



SPEEDO  **Born in the water**

SCOTTISH SWIMMING

2000

DECEMBER 1999 Founding Editor Bill Black (1993) **VOLUME 6 NUMBER 6**



SCOTTISH INSTITUTE
OF SPORT

SIS ATHLETES LAUNCH



Scottish Institute of Sport Athletes Launch, Tollcross Park Leisure Centre, Glasgow, L - R Louise Coull GB and Scottish Internationalist, Rhona Brankin MSP Deputy Minister for Culture and Sport, Bryan Morgan, GB and Scottish Internationalist, Kenny Cairns, GB Paralympian.

Photo: SNS GROUP

Ann Dickson, Perth - Female Coach of the Year 1999



Neil Lowe celebrates at the BP CHRISTMAS MEET Inverness

INVERNESS
PHOTOS BY
GORDON
GILLESPIE



Party Time for Charles Mills at the BP Christmas Meet in Inverness

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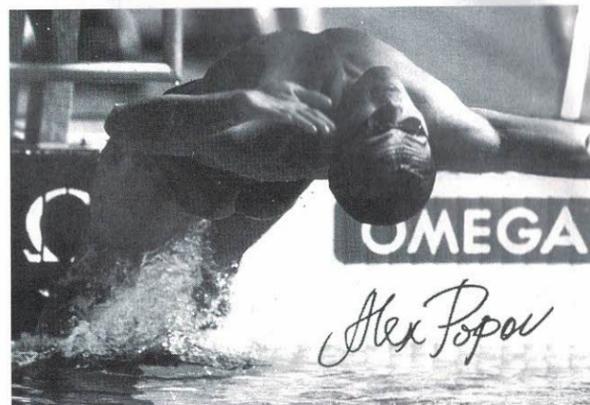
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SCOTTISH SWIMMING

DECEMBER 1999

2000

The official magazine of the Scottish Amateur Swimming Association.

VOLUME 6 NUMBER 6

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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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EDITORIAL

As we race towards the new millennium, December once again provides time for reflection and promises of new initiatives at the dawn of the New Year and uniquely this time a new Century.

The last few months have been as busy and as exciting as ever for Scottish Swimming culminating in three excellent days of competition at the first BP Scottish Winter Open held in Inverness. My thanks to BP and Highland Council for their support and of course all who contributed to nine sessions of fast and enthralling racing, showing quite clearly that our performances in the pool are as ever on the up.

Our Autumn and start of Winter period has also witnessed, the first induction of Scottish Swimmers into the Scottish Institute of Sport, our first National Swimming Conference, and the launch of our first Awards Dinner for 2000.

Tollcross in November was the excellent venue and host to our first National Swimming Conference, "Turning the Tide". Some 160 delegates attended over the two days and we are indebted to our partners of Glasgow City Council and ISRM for their partnership support. Rhona Brankin, MSP, Deputy Minister for Culture and Sport opened the two day event focused on swimming development and facility management. Ms Brankin in supporting Scottish Swimming's development plan Aqua 21 endorsed our view that every child in Scotland should be given the opportunity to swim before the age of 10. An ambitious aspiration but one in which we need to harness all our partners and convince Ministers and the Scottish Parliament of the importance of swimming as a sport, as a life long learning skill and more importantly particularly to Scotland at this time the significance of its health benefits. Bringing together those three key Government departments both in Scotland and at a UK level I believe is crucial. Significantly Scottish Swimming along with Scottish Schools Swimming Association are meeting the Minister in February 2000 to discuss this very issue.

Further keynote papers occupied the first morning including an overview of sportscotland, sport in Glasgow and the Scottish Institute of Sport. The National Swimming Academy at Stirling now also the home of the Scottish Institute of Sport hubsite brought the proceedings to an interesting close on the first morning. The remainder of the programme focused on the two tracks highlighted above, key papers including, the future of leisure professionals, the launch of the Scottish Swimming Facilities strategy, TOP programmes in Scotland and a fascinating practical and interactive stroke session delivered by our National Coach Chris Martin. Full conference proceedings are available from Scottish Swimming and planning for next year's event is already underway.

During the Minister's visit to Tollcross, Scotland's first swimmers from both able bodied and disability were announced. Eighteen athletes make up the first group and it is hoped additions will be made during the early part of 2000, full details can be found in this edition of S2000.

February 26th, 2000 will see the first Scottish Swimming awards dinner in Aberdeen. Kindly supported by Aberdeen City Council and a

number of commercial companies who are supporting awards. It will be an opportunity for Scottish Swimming to recognise and reward the outstanding contributions of many athletes, coaches and particularly our volunteers. Undoubtedly, without the last group sport throughout the World would struggle, I hope that as many of you will join us after the AGM in Aberdeen for this important event on the social calendar, further details in S2000.

Whilst focusing on awards I would like to offer our congratulations to Anne Dickson and Alan Lynn who received coaching awards at the recent Scottish Coach of the Year awards dinner held at Kelvingrove Art Gallery in Glasgow. Anne a tireless worker on the poolside in Dundee and Tayside won the Female Coaching Category for working with female swimmers in teams and as individuals. Alan currently the assistant Coach at the Edinburgh High Performance Centre won the category for Coach education. Later that week, 1996 British Olympic Head Coach from Nottingham, Bill Furniss received an award at the UK event to mark his achievement as the first sports coach to graduate through the NCF elite programme.

I hope that everyone enjoyed the last edition of S2000, which featured colour for the first time thanks to the kind support of BSCTA/GMB. The editorial board are constantly trying to upgrade the associations flagship magazine and will do so again next year, however we are appreciative of all your articles that are pulled together diligently by our editor Bill Black - thank you Bill.

Partnerships are a key to our developing work and we have been very fortunate recently to forge new relationships. Omega for training on OSM6 and related products, Swimshop who so kindly supported our new membership cards and offered discount in their catalogue to all Scottish swimmers and Travelers who now can offer discount travel support to all of our clubs and members.

At the recent European Short Course Championships in Lisbon, Scottish swimmers continued to make inroads into the Senior GB ranks. Alison Shepherd led the Scots and was ably supported by Bryan Morgan, Cameron Black and Michael Cole. This busy period of swimming was concluded with many of our swimmers travelling to Sheffield for the GB Winter Short Course. As the New Year dawns another Olympic year greets us and our international swimmers will be busy in the first few months competing in World Cups in Asia, Australasia and Europe as well as extended training opportunities in the sun down under.

Finally I would like to welcome Pippa Murphy to her new role at Scottish Swimming as National Development Officer. Many of you may remember Pippa from her previous work in Scotland; latterly she has been working in Ulster as Swimming Development Officer. Pippa will be focusing on Club Development and working very closely with our technical team headed by Martyn Woodroffe.

The last twelve months have once again seen our sport make great strides in many areas. On behalf of Council, Board of Management and all the professional staff I would like to wish you a very happy Christmas and prosperous and successful New Year and thank you for your continued support.

Paul Bush
 Chief Executive



Stratford in England, and also the Shetland Islands.

This major new competition was the first short course event in Scotland designed specifically for young people, allowing them the opportunity to compete according to their age group (11-12yrs/ 13-14yrs/ 15yrs and over). There were over 3,500 individual swims, overseen by 70 volunteers and coaching staff.

70 volunteers and coaching staff.

This event was made possible by funding from the BP Amoco group, the result of a new alliance between BP Amoco, the Scottish Amateur Swimming Association (SASA) and sportscotland.

Scotland's National Swimming Coach, **Chris Martin** said that the event had played a significant role in identifying our next generation of champions and has been vital to the future success of Scottish Swimming.

Paul Bush, Chief Executive, SASA, commented

INVERNESS SUCCESS

THREE SCOTTISH NATIONAL JUNIOR RECORDS SMASHED AT THE BP SCOTTISH WINTER OPEN - AND ANOTHER EQUALLED

It was a record-breaking weekend in Inverness last week, when an excited crowd packed the Inverness Aquadome for the first BP Scottish Winter Open... and they were not to be disappointed when three Scottish Junior records were broken. **Karen Rigby** from Tayside recorded 29.22 in the 50 Butterfly, finishing second to Commonwealth Games swimmer **Kerry Martin**. **Lauren Greenshields** from Peebles (also training with City of Edinburgh) had a fantastic Meet, winning the 100 Breaststroke in an amazing 1.10.98, obliterating **Katie Burke's** six year old time, and then going on to strike Gold in the 200 Breaststroke - equalling the record also set by **Katie Burke** in 1993, with a time of 2.32.45. The other Scottish junior record went to up and coming youngster from Stirling - **Robert Lee**, winning the 200 Individual Medley in an excellent 2.07.23, previously held by **Paul Latimer** in 1992.

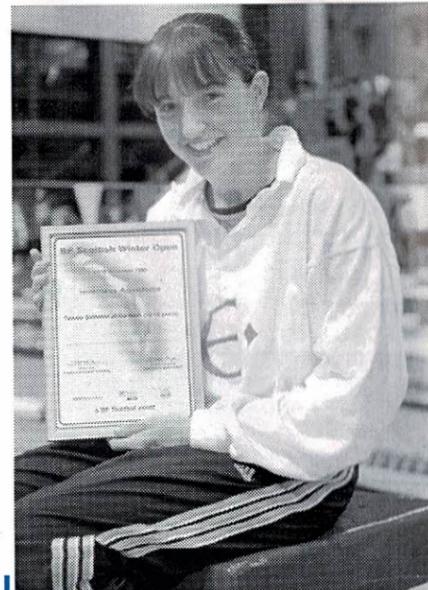
These results were testament to the superb facility in Inverness, with many swimmers recording lifetime best swims.

Six individual awards were also presented to the best overall swimmers of the Meet, in the three age groups, by **Norma Russell**, BP Retail Service Manager, Longman Service Station, Inverness.

THE BP SWIMMERS OF THE MEET award winners were as follows:

- 11-12yrs (male)
Byron Pace, Tayside - 200 Freestyle - 2.09.42
- 11-12yrs (female)
Gemma Sutherland, City of Aberdeen Swim Team - 100 - Backstroke - 1.09.90
- 13-14yrs (male)
Martin Leel, Peterhead - 50 Butterfly - 26.96
- 13-14 (female)
Jenny McLeod - City of Edinburgh - 50 - Backstroke - 32.05
- 15+ (male)
Robert Lee, Stirling - 100 - Breaststroke - 1.04.34
- 15+ (female) -
Kerry Martin, Stirling Students - 50 - Butterfly - 28.67

The event attracted more than 600 swimmers from as far afield as Bangor, Lisburn, Ulster and Ards in Ireland, Lincoln, Coventry, Rugby and



Jenny MacLeod (City of Edinburgh)



Group, said "Last year BP Tourfest events enabled over 8,000 young people to enjoy a range of different sports - many for the very first time".

Robert Lee and Kerry Martin (Stirling Students)

Martyn Woodroffe's full report in next issue

Byron Pace (Tayside) and Gemma Sutherland (City of Aberdeen)



that the event was an excellent platform for young swimmers and an important building block to achievement in the next decade, and he further added that this could not have been achieved without the support of our partners BP Amoco and sportscotland.

The event is one of over 40 events funded by BP Amoco, as part of the BP Tourfest programme, which is designed to create appropriate opportunities for participation within youth sport. **Jim Doherty**, Public Affairs Officer for the BP Amoco



Championships 27 November 1999 Mary Black Rosebowl Trophy

1st	Nairn SSC	77 Points
2nd	Edinburgh SSC	74 Points
3rd	Clydebank ASC	26 Points
4th	Elgin ASC	25 Points
5th	Dunfermline SSC	18 Points

Northumberland & Durham Age Group Championships 17 October 1999

The Junior Synchro Squad attended the N&D's age group championships in Wigan on the 17 October 1999 with good results.

Three swimmers took part in the 13/14 Age Group 29 entries, results

13/14 Years Figures

1st	Nicky Cramb	65.039
2nd	Susan Davidson	63.775
3rd	Enrica Ross	62.622

Nicky and Susan qualified for the Solo Event finishing;

1st	Nicky Cramb	68.870
2nd	Susan Davidson	67.951

Three swimmers entered in the 15/16 Age Group 25 entries, results

9th	Yvette Main	60.595
10th	Kirsty Brown	60.531
18th	Kim McDonald	58.061

Four swimmers entered 17 & Over Age Group a 21 entries, results

14th	Heather Smith	62.516
15th	Laura Campbell	62.419
17th	Rachel Kenley	62.000
19th	Emma Barrett	61.484

Our team took part in the Open team event Coach **Morag Shaw** was delighted with the swim Synchro Caledonia finished in 3rd place, 9 teams were entered.

Congratulations to Nicky Cramb of Elgin ASC who went to the ASA Age Groups Nicky was in the 13/14/15 Age Group, Nicky finished 12th of 78 swimmers and narrowly missed qualifying for the Solo event.

Great Britain Synchronized Swimming Staff Appointed.

Senior Squad		
Coach	Janice Waters	
Asst. Coach	Adele Carlsen	
Team Manager	Janette Holdstock	

Junior Squad		
Coach	Sarah Thorpe	
Asst. Coach	Annabelle Surch	
Team Manager	Mary Hooper	

SASA SYNCHRONIZED SWIMMING CALENDAR 2000

MONTH	SQUAD	
JANUARY		
15/16	SQUAD TRAINING	ALL
FEBRUARY		
12/13	SQUAD TRAINING	ALL
MARCH		
4/5	ASA NATIONALS	GRADE 6
25	INTER DISTRICT CHAMPIONSHIPS	
APRIL		
21/24	EASTER CAMP	SELECT
29/30	SYNCHRO WORLDSELECT	
??	QUADRANGULAR	SELECT

MAY

SYNCHRO NEWS

By Elizabeth Bowman

SASA Synchronized Age Groups 9/ 10 October 1999 RESULTS

12 & under Solo

1st	Vicki Reed	Edinburgh	59.043
2nd	Lindsay Main	Telford	58.414
3rd	Vivienne Fleming	Edinburgh	58.065

13/14/15 Years

1st	Nicky Cramb	Elgin	67.816
2nd	Susan Davidson	Nairn	66.681
3rd	Julie Mackintosh	Nairn	65.802

16/ 17/ 18 Years

1st	Linda Kane	Clydebank	71.947
2nd	Michelle MacBean	Nairn	70.510
3rd	Zoe Cooper	Telford	70.310

19/25 Years

1st	Pauline MacFadyen	Nairn	78.566
2nd	Suzanna Hurdley	Telford	75.082
3rd	Susan Bowman	Clydebank	74.184

Duet 12 & Under

1st	Lindsay Main/Sarah Baynam	Baynam	57.852
		Telford	
2nd	Vivienne Fleming/Vicki Reid	Edinburgh	56.864
3rd	Louise Fleming/Allison Fleming	Edinburgh	54.227

Duet 13/ 14/ 15/ Years

1st	Yvette Main/Susan Davidson	Nairn	65.196
2nd	Nicki Cramb/Kim McDonald	Elgin	64.037
3rd	Kirsty Brown/Enrica Ross	Nairn	63.023

Duet 16/ 17/ 18 Years

1st	Fiona Whitehead/Jennifer Hendry	Edinburgh	71.174
2nd	Sarah Jones/Zoe Cooper	Telford	70.045

Duet 19/25 Years

1st	Susan Bowman/Julie Law	Clydebank	71.309
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Teams 12 & Under

		Edinburgh	55.857
--	--	-----------	--------

13/14/15 Years

1st		Elgin	62.613
2nd		Telford	60.537

17/ 17/ 18/ Years

		Edinburgh	66.382
--	--	-----------	--------

Scottish Synchro Club

27	GLOUCESTER	SELECT
JUNE		
10/11	AGE GROUPS	
24/25	SQUAD TRAINING	ALL
JULY		
AUGUST		
26/27	SQUAD TRAINING	ALL
SEPTEMBER		
16/17	SQUAD TRAINING	ALL
OCTOBER		
7/8	SQUAD TRAINING	ALL
15?	NORTHUMBERLAND & DURHAM	
	AGE GROUPS	DEVELOP
	NATIONAL CHAMPIONSHIPS	
21/22		
NOVEMBER		
4/5	ASA AGE GROUPS	
	CHAMPIONSHIPS	
25	CLUB CHAMPIONSHIPS	
DECEMBER	2/3 SQUAD TRAINING	ALL

INTERNATIONAL COMPETITION WILL DEPEND ON BUDGET. DECISION TO BE MADE WHETHER WE ARE ENTERING GLOUCESTER OPEN AND SYNCHRO WORLD COMPETITIONS WILL ADVISE AS SOON AS POSSIBLE.

