHIPS

AGE GROUPS  
12 AND UNDER  
13/14.15 YEARS  
16/17/18 YEARS  
19 - 25 YEARS

FURTHER INFORMATION AND ENTRY FORMS FROM:  
SASA HEADQUARTERS HOLMHILLS FARM  
GREENLEES ROAD CAMBUSLANG  
GLASGOW G72 8DT

TEL: 0141 641 8818 FAX: 0141 641 4443



Scottish Synchronised Swimming Solo Champion Pauline McFadyen from Nairn Synchronised Swimming Club - Pauline demonstrates some of her skills out of the water!! Her backup team are keeping out of sight but this is a team effort.





# SQUAD TRAINING

26 / 27 JUNE, 1999

At the training weekend at Tulliallan Castle the opportunity was taken to provide an upgrading for figure grades. The following swimmers are to be congratulated on passing their respective grade.

GRADE 4F	
Enrica Ross	Nairn SSC
Kirstyn Brown	Nairn SSC
Kim McDonald	Elgin ASC
Marie Duncan	Elgin ASC
GRADE 5F	
Julie Mackintosh	Nairn SSC
Nicky Cramb	Elgin ASC
GRADE 6F	
Susan Bowman	Clydebank ASC
Linda Kane	Clydebank ASC
Michelle MacBean	Nairn SSC

With the introduction of the new routine grade awards all candidates will be required to start the routine grades one level below the one held for the previous awards i.e. if holding grade 3 candidates must take grades 2R and 3R before taking grade 4F.

## AMATEUR SWIMMING ASSOCIATION Synchronized Swimming Awards Figure Grades 1 - 6

These examinations test the skills of pupils to perform:

- Grade 1F**
1. Front layout held for 5 seconds in stationary position.
  2. Back layout held for 10 seconds in stationary position
  3. Reverse scoop scull head first along surface for 5 metres
  4. Swim a minimum of 20 metres of each of the following synchro strokes; front crawl, back crawl, breast stroke. All in one continuous swim
  5. Torpedo for 10 metres
  6. Oyster
  7. Tub
  8. Back Tuck Somersault (1.1)
  9. Marlin
  10. Back layout to bent knee returning to back layout and repeating with the other leg. The bent knee position to be held for 5 seconds each time.

- Grade 2F**
1. Canoe travel 10 metres
  2. Reverse torpedo (Dolphin scull) at surface for 10 metres
  3. Front layout travelling feet first using supporting scull action for 5 metres
  4. Inverted tuck position, showing support scull action for 5 seconds
  5. Vertical Position held for 5 seconds, without sculling
  6. Flamingo Position from back layout, returning to back layout

7. Split position held for 5 seconds
  8. Front Pike Somersault (1.7)
  9. Back Pike Somersault (1.5)
  10. Ballet Leg, Single (1.6)
- Grade 3F**
1. Inverted Vertical Position. Holding for 10 seconds at constant height at mid calf or above showing support scull
  2. Crane Position showing support scull
  3. Inverted Bent Knee vertical Position. with half twist
  4. Knight position. Holding for 10 seconds
  5. Neptunus (1.6)
  6. Somersub (2.0)
  7. Blossom (1.4)
  8. Walkover, Front (2.1)
  9. Kip (1.8)
  10. Ballet Leg Double (2.0)

- Grade 4F**
1. Inverted Vertical Position. Holding for 10 seconds at a constant height or knee level or higher
  2. Barracuda (2.0)
  3. Submarine Ballet Leg Single (2.1)
  4. Catalina Reverse (2.1)
  5. Eiffel Tower (2.7)
  6. Swordfish (2.0)
  7. Walkover, Back (2.0)
  8. Subalina (2.3)
  9. Porpoise, Spinning 180° (2.0)
  10. Catalina (2.2)

- Grade 5F**
1. Barracuda Spinning 380° (2.2)
  2. Kip Split closing 180° (2.5)
  3. Eiffel Tower Spinning 180° (2.5)
  4. Ariana (2.2)
  5. Catalina continuous Spin (2.7)
  6. Swordfish Straight Leg (2.0)
  7. Gaviata (2.7)
  8. Albatross (2.2)
  9. Nova (2.3)
  10. Side Fishtail Split (2.0)

- Grade 6F**
1. Barracuda somersault back pike continuous spin (2.9)
  2. Walkover back closing 380° (2.6)
  3. Gaviata open 180° (2.8)
  4. Ibis full twist (2.9)
  5. Albatross twirl (2.7)
  6. Eiffel Tower spin 380° (2.9)
  7. Flamingo bent knee twist spin (3.1)
  8. Aurora (2.5)
  9. Knight (3.1)
  10. Porpoise combined spin (2.7)

## Synchronized Swimming Awards Routine Grades 1 - 6

These examinations test the skills of pupils to perform

- Grade 1R**
1. Eggbeater travel sideways 5 metres in each direction - sculling allowed.
  2. Eggbeater travel sideways 5 metres in each direction, with "following" arm (i.e. not leading arm) showing creative movement above the surface
  3. Side flutter kick 25 metres - one arm leading, hand sculling other arm stretched at the surface
  4. Side stroke with scissor kick - 10 metres on each side, head at the surface.
  5. Count aloud music to be used for items 6 & 7
  6. Synchro' Breaststroke - 25 metres to

- music
7. Synchro' Backstroke - 25 metres to music
  8. Tub variation - hybrid
  9. Isle of Man position with 360° turn
  10. Sequence in order to music including: Start in water - push off wall under water, Egg beater travel sideways, Hybrid starting on back Marlin & finish in Egg beater with one arm raised above surface. Include two Synchro' Strokes - Travel approx. 20 metres - Duration 1min +/- 15 seconds

- Grade 2R**
1. Side Eggbeater travel with one arm raised to vertical - 10 metres
  2. Side Eggbeater (5 metres) transfer to flutter. Repeat on opposite side
  3. Head-up sidestroke 25 metres
  4. Flutter kick 5 metres into pike
  5. Count ~ pieces of music one fast beat the other slow
  6. Sprint Torpedo - approximately 10 metres. roll onto front and rapid tuck through onto back, keep travelling and flutter kick to a total of approximately 20 metres
  7. Create a Ballet Leg Sequence using 5 metres travel
  8. Create a Hybrid starting in Ballet Leg and ending in a Torpedo
  9. Any movement into a vertical Descent <> Back Tuck Somersault underwater <> Breaststroke to surface <> Egg Beater travel (forwards or sideways) 3 metres
  10. Sequence in order to music - To include: Foot first entry. Flamingo position, Egg Beater travel, One hybrid somersault, hybrid figure Finish to be in Egg Beater with one arm raised out of the water. Sequence to include two Synchro' Strokes and a pool pattern. Travel approximately 20 metres, Duration 1 minute +/-15 seconds.