SELECTED SQUAD SWIMMERS

NAME	CLUB	GRADE	S/J	D.O.B.
ELITE SQUAD				
MORAG SHAW	CASC	6	S	1974
PAULINE MACFADYEN	NAIRN	6	S	1979
SUSAN BOWMAN	CASC	6	S	1978
LINDA KANE	CASC	6	S	1981
MICHELLE MACBEAN	NAIRN	6	J	1983
MHARI LAING	BIRM.	6	J	?
ISLA DUNBAR	ELGIN	6	S	1978
<small>(Isla will be training in Australia)</small>				
A SQUAD				
NICKY CRAMB	ELGIN	5	J	1985
FIONA WHITEHEAD	ERIN	5	S	1981
JENNIFER HENDRY	EDIN.	5	J	1982
JULIE MACKINTOSH	NAIRN	5	J	1984
SUSAN DAVIDSON	NAIRN	5	J	1985
FIONA KENLEY	CASC	5	S	1981
JULIE LAW	CASC	5	S	1981
DEVELOPMENT SQUAD				
EMMA BARRETT	CASC	4	S	1981
LAURA CAMPBELL	EDIN.	4	S	1982
ENRICA ROSS	NAIRN	4	J	1986
YVETTE MAIN	NAIRN	4	J	1984
KIRSTYN BROWN	NAIRN	4	J	1984
HEATHER SMITH	CASC	4	J	1982
RACHEL KENLEY	CASC	4	J	1982
KIM MACDONALD	ELGIN	4	J	1984
MHARI DUNCAN	ELGIN	4	J	?
RACHEL BLUM	ELGIN	3	J	1985
LORRIANE WALKER	EDIN.	3	S	?
CAROLINE OSTROWSKI	EDIN	4	?	
VICKI REID	EDIN	2	J	?
CHERYL MACKINTOSH	NAIRN	4	J	?
LAURA TADROWSKI	EDIN.	4	1	1982

ASA ASSISTANT TEACHERS CERTIFICATE SYNCHRONISED SWIMMING, NAIRN, 10, 11, 12 DECEMBER 1999

A very successful course was organised in Nairn by Wyn MacFadyen, who made all the local arrangements for facilities and even produced the candidates from Carlisle to Skye. The seven new teachers were tutored by Jackie Brayshaw. The Nairn Synchro Club girls, from beginners to top level, were there to be the pupils for the new teachers and took the opportunity to learn something themselves.

Mrs McFadyen would like to thank Nairn Town Council and the Nairn Synchro Club for all the support which made the course possible. She also appreciates the work of Jackie Brayshaw who made the long drive from Manchester to Nairn to tutor the course and also the support and encouragement she received from Mary Black.

Supported by:
Aberdeen City Council
sportscotland
Speedo
Bank of Scotland
Swimshop
BSCTA\GMB

SCOTTISH SWIMMING



**First Annual Awards
 Dinner
 Saturday
 26th February 2000
 Town and County
 Hall
 Town House
 Aberdeen**

1999 Annual Awards Dinner

1999 has been another challenging year for Scottish Swimming and considerable

progress has been made. The performance of our athletes has been extremely encouraging; there has been a move to greater professionalisation within the organisation; and a number of new and fruitful partnerships have been developed, which all bode well for the future. We are therefore delighted to invite you to take part in our inaugural Awards Dinner which we see as a fitting way to celebrate the many achievements in our sport as we move into the new millennium.

This is an excellent opportunity to socialise with others in the sport and to be present as the Awards are made to those who have made an outstanding contribution to the sport over the last twelve months.

When & Where

Thanks to the kind support of Aberdeen City Council the Dinner will take place at the Town and County Hall, The Town House, Aberdeen on Saturday 26th February 2000.

Programme

The pre-dinner drinks reception will be at 7.00p.m. and dinner will be served at 7.30p.m. prompt. Aberdeen City Council have supported the pre-dinner drinks and wine to accompany dinner. The dinner will be followed by a guest speaker and a range of awards will be made to some of Scotland's most successful athletes, coaches and committed volunteers.

We look forward to welcoming everyone within our sport. Why not book a table for your club or district and come as a group. Early booking is essential as tickets are very limited.

Costs

Tickets for the event are priced as follows:-

Individual Tickets

SASA Members £22.00
 Non SASA Members £25.00

Tables of 10

SASA Members £210.00
 Non SASA Members £240.00

We are offering an early purchase discount to all members who pay for their tickets in full prior to 15th January 2000 as detailed below:

Early Booking (payment to be received prior to 15th January 2000)

**Tickets £19.95
 Tables: £190.00**

Please note bookings received after the 15th January will be charged at the higher rate.

Every effort has been made to keep costs down to enable more people to participate. Any profits made will be re-invested into our sport.

We hope you will join us for the 1999 Awards Dinner. We are sure it will be a memorable evening and hopefully become an Annual event.

Ticket Booking Form (PHOTOCOPY IF YOU WISH)

Name: _____
 Position: _____
 Club\Company: _____
 Address: _____

 Postcode: _____
 Contact Tel No: _____

Please reserve me _____ places @ £ _____ per person \ Please reserve me _____ table(s) @ £ _____ per table.

Please notify the names for the table(s) on the reverse of this form.

I have enclosed a cheque made payable to Scottish Amateur Swimming Association for the sum of £ _____.

Please return to : Gillian Milne
 Scottish Amateur Swimming Association, **Awards Dinner**, Holmhill Farm, Greenlees Road, Cambuslang, Glasgow G72 8DT
 Telephone: 0141 641 8818

**Please note all tickets must be paid for in advance.
 Discounts for early purchase apply (see opposite).
 All tickets must be purchased by Friday 18th February 2000.**
 The names for the table(s) are as follows:

Table 1

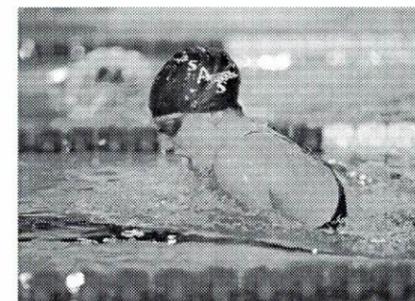
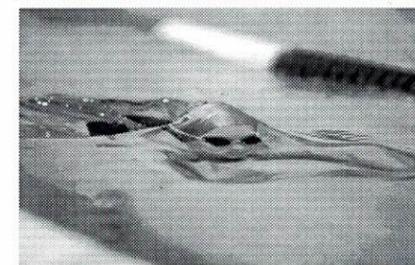
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- 2. _____
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- 4. _____
- 5. _____
- 6. _____
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- 8. _____
- 9. _____
- 10. _____

Table 2

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

The pre-dinner drinks and the wine during the meal are being generously supported by Aberdeen City Council.

Please support this event.



PHOTOS FROM THE BP CHRISTMAS MEET by GORDON GILLESPIE INVERNESS



DIRECTOR OF SWIMMING'S REPORT

GB international honours in the USA this summer and he has been selected for the GB squad for the European Short Course Championships in Lisbon in December.

David Carry

David is Scottish Junior record holder for 50m Backstroke (Long Course) and started off in the Scottish Youth Squad three years ago before moving up to Scottish Junior Elite Squad and now onto the Institute. He has improved year in year out and is consistently making finals in GB level competition. Just breaking into the Senior Squad, he has been selected to compete in the World Cups in Shanghai and Hong Kong and is a promising hope for the future.

Michael Cole

Michael's chance to compete for his country at the 1998 Commonwealth Games nearly came to a premature end when an accident in the Games village left him with damaged tendons in his wrist and a nasty gash on his leg, but he showed his character by going on to compete several days later. His big breakthrough came this summer when he won the Canadian Open Championship with a personal best and is edging ever closer to the Scottish record at 200m Individual Medley. An incredibly versatile swimmer he is able to turn his hand to most distances and disciplines. He has just been selected to swim for GB 0in the European Short Course in Lisbon.

Rowena Cornish

Still a junior, Rowena has been a regular on the Scottish Youth Squad for the past three years and has just moved to Junior Elite Squad level. She swam 50m Backstroke for GB in last summer's European Junior Championships in Moscow. She is the holder of four Scottish records - two at Senior level for 50m Backstroke (Long and Short Course) and at Junior levels for 100m and 50m Backstroke (Short Course). Her achievements have been recognised with selection for her first senior international as part of the Scottish Team competing in the World Cups in Shanghai and Hong Kong.

Louise Coull

At only 15 years old, Louise is one of Scotland's most promising young stars and the outstanding junior backstroke swimmer in Britain. She won bronze at the European Junior Championships in Moscow this summer and is the current Scottish record holder at Junior and Senior level for the 200m Backstroke (Long Course) and is Long Course Junior record holder for 100m Backstroke.

Ian Edmond

A medical student from Edinburgh, Ian placed sixth at last year's Commonwealth Games for 200m Breaststroke and is currently only one and a half seconds outside David Wilkie's long standing Scottish record of 2:15.11. This is the one record that still eludes him as he holds the Scottish records for 50m Breaststroke (Long and Short Course) and the 200m (Short Course) Senior record. His talent was obvious from an early stage. As a junior back in 1995 he won silver in the Breaststroke at the European Youth Olympics. Ian's career at GB level and training have been curtailed by University commitments this season but he is now on the way back to form.

Andrew Jameson

A fast rising star, 18 year old Andrew, came third in his first ever senior international at the Canadian Nationals this summer and is hot on the heels of Scotland's other leading distance freestyle swimmer, Olympic medallist, Graeme Smith. Andrew is hoping to spend time this

winter warm weather training with Graeme in the USA so we can look forward to seeing a healthy rivalry developing between these two talented Scots in the future.

David Leith

David has been on the Junior and Elite Squads for the past four years during which time he has represented GB at European Junior Championships and at the Commonwealth Games where he was part of the 4 x 100m Relay squad that smashed the Scottish record. Despite his regular distance being 200m Freestyle, where he has been making GB finals, he is currently looking at the possibility of moving down to 100m and has just been selected to swim as part of the GB squad in the World Cup in Sydney in January 2000.

Kerry Martin

A move to training in Canada with Alison Sheppard under coach Gary Vandermeulen has seen Kerry break the Scottish records this year for 100m Butterfly (Long Course) to add to her existing 50m Long and Short Course Scottish records. Kerry showed her strength by winning the 50m and 100m Freestyle events at this year's Scottish Championships in addition to her regular 50m and 100m Butterfly events. At the Commonwealth Games she teamed up with Alison as part of the relay teams in the 4 x 100m Freestyle and 4 x 100m Medley that both broke Scottish records.

Bryan Morgan

The 1998 Commonwealth Games saw a succession of Scottish records tumbling under Bryan's onslaught. In the heat of Kuala Lumpur he consistently set national records in 50m, 100m freestyle in each of his heats and finals and was part of the Medley and Freestyle relay teams which also broke records. He is a silver and double bronze medallist at European Junior level and got his first GB international selection last year in Rio de Janeiro. He has since been selected to swim for GB at the European Short Course Championships in Lisbon in December followed by the World Cups in Shanghai and Hong Kong in January.

Alison Sheppard

This year has seen an incredibly successful year for Alison topped by her marriage to coach Gary Vandermeulen who she trains with in Canada. Launched into the wider public consciousness following her silver medal in the 50m Freestyle at the 1998 Commonwealth Games, she has gone on to achieve podium finishes with bronze in the 50m freestyle at the European and World Short Course Championships and gold in the 4 x 100m Freestyle relay at the World Short Course Championships in Hong Kong in April. This summer at the European Long Course Championships she won bronze in the 50m Freestyle and in doing so set a Scottish, British and Commonwealth record and gained pre-selection for the 2000 Olympics - her fourth consecutive Olympic Games. She is a multi-Scottish record holder for 50m Freestyle, Breaststroke and Butterfly at Long Course, and Short Course record holder for 50m and 100m Freestyle and the 100m Individual Medley.

Graeme Smith

Graeme's bronze in the 1500m Freestyle at the 1996 Atlanta Olympics marked him out as the only Scot in any of the sports to reach the Olympic podium. He followed this up in 1997 by winning European silver in the 1500m and in 1998 was European Short Course Champion. He bounced back from a disappointing Commonwealth Games in 1999 to win silver at the World Short Course Championships. He is British

record holder for 1500m Freestyle as well as Scottish Record Holder over 400m. As a distance competitor he has opted to carefully choose his events and recently declined selection for the European Short Course Championships in Lisbon to focus on preparing for selection for Sydney 2000.

Gregor Tait

Gregor made his Junior GB debut at the 1997 European Junior Championships in Glasgow. Since then he has gone on to represent Scotland at the Commonwealth Games where he achieved new personal best times in the 100m and 200m Backstroke and was part of the record breaking 4 x 100m Medley Relay team. All this at his first major senior championship. He is the only swimmer in Scotland to hold the 50m, 100m and 200m records in Short and Long Course for his Backstroke discipline. He has been selected to swim for GB to compete in the World Cup event in Sydney in January 2000.

The advantages of being in the Scottish Institute of Sport are becoming very obvious at the elite level. However it is important that we now grasp the opportunity of becoming part of the whole network of the Scottish Institute by developing our relationship with each of the Area Institutes of Sport across Scotland. To this end I am currently working on the Association's Policy Document "Swim Scotland" which will outline the principles and procedures for identifying Area Institute swimmers and how Scottish Swimming, along with the Scottish Institute of Sport, will assist these swimmers in terms of providing better resources for their daily training programmes. Whilst this at the moment is ground breaking work I would hope that I will be able to produce a Consultation Document which will be fully discussed at the AGM in February 2000. It is also becoming very obvious that the Area Institutes will also need to work with our existing National District Squads and I will, along with each of the District Conveners and National District Squad staff, be trying to look at how all of this links together in the future.

Moving away from the elite end of the sport, we have also been working extremely hard with our Local Authority partners in trying to establish much better opportunities through learn to swim, club development and elite training at local levels. Currently we are working with over 50% of the 32 Local Authorities to establish excellent swimming development programmes across the Local Authority areas. I have always maintained that the way forward for Scottish Swimming is to ensure that every club in Scotland is linked directly to its Local Authority. I have also come to the view that if we are to progress further each Local Authority should also be a member of Scottish Swimming. How this could work in terms of affiliation or membership I do not know but I am convinced that the benefits to each Local Authority and to the Association, in terms of developing excellent working practices and learn to swim programmes linked directly to clubs, would be enormous. At this stage I would welcome any feed back or comments that you may have concerning this idea.

I am also delighted to report that the National District Development Programme is now up and running and I have visited several of the National District Squad Training Weekends to see how the Curriculum could be implemented. Simultaneously a pilot project is up and running in South Lanarkshire using the National Curriculum and also parts of the programme are being used within the Scottish Youth Squad. It is

my intention throughout 2000 that we particularly develop the sports science element of the Curriculum so that it is easily available and easily usable by every club in Scotland. To give you a flavour of some of the content of the National Curriculum the Level 3 Nutrition Pack is produced in this edition of Swimming 2000. The reason I have included this particular article is, having spent some time with the Scottish Youth Squad, it is very obvious that if nutrition is to be of value to our swimmers we must change their normal and daily eating habits so that swimmers can gain the maximum benefits in training and competition.

At the time of writing I am pleased to report that the entries for the BP Scottish Winter Open 1999 is very encouraging with a high level and high quality of entries being made. Whilst this will be the last competition in Scotland in 1999 I am sure we are able to look forward to an exciting National Competition Programme in the new millennium. As you are aware we have restructured our competition programme and you will now have received the information concerning the March Nationals and the Summer Nationals Programme is now being amended to produce a slightly different Long Course Programme. Additionally Scotland will be involved in the Millennium Commonwealth Youth Games which will be a multi-sport event held in August 2000. The international swimming part will be made up of the Commonwealth countries competing in a full Olympic programme for 18 and under swimmers. The Scottish team of 7 boys and 7 girls will be selected from the Summer Nationals and National Age Group Championships (Selection Policy details will be available at a later date).

In addition to the international competition we are also using the event to host the Scottish Millennium Relay Championships of which the following programme of events will be available for entry by every club in Scotland.

Friday 11 August 2000

Session 1: Heats

Warm Up: 1000 Start: 1100

Boys 11 & U	4 x 50 Freestyle Relay
Girls 11 & U	4 x 50 Medley Relay
Boys 14 & U	4 x 50 Freestyle Relay
Girls 14 & U	4 x 50 Medley Relay
Boys 17 & U	4 x 50 Freestyle Relay
Girls 17 & U	Medley Relay
Boys 11 & U	Medley Relay
Girls 11 & U	4 x 50 Freestyle Relay
Boys 14 & U	4 x 50 Medley Relay
Girls 14 & U	4 x 50 Freestyle Relay
Boys 17 & U	4 x 50 Medley Relay
Girls 17 & U	4 x 50 Freestyle Relay

Session 2: Finals incorporated into the Millennium Commonwealth Youth Games programme.

Warm Up: 1430 Start: 1600

Saturday 12 August 2000

Session 3: Heats

Warm Up: 1000 Start: 1100

Boys 12 & U	4 x 50 Freestyle Relay
Girls 12 & U	4 x 50 Medley Relay
Boys 15 & U	4 x 50 Freestyle Relay
Girls 15 & U	4 x 50 Medley Relay
Boys 18 & U	4 x 50 Freestyle Relay
Girls 18 & U	4 x 50 Medley Relay
Boys 12 & U	4 x 50 Medley Relay
Girls 12 & U	4 x 50 Freestyle Relay
Boys 15 & U	4 x 50 Medley Relay
Girls 15 & U	4 x 50 Freestyle Relay
Boys 18 & U	4 x 50 Medley Relay
Girls 18 & U	4 x 50 Freestyle Relay

Session 4: Finals incorporated into the Millennium Commonwealth Youth Games programme.

Warm Up: 1430 Start: 1600

Sunday 13 August 2000

Session 5 Heats

Warm Up: 1000 Start: 1100

Boys 13 & U	4 x 50 Freestyle Relay
Girls 13 & U	4 x 50 Medley Relay
Boys 16 & U	4 x 50 Freestyle Relay
Girls 16 & U	4 x 50 Medley Relay
Boys Open	4 x 50 Freestyle Relay
Girls Open	4 x 50 Medley Relay
Boys 13 & U	4 x 50 Medley Relay
Girls 13 & U	4 x 50 Freestyle Relay
Boys 16 & U	4 x 50 Medley Relay
Girls 16 & U	4 x 50 Freestyle Relay
Boys Open	4 x 50 Medley Relay
Girls Open	4 x 50 Freestyle Relay

Session 6: Finals incorporated into the Millennium Commonwealth Youth Games programme.

Warm Up: 14.30 Start: 1600

The information packs will be available to clubs shortly.

Finally may I take this opportunity of wishing all of our members a Happy Christmas and Prosperous New Year.



working together
WORKING IN PARTNERSHIP

With the
"Scottish Amateur Swimming Association"

Being a member of BSCTA Scotland gives
"you"

- the tools to be a better coach or teacher on poolside
- an avenue for your views to be directed to the relevant decision makers in Scottish Swimming
- the protection of the GMB trade union when you require support, regardless of whether you are professional or amateur

Contact BSCTA National Organiser
Brian McGuinness on 0121 550 4888 for further details and an application form.

Level 3 Nutrition and Swimming Youth (National Curriculum)

Recommended reading from Director of Swimming Martyn Woodroffe

Purpose: To develop a working knowledge of nutrition and Diet and its application to high level swimming
 Nutrition and Performance
 Psychology
 Nutrition
 Training programme = Optimum Performance
 Fitness
 Body composition

To succeed in swimming a combination of all the above factors are required.

Nutrition plays an important role in all of these factors, for example if you eat the incorrect type and amount of food you will be too tired to train, which will have an effect on fitness and ultimately performance regardless of your technical ability.

To compete at the highest level it is vital to incorporate the best practice in all of the above factors and apply it to your life and training schedule. Maximising your dietary intake will ultimately help you to consistently achieve performances, which you are happy with. This nutrition information has been designed to allow you to assess your own diet in relation to your training and have the information to optimise it for the benefit of both your health generally and importantly, your swimming.

The Information:

As a swimmer you need food to give you the energy to train and compete. Information in this article is broken down as follows:

- The first section gives general information on diet and why we need food.
- This is followed by a section on what food and drinks to have if you are swim training regularly.
- Finally information and advice for an effective nutrition strategy for travelling and competition days is given.

Putting it into practice

It is important to establish healthy eating habits at an early age. This will help you think about food as part of your preparation for training and competition throughout your whole swimming career.

- If you want to succeed you have to look at what you eat and optimise it.
- You are the only person who can change your eating habits to work with your body and enhance performance. You should take personal responsibility for this element of your programme.
- The most important person to discuss this leaflet with, is the person/people who buy your food and prepare your meals.

Energy

You require energy every second of the day, even throughout sleep we burn energy breathing and digesting food. When you do any activity your energy requirements are increased. The higher the intensity the more energy you will burn.

During swim training your muscles burn energy to propel you through the water and allow you to breathe. Muscles have their own stored energy

supply called **GLYCOGEN** which comes from carbohydrate you eat in your diet. The more activity/exercise you do the more energy you will use up. This means that to provide enough energy for the body to swim train you have to eat extra food. Having the correct amount and type of energy in your muscles will help prevent fatigue and allow you to train well.

If you run out of energy your muscles become depleted of glycogen and it is physically impossible to continue exercising. The liver also contains a small amount of glycogen which is used to supply your brain with energy, when this is depleted your brain tells your muscles to stop working, causing exercise fatigue. Symptoms include dizziness, nausea, shakiness and a general jelly like feeling in your arms and legs, I'm sure you will have experienced these symptoms.

Where does energy come from:

All the food you eat contains different energy containing nutrients, these are:

Carbohydrate	3.75kcal/g
Fat	9kcal/g
Protein	4kcal/g

Carbohydrate may have the least amount of energy but it is the most useful to the exercising body. Muscles store a limited amount of carbohydrate in them as Glycogen, which comes from your diet. Fat is very energy dense, which means that it gives you a lot of energy in a small amount. The muscles cannot use fat efficiently to give you energy and rely predominantly on carbohydrate. Fat can be stored in an unlimited amount in the body in special fat cells. If you eat too much energy it is stored as fat. Protein is important in the body as it is used to repair muscles and tissues and also helps regenerate cells, support the immune function and generally keeps your body healthy. Protein should therefore not be used for energy as it is wasteful and adequate fat and carbohydrate should be eaten to enable protein to be used properly.

What's in the Food we Eat

Nutrient	How good is it for me?
Carbohydrates	*****
Protein	****
Fat	***
Fibre	****
Vitamins & Minerals	*****
Water	*****

To achieve a healthy or balanced diet food containing all or some of these nutrients should be eaten daily. In a swimmers diet some types of foods are better than others and have been given 5 stars.

Carbohydrates:

Simple/Sugary carbohydrates

Foods you find it in: Sugar, jam, preserves, sweets, biscuits, fizzy drinks.

Role in the body: These carbohydrates are taken up by the body into the cells very rapidly and are used for energy quickly. Short term energy supply.

Complex/starchy carbohydrates

Foods you find it in: Bread, potatoes, pasta, rice, and breakfast cereals

Role in the body: These are long lasting providers of energy. These foods are 5 star fuel sources and a very important to the exercising body particularly your muscles where it is stored as glycogen. Provide long lasting energy throughout the day.

Fat:

Foods you find it in: Fats from vegetable sources such as olive oil, corn oil are healthier than hard animal fats such as cheese, butter

animal fat.

Role in the body: Fats provide energy to the body however the muscles do not directly use it during exercise, and should be kept low in a swimmer's diet. In addition to energy fat also provides fatty acids and also carry the fat soluble vitamins needed by the body for good health.

Protein:

Foods you find it in: Chicken, fish, lean meat, milk and dairy products, beans, lentils, tofu, and Quorn. Wherever possible low fat foods rich in protein should be chosen, e.g. Semiskimmed milk, low fat yoghurt.

Role in the body: Protein is a building block food which provides the body with amino acids to build and repair tissues and organs such as muscles. Some protein is required at each meal. Most people eat more than enough protein.

Vitamins & Minerals:

Foods you find it in: The most important are vitamin C, iron and calcium. Good sources of these are citrus fruits, red meat and milk/dairy products respectively.

Role in the body: These are micronutrients, which are essential for health and well being and are found naturally in fresh foods.

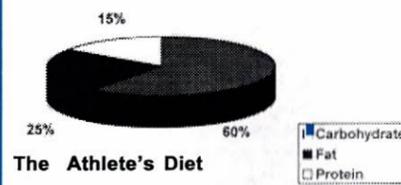
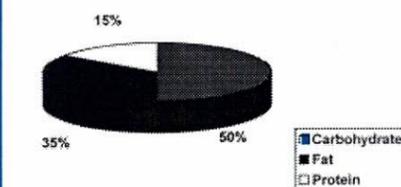
Fibre:

Foods you find it in: Fibre is found in carbohydrate foods, which are wholegrain (e.g. Wholemeal bread) and also in fruit and vegetables.

Role in the body: Fibre is important for general health and keeps the gut working well. In a swimmers diet some fibre is important however too much is not desirable, particularly during competitions.

Fluid:

The body is 65% water and has a very high requirement for fluid. Water is important to maintain the body's temperature during exercise and prevent the feeling of thirst. It is also vital to keep fibre working well in the body. Even a small weight loss during training due to loss of sweat severely impairs performance.



The graphs below show how much of these foods should be eaten by a swimmer compared to the general population.

The Non Athlete's Diet

Nutrition and Swimming: What to eat

To prepare your body for swimming you should arrive at training with a full fuel tank and have adequate fluids in your body. You should practice this during training to maximise your nutri-

tion, this makes it easier to get it right on a competition day.

Swim training can be gruelling with many early morning starts, this requires discipline and a well organised menu! As with many sports eating and drinking to optimise swimming needs to be planned and have adequate time gaps before exercise begins. It is safe to say that meals and snacks should be high in carbohydrates to enable the muscle cells to remain high in glycogen. It is important to eat and drink regularly throughout the day and avoid long gaps with no food or drink. Some people prefer eating small meals regularly throughout the day rather than 3 large meals. However often you choose to eat keep in mind that your diet needs to be high in carbohydrate every day. Outlined in the next few columns are ideas for healthy high carbohydrate meals and snacks. Try to ensure that at each meal you have a carbohydrate (starchy) food.

Menu Ideas

Breakfast

Glass fresh fruit juice
 Bowl breakfast cereal or porridge
 Semi-skimmed milk
 Chopped banana/raisins/apricots
 Toast White/Wholemeal bread
 Jam/Honey/Marmite

or

Raisin bread with jam

or

Toasted bagel with jam
 or low fat spread

or

Pancakes with maple syrup

Lunch/snack meal

Filled roll/sandwiches
 Low fat fillings e.g., chicken salad, egg mayonnaise (low fat),
 Lean ham and reduced fat cream cheese, edam/gouda with pickle
 Chicken tikka masala (low fat sauce), Tuna and sweetcorn.

or

Jacket potato with beans/low fat cheese/tuna salad
 Cottage cheese

or

Pasta salad with tuna/chicken/lean ham/sweetcorn/peas

or

Bread based pizza with low fat topping tomato sauce, chicken, mushrooms, sweetcorn

Dinner/main meal

You should aim to have large portions of the carbohydrate foods and ensure that with each meal you have a protein food. Vegetables are important and should be eaten with your main meal, particularly the high carbohydrate ones such as sweetcorn, sweet potato, parsnips.

Pasta any kind with low fat sauce e.g. tinned tomatoes onions, mushrooms, sweetcorn, tuna, chicken (grilled) lean meat, chick peas, low fat cheese grated

Rice dishes e.g. kedgerree,

Risotto with vegetables seafood and ham (paella)

Rice based curries e.g. lamb spinach in tomato sauce

Chilli con carne

Lasagne made with low fat sauce served with crusty bread and salad

Potatoes boiled or baked with chicken lean meat grilled / steamed fish, vegetables assorted

Grilled low fat sausages/Quorn burgers lots of mashed potatoes, peas/beans

Pizza thick bread base, tomato based topping plus any of the following: chicken, lean ham, tuna,

olives, mushrooms, sweetcorn, low fat cheese

Pudding

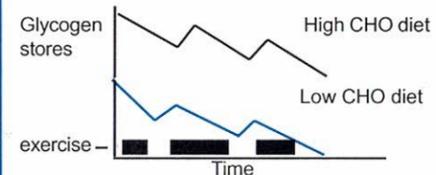
Low fat fromage frais/yoghurt
 Fresh or tinned fruit salad
 Dried fruits raisins, apples, apricots
 Pureed fruit with custard or ice cream
 Tubs of rice pudding or flavoured custard
 Apple and raisin crumble with custard
 Bread and low fat spread pudding
 Fat free sponge with custard
 Baked bananas with honey and low fat creme fraiche
 All custards should be made with semi-skimmed milk

Drinks to have with meals

Mineral or plain water
 Fruit squashes
 Fresh fruit juice diluted with water
 Semi-skimmed milk
 Tea/ weak coffee

What to when swim training ends:

Your muscles will burn carbohydrate mainly during your swim training. The higher the intensity of your training the more you rely on carbohydrate. Low intensity training which is long duration trains the muscle to burn both fat and carbohydrate. The speed at which you deplete your glycogen stores depends on the intensity that you are working. To replace this lost energy, muscles refuel or replace the glycogen best within the first two hours after exercise ends. To benefit from this you need to eat a high carbohydrate snack or drink within this time.