- Grade 3R**
1. Side Egg-beater travel with both arms above head-5m in each direction
  2. Egg-beater body boost. from under water to catch in Egg-beater at surface.
  3. Egg-beater<>Flutter Kick <>Egg-beater -continue to travel throughout 15m in total.
  4. Side Flutter kick with creative arm, (5m) into back stroke (5m).
  5. Kick, pull, kick, over - 25m.
  6. Count beat of 8 count piece of music provided by the examiner.
  7. Flutter kick <> Pike position <> Rapid 1 flip over Torpedo travel approx. 10rn.
  8. Torpedo (5 metres) <> stand-up <> to side Egg-beater (5m).
  9. Ballet leg position <> Flamingo position <> Tip 90° to inverted Flamingo with body 45° to surface. 2 rotations followed by a fast back tuck somersault- surface in Egg-beater.
  10. Sequence choreographed by candidate, examiner to be given copy of pool plan with stated position of required elements. Required elements. Enter head first from deck, Head first boost, Barracuda Thrust. Ballet leg sequence, 4 propulsive techniques (e.g. flutter, strokes, sculls), 2 different

tempo's of music, 3 hybrids using all the following entries and exits. Entries: Pike down, Ballet leg, from underwater, Exits: Split walkout, Vertical descent. Torpedo. Distance covered to be at least 25m, Duration of 2 minute, +/-15 seconds.

- Grade 4R**
1. Boost from stationary surface Egg-beater, finishing underwater
  2. Egg-beater Boost from underwater and catch at surface in Egg-beater with one arm raised.
  3. Kick, Pull, Kick, Over (25m) & Kick, Pull Kick, Round - (Airplane) - (25m).
  4. Side flutter kick (5m) <> swish arm round into a Pike position <> Rapid Front Walkover Torpedo sprint (5m)
  5. Perform Fast Extenders ( bent Knee <> Ballet leg <> Bent knee in 1 second or less) - (10m), repeat with other leg.
  6. Torpedo Ballet Leg (3m) <> lower leg to Torpedo (3m) <> double step down action <> forward Egg-beater (3m).
  7. Rocket Split. (as FINA Technical Routines - Team Element No 7)
  8. Side Crane Position travel sideways (3m).
  9. Travelling Ballet Leg Combination (5m minimum) (as FINA Technical Routines Team Element No 4)
  10. Solo (Free Routine) for 2 minutes 30 seconds to 3 minutes 30 seconds (+/- 15 seconds), marked - TM & A I with both marks recorded.

- Grade 5R**
1. Eggbeater boost (as in FINA Technical Routines - Solo Element 2)
  2. Stationary double arm Egg-beater - perform 4 rapid 180° twirls with pause between each.
  3. Travel sideways in Vertical Position (3m) with water level at or above knees.
  4. Box Split Combination. Vertical to Box Split return to Vertical travel at least 3m sideways, a minimum of 3 box splits to be shown.
  5. Thrust and spin (FINA Technical Routines - Solo Element No 6).
  6. Arched position (Leg position optional) Continuous spin.
  7. From Back Pike Position with legs on surface circle one leg through an arched Fishtail Position and return to starting position. Repeat twice without taking a breath.
  8. Descending spin from Single Arm Egg-beater of at least 720° before the hand goes under.
  9. 4 twirls in Vertical Position, followed by a vertical descent. All to be performed with water level at or above the knees.
  10. Technical Solo - 2 minutes +/-10 seconds., using FINA Team elements 1 - 6

- Grade 6R**
1. Technical Solo, performed and marked as required by FINA
  2. Free Solo, Performed and marked as required by FINA

With effect from 1 March, 1999

Elizabeth Bowman National Convener

Advertise in SWIMMING 2000 Club Meets; Staff requirements; products etc SWIMMING 2000 is sent to all registered clubs, Technical Officials, Sports Development Officers Scottish Sports Council and others.

Display Panel = £15.00 plus VAT (6 x 8 cm)

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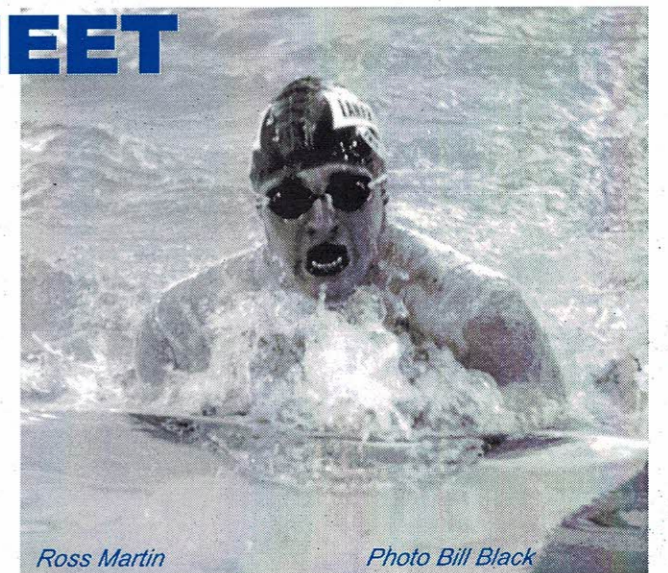
Bill Black SASA Headquarters  
Holmhill Farm  
Greenlees Road  
Cambuslang  
Glasgow  
G72 8DT



SCOTTISH AMATEUR SWIMMING ASSOCIATION



# SCOTTISH CHRISTMAS OPEN MEET



Ross Martin

Photo Bill Black



**INVERNESS AQUADROME  
10 - 12 DECEMBER 1999**

full information in the August Club mailing,



# SCOTTISH MASTERS NEWS

## ANNAN Masters Open Swim Meet, Annan 5<sup>th</sup> June, 1999.

Special awards to swimmers nearest to Scottish Masters national record for 50m freestyle:

**Men:** Simon Hindshaw (Glasgow Western), 28.16 sec - Scottish record time 26.78s.

**Women:** Judy Hattle (Carlisle), 29.74s - Scottish record time 28.73s.

### Selected winners

#### Men: Group A (25-29 years):

E. Hutchison (Dumfries) -  
100m individual medley, 73.77s;  
50m butterfly, 32.03s;  
50m freestyle, 27.97s.

#### Group B (30 - 34):

G. Buxton (Carlisle) -  
100m individual medley, 69.67s;  
100m freestyle, 60.21s;  
50m backstroke, 34.67s;  
50m butterfly, 30.50s;  
50m freestyle, 27.08s.