This graph illustrates what happens to muscle glycogen when you compete over several hours or days when following a high carbohydrate diet versus a low carbohydrate diet. The red competitor is at a huge advantage over the blue competitor as they have more fuel on board to allow their muscles to work hard without becoming fatigued.

Having appropriate snacks in your kit bag helps to ensure that you start the refuelling process as early as possible. Choose from the list below:

Carbo Rich List

(Kit bag ideas)
 Raisins/apricots/sultanas
 Rice pots
 Bagel with honey
 Muffins
 Hot cross buns
 Filled rolls/sandwiches with honey, banana
 Cereal/fruit bars
 Biscuits e.g. Jaffa cakes, fig rolls, garibaldi
 Fruit e.g. bananas, apples, pears
 Sports drinks.

When you refuel your muscles with glycogen you can predict how much carbohydrate is required by knowing your weight. Using this formula enables you to eat the required amount of carbohydrate within the first two hours after exercise ends. Try to become familiar with the carbohydrate content of the foods you like to refuel on. Look at nutrition labels and write down the carbohydrate levels.

Refuelling prescription: 1g carbohydrate per kg of body weight

Fluids- Are you Drinking Enough

Fluid is a vital component to every day health as 65% of your body is made up of water.

The average person needs 8 cups of clear fluid each day. When you exercise you require sometimes double this to keep you cool and replace the water you lose through sweating.

Swimming although water based still results in heat being produced from the energy you are burning and ultimately sweat production to keep you cool. Swimmers should take a water bottle to training and have it at the poolside to drink fluids throughout training.

This is something you may not yet be in the habit of doing - perhaps you could practice this over the coming weeks.

When to drink:

- Always drink before you feel thirsty, thirst is the body's last resort in letting you know that it is dehydrated.
- On competition days you should drink fluids every 15 minutes to ensure that you remain hydrated.
- During training stop and have regular sips of fluid especially throughout longer sessions.
- Finally when you have finished exercising drink from your water bottle regularly and do not allow yourself to feel thirsty.

What to drink:

- Water is a hypotonic drink which will replace the fluid you lose in sweat. It is slow to be absorbed into the body, however it is adequate to provide you with fluid only.
- Sports drinks are Isotonic which means that they are of equal concentration to body fluids. These drinks contain both water and energy in the form of carbohydrate. They are absorbed very quickly and will rehydrate you quickly.
- Fizzy drinks and some pre-packed cartons of squashes are Hypertonic which means that they are very concentrated and do not contain a lot of water. Drinks such as cola, lemonade do not rehydrate the exercising body quickly enough and can leave you feeling thirsty. They provide energy more than fluid and should only be taken several hours after exercise ends when you are fully rehydrated.

Useful Hints

- You can check how hydrated you are by checking the colour of your urine, pale straw colour urine is the colour to aim for.
- Try to avoid strong tea and coffee as these drinks cause you to pass urine more frequently so dehydrate rather than rehydrate you.
- Whatever you decide to drink to remain well hydrated, practice drinking during training sessions so that your body is accustomed to the fluid before you need to do it for real in competition.

Eating for Competition

You should consider your diet and fluids every day to optimise training, however, competitions require special planning. Try to be self-sufficient and take the food and drink you need for competition with you or in a large cool box in the club mini-bus.

The day before competition:

- Eat a high carbohydrate meal the night before competition. Base your meal on foods such as pasta, rice, potatoes, noodles, cous cous, or bread.

- If you are eating out and the menu is not high enough in carbohydrate, top it up by adding extra bread, bread rolls or pasta.
- Make sure that you never try any new foods in the night before competition always try it out in training first. Think about what you want to eat and drink the following competition day and plan ahead.

The competition Day:

- Eat a high carbohydrate low fat breakfast 2 hours before competition begins (morning start time)
- Have a water bottle with you and sip an isotonic drink regularly after eating up to 15 minutes before competition starts

Between Heats:

- Eating between heats depends on the length of time you have the following is a guide (remember to practice during training):
- 2 hours or more: you can enjoy a low fat high carbohydrate snack meal from list provided.
- 1-2 hours choose a light snack such as banana roll or fruit/cereal bars or low fat yoghurt. Continue drinking to top up energy levels.
- 1 hour or less it is best to stick with drinks rather than solid food, if you are accustomed to eating you could eat a banana or low fat yoghurt 1-hour before your heat. Any less and stick to liquids only, e.g. Diluted fruit juices, water, isotonic drinks.

After Competition Ends:

- Remember to replace energy within 2 hours after your day ends. This is particularly important if you have a long car/train/plane journey ahead. Make sure you have adequate food and drink for your travel time.
- Chose foods from the snack list to refuel with.
- Try to eat a main meal before you go to bed, this is particularly important if you are competing the next day again.

The Travelling Athlete:

It is important when travelling to competitions away from home that you consider your dietary needs for competition. As you know your diet should be high in carbohydrates everyday but it is particularly important in the few days prior to and throughout competition.

Team travel:

If you are travelling in a mini-bus or coach with members of your club it is a good idea to co-ordinate the food and drink you take. If you are going on a medium to long duration journey take a cool box with you in the bus so as you have access to cold drinks, fruit and fresh sandwiches throughout the journey. Try to avoid fizzy drinks, chocolate and crisps, as they should not be a big part of your diet at this stage.

Staying away from home:

If you are staying in a B&B or a hotel prior to competition ask your coach or parents to find out what time breakfast is served. Remember you should eat 2 hours prior to competition starting so you may need to organise an early breakfast. If you have particular favourite foods you like to eat on the day of competition remember to take them with you. Try to eat a breakfast that is normal for you.

Air travel:

Flying is not only exhausting but also dehydrating and it is important to drink regularly during your flight. Ask the attendants for mineral water and fruit juices regularly. Most airlines are very

accommodating if you tell them in advance that you are travelling to compete. Remember to order any special meals e.g. vegetarian if required prior to departure. You should also take with you on board a water bottle filled with either a dilute squash or an isotonic drink to ensure that you do not become dehydrated throughout your flight.

Foreign Countries:

In some countries dietary habits are very different from our own so it is worth finding out about the facilities where you are staying before departure. Many athletes take favourite foods such as breakfast cereals, crackers, oatcakes etc with them when competing abroad. Do not try lots of new foods as soon as you arrive as it may upset your stomach. Wait and be adventurous after you have finished your competition.

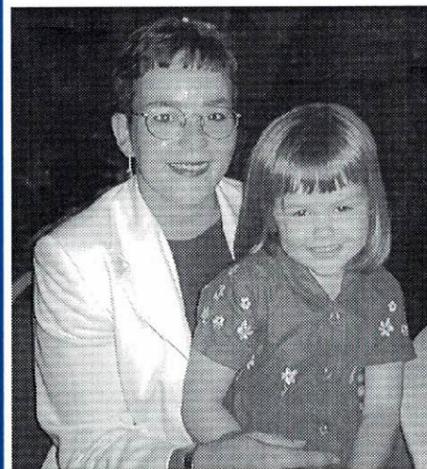
"A proper diet can't make an average athlete elite but a poor diet can make an elite athlete average." Costill 1983

NEW NATIONAL DEVELOPMENT OFFICER PIPPA MURPHY

Scottish Swimming is delighted to announce that **Pippa Murphy** has been appointed as their new National Development Officer for Swimming.

Pippa who is currently Swimming Development Officer for Ulster brings a wealth of experience to the post having worked extensively on club development in Northern Ireland, a key part of the post in Scotland. A graduate of Glasgow University with a BA in Leisure Management, Pippa has also worked closely with schools, developing school swimming, and the Youth Sport Trust in piloting sportparent.

Pippa joins the Scottish team at an exciting time for the sport as the Scottish Institute and Area Institutes start to have a real effect in the further development of the Sport under the direction of National Coach, Chris Martin.



New NDO Pippa Murphy with her niece.

NEW TITLE

My official title is now -
sportscotland swimming coordinator
Ian McGregor



Welcome Lindsay

The Swim Team's newest coach Lindsay Powell started work on Monday 25 October. Lindsay joined the other full time staff of chief coach Paul Remmonds and Bill Penny as Assistant Swimming Coach and Development Organiser. Lindsay is a former competitive swimmer who was a member of a bronze medal winning team at the World Student Games in 1970 and after returning to masters swimming set British, European and World records at 200, 400, 800 and 1500 freestyle.

Since moving into coaching in 1985 Lindsay has assisted at Barnet Cophall, been Head Coach at City of Derby and comes to Glasgow after a spell at Millfield School. During her coaching career Lindsay has attended many senior and junior international events with the GB team and she has been a member of the International Panel of Coaches since 1994.

Lindsay is also an experienced team manager and was selected as coach and assistant team manager on the GB backstroke camp in Vancouver, Canada in 1998.

This year Lindsay is Vice President of the British Swimming Teachers and Coaches Association and will become the Association's first woman President in Millennium year.

Paul Remmonds comments; "Lindsay has a proven track record coaching seniors and in producing young age group swimmers. "She has worked with a number of age groupers who have gone on to become junior and senior international competitors. "I am delighted to be able to bring this expertise to Glasgow to assist in our development programme."

GLASGOW SWIMMERS GO EAST

City of Glasgow Swim Team members take 14 medals at the East District Open Championships in Kirkcaldy

Swimmers from the City of Glasgow were in Kirkcaldy last weekend (6 - 7 November) to take part in the East District Open Championships in Kirkcaldy and came back with 6 gold, 2 silver and 4 bronze medals.

The highlight of the meet was a blistering women's 50 metre backstroke final in which Glasgow swept the board with Sarah Whiteford taking gold, Claire-Jane McPherson silver and Lindsay Ward the Bronze, Sarah Waterford also took golds in the women's 100 metre backstroke and the 50 metre freestyle events. Claire-Jane McPherson got the gold in the 200 metre individual medley and bronzes in the 100 and 200 metre breaststroke events. Lindsay Ward picked up a second bronze in the 200 metre backstroke. In the men's events Chris Brannan took silver in the 100 metre backstroke losing out in a close fought battle to England international Jamie Salter.

The City of Glasgow women stamped their mark on the relays taking gold in both the freestyle and medley events in a display of sparkling form.

Bob Dyett

ST THOMAS AMATEUR SWIMMING CLUB

Young talented swimmers age 11 years & under, representing 19 Clubs from Buckie to St Andrews competed at the "400" St Thomas ASC 10th Mini Age Group Swim Meet held at Arbroath Sports Centre on Sat. Sept 18. This meet was named the "400" Mini in honour of the town of Arbroath celebrating 400 years as a Royal Burgh. Angus Council was the Main Sponsor for the fourth consecutive year through their recreation services department. The boys 10 years 50 metres butterfly meet record 34.98 held by Ross McInroy, St Thomas ASC for seven years was broken during the heats by 78 hundredths of a second recording a time of 34.20 by Tom Lindsay, Aberdeen Dolphins, who also claimed the gold medal in the final. St Thomas's most successful swimmer of the day was Stracathro primary school pupil, Darryl Pace who was competing in the boys 9 years & under events, winning 2 gold medals, a silver medal, a fourth place medal plus he was a member of St Thomas ASC 'W' team who won the 4 x 50 metres freestyle relay gold. Darryl's big brother, Byron, a first year pupil at Brechin High, who holds five St Thomas ASC Mini Age Group Meet records, was one of the medal bearers during session one and he led the procession of medallists around the pool to the podium before Darryl was awarded fourth place medal in the breaststroke event. The three sessions of competition in a programme of 36 events produced some good swims and personal best times which was a reward for the many hours spent training in the pool, coached by dedicated voluntary teachers and augurs well for the future of Scottish swimming. St Thomas swimmers competed in 34 finals winning a total of 4 gold medals, 4 silver, 6 bronze, 4 x 4th, 10 x 5th and 7 x 6th medals.

Top Girl - Kelly Smith, Buckie
Top Boy - Robbie Renwick, Cults Otters
Top Club

1	Aberdeen Dolphins	133 points
2	Buckie	112 "
3	St Thomas ASC	107 "

Meet Director Gordon Pyper
Meet Referees Eddie Wilmott & Alex Smith

"400" St Thomas ASC 10th Mini Age Group Swim Meet - Saturday, September 18 at Arbroath Sports Centre
Main Sponsor - Angus Council

RESULTS

9 years & under

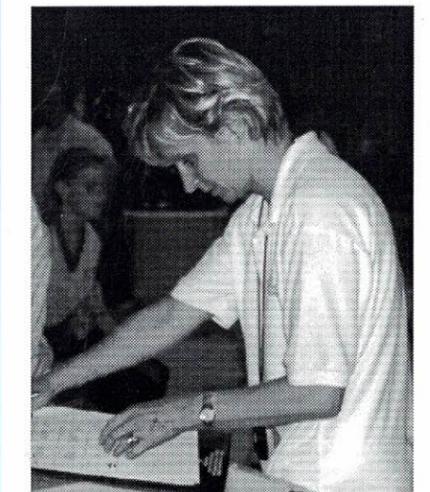
Boys	100 metres Individual Medley IM	Boys	50m Backstroke
1 Kerry Walker	Buckie 1:36.87	1 Darryl Pace	St Thomas 44.13
2 Marlies Nicholls	Montrose & District 1:37.45	2 Sean Breen	Bucksburn 47.42
3 Nicola Shand	Dyce 1:37.66	3 Matthew Smith	Perth City 49.91
Girls	100 metres Individual Medley IM	Boys	50m Butterfly
1 Sean Breen	Bucksburn 1:44.21	1 Marlies Nicholls	Montrose & District 46.09
2 Ross Watson	St Thomas 1:53.75	2 Nicola Shand	Dyce 46.88
3 Mark Dryden	St Thomas 1:58.75	3 Carrie Simpson	Cupar 47.40
Girls	50m Backstroke	Boys	50m Backstroke
1 Ashley Williamson	City of Dundee 43.37	1 Darryl Pace	St Thomas 44.13
2 Carrie Simpson	Cupar 43.67	2 Sean Breen	Bucksburn 47.42
3 Nicola Shand	Dyce 45.42	3 Matthew Smith	Perth City 49.91
Boys	50m Backstroke	Girls	50m Butterfly
1 Darryl Pace	St Thomas 44.13	1 Marlies Nicholls	Montrose & District 46.09
2 Sean Breen	Bucksburn 47.42	2 Nicola Shand	Dyce 46.88
3 Matthew Smith	Perth City 49.91	3 Carrie Simpson	Cupar 47.40



St Thomas ASC medallists

Boys	50m Butterfly	Boys	100 metres Individual Medley IM
1 Andrew Whitelaw	Perth City 44.80	1 Robbie Renwick	Cults Otters 1:20.98
2 Darryl Pace	St Thomas 45.59	2 Tom Lindsay	Aberdeen Dolphins 1:21.44
3 Sean Breen	Bucksburn 51.32	3 Nikki Smith	Buckie 1:21.57
Girls	50m Breaststroke	Girls	50m Backstroke
1 Marlies Nicholls	Montrose & District 48.87	1 Jade Gilruth	Perth City 38.75
2 Kerry Harris	Aberdeen Dolphins 50.83	2 Debbie Moore	Bridge of Don 39.43
3 Gemma McCallum	Montrose & District 51.26	3 Lisa Gordon	Dyce 39.86
Boys	50m Breaststroke	Boys	50m Backstroke
1 Stuart Barlow	Dundee Arnhall 52.40	1 Robbie Renwick	Cults Otters 36.07
2 Sean Breen	Bucksburn 52.46	2 Tom Lindsay	Aberdeen Dolphins 36.66
3 Alan Wightton	City of Dundee 52.68	3 Timothy Whitcombe	Aberdeen Dolphins 36.91
Girls	50m Freestyle	Girls	50m Butterfly
1 Nicola Shand	Dyce 38.51	1 Charlotte Watson	Cults Otters 38.58
2 Kerry Walker	Buckie 38.52	2 Jade Gilruth	Perth City 38.99
3 Carrie Simpson	Cupar 39.72	3 Laura McDonald	St Thomas 40.13
Boys	50m Freestyle	Boys	50m Butterfly
1 Darryl Pace	St Thomas 37.88	1 Tom Lindsay	Aberdeen Dolphins (heat 34.20 Meet Record) 34.92
2 Jordan Christie	Dundee Arnhall 39.20	2 Robbie Renwick	Cults Otters 37.07
3 Sean Breen	Bucksburn 39.55	3 Timothy Whitcombe	Aberdeen Dolphins 37.27
Girls	4 x 50m Freestyle Relay	Girls	50m Breaststroke
1	St Thomas ASC 3:08.40	1 Lisa Gordon	Dyce 42.48
Boys	4 x 50m Freestyle Relay	2 Charlotte Rigden	Cults Otters 42.60
1	St Thomas ASC "A" 2:45.80	3 Becky Barlow	Dundee Arnhall 43.85
2	St Thomas ASC "B" 3:17.41	Boys	50m Breaststroke
10 years	100 metres Individual Medley IM	1 Nikki Smith	Buckie 42.15
1 Kelly Smith	Buckie 1:31.50	2 Robbie Renwick	Cults Otters 44.11
2 Beverly Duncan	Aberdeen Dolphins 1:32.58	3 Darren Strachan	Montrose & District 44.70
3 Victoria Forsyth	Buckie 1:35.65	Girls	50m Freestyle
Boys	100 metres Individual Medley IM	1 Jade Gilruth	Perth City 33.81
1 Alan Benzie	Aberdeen Dolphins 1:27.99	2 Carly Stubbs	St Thomas 34.22
2 Struan Dewar	Cults Otters 1:29.77	3 Judith Kilgallon	Dundee Arnhall 34.45
3 Daniel Donald	Aberdeen Dolphins 1:33.39	Boys	50m Freestyle
Girls	50m Backstroke	1 Robbie Renwick	Cults Otters 30.73
1 Kelly Smith	Buckie 41.66	2 Tom Lindsay	Aberdeen Dolphins 30.79
2 Victoria Forsyth	Buckie 41.66	3 Nikki Smith	Buckie 32.03
3 Carla Plasberg-Hill	Bon Accord Thistle 42.85	Girls	4 x 50m Freestyle Relay
Boys	50m Backstroke	1	Dundee Arnhall 2:24.54
1 Alan Benzie	Aberdeen Dolphins 40.06	2	Aberdeen Dolphins 2:25.89
2 Struan Dewar	Cults Otters 41.20	3	St Thomas ASC 2:26.47
3 Jonathon Grieg	Aberdeen Dolphins 41.76	Boys	4 x 50m Freestyle Relay
Girls	50m Butterfly	1	Cults Otters 2:17.34
1 Jennifer Trodden	Perth City 41.93	2	Aberdeen Dolphins 2:19.02
2 Kelly Smith	Buckie 44.45	3	St Thomas ASC 2:23.80
3 Beverly Duncan	Aberdeen Dolphins 46.98		
Boys	50m Butterfly		
1 Kenneth Moore	Buckie 40.32		
2 Jonathon Grieg	Aberdeen Dolphins 41.72		
3 Struan Dewar	Cults Otters 42.30		
Girls	50m Breaststroke		
1 Jennifer Trodden	Perth City 44.00		
2 Sarah Brackenbury	Cupar 46.12		
3 Leanne Godsall	St Thomas 47.75		
Boys	50m Breaststroke		
1=Keith Simpson	Step Rock 46.89		
1=Scott Graham	Montrose & District 46.89		
3 Christopher Adam	Aberdeen Dolphins 47.63		
Girls	50m Freestyle		
1 Kelly Smith	Buckie 35.79		
2 Katie Ferguson	Forfar Falcons 36.07		
3 Jennifer Trodden	Perth City 36.20		
Boys	50m Freestyle		
1 Jonathon Grieg	Aberdeen Dolphins 35.29		
2 Alan Benzie	Aberdeen Dolphins 35.82		
3 Scott Lovell	Aberdeen Dolphins 35.86		
Girls	4 x 50m Freestyle Relay		
1	Buckie 2:34.19		
2	Aberdeen Dolphins 2:41.94		
3	St Thomas ASC 'A' 2:47.99		
Boys	4 x 50m Freestyle Relay		
1	Aberdeen Dolphins 2:30.43		
2	Bon Accord Thistle 3:04.79		
11 years	100 metres Individual Medley IM		
1 Jade Gilruth	Perth City 1:25.78		
2 Charlene McMahon	Aberdeen Dolphins 1:26.10		
3 Lisa Gordon	Dyce 1:26.93		

Kathy Geddes, St Thomas ASC Press Officer



Time Keeper Linda Woodburn checks her programme

SCOTTISH SENIOR ELITE SQUAD SELECTION TIMES 2000/2001

MALE	2000/2001 EVENT	FEMALE
23.40	50m Freestyle	26.49
51.82	100m Freestyle	57.72
1:53.60	200m Freestyle	2:04.70
4:00.19	400m Freestyle	4:21.11
15:48.38	800/1500m Freestyle	8:52.57
57.87	100m Backstroke	1:04.31
2:05.01	200m Backstroke	2:16.71
1:04.79	100m Breaststroke	1:11.94
2:19.72	200m Breaststroke	2:34.45
56.05	100m Butterfly	1:02.13
2:03.68	200m Butterfly	2:15.25
2:07.29	200m Individual Medley	2:20.08
4:29.83	400m Individual Medley	4:54.19

SELECTION CRITERIA AND POLICY

- Only swimmers achieving the above times will be considered for selection.
- The Scottish Senior Elite Squad will be selected on 18 August 2000.
- The following Long Course competitions will be used for selection:

British Grand Prix Leeds, Long Course 18/20 February 2000
 British Universities Long Course Championship 4/6 March 2000
 British Grand Prix Bath, Long Course 28/30 April 2000
 East District Long Course Trials 22 April and 20 May 2000
 British Grand Prix Final, Sheffield 26/28 May 2000
 Scottish National Age Groups, Edinburgh 22/25 June 2000
 European Championships, Helsinki June/July 2000
 Scottish Nationals, Glasgow 6/9 July 2000
 Olympic Trials, Sheffield 26/31 July 2000 (Date T.B.C.)
 European Junior Championships 27/30 July 2000
 ASA Age Group Nationals 31 July/5 August 2000
 Olympic Games, Sydney 15 September/1 October 2000
 Additional accredited Long Course Meets may be considered provided they are agreed in advance with the Director of Swimming.

- There are only a limited number of squad places. In the event of too many swimmers achieving the above times Swimming Committee reserves the right to improve the qualifying standards.

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



SCOTTISH JUNIOR ELITE SQUAD SELECTION TIMES

BOYS BORN			2000/2001 EVENT		GIRLS BORN	
1980	1981	1982	1983	1982	1981	
23.62	23.84	24.07	50 Freestyle	27.25	27.00	26.74
52.31	52.81	53.31	100m Freestyle	59.38	58.83	58.27
1:54.68	1:55.77	1:56.87	200m Freestyle	2:08.28	2:07.08	2:05.89
4:02.48	4:04.78	4:07.09	400m Freestyle	4:28.61	4:26.09	4:23.59
15:57.41	16:06.48	16:15.62	8/1500m Fr/style	9:07.87	9:02.74	8:57.64
58.42	58.98	59.53	100m Backstr.	1:06.15	1:05.53	1:04.92
2:06.20	2:07.40	2:08.60	200m Backstr.	2:20.64	2:19.32	2:18.01
1:05.41	1:06.03	1:06.66	100m Breaststr.	1:14.01	1:13.31	1:12.62
2:21.05	2:22.39	2:23.74	200m Breaststr.	2:38.88	2:37.40	2:35.92
56.58	57.12	57.66	100m Butterfly	1:03.92	1:03.32	1:02.72
2:04.86	2:06.04	2:07.24	200m Butterfly	2:19.13	2:17.83	2:16.54
2:08.50	2:09.72	2:10.94	200m Ind.Medley	2:24.11	2:22.76	2:21.42
4:32.40	4:34.98	4:37.58	400m Ind.Medley	5:02.64	4:59.81	4:56.99

SELECTION CRITERIA AND POLICY

- Only swimmers achieving the above times will be considered for selection.
 - The Scottish Junior Elite Squad will be selected on 18 August 2000.
 - The following Long Course competitions will be used for selection:
- | | |
|--|-------------------------------|
| British Grand Prix Leeds, Long Course | 18/20 February 2000 |
| British Universities Long Course Championships | 4/6 March 2000 |
| British Grand Prix Bath, Long Course | 28/30 April 2000 |
| East District Long Course Trials | 22 April and 20 May 2000 |
| British Grand Prix Final, Sheffield | 26/28 May 2000 |
| Scottish National Age Groups, Edinburgh | 22/25 June 2000 |
| European Championships, Helsinki | June/July 2000 |
| Scottish Nationals, Glasgow | 6/9 July 2000 |
| Olympic Trials, Sheffield | 26/31 July 2000 (Date T.B.C.) |
| European Junior Championships | 27/30 July 2000 |
| ASA Age Group Nationals | 31 July/5 August 2000 |
| Olympic Games, Sydney | 15 September/1 October 2000 |
- Additional accredited Long Course Meets may be considered provided they are agreed in advance with the Director of Swimming.

- There are only a limited number of squad places. In the event of too many swimmers achieving the above times Swimming Committee reserves the right to improve the qualifying standards.

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

SCOTTISH YOUTH SQUAD SELECTION TIMES

BOYS BORN			2000/2001 EVENT		GIRLS BORN	
1983	1984	1985	1986	1985	1984	
53.56	54.70	55.89	100m Freestyle	1:02.25	1:00.94	59.66
1:57.42	1:59.93	2:02.52	200m Freestyle	2:14.49	2:11.65	2:08.89
4:08.25	4:13.56	4:19.04	400m Freestyle	4:41.60	4:35.65	4:29.87
16:20.22	16:41.19	17:02.81	8/1500m Freestyle	9:34.37	9:22.22	9:10.45
59.81	1:01.09	1:02.41	100m Backstroke	1:09.35	1:07.89	1:06.47
2:09.21	2:11.97	2:14.82	200m Backstroke	2:27.44	2:24.32	2:21.30
1:06.97	1:08.40	1:09.88	100m Breaststroke	1:17.59	1:15.95	1:14.35
2:24.41	2:27.50	2:30.69	200m Breaststroke	2:46.57	2:43.05	2:39.63
57.93	59.17	1:00.45	100m Butterfly	1:07.01	1:05.59	1:04.22
2:07.84	2:10.57	2:13.39	200m Butterfly	2:25.86	2:22.78	2:19.79
2:11.56	2:14.38	2:17.28	200m Ind.Medley	2:31.08	2:27.88	2:24.79
4:38.89	4:44.86	4:51.01	400m Ind.Medley	5:17.28	5:10.57	5:04.07

SELECTION CRITERIA AND POLICY

- Only swimmers achieving the above times will be considered for selection.
 - The Scottish Youth Squad will be selected on 18 August 2000.
 - The following Long Course Competitions will be used for selection:
- | | |
|--|-------------------------------|
| British Grand Prix Leeds, Long Course | 18/20 February 2000 |
| British Universities Long Course Championships | 4/6 March 2000 |
| British Grand Prix Bath, Long Course | 28/30 April 2000 |
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| Olympic Games, Sydney | 15 September/1 October 2000 |
- Additional accredited Long Course Meets may be considered provided they are agreed in advance with the Director of Swimming.

There will be a maximum of 24 swimmers for the Scottish Youth Squad.
 In the case of more than 24 swimmers achieving the selection times, Swimming Committee reserves the right to improve the qualifying standards.

In the event of less than 24 swimmers achieving the qualifying times in the above specified long course meets, additional swimmers may be selected after 18 August 2000 provided they achieve a selection time in an accredited long course competition.

Winning Starts with Today

By Wayne Goldsmith
 Everyone wants to win on race day. Everyone stands behind the blocks wanting to win.

Some hope. Some pray. Some cross their fingers. Some rub their lucky swim cap. I hope this don't stuff up.

Some, not many, enjoy the quiet confidence of knowing that winning is possible because of the time and effort spent preparing for race day.

Everyone wants to **WIN THE RACE**. How many want to **WIN EVERY WORKOUT** just as badly?

National Youth Coach **Bill Sweetenham** often says to swimmers, "Winning tomorrow starts by winning today. To win *tomorrow's* race, first win *today's* training session. Will you be a better swimmer tomorrow because of what you did in training today?"