#### Group C (35-39):

G. Wallace (Ren96) -  
100m individual medley, 75.00s;  
100m freestyle, 63.43s;  
50m freestyle, 27.72s;  
50m butterfly, 33.45s;  
50m backstroke, 35.22s.

#### Women: Group B (30-34):

S. Smith (Ashington) -  
100m individual medley, 84.57s;  
100m Freestyle, 76.47s;  
50m backstroke, 40.79s;  
50m butterfly, 39.9 1;  
50m freestyle, 29.74s.

#### Group C (35-39):

S Hattle (Carlisle) -  
100m individual medley, 79.05s;  
100m freestyle, 67.72s;  
50m backstroke, 40.79s;  
50m butterfly, 39.9 1 s;  
50m freestyle, 29.74s.

#### Group D (40-44):

J. Campbell (Glasgow Western)  
100m individual medley, 92.93s;  
100m freestyle, 79.16s;  
50m butterfly, 43.00s;  
50m freestyle, 34.46s.



## £7000 what a match!

**Sam Galbraith MP Minister of State at the Scottish Office the Scottish Office visited the Waterfront Complex in Greenock recently to hand over a cheque for £7,000 to Inverclyde Sports Council chairman, Joe Phillips.**

The grant was made thanks to the Sports Match scheme which aims to support grass roots sport in Scotland. In the initiative every £1 provided by business in the form of sponsorship is matched by Sports Match.

In his instance the initial £7000 was donated by IBM Greenock Ltd. Alan Warwick, the company's Options Manager, said, "IBM takes a keen interest in the health and fitness of its workers, and that interest extends into our community. We were delighted to be able to support local sport in this way."



Draw Gordon Speedo Bum (Supporter)

Sam Galbraith and Alan Warwick of IBM shake on the sports deal while Joe Phillips looks on. Also present are Depute Leader of Inverclyde Council Robert Jackson, Councillor Jim Hunter, Council Chief Executive Robert Cleary and Leisure Services Director Richard Kenney.

## Happy Alloa are ready to splash Herald cash

ALLOA Amateur Swimming Club is set to splash out after landing the £10,000 prize in The Herald's Sport Club Competition. On Sunday 13<sup>th</sup> June having received their cheque, it was confirmed that every member is likely to benefit.

The committee is considering a number of options for the money, which include subsidised training camps for all swimmers, probably with a special gala in Scotland, and possibly a camp abroad for the more experienced. "We had been looking at doing something like this for a few years, but the cost was prohibitive," said secretary Monica Borland, accepting The Herald cheque. "Now it is a real possibility - something we feel which would encourage team spirit. But we'd like to have something tangible, so we may buy some equipment possibly a digital camera, or a swim bench, for land training. We may do all three."

The money is timely, for the club, which has some 55 members between seven and 18, plus another 25 in the masters division, has been undergoing a significant revival under head coach Andrew Buchanan. Founded after the Alloa pool opened in 1898, its current leading competitors include Scottish junior 200 metres backstroke champion Graeme Wright, and Scottish youth and age group 200m breaststroke champions Jennifer Band and Lewis Gall. Band has four West district age-group titles, Wright three district junior titles and one senior, while the club, Central Region champions last year, boasts five in the district squad, eight in the Pathway to Performance squad, and 11 medallists in the Scottish Masters Championships. It is also home to Scottish triathlon internationalist Stuart Black. The draw was open to all of the country's sports organisations, and had the backing of the Scottish Sports Council. Contestants had to identify Hampden Park as the national football stadium.

DOUG GILLON  
The Herald  
14 June 1999.



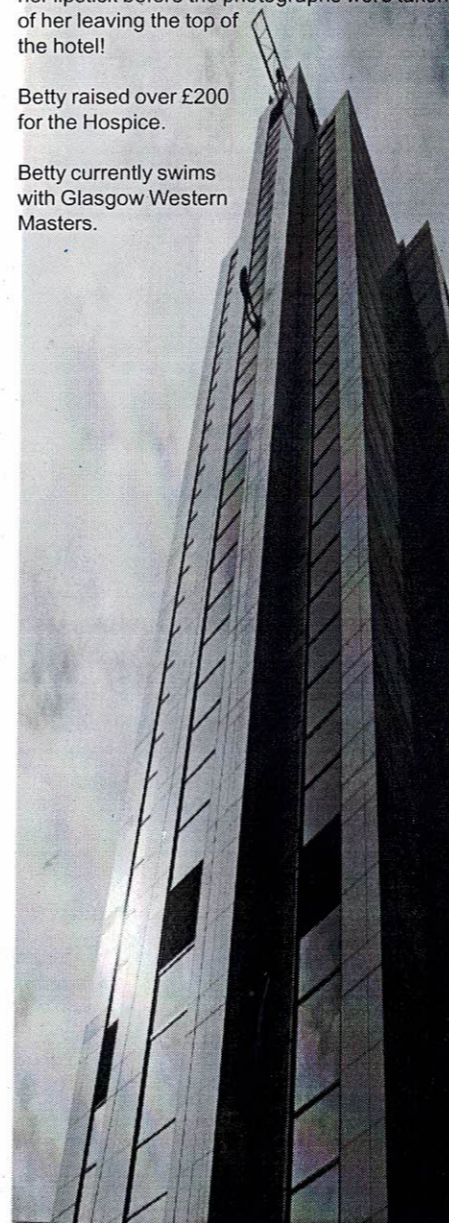
## BETTY AT THE HILTON

BETTY PATON is not only a Master Swimmer but also a Master Abseiler! On the 5th June she abseiled 265ft down the Hilton hotel in Glasgow in a sponsored event to raise funds for the Prince and Princess of Wales Hospice in Glasgow.

Betty aged 78 was the oldest participant and according to the mountaineers organising and supervising the event she was one of the most competent. Betty was certainly the most relaxed - enquiring if there was time to apply her lipstick before the photographs were taken of her leaving the top of the hotel!

Betty raised over £200 for the Hospice.

Betty currently swims with Glasgow Western Masters.



## YOGA MASTERS

Donald Muirhead introduced a new element to Masters training at the Masters Training weekend held at Tollcross Park Leisure Centre, Glasgow.

Neil Gillies a friend of Coach Drew Gordon and expert in Yoga took a session with a new approach to Yoga and exercise. He demonstrated advanced techniques as he took the Masters through the session. All were impressed by the programme and Neil Gillies the living advert for the system.