Here are a few tips on how to "win" workouts:

1. Arrive earlier than everyone else. Stretch for 15 minutes before anyone else arrives. If travelling or school commitments mean you can't get to the pool early, stretch in the bus, train or car on the way to training.
2. Make sure you have a drink bottle containing clean water or sports drink at every session. Drink regularly throughout the workout.
3. Be the first swimmer to get in the pool and start training. Start the first lap with a race quality dive or race start. Ask the coach to grade your dive out of ten for technical excellence.
4. Finish every repeat (including drills) with a legal, race quality touch. In free and fly this means no breathing inside the flags. In fly and breast this means an explosive, two-handed touch. In backstroke this means a powerful touch on a full stroke without looking at the wall. If swimming in a lane next to other swimmers doing the same stroke, make a conscious effort to race them from the flags to the wall on every repeat to practice your ability to win close race finishes.
5. Swim your warm up (and swim down) with the same attention to detail as you demand in the main set. Quality, explosive starts, aggressive turns, no breathing inside the flags, never breathing first or last stroke in fly and free, full underwater pull with every lap of breaststroke etc. Warm up and swim down means "GREAT SKILLS AND EXCELLENT TECHNIQUE DONE SLOWLY".
6. Challenge someone faster than you to a race every workout. It could be a kicking race. It could be a challenge based on skills and speed (ie who can swim the fastest lap with the fewest breaths-time added to number of breaths=total score and the lowest score wins). It could be a technique challenge (ie ask the coach to rate your drill efforts out of ten, then try to do it better and achieve a higher score). If you are a strong backstroker who is a weak butterflyer, challenge a strong butterflyer to a swimming (or kicking) race. Work on your weaknesses.
7. When swimming an effort in training, ask yourself four questions:
 - Could I do this with fewer strokes?
 - Could I do this with fewer breaths?
 - Could I do this with better technique?
 - Could I do this with better starts, turns and finishes?
8. Challenge yourself to do it better every time.
9. If you want to be the best swimmer in your club, your state, Australia or the World, you

must be the best swimmer in your **LANE** first. You must set yourself a higher standard than anyone else in your lane is prepared to. You must set a higher standard and more challenging goals than even your coach thinks possible.

9. Aim to do it to faster, with better skills and excellent technique **ESPECIALLY** when you are tired. Race day success will require you to swim fast when you are tired, under pressure and hurrying. Make training *more* demanding than race day. Deliberately make training *tougher* than the toughest race. Ask your coach if you can do a time trial at the end of training.

10. Believe that anything is possible. You *can* do PB's in training. You *can* swim 25 metres at maximum speed without taking a breath. You *can* kick 40 metres in your 50 metre PB swim time. You *can* do it. The words "I can't" usually mean "I am not prepared to try in case I fail".

There are no guarantees to success. You can however increase the *likelihood* of success by making training more demanding than you ever thought possible, attempting to do the impossible everyday and aiming to **win every workout**.

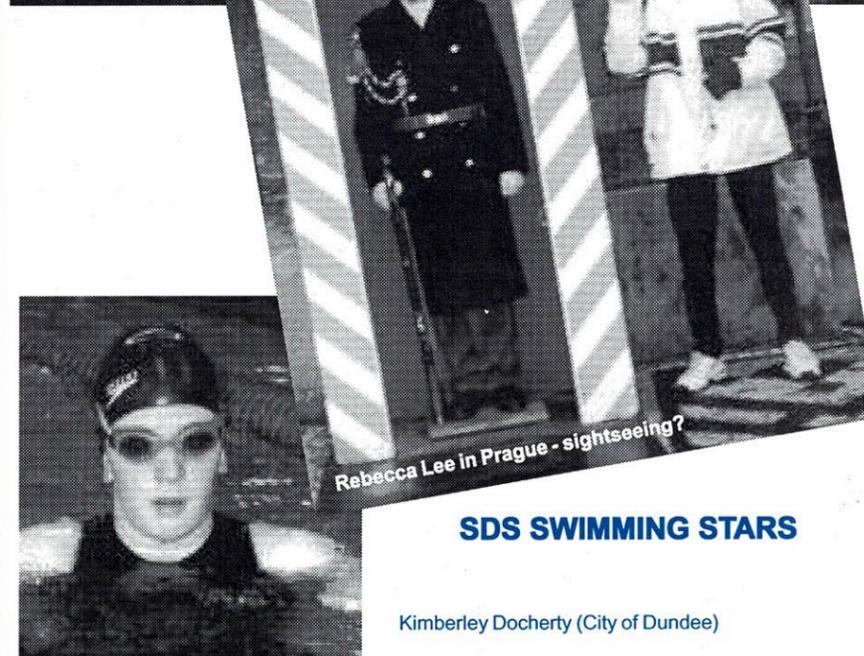
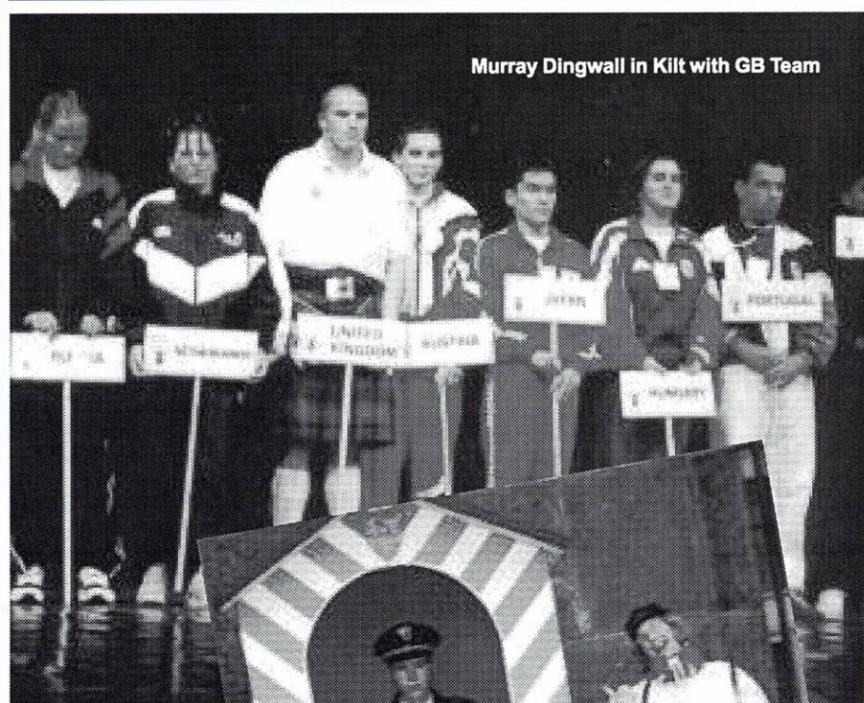
101 Tips for a SUPER SWIMMING SUMMER

By Wayne Goldsmith and Helen Morris

1. Train regularly
2. Always carry a drink bottle filled with water
3. If training in the morning, pack your swim bag the night before
4. Eat less fat
5. Eat more fresh fruit
6. Stretch every day – even if you are having a day off
7. Practice kicking
8. Thank your coach after each training session
9. Make a friend with a younger swimmer in your club - they look up to you
10. Breathe every two or three strokes in butterfly at training instead of breathing on every stroke
11. Touch the wall with both hands simultaneously at the end of every fly and breast lap
12. Don't breathe inside the flags
13. Drink less soft drink
14. Carry spare parts for your goggles
15. Carry a spare set of goggles
16. Wear shoes and socks to and from every training session
17. Take responsibility to set your own alarm if going to morning training
18. Take responsibility for drying your own wet swim gear
19. Get to training early and start stretching by yourself
20. Get more sleep
21. Watch less t.v.
22. Streamline past the flags in all strokes
23. Learn one new skill every week
24. Ask your coach for advice every day
25. Start your home work before afternoon training
26. Thank your parents for taking you to training
27. Don't pull on the lane ropes
28. Don't walk on the bottom of the pool when the coach isn't watching
29. Write your name on all your swim gear
30. Help put Club and squad gear away
31. Go to club nights and treat them seriously
32. Help your Club fund raise
33. Win Every Workout
34. Count your strokes without being told to
35. Shower after workouts and use conditioner for your hair
36. Turn your swim caps inside out after use and sprinkle them with baby powder to keep them in good condition
37. If you can, walk or ride your bike to training
38. Keep a log book
39. Get in the water the **FIRST** time the coach asks you to
40. Ask your coach for permission to lead the lane at least three times every week
41. Don't share drink bottles
42. Have something light to eat immediately after training when your body really needs it.
43. Do sit ups and push ups at home by yourself everyday - Start with doing 5, then do one extra every second day
44. Learn five motivational sayings that can help you get through tough times
45. Ask your coach to make it harder – not easier
46. Don't ask your coach if you can use fins in fly
47. Don't finish short of the wall – there are no Gold Medals for 48 metre swims
48. If you have a hero in the National Swim team, write to them and tell them
49. Set goals
50. Review goals
51. Set more goals
52. Never, ever quit
53. Learn from losing
54. Watch senior swimmers warm up at meets - Learn from the best
55. Cheer for your team mates at swim meets
56. Believe in yourself
57. Do a full, legal underwater breaststroke pull **every** lap of breaststroke in training
58. Eat more fresh vegetables
59. Say hello and smile to swimming officials - Without them, there can be no swim meets and they usually are giving up their time for nothing so you can race
60. Keep up to date with changes in national and world records
61. Double check Swim Meet entries
62. Wear clean team gear to every swim meet
63. Get any medications checked by a doctor to make 100% certain they don't contain banned substances
64. If travelling long distances to a meet, carry your first two meals with you so you are less likely to resort to junk food
65. Streamline
66. Take every opportunity to swim down the middle of your lane rather than circling
67. Learn to negative split (ie swim the second half of a race faster than the first half)
68. Be confident
69. Ignore 90% of what other swimmers tell you in the marshalling area
70. Congratulate people who beat you
71. Take your own nutritious food to swim meets
72. Don't smoke
73. Have an interest other than swimming
74. In the morning, wake your mum or dad and ask them if they can take you to training - Don't wait for them to wake you
75. **Never** challenge your coach in front of the rest of the squad (particularly in front of the younger swimmers). If you disagree with something, politely approach your coach after the session and discuss things sensibly. Challenging the coach in front of the team can only end one way – you lose!

76. Support your club captains
77. Don't follow too close to the swimmer in front of you in training - Allow at least 5 seconds space
78. Wear sunscreen at outdoor training sessions
79. Don't ask mum and dad for junk food or presents every time you do a PB - Do things better because you want to
80. Keep your head still in backstroke
81. Do kick sets with a goal - For example, kick 50 metres within 10 seconds of your best swim time, kick 40 metres in your 50 metre swim PB
82. Learn to enjoy longer swims - Endurance work lays the foundation for great speed and increased recovery ability
83. Swim medleys at meets
84. Remember your coach's birthday!
85. Improve your turns
86. Improve your starts
87. Improve your finishes
88. Don't look for short cuts
89. Learn to swim slowly
90. Always warm up
91. Always swim down
92. Take your dryland training as seriously as you take pool training
93. Learn to kick powerfully in both directions in fly
94. Do some long distance backstroke work - It teaches an early catch and good body rotation
95. Work on weaknesses - strengths can take care of themselves
96. Target weak events (females - medley, middle distance freestyle, backstroke, 200 metre form strokes: males - medley, back stroke, 200 metre form strokes) - Your chances of success are greater
97. Cut back on lollies, chips, chocolate and cookies
98. Edit your own music tapes with your favourite music to listen to before your race
99. Teach a younger swimmer in your club to do something better in their swimming
100. Clean your swimming bag out and replace any out of date, mouldy or smelly items
101. Finish your breaststroke kick with your feet together. SYNCHRO NEWS

8	2	GALLETLY Sandy WAR	18:25.82 13:57.80 9:28.82 5:01.36	17:48.21 13:19.11 8:50.94 4:23.02	17:10.44 12:40.66 8:12.59 3:44.88	16:32.12 12:02.07 7:34.24 3:06.61	15:53.20 11:23.29 6:55.71 2:28.42	15:14.80 10:44.81 6:17.48 1:50.15	14:36.26 10:06.97 5:39.18 1:12.31	34.91 19:01.81
6	3	CROMAR Campbell "IV	19:42.81 14:46.91 9:50.00 5:07.34	19:02.87 14:06.50 9:09.19 4:27.48	18:16.88 13:21.80 8:28.84 3:47.96	17:37.80 12:40.81 7:48.43 3:08.47	16:52.69 11:54.90 7:07.86 2:29.65	16:12.79 11:13.26 6:27.30 1:50.68	15:27.00 10:32.29 5:47.38 1:12.28	34.29 20:19.34
5	4	BLACK Stuart ALO	19:44.82 14:52.83 9:59.09 5:13.20	19:03.88 14:10.87 9:17.46 4:33.32	18:21.47 13:28.40 8:36.43 3:53.68	17:40.93 12:46.03 7:55.57 3:13.55	16:58.61 12:03.57 7:14.90 2:33.34	16:16.56 11:21.78 6:34.30 1:53.66	15:34.61 10:40.62 5:53.75 1:13.88	35.34 20:21.57
7	5	INNES Gillian SCB	19:47.91 14:55.07 10:03.23 5:16.13	19:05.78 14:13.27 9:22.15 4:35.51	18:23.95 13:31.20 8:40.99 3:55.20	17:42.25 12:49.59 7:59.99 3:14.52	17:00.71 12:07.89 7:19.13 2:34.36	16:19.29 11:25.97 6:38.08 1:54.17	15:37.24 10:40.50 5:56.88 1:14.63	35.82 20:28.72
1	6	NELSON Matt LOM	20:54.22 15:46.29 10:37.75 5:32.79	20:10.43 15:01.58 9:54.13 4:49.81	19:26.01 14:17.93 9:10.15 4:06.64	18:42.45 13:34.28 8:26.80 3:23.31	17:58.25 12:50.55 7:43.49 2:39.55	17:14.19 12:06.08 7:00.15 1:57.07	16:29.72 11:22.21 6:16.30 1:15.02	36.21 21:35.37
2	7	THOMSON Mike COG	21:36.46 16:16.40 10:37.75 5:45.59	20:51.25 15:30.64 9:29.63 5:01.06	20:05.57 14:45.64 8:45.14 4:16.59	19:20.27 13:59.86 7:59.53 3:31.81	18:34.84 13:14.31 7:14.68 2:46.94	17:48.36 12:29.57 7:14.68 2:03.26	17:02.25 11:44.96 6:30.28 1:19.06	37.48 22:19.90



SDS SWIMMING STARS

Kimberley Docherty (City of Dundee)

Nick Bonsall

Culter, Aberdeen
Age: 16
Club: Cults Otter/ COAST
Coach: Alastair Johnston
Main Stroke: Front Crawl
Best Time(s) 55.17 ;
1.59.45 ; 4.17
Hobbies: Playing Trumpet
and Piano



Carey Abel

Elgin, Moray
Age: 13
Club: Elgin
Coach: Stewart Haslam
Main Stroke: Front Crawl
Best Time(s) 1.02.46 ;
4.53.72
Hobbies: Hockey



Alasdair Hall

West Dunbartonshire
Age: 15
Club: West
Dunbartonshire ASC
Coach: Jack Daly
Main Stroke: Individual
Medley
Best Time(s) 2.17.14
Hobbies: Football, Golf,
Badminton



Nicola Baird

Dundee
Age: 14
Club: City of Dundee
Tayside Composite
Coach: Heather Albin
Main Stroke: Breaststroke
Best Time(s) 1.16.66 ;
2.45.11
Hobbies: Netball



Mark Johnston

Arbroath, Angus
Age: 16
Club: First Aquatics
Swim Team
Coach: Billy McGoldrick
Main Stroke: Freestyle
Best Time(s) 54.81
Hobbies: Football



Kirsty Balfour

Edinburgh
Age: 15
Club: Heart of Midlothian/
City of Edinburgh
Coach: Ally White
Main Stroke: Breaststroke
Best Time(s) 1.14.79 ;
2.43.03
Hobbies: Running,
Hill Walking



Robert Lang

Old Meldrum
Aberdeenshire
Age: 15
Club: Bon Accord Thistle/
COAST
Coach: Alastair Johnston
Main Stroke: Backstroke
Best Time(s) 1.02.54
Hobbies: Cinema



Rebecca Bolton

Sale, Cheshire
Age: 16
Club: Urmston ASC
Coach: Martyn Robinson
Main Stroke: Front Crawl
Best Time(s) 59.4 ; 27.5
Represented GB in Junior
European Championships
1998
Hobbies: Shopping, Art



SCOTTISH YOUTH SQUAD 1999

Ross Martin

East Kilbride
Age: 17
Club: East Kilbride
South Lanarkshire
Swim Team
Coach: Andy Figgins
Main Stroke: Breaststroke
Best Time(s) 1.05 ; 2.24.12
Scottish Junior Record Holder
Represented GB in European Youth Olympics 97
Hobbies: Electronics, Theatre Sound and Light



Rowena Cornish

Arbroath
Age: 16
Club: First Aquatic
Swim Team
Coach: Billy McGoldrick
Main Stroke: Backstroke
Best Time(s) 30.46 ;
1.05.28
Scottish Junior Record
Holder 50M SC/LC
Represented GB in European Junior Champs 99
Hobbies: Music, Walking



Lee MacDonald

Hants
Age: 17
Club: Unattached
Coach: Chris Martin
Main Stroke: Front Crawl
Best Time(s) 53.9 ; 1.57.85
Hobbies: Music, Basketball,
Football



Louise Coull

Cumbernauld
Age: 15
Club: City of Glasgow
Swim Team
Coach: Bill Penny
Main Stroke: Backstroke
Best Time(s) 1.04.75 ;
2.17.09
Scottish Junior and Senior Record Holder
Medalist in European Junior Championships 99
Hobbies: Dancing, Shopping



Darren Ward

Glasgow
Age: 14
Club: Unattached
Coach: Chris Martin
Main Stroke: Backstroke
Best Time(s) 1.02.45 ;
2.14.37
British Age Group Champion 99
Hobbies: Football, Rugby, Music



Lauren Greenshields

Peebles
Age: 15
Club: Peebles
Coach: Tim Jones
Main Stroke: Breaststroke
Best Time(s) 1.16.29 ;
2.42.40
Hobbies: Running



Christopher Whitcombe

Aberdeen
Age: 16
Club: Aberdeen Dolphins/
COAST
Coach: Alastair Johnston
Main Stroke: Front Crawl
Best Time(s) 4.12.51 ;
16.30.53
Hobbies: Basketball,
Tennis, Football



Kelly Hamill

Dunfermline, Fife
Age: 14
Club: Glenrothes ASC
Coach: Garrie Roberts
Main Stroke: Freestyle
Best Time(s) 1.01.32
Hobbies: Athletics, Dancing,
Playing Keyboard



Catrina Harkins

Airdrie
Age: 15
Club: Cumbernauld ASC
Coach: Danny McGowan
Main Stroke: Front Crawl
Best Time(s) 4.34.36 ;
9.22.84
Hobbies: Flute and Cornet



Sarah Henderson

Stirling
Age: 15
Club: Stirling ASC
Coach: Grant Robins
Main Stroke: Individual
Medley
Best Time(s) 2.27.90 ;
5.12.99
Hobbies: Socialising,
Football and General Sport



Sam Hunter

Berkhamsted, Herts
Age: 16
Club: Berkhamsted
Barracudas
Coach: Kevin Ayres
Main Stroke: Individual Mec
Best Time(s) 5.01.12 ; 2.24
Hobbies: Tennis and Running



Laura McGarvey

Johnstone
Age: 14
Club: REN 96
Coach: Graham Wardell
Main Stroke: Butterfly
Best Time(s) 2.25.93
Hobbies: Reading,
Cycling and
Listening to Music



Gemma Ritchie

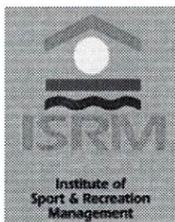
Kent
Age: 15
Club: Thanet Viking
Swimming/
Warrender Baths
Coach: Geoff Cocks
Ian Wright



Main Stroke: Backstroke
Best Time(s) 1.08.56 ; 2.23.22
Hobbies: Gym, Netball, Basketball, Hockey

Sally Pearce

Glasgow
Age: 14
Club: Cumbernauld ASC
Coach: Danny McGowan
Main Stroke: Breaststroke
Best Time(s) 1.17.85
Hobbies: Skiing, Water
Skiing



OPEN WATER 1999 REVIEW

By Ian D. McIntosh National Convenor

The Open Water curtain came down on Loch Morlich, 25th September, in an inaugural event for Juniors and Seniors under the auspices of the North District.

We started out some five months ago with expectations running high, but given the quality of the weather, things have not really lived up to the promise. Dogged by a jam-up of fixtures elsewhere we were deprived of any outside interest at Lubnag and on the river at Monifieth, though both were well attended by our own swimmers.

Loch Lubnag was graced by the presence of the President Robin Dale, who must of been sufficiently impressed by what he saw, for, despite being thoroughly soaked for his trouble, nothing daunted, he attended the Midland District Junior Open Loch Earn event a month later, when the weather was truly hospitable and he saw good performances from Scott McKenzie, Dundee Arnhall and Sarah Hughes, Lochaber. We appreciate his interest and it was nice to have one of the "High Heid Yins" (Editor's translation - "Senior Officebearers of the SASA") to present the trophies, as he did also at Lubnag. There Brian Bain completed his hat-trick and Denise Yates of Silver City Blues, headed the Ladies for the very first time. The Junior winners were Scott McKenzie and Naomi Murdoch, City of Dundee, on what was reasonable water conditions despite the atrocious weather overhead.

Monifieth saw Scott and Naomi feature first again in perfect conditions, although Sarah Hughes came with a strong finish.

The Castle Pier 500 yards dash, produced the Dundee Whitehall duo, Cheryl Dickson (11) and ten year-old Anthony Cura, with Aberdeen's Max Schneider proving a revelation on Breaststroke.

Loch Rannoch mid-August had the usual hardcore in contention, but the problem remains of how to attract greater interest. The Loch itself is somewhat desolate and when the weather blows its awesome thought to contemplate, perhaps it is too severe a test. Yet the past two years, bathed in sunshine, we are past the annual stage of having retrials. Brian Bain won in 3 hours 54 minutes 22 seconds, while Rachel Skelton of Rotherham Metro was first Lady in 4 hours 37 minutes 04 seconds. Colleen Blair recaptured her National title in 6 hours 01 minutes.

On the wider front, the Midland District and at club level, Ye AABA, held events between them which were all reasonably well attended and in particular the Tayport Cup in June, from Broughty Ferry to Tayport, 1 mile across the Tay did - but in fact did **not** produce a sensation when Paddy Hayes 40 year old record of 16 minutes was beaten by the two English Ladies who came first and second, but because they stayed approximately 20 feet off the wall it did not stand. Let's hope that it is not to be another 40 years!

Brian Bain City of Aberdeen Swim Team, won the BLDSA Windermere 10 mile Championship, with 8 minutes to spare over the second man, while the third placed was over an hour away. Without detracting, in any way, from Brian's victory, this was the poorest field both in quantity and quality I have seen in twenty years of

Windermere.

At Coniston, the following day, the Juniors took on the five and a half miles, but regrettably I have to say we were not in the hunt, although Sarah Hughes swam very well for Bronze while Naomi Murdoch was shortly behind her in fourth. Scott McKenzie came second in the boy's race but was up against a real flyer from Scarborough.

As a committee we have taken the view to concentrate on a youth policy, and to that end we decided to award a week training at La Santa, Lanzarote, to the most consistent Junior performers throughout the season. The swimmers involved are Scott McKenzie and Naomi Murdoch accompanied by Brian Bain and Barbara Brown Ye AABA as officials. We wish them well.

North District Open Water Swimming Championships

By Brian Bain

Open Water Swimming found a new venue for the last event of the Scottish calendar when the North District Championships moved to Loch Morlich on 25th September. The event attracted 15 entries who braved the chilly waters with seniors tackling a course of approximately 3½ miles and juniors 2 miles. Encouragingly, a number of the entrants were making their first excursion away from indoor competition.

Another promising sign was the number of organisations assisting in providing the essential safety cover for the event. This was also helped by the financial support provided by Det Norske Veritas who were sponsoring the event for the second year. The size of Loch Morlich meant that a circuit round a course of buoys was in order rather than the more conventional "straight line" course from one end of a loch to the other.



Silver City Blues were the most successful club winning the two senior championships through Denise Yeats and Brian Bain with Jane Thomson adding a silver in the ladies senior event. Bronze medal went to Morag Hughes of Lochaber who's daughter Sarah rounded off a good season by taking the junior women's title. Clubmates Claudia Rattray and Rebecca Baird from Upper Deeside put up impressive performances in their first open water competitions to take the silver and bronze medals respectively in the junior womens event. Runner-up in the Senior Men's event was Rick Wells from Easter Ross who was followed home by Terry Bailey of Deveron for the bronze medal. Terry was using this event as part of his preparations for an attempt on the English

Channel next year.

Open Water Training Camp

Preparations for next years season started early for Scottish Junior Champions Scott MacKenzie (Dundee Arnhall) and Naomi Murdoch (City of Dundee). Both were selected to attend a training camp at Lanzarote's Club La Santa sports complex in October. Pool sessions were combined with some work in open water with coaching provided by former Scottish Internationalists Robin and Paul Brew. The verdict - a lot of good hard work completed (and the water was a bit warmer than the Tay Estuary!).

GLENROTHES ASC

BATHGATE SPRINTS - WHITBURN

Saturday 18th September, 1999, saw a host of Glenrothes swimmers compete in the annual Bathgate Sprints held at Whitburn. With 8 Golds, 7 Silvers, 10 Bronze, 46 finalists and over 50pb's a very successful day indeed.

In the boys 14/15 age group, 15 year old **BRIAN BEATON** had an excellent day with 3 golds in the 50m B/C, Fly and Free. In the same age group **ALISTAIR MURING** won gold in the 50 Br and **JAMES THOW** won silver in 50m Br and bronze in the 50m Fly.

The girls 14/15 age group saw 14 yr old **AMANDA PAULINE** win two golds in 50m B/C and 50m Fly with bronze in 50m Free.

The girls 16/over saw **ALISON SHAND** win gold in the 50m B/C with team mate **KIRSTEN McLEAN** win silver in the 50m Br.

Meanwhile the girls 12/13 age group saw 12 year old **JACQUELINE THOW** win two bronzes in B/C and Fly, with **SIMONE O'CONNOR** also winning a bronze in 50m Br, whilst in the boys 12/13 age group **STEVEN ARBUCKLE** won bronze in the 50m Br. Young **SIMONE REDPATH** won bronze in the girls 11/under in the 50m Br as did **DAVID MUIR** in the boys breast. The boys 16/+ age group saw the **FOSTER TWINS** come home with a few medals with **ALAN** winning gold in the 50m Br and bronze in the 50 Free and Fly with **NEIL** winning two silvers in the 50 Free and 50 Br.

Other finalists were **IAN DAVIDSON**, **ANGUS PAULINE**, **DAVINA O'CONNOR**, **DANIEL BLACK**, **ALYSHA WHITTLE** and **JAMES ARNOLD**. The relay times in the 14/15 age group and 16+ both won silvers, whilst the Cannon relay team won Bronze. Altogether an excellent day of swimming for the Glenrothes swim club.

EAST DISTRICT

The East District Open swimming Championships were held in the Kirkcaldy, pool on Sat/Sun. 6th and 7th Nov.

14yr old Scottish Youth Internationalist **Kelly Hamill** from the Glenrothes A.S.C club showed her class with three golds, one silver, two bronze, five East District Age Group Records and eleven Senior and Junior East District titles. Kelly's first gold came in the 50m Butterfly where she finished in equal first in a new E.D. record time of 30.55 going on to again share first place in the 100m F/C with Scottish Elite swimmer **Kirsty Orr** City of Edinburgh equaling the E.D record of 1.00.22. Kelly's third gold came in the 200m B/C where once again she broke the E.D.

record in a time of 2.25.66. Kelly's silver came from a battle royal with Scottish team mate 15yr old Glasgow swimmer **Claire McGarvey** with Kelly being pipped for the gold by two hundredths of a second to win the silver in once again a new record of 2.22.95. Her two bronzes came in the 50m F/C 28.40 (new record) and 100m Butterfly in 1.06.75. The ladies Medley and F/C teams of **Christy Robinson**, **Kirsten McLean**, **Lucy Warren**, **Amanda Pauline** and **Kelly Hamill** won bronze in the F/C relay and Junior titles in both whilst the men's Relay teams of **Brian Beaton**, **Alistair Murning**, **Owen Taylor** and **James Thow** won both the Junior titles. Young 15yr old **Brian Beaton** made the final of the 100m B/C to take the E.D. Junior title whilst 15yr old **James Thow** finished an excellent 4th in the 200m Breaststroke in 2.36.66. 14yr old **Lucy Warren** picked up the Senior and Junior titles in the 800F/C whilst **Alan Foster** returned to some of his old form to win the bronze in the 50m Breaststroke and 4th place in the 100m Breaststroke. Altogether a very rewarding weekend of swimming for the Glenrothes club with five E.D. Records, 18 E.D. titles, three golds, one silver, four bronzes and a superb 17 P.B.'s an excellent early Christmas present. Meanwhile three Glenrothes swimmers and their coach have been selected to Represent G.B. in Strasbourg in the French Open Disabled swimming Champs in January.

INCAS SWIMMING SPRINT MEET

The annual Incas Sprint meet took place at the Carnegie Leisure Centre on Sat. 13th Nov. Glenrothes swimming club had a few swimmers competing coming home with two golds, 4 silvers, 5 bronzes, a total of 34 finalists and a magic 32 P.B.'s. In the 15yrs and over boys **Alan Foster** went home with a gold in the 50m Fly in 28.53 and a silver in the 50m Breaststroke in 32.64. Young **Steven Arbuckle** won gold in the boys 12yrs age group 50m Breaststroke in 39.37. Winning silvers in the girls 12yrs age group were **Jaqueline Thow** in 50m Fly plus two bronzes in 50m B/C and 50m Breaststroke. In the same age group **Alison Clark** won a silver in the 50mF/C. The girls 15yrs and over saw **Christy Robinson** pick up a silver in the 50m F/C whilst the boys 13/14yr age group had **Craig Aird** win bronze in the 50m Breaststroke with team mate James Thow winning bronze in the boys 15yrs and over 50m Breaststroke. Young **Ashley Warren** won a bronze in the 50m Fly in the girls 10/u age group. Other finalists were boys 10/u **Daniel Scott** girls 10/u **Lindsay McPherson** girls 11 yrs **Stephanie Mitchell** boys 11yrs **David Muir** boys 13/14yrs **James Dunbar** and **Derek Shultz** and boys 15yrs and over **James Arnold** and **Ross Dunbar**.

OH WHAT A NIGHT!