President Robin Dale and Vice President Ron Taylor joined the Masters for Sunday morning breakfast during the training camp - but did not partake of the YOGA!

## ISLAY

John Buller the man who had done all the ground work to establish a Masters Group on the island of Islay has died after a brave fight against illness

## SCOTTISH MASTERS WEBSITE

There is a wealth of information on the Website which Archie Adams is constantly updating and it is the quickest way of getting entry forms and meet information.

The Website address is:

<http://www.hishowff.demon.co.uk/>

If you have any comments on the site contact Archie on email at:

[archie@hishowff.demon.co.uk](mailto:archie@hishowff.demon.co.uk)

## MASTERS CALENDAR

### August 7th

Long Course Training Camp, Tollcross Glasgow (Specifically for those swimmers competing in the European Championships at Innsbruck) Donald Muirhead 01475 520440

### August 21st

Lomond Masters Open Swim Meet  
Scottish National 400m Freestyle Championship  
Helensburgh  
Jim Percy  
22 Chapelacre Grove  
HELENSBURGH  
G84 7SH  
01436 674876  
(Closing date 31 July, 1999)

### August 25th/29th

VII European Masters Swimming Championships, Innsbruck, Austria  
Scottish ASA  
Holmhill Farm  
Greenlees Road  
Cambuslang  
GLASGOW G72 8DT  
Attention: Dawn Gough  
0141 641 8818

### September 4th

Silver City Blues Open Swim Meet, Aberdeen  
Don Chadwick  
30 Ashwood Mews  
BRIDGE OF DON  
AB22 8XS  
01224 706858

### September 11th

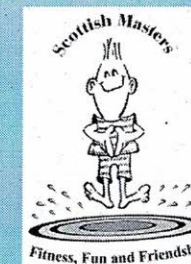
Inverclyde Masters Open Swim Meet (incorporates the Scottish Masters National 800m Freestyle Championship)  
Greenock  
Donald Muirhead  
3 Ryan Road  
WEMYSS BAY  
PA1 8 6DH  
01475 520440

### September 18th/19th

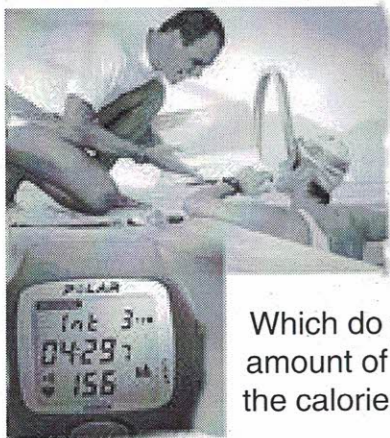
NECASA Masters  
Scarborough  
Roy MacAlister  
37 Apperley Road  
STOCKSFIELD NE43 7PG  
01661 843154

### November 27th

Scottish Masters National 1500m Freestyle Championship)  
Tollcross Park Leisure Centre  
Glasgow  
Donald Muirhead  
3 Ryan Road  
WEMYSS BAY  
PA1 8 6DH  
01475 520440







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Polar SmartEdge™ £114.95

automatically tells you how much energy you consume with its OwnCal™ feature. The calculation is based on your weight, sex, heart rate and exercise duration, all of which affect your energy consumption. The higher your heart rate or the heavier you are, the more energy you consume.

Polar **SmartEdge™** shows the energy expenditure during your exercise and files the expenditure of your latest exercise session as well as the cumulative total energy expenditure value.

Add to this a water-resistant sportswatch with stopwatch, alarm and last exercise memory, and you have a fitness companion that's worth having!

**Full range of PHR monitors available from ScotSwim Direct.**

ScotSwim Direct  
Holmhill Farm, Greenlees Road, Cambuslang, GLASGOW  
Tel: 0141-641-8818 Fax: 0141-641-4443

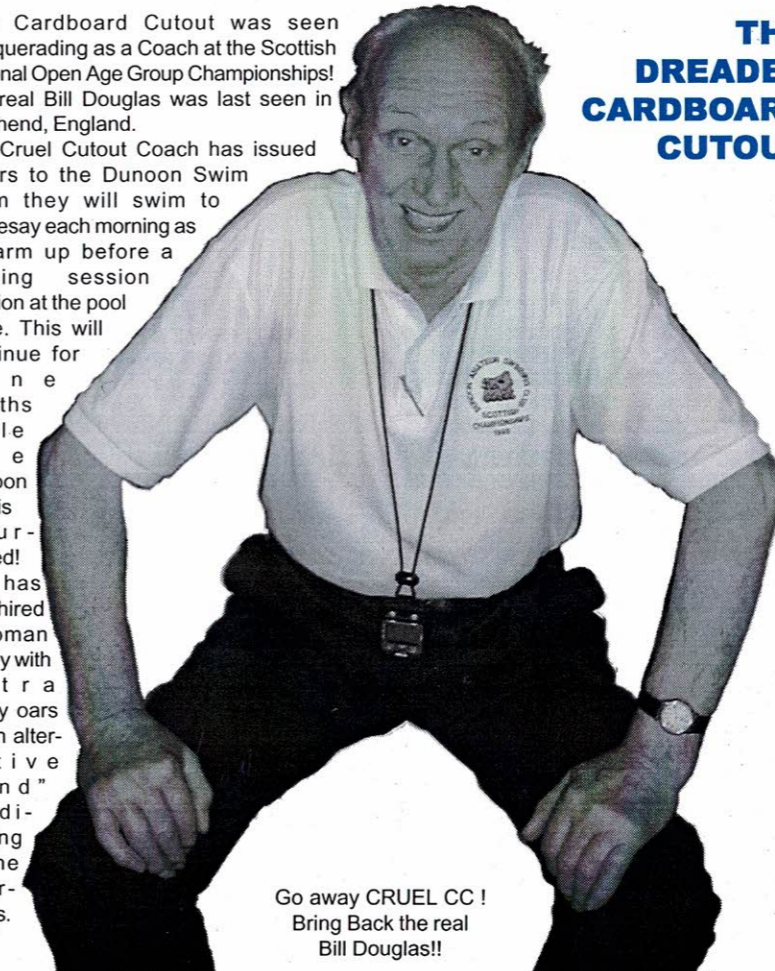
# CLEARANCE SWIMWEAR

Description	Club Cost Price	Club Recommended Selling Price
Racing Back 24-32"	£10.99	£12.99
34-40"	£12.99	£15.50
High Neck 24-32"	£12.99	£15.99
34-40"	£15.25	£18.25
Racing Brief 24-28"	£6.50	£7.99
30-36"	£7.50	£8.99

- ❖ Available Sale or Return ❖ No Minimum Quantity
- ❖ Guaranteed 1st Quality
- ❖ Attractive, Competitive Swimwear ❖
- ❖ Available only to Club Buyers/Equipment Officers ❖

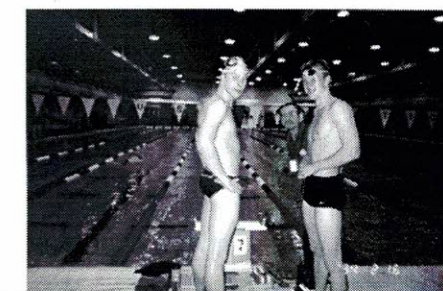
For Further Information Contact:  
**SWIMRITE**  
**01384 898 205**  
Unit 5, Hayes Lane Industrial Estate, Folkes Road, Lye, West Midlands DY9 8RN

This Cardboard Cutout was seen masquerading as a Coach at the Scottish National Open Age Group Championships! The real Bill Douglas was last seen in Southend, England. The Cruel Cutout Coach has issued orders to the Dunoon Swim Team they will swim to Rothesay each morning as a warm up before a training session at the pool there. This will continue for nine months while the Dunoon pool is refurbished! He has also hired a Roman Galley with extra heavy oars for an alternative "land" conditioning in the afternoons.



Go away CRUEL CC!  
Bring Back the real  
Bill Douglas!!

**THE DREADED CARDBOARD CUTOUT**



Bryan Morgan, Coach Garrie Roberts and Matthew Kidd

## COLORADO SPRINGS HIGH ALTITUDE TRAINING CAMP

GARRIE ROBERTS was one of the coaches invited by ASFGB to attend a high altitude training camp in Colorado, USA. Head Coach was Dave Evitts and the swimmers were Bryan Morgan, David Leith and Matthew Kidd. The United States Olympic Training Centre at Colorado Springs is a superb training facility complete with a range of back up equipment and expertise. Head Coach at the Centre is Jonty Skinner was the 100m Freestyle World Record Holder in 1976 and is originally from South Africa. Garrie has submitted a full report to the SASA Office which had been intended for this issue of Swimming 2000 but due to constraints on space has had to be withdrawn. Anyone interested should contact the SASA Headquarters for a copy.

# INCAS SWIMMING CLUB



REQUIRE -

**ONE CHIEF COACH**  
**11 HOURS TRAINING TIME PER WEEK**  
**REQUIRED TO ATTEND SWIMMING GALAS**  
**SALARY NEGOTIABLE**  
**CV REQUIRED**

**INTERESTED APPLICANTS PLEASE CONTACT: MR JOHN BARCLAY**



# THE DISTRICT ROADSHOWS PRESENTATION NATIONAL DISTRICT COMPETITION PROGRAMME

During June, Martyn Woodroffe the Director of Swimming, along with the professional staff of the Association, have been out to each of the districts to outline their work and Martyn particularly took the opportunity to present to each of the districts his views (on behalf of Swimming Committee) of a National District Competition Structure. The following overheads were used to make many points concerning the structure of competition world wide and how it may be structured in Scotland to ensure that we have a programme of competition that is both competitive and structured in such a way as to allow swimmers to swim as many events from the sprint events up to the distance events throughout critical periods in the year.

**Overhead 1** outlined the key questions that have been asked by many coaches, administrators and parents since the introduction of age group swimming into Great Britain during the early 1970's. Martyn pointed out that no country in the world has been able to give comprehensive answers to all the questions that have been asked. However the purpose of the presentation was to outline a competition structure in Scotland that may go part way to giving good reasons for adopting the structures and age bands that have been suggested. Martyn was also keen to point out that he was not going to address the issue of what qualifying standards should be set for competitions, the main reason being that until the national ranking lists were widely available he felt that setting qualifying times would be no more than guessing at the existing standards.

**Overhead 2** gives an overview of the age group structure. It is being recommended that during the first half of the year the districts run double age bands of 11 years, 12/13 years combined, 14/15 years combined, 16 years plus, whilst at national level the age banding is reversed to 12 years, 13/14 years combined, 15/16 years combined, 17/18 years combined and Open. This would ensure that talented swimmers coming through the districts would compete against swimmers a year older in the national programme. When one marries this structure to the introduction of the events you will notice that in the early part of the year the districts are being asked to operate the events that swimmers would have to swim in the national programme. The practising of these events would be done one year early, i.e. an 11 year old would practise the events in his district programme that he would be swimming at national level when he or she was 12.

The events shown in **Overheads 3 and 4** are carefully built up throughout the year so that if you compare the 11 year old in the first half of the year he or she is being asked to swim 50's,

100's, a 200 Individual Medley and a 400 Freestyle, whilst at the end of the year when these swimmers are nearly 12 or 13 they are then being given the opportunity to swim a more challenging programme of 100's, 200's, 200 and 400 Individual Medleys, 400 Freestyle and 800/1500 Freestyle events. You will also notice from the overhead that the 17/18 year old age group is being taken from the National Age Group Programme and moved into the Senior Long Course and Short Course Championships. This is being done so that the competition at 17/18 will be more competitive against the Open senior swimmers.

**Overheads 5 and 6** focus on the issue of how the districts could operate this competition structure within their allocated week numbers. The main point that Martyn made was that each district would be able to run the programme using either weeks 7, 11, 15 or 19 and the choice would be for each district to decide whether they needed to use all four weekends, two or three out of the weekends and how many sessions would be required in the weekend to accommodate the number of their swimmers. It is recognised that due to the variation in numbers of competitive swimmers that districts may not necessarily all require the same amount of time to run the events. It was however pointed out that it was essential that if a National District Competition Structure was to be adopted all four districts would be required to use the same age group banding structure and operate the same events within the programme at the appropriate times of the year. However by allowing flexibility over the identified weeks it was agreed that the structure could be adopted by all districts.

**Overhead 7** shows the districts could operate the age banding structure and events during September, October and November noting that the competition would culminate in a Scottish Christmas Open Meet during December.

**Overhead 8** outlines the actual dates at which all of these events would operate. Currently the districts operate their events over 8 weekends in the National Calendar. This has been reduced to 7 weekends, 4 during the first half of the year and 3 during the second half of the year, with the option for the districts to use some or any of the identified weekends. It should be noted that the Scottish National Leagues are being moved from Week 10 to Week 6 (with the Scottish Club Team Championships being dropped from the National Calendar). Week 10 would be the Scottish Open Short Course Nationals which is currently held in December. The December Meet would be replaced by the Scottish Christmas Open Meet in 1999 being run on Week 50 (in Inverness). However in subsequent years this would be moved to week 51 which would run simultaneously with the British Winter Nationals. This would ensure that there is a focus of age group swimming towards the end of the year and also a focus for the British standard swimmers to compete at a British level. A point made during the presentation was the real need to ensure that all swimmers trained much closer to the Christmas holiday period and restarted training much earlier after the January period. Whilst it was accepted that many clubs will experience difficulties with keeping their facilities open during this period it was agreed that the Governing Body would write to every Local Authority to request that pools remain available for clubs to train.

The Scottish National Age Groups would be run on Week 26 and the Scottish Summer National

Championships on Week 28. Again it was felt that the National Championships came too early in the competitive season. This often creates a major problem for swimmers taking school examinations or swimmers on university examinations. Currently the dates of our National Championships mean that many swimmers are still sitting exams or have only just finished examinations and therefore are not swimming at their best during this period. It is hoped that by moving these competitions a couple of weeks later into the year this will help solve the problem.

Finally, at the end of the presentation, Martyn opened up the evening for questions and answers. Whilst obviously there were many questions most of the feedback was very positive and it was agreed by each district that feedback would now be taken to the National Swimming Committee who would look at several points that have arisen from the District

Roadshows and then start implementing the final version of the National District Competition Programme in January 2000. Martyn also briefly outlined the National District Squad and National Curriculum Development Programme and is hoping that he will have full details of the National Curriculum before September 1999 - this information will be relayed to you via the next edition of Swimming 2000.

*Martyn Woodroffe  
Director of Swimming*

## OVERHEAD 1 NATIONAL DISTRICT COMPETITION PROGRAMME KEY QUESTIONS

### WHAT AGE GROUPS?

SINGLE BAND AGES  
DOUBLE BAND AGES  
DIFFERENTIAL MALES AND FEMALES  
YOUNGEST AGE AT NATIONAL LEVEL

### WHAT EVENTS?

50's, 100's, 200's PLUS RELAYS  
INTRODUCTION OF EVENTS  
PROGRESSION FROM DISTRICTS

### ASA COMPETITIVE DEVELOPMENT CONTINUUM WHAT QUALIFYING STANDARDS?

BASED ON FINA POINTS  
BASED ON BCPT (SYKES)  
BASED ON TOP (X) IN SCOTLAND  
BASED ON TOP (Y) IN DISTRICT  
PROGRESSION FROM DISTRICTS  
ANNUAL IMPROVEMENTS

### WHAT STRUCTURE?

LONG COURSE/SHORT COURSE DATES  
DISTRICT DATES  
LEAGUES AND CLUB TEAM CHAMPIONSHIPS  
LINKS BETWEEN DISTRICT AND NATIONAL

**OVERHEAD 2  
NATIONAL AND DISTRICT COMPETITION STRUCTURE OVERVIEW AGES DISTRICTS NATIONAL**  
FEBRUARY - MAY 11 YEARS 12/13 YEARS 14/15 YEARS 16 YEARS PLUS  
SEPTEMBER - NOVEMBER 11/12 YEARS 13/14 YEARS 15 YEARS PLUS  
JUNE 12 YEARS 13/14 YEARS 15/16 YEARS  
MARCH & JULY 17/18 YEARS OPEN  
DECEMBER (SCOTLAND) 11/12 YEARS 13/14 YEARS 15 YEARS PLUS  
DECEMBER (GREAT BRITAIN) 16 PLUS OPEN

## OVERHEAD 3 NATIONAL AND DISTRICT COMPETITION STRUCTURE OVERVIEW EVENTS DISTRICTS NATIONAL

FEBRUARY - MAY 11 YEARS 50's  
JUNE 12 YEARS 100's 200 IM 400 FREE 12/13 YEARS 100's 200's 200/400 IM 400 FREE 800/1500 FREE  
14/15 YEARS 100's 200's 100's 200 IM 400 FREE 13/14 YEARS 100's 200's 200/400 IM 400 FREE 800/1500 FREE  
15/16 YEARS 100's 200's 200/400 IM 400 FREE 800/1500 FREE 16 PLUS 50's 100's 200's 200/400 IM 400 FREE 800/1500 FREE 200/400 IM 400 FREE 800/1500 FREE  
MARCH - JULY 17/18 & OPEN 50's 100's 200's 200/400 IM 400 FREE 800/1500 FREE

## OVERHEAD 4 NATIONAL AND DISTRICT COMPETITION STRUCTURE OVERVIEW EVENTS DISTRICTS NATIONAL

SEPTEMBER - NOVEMBER 11/12 YEARS 100's  
DECEMBER 11/12 YEARS 100's 200's 200/400 IM 400 FREE 800/1500 FREE 13/14 YEARS 50's 100's 200's 200/400 IM 400 FREE 800/1500 FREE  
15 YEARS PLUS 50's 100's 200's 200's 200/400 IM 400 FREE 800/1500 FREE  
FREE 13/14 YEARS 50's 100's 200's 200/400 IM 400 FREE 800/1500 FREE  
15 YEARS PLUS 50's 100's 200's 200/400 IM 400 FREE 800/1500 FREE  
200/400 IM 400 FREE 800/1500 FREE  
16 PLUS & OPEN AS ABOVE AT GREAT BRITAIN WINTER NATIONALS

**OVERHEAD 5  
DISTRICT AGE GROUP CHAMPIONSHIPS - FEBRUARY - MAY BASED ON 4 WEEK PLAN Week Number Year 2000**  
7 12/13 February  
11 11/12 March  
15 8/9 April  
19 6/7 May  
11 Years : 100 B/C, 100 BR, 100 FLY, 100 F/S, 50 F/S, 50 B/C, 50 BR, 50 FLY, 200 IM (G), 400 FR, 200 IM (B)  
12/13 : 100 BR, 100 FLY, 100 F/S, 100 BC, 200 B/C, 200 BR, 200 FLY, 200 F/S, 200 IM, 800/1500 F/S, 400 F/S, 400 IM  
14/15: 100 FLY, 100 F/S, 100 B/C, 100 BR, 200 BR, 200 FLY, 200 F/S, 200 B/C, 800/1500 F/S, 400 FR, 400 IM, 200 IM, 16+ : 50 B/C, 50 BR, 50 FLY, 50 F/S, 100 F/S, 100 BC, 100 BR, 100 FLY, 200 FLY, 200 F/S, 200 BC, 200 BR, 400 F/S, 400 I/M, 200 I/M, 800/1500 F/S

**OVERHEAD 6  
DISTRICT AGE GROUP CHAMPIONSHIPS - FEBRUARY - MAY BASED ON 2 WEEK PLAN Week Number Year 2000**  
7 12/13 February  
15 8/9 April  
11 Years:  
50 B/C, 50 F/S, 50 FLY, 50 BR, 100 BR, 100 B/C, 100 F/S, 100 FLY, 200 I/M (G), 200 I/M (B), 400 F/S (B), 400 F/S (G).  
12/13: 100 B/C, 100 BR, 100 FLY, 100 F/S, 200 F/S, 200 FLY, 200 BR, 200 B/C, 200 I/M, 400 F/S, 800/1500 F/S, 400 I/M  
14/15:  
100 BR, 100 B/C, 100 F/S, 100 F/S, 200 FLY, 200 F/S, 200 B/C, 200 BR, 400 I/M, 200 I/M, 400 F/S, 800/1500 F/S.  
16+ :  
50 F/S, 50 B/C, 50 BR, 50 FLY, 100 FLY, 100 BR, 100 B/C, 100 F/S, 200 BR, 200 B/C, 200 F/S, 200 FLY, 200 I/M, 400 I/M, 800/1500 F/S, 400 F/S

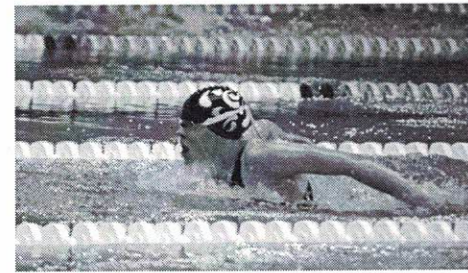
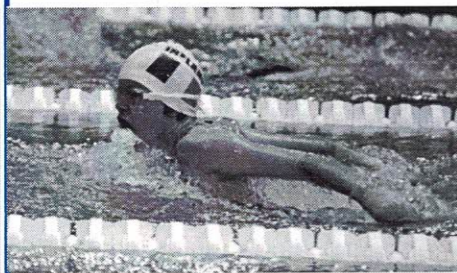
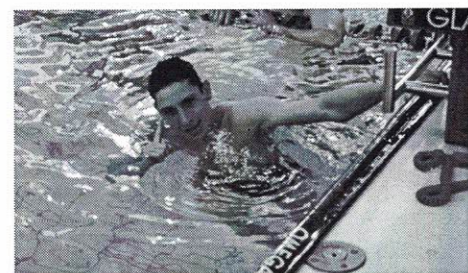
**OVERHEAD 7  
DISTRICT OPEN CHAMPIONSHIPS SEPTEMBER - NOVEMBER 2000 DATES East West North Midlands 9/10 September 2000**  
Week 37 7/8 October 2000  
Week 41 4/5 November 2000  
Week 45 11/12: RE-LAYS  
100 F/S, 100 FLY, 100 BR, 100 B/C, 200 FLY, 200 BR, 200 F/S, 200 B/C, 400 I/M, 400 F/S, 800 F/S (G), 200 I/M, 1500 F/S  
13/14: RELAYS  
100 FLY, 100 BR, 100 B/C, 100 F/S + 50's 200 BR, 200 FLY, 200 F/S, 200 B/C, 400 F/S, 400 I/M, 200 I/M, 800 F/S (G), 1500 F/S  
15 and over RELAYS  
100 F/S, 100 FLY, 100 BR, 100 B/C,

200 B/C, 200 BR, 200 FLY, 200 F/S, 400 I/M, 200 I/M, 400 F/S, 1500 F/S, 800 F/S (G), + 50's & 100 I/M. CULMINATING IN THE SCOTTISH CHRISTMAS OPEN MEET

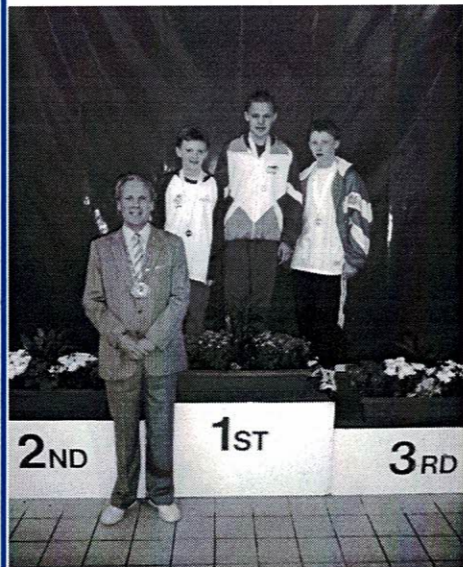
**OVERHEAD 8  
DISTRICT AGE GROUP CHAMPIONSHIPS**  
WEEK 7 12/13 FEBRUARY 2000  
WEEK 11 11/12 MARCH 2000  
WEEK 15 8/9 APRIL 2000  
WEEK 19 6/7 MAY 2000  
DISTRICTS CAN USE ALL OR ANY OF THE IDENTIFIED WEEKENDS.  
SCOTTISH NATIONAL LEAGUES  
WEEK 6 5/6 FEBRUARY 2000  
SCOTTISH OPEN SHORT COURSE NATIONALS  
WEEK 10 4/5 MARCH 2000  
SCOTTISH NATIONAL AGE GROUPS  
WEEK 26 22/25 JUNE 2000  
SCOTTISH SUMMER NATIONAL CHAMPIONSHIPS  
WEEK 28 6 JULY 2000  
DISTRICT OPEN CHAMPIONSHIPS  
WEEK 37 9/10 SEPTEMBER 2000 (RELAYS & 50 SPRINTS)  
WEEK 41 7/8 OCTOBER 2000  
WEEK 45 4/5 NOVEMBER 2000  
SCOTTISH CHRISTMAS OPEN MEET  
WEEK 50 10/12 DECEMBER 1999  
WEEK 51 15/17 DECEMBER 2000  
BRITISH WINTER NATIONAL CHAMPIONSHIPS  
WEEK 51 15/17 DECEMBER 2000

**ADVANCE NOTICE  
SASA AGM AND FIRST SCOTTISH SWIMMING AWARDS DINNER ABERDEEN Saturday 26th February, 2000 Book this date NOW Details soon.**





Photos: Bill Black



### Scottish Swimming Awards - The benefits

- Most comprehensive scheme offering 50 different awards at different levels.
- Quality awards developed by swimming specialists, constantly adapting the awards to meet the needs of our customers.
- Adoption of the scheme will substantially increase the interest in your swimming programme ensuring maximum lesson profitability.
- Efficient, friendly service.
- We aim to despatch orders the same day and P&P is free.
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- Do your bit and support Scottish swimming.

### Your Award Scheme needs YOU !

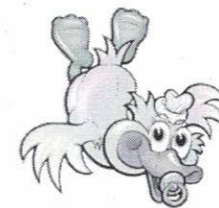
Your news, views and ideas are needed all the time to improve your Awards Scheme. Feedback is essential and we very much appreciate your support on this issue.

- Badge content - is it suitable?
- Support material - would you use educational posters?
- Are we meeting your needs?



### Are you on the same wavelength?

If you would like more information on the Awards Scheme or a personal visit outlining the benefits of the scheme, please contact our office.



### Scottish Swimming Awards

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Tel/fax 0131-225-7271  
swimawards@aol.com





# Scottish Swimming Club Membership Fees 1999 - 2000

## A MESSAGE FROM SASA CHAIRPERSON / CHIEF EXECUTIVE

*We would like to take this opportunity to thank all clubs for their assistance in the implementation of the new membership system.*

*The collection of the membership forms has been one of the largest exercises undertaken by the SASA.*

*We would remind clubs that any outstanding membership forms should be forwarded to the SASA office as soon as possible.*

*The task of inputting the membership details has begun at the SASA office. The new numbers will be available for circulation to clubs by late August.*

*It is anticipated that with the assistance of sponsorship each member will be issued with a membership card displaying their membership number. In the future it is hoped that these cards will be linked into discount schemes for various products.*

*Once again thank you for your support to date.*

## A Step by Step Guide to the Membership System

- New members should obtain a membership form from the Club Secretary or Club Membership Secretary.
- Identify the category of membership you are in.
- Complete the form and all the boxes.
- Return to your Club Secretary or Club Membership Secretary.
- All new members should submit a membership form within 28 days of joining the club.
- Re-registration will take place annually with returns to be made by 31st March.
- Registrations during the year will be processed on the last working day of each month. Please ensure that forms reach the SASA office at least 2 working days before the end of the month.
- **PLEASE NOTE THAT AT THE PRESENT TIME MEMBERSHIP FORMS ARE BEING ACCEPTED FOR PROCESSING AT ANY TIME.**

## Benefits of Membership

### Personal Benefits

- Individual insurance provision.
- Access to competition at all levels.
- Discount holiday insurance opportunities. (details on request from HQ)
- Discounts on swim goods.
- Discount on ScotSwim goods.
- Discounted access to SASA non certificated courses.

### Club Benefits

- Administration, technical support and advice.
- Access to Swimming 2000.
- Targetted mailings.
- Access to Teacher Coach Education.
- Access to ranking lists.

## WHAT IS THE SCOTTISH LEARN TO SWIM SYLLABUS?

A comprehensive and integrated teaching programme adaptable to differing situations and for different providers.

A progressive syllabus with each level presenting a new challenge for the learner.

A template for the content of all learn to swim programmes providing water based experiences worthwhile in themselves and also furnishing the basis for a lifelong involvement in swimming.

A standard reference for all providers of learn to swim programmes based on sound technical and educational principles

## WHY IS THE LEARN TO SWIM SYLLABUS NEEDED?

To ensure that all children have the opportunity to learn to swim within a sound programme.

To ensure that clear pathways are in place from learning to swim through to the ultimate step on to the Olympic podium.

To ensure that providers of learn to swim programmes are aware of recent thinking in the field of growth and development.

To provide direction by the governing body in terms of desirable outcome.

To provide standardisation of content and methods within an authority, school, club or team of teachers.

## WHAT ARE THE KEY PRINCIPLES OF THE SYLLABUS?

The importance of planning and evaluation in

sound teaching.

The importance of understanding the processes of skill acquisition in effective learning.

The importance of responding to the needs of the individual.

The importance of developing early skills in all aquatic disciplines.

The importance of providing a clear pathway from Beginner to Club Swimmer.

## WHAT DOES THE LEARN TO SWIM SYLLABUS LOOK LIKE?

- An introduction giving information on:
- Recommended class size
- Recommended duration and frequency of lessons.
- How to plan your pool.
- How to manage your class pool space.
- How to use the syllabus.

## A ring bound 5 stage syllabus each stage containing:-

- Specific aims and objectives
- 10 Contrasting Activity Cards
- Clear "Learning Outcomes" Teacher Assessment Sheets.
- A 10 week Scheme of Work
- Pupil Assessment/ Report
- 10 Progressive Lesson Plan Cards

## TRAINING WITHIN THE SCOTTISH LEARN TO SWIM SYLLABUS

- Training is recommended for those who wish to use the syllabus
- Training will take the form of In-service

days, tailored to meet specific requirements.

## WHY IS THE SCOTTISH LEARN TO SWIM SYLLABUS FOR YOU?

• **The Swimming Development Officer /Teaching Co-ordinator** :- It ensures consistency of delivery by all your staff in teaching material, standard, assessment and pupil and parental feedback.

• **The Swimming Club** :- It provides a progressive programme for club teaching programmes and early competitive groups laying the foundations for the skills and good habits necessary for the seamless movement into the competitive world.

• **The Individual Teacher** :- It enables you to participate in the National Plan and increase your own personal development

• **The Pool Manager** :- It provides a governing body recommended benchmark for "Best Value" and by ensuring repeat business will increase centre revenue.

## HOW DO I ORDER THE SYLLABUS?

• The syllabus is priced at £29.99 plus postage and packing. For every 10 copies purchased **GET ONE FREE.**

To order please complete and return the form below.

## Order Form

	Quantity	cost	Sub Total
Scottish Learn to Swim Syllabus		@£29.99	
Postage & Packing		£5.00 each	
Total			£

### Name & Address for delivery

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode: \_\_\_\_\_  
Tel: \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_

### Name & Address for invoicing (If different from delivery)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode: \_\_\_\_\_  
Tel: \_\_\_\_\_ Fax: \_\_\_\_\_  
Email: \_\_\_\_\_

I enclose a cheque postal order payable to Scottish Amateur Swimming Association

I enclose an official order form

**PLEASE RETURN TO/OR MAKE ENQUIRIES :-**

**Scottish Amateur Swimming Association  
Holmhill Farm, Greenlees Road, Cambuslang Glasgow  
G72 8DT**

**Tel: 0141 641 8818 Fax: 0141 641 4443**

An in-service training day specific to the Scottish Learn To Swim Syllabus is available by a maximum of 20 teachers at a cost of £300 plus expenses. If you would like us to call you to discuss training options please tick the box below and give a contact name and telephone number.

**contact name and telephone number**