Sunday the 21st November saw the Fife Swimming Championships take place at the Fife Institute Glenrothes with the home team coming out tops in most areas. The presentations were made for the Fife Premier League with the Glenrothes club winning five out of the six age groups.

The Glenrothes club with four girls in the 12/11 age group 200m I.M. final made a clean sweep of 1-2-3. **Jacqueline Thow** taking the gold in 2.45.85 with team mates **Alysha Whittle** winning silver and **Alison Clark** in bronze with **Lauren Buckland** in 5th place. The boys 12/u saw three boys reach the 200m I.M. final with **Daniel Black** winning bronze and **Angus Pauline** in 4th and **Alistair Shultz** in 5th.

In the girls 13/14yr age group Scottish Internationalist **Kelly Hamill** won gold in 2.28.9 with East District National Squad member **Lucy**

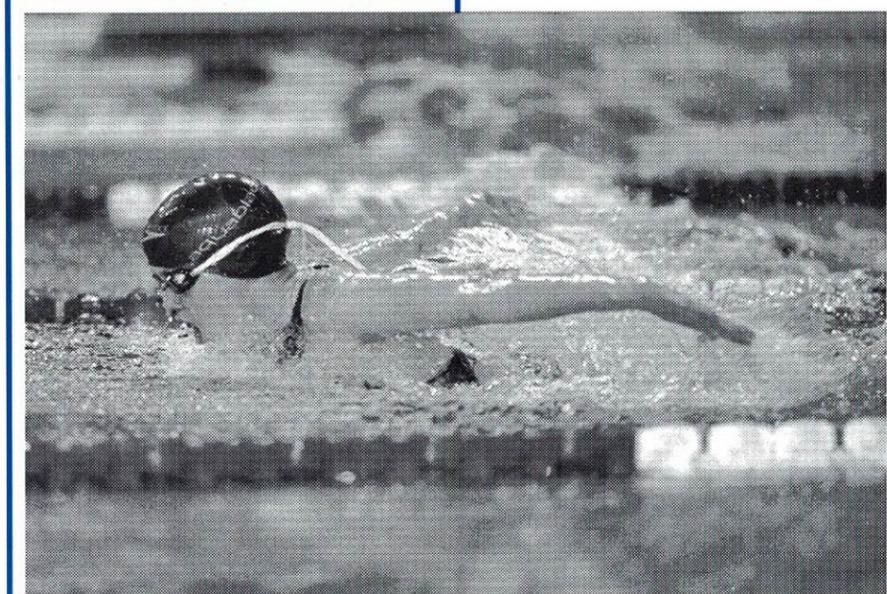
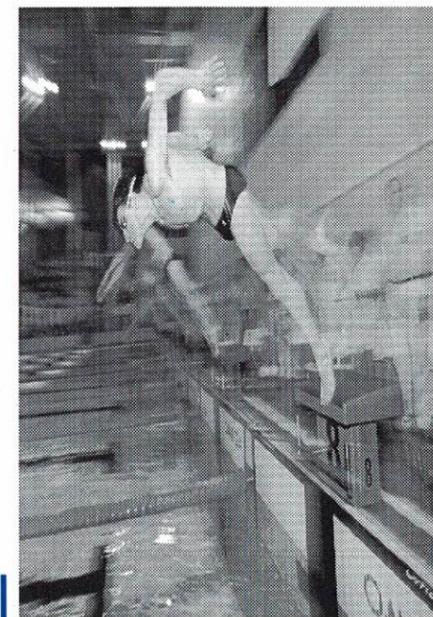
Warren in silver. Team-mate and East District National Squad member **Amanda Pauline** had to withdraw from the final with an injury. Owen Taylor gave a very spirited performance in the boys 13/14yrs age group, despite suffering from a bug, to win the silver in an excellent P.B. of 2.26.6. with team mates **Greig Young** in 5th and **Craig Aird** in 6th place.

The girls Open age group saw **Kirsten McLean** return to some of her old form with a silver whilst the girls 4 x 25m F/C relay team of **Lindsay McPherson**, **Alison Scott**, **Kelly Hamill** and **Tracy Wiscombe** won the gold with the boy's team of **Daniel Black**, **Angus Pauline**, **Brian Beaton** and **Alan Foster** taking the silver.

The girls Open Donn Trophy team of **Lucy Warren**, **Kirsten McLean**, **Kelly Hamill** and **Christy Robinson** came out easy winners whilst the boys team of **Brian Beaton**, **James Thow**, **Alan Foster** and **James Arnold** won the bronze in the Donald Trophy.

A total of 28 P.B.'s were achieved, another leap forward for this progressive club.

Garrie Roberts, Head Coach Glenrothes ASC



MORE PHOTOS FROM INVERNESS BY GORDON GILLESPIE

STO Team





First Scottish institute swimmers combine youth with experience

An amazing nine national records and a silver medal at last year's Commonwealth Games highlighted the resurgence Scottish swimming is currently undergoing. Leading from the front has been one of the country's most experienced swimmers, Alison Sheppard, who has gone on from Commonwealth success to register her best ever season with podium finishes already in the World Short-course and European championships. Today Alison joined one of Scotland's most promising youngsters, Louise Coull (15), as part of an elite group of 17 swimmers being named as the latest athletes invited to sign up for the new Scottish Institute of Sport.

The group includes five swimmers with a disability, an area in which Scotland is setting the pace at world level.

Announced as Scottish Institute of Sport athletes today were: (* athlete with a disability)

Name	Current Residence	Place of Birth
Jim Anderson (36)*	Broxburn	St Andrews
Cameron Black (22)	Carnoustie	Dundee
Kenny Cairns (41)*	Paisley	Paisley
David Carry (18)	Aberdeen	Aberdeen
Michael Cole (21)	Edinburgh	Dundee
Rowena Cornish (16)	Arbroath	Dundee
Louise Coull (15)	Cumbernauld	Glasgow
Ian Edmond (21)	Edinburgh	Beaconsfield
Andrew Jameson (18)	Aberdeen	Darlington
David Leith (19)	Edinburgh	Edinburgh
Andrew Lindsay (20)*	Cowdenbeath	Dunfermline
Kerry Martin (24)	Dunblane	Inverness
Margaret McLenny (34)*	Greenock	Greenock
Bryan Morgan (19)	Dunfermline	Dunfermline
Alison Sheppard (27)	British Columbia	Glasgow
Gregor Tait (20)	Edinburgh	Glasgow
Tracy Wiscombe (20)*	Burntisland	Kirkcaldy
Graeme Smith (20)	Stockport	Falkirk

They join the 20 top Scots from the sport of athletics - including Liz McColgan and Allison Curbishley - and five from judo - including World Champion Graeme Randall - who have so far been announced.

In total, around 200 top Scottish sportsmen and women from a range of sports are due to be announced as Scottish Institute of Sport athletes over the forthcoming months making them eligible for a wide ranging programme of support services.

Executive Director of the Scottish Institute of Sport, Anne Marie Harrison, comments, "Our swimmers with a disability have already shown Scots are capable of taking on the best in the world and winning. Alison Sheppard has also shown what can be achieved when a will to succeed is combined with access to the proper backup and facilities.

"Our job is to make sure that this success is repeated by more athletes and that the services we provide through the Institute builds towards the longer term development of the sport."

Chris Martin, National High Performance Coach for Swimming at the Institute, adds, "The swimmers we will be working with are a strong mix of those starting to, or already having, success at world level, and youngsters we think can exceed that success in the future.

"The particular areas we will be targeting will be programmes of sports science and medical support and in improving the quality of their training life.

"With the average age of Scotland's swimming squad at the Commonwealth Games only 20, we are looking at an exciting future ahead."

Paul Bush, Chief Executive of Scottish Swimming adds, "We are already seeing significant progress in Scottish Swimming since the appointment of the Institute Coach Chris Martin.

"The launch today of Scottish Institute of Sport athletes provides yet another exciting opportunity for Scottish Swimming to work in partnership with the new Institute towards the common goal of producing high level performance on the international stage.

"This will be further enhanced when the new lottery funded National Swimming Academy at Stirling University opens for business, providing a dedicated, quality Swimming facility with appropriate access and support services for both able and non able bodied athletes."

The Scottish Institute of Sport has been established to ensure that athletes are able to access a comprehensive programme of world-leading technical, scientific and personal support regardless of whether they are based in Scotland, the UK, or travelling the globe for world class competition.

Programmes will be developed on an individual basis and will include: coaching; sports science; preventative and reactive medical treatment; if appropriate warm weather, indoor and altitude training; expert conditioning advice; and career and education guidance.

Alastair Dempster, Chairman of **sportscotland**, comments, "In the past few days we have seen the excitement and passion sport can generate and its importance to the nation.

"There is a burning desire among the Scottish public for success and through the Scottish Institute of Sport in particular we want to make Scotland a nation of winners right across the sports spectrum."

- **Chris Martin**, originally from Pennsylvania, USA, is six times US National coach, including coach to the 1992 Olympic Team where he coached Nelson Diebel to gold. He also coached the GB 1998 World Championship Team and 1998 English Commonwealth Games Team.

- Scots won 12 of the 18 gold medals won by the GB team at the 1998 International Paralympic Committee World Swimming Championship in New Zealand, and are aiming for further success at next year's Paralympics in Sydney.

- In July 1999 **sportscotland**, through its Lottery Fund, announced a £2.75m award toward a £5.6m National Swimming Academy at Stirling University. The facility will be equipped with one of Scotland's few Olympic-length 50m pools with attached conditioning facilities.

- Alison Sheppard won silver in the 50m Freestyle at the 1998 Commonwealth Games in Kuala Lumpur and her bronze in the same event at the Europeans was not only a British record, but was also good enough for pre-selection for the Sydney Olympics.

- Graeme Smith's bronze in the 1,500m was the only medal by a Scot in any sport at the 1996 Atlanta Olympics.

- The seven core sports in the initial phase of the Institute are: Athletics, Badminton, Curling, Football, Hockey, Rugby and Swimming. In addition, the very top Scots performers from

other sports such as judo have been identified and will be invited to be part of the Institute and its programmes.

- The Scottish Institute of Sport will be part of the UK Sports Institute network.

- **sportscotland** lottery fund have earmarked £20m of support (£8m capital and £12m revenue) for the establishment and operation of the Scottish Institute of Sport over the next four years.

- 22% of the adult Scottish population regularly participate in swimming.

John Lindsay, Head of Media Relations, sportscotland,

Scotland's athletes to benefit from world class support network

The Scottish Institute of Sport announced the infrastructure today that will ensure world class support is available to our top sportsmen and women.

The overall delivery of services and the future development of programmes will be co-ordinated from the Institute hub which will re-locate from its current base in **sportscotland**'s Caledonia House, to a custom-built building on Stirling University's campus.

Services will be delivered to the athletes through six Area Institutes, the largest of these being in the west and east of Scotland - around Glasgow and Edinburgh - where two thirds of Scotland's top athletes are currently based.

At these two Area Institutes it is planned that major investment will be made in the facilities and services which will be needed to meet the needs of such a large proportion of the athletes, and to ensure that what these Institutes are delivering is truly world class.

In the West of Scotland, where preparations are well developed, it is envisaged that £400,000 will be invested through a mix of capital and revenue expenditure by the Scottish Institute in the next year alone.

Alistair Gray, Chairman of the Scottish Institute of Sport, comments, "With the hub, the challenge has been to find the right deal for sport that combined a suitable site to co-ordinate the Scotland-wide service provision to our athletes with the right learning environment for our coaches.

"The purpose built site at Stirling, and its central location, gives us that combination.

"The role of the hub will be to oversee co-ordination and development, however it will be through the Area Institutes that the delivery of these services will take place.

"With so many of our athletes based in the central belt it is essential that we place particular emphasis on making these delivery centres truly world class and establish them as flagships that set an example for the rest of the UK."

Alastair Dempster, Chairman of **sportscotland** adds, "The strength of the hub and network model is that in addition to providing support to our current crop of top performers, the Area Institutes will also have a secondary, yet equally vital role of developing potential in their local area. Giving people the chance to achieve their potential is one of the key aims of *Sport 21* - Scotland's national strategy for sport.

"Each Area Institute's close links with their local clubs and facilities, whether in Tayside, Grampian and particularly the Highlands, means they are all ideally placed to identify and help nurture what we hope will become our next generation of Scottish Institute athletes."

The hub re-location recommendation, made by the Board of the Scottish Institute of Sport and ratified by **sportscotland** members, was based on the flexibility of a new building coupled with Stirling's central location for each of the Area Institutes delivering the services.

Added to this was the easy access to training and learning facilities for coaches and athletes available through the adjacent University facilities, and the access to a cutting edge IT network and support.

Development of the hub site will be funded by Stirling Council in partnership with Forth Valley Enterprise and Stirling University, with the new facility expected to be operational by spring 2001.

Area Institutes are partnerships between agencies in each of the six geographical areas of: West Of Scotland; East of Scotland; Tayside; Central Scotland; Grampian and Highland. They are not single site centres but networks of people, facilities and services. These include Local Authorities, Universities, National Governing Bodies, Colleges, local sports councils, health boards and others.

Each Area Institute will help local athletes and their coaches by making it easier to get what they need at a local level. Each Area institute will be expected to provide services to the same standard at all UKSI sites.

Around £12m of Lottery support has already been earmarked by **sportscotland** over the next four years to deliver a range of services through the Area Institutes, in addition to £8m towards facilities.

Through lottery support, **sportscotland** has currently invested more than £25m in national (£16m) and regional facilities (£9m) across Scotland. These include: the National Golf Centre at Drumoig; National Swimming Academy at Stirling University; National Downhill Ski-ing Facility at Nevis Range; National Performance Centre for Judo at Ratho Quarry; Hampden Park; National Hockey Training and Performance Centre at Peffermill, Scotstoun and Grangemouth athletics facilities.

Earlier this month, the Scottish Institute of Sport led the way in the UK with the announcement of the first 20 of around 200 Scottish sportsmen and women to benefit from the new UK Sports Institute network. Names announced included Olympians Liz McColgan, Ian Mackie and Allison Curbishley.

The Scottish Institute of Sport has been established to ensure that a comprehensive programme of world-leading technical, scientific and personal support is available to our top performers regardless of whether they are based in Scotland, the UK, or travelling the globe for world class competition.

Programmes will be developed on an individual basis and will include: coaching; sports science; preventative and reactive medical treatment; warm weather, indoor and altitude training; expert conditioning advice; and career and education guidance.

The seven core sports in the initial phase of the Institute are: Athletics, Badminton, Curling, Football, Hockey, Rugby and Swimming. In addition, the very top Scots performers from other sports as diverse as judo, fencing, canoeing and squash have been identified and invited to be part of the Institute and its programmes.

Five full-time national coaches have so far been appointed for core Institute sports with rugby to be announced on Monday 1 November. They are: six times US national swimming coach, **Chris Martin**; world championship-winning curling coach, **Mike Hay**; former Commonwealth

badminton gold medallist, **Dan Travers**, Head Coach of the Women's Hockey Programme at the Western Australian Institute of Sport, **Steve Colledge** and former Commonwealth gold medallist, **Meg Stone** in athletics.

In addition, South African, **Dave Clark**, former national Fitness Coach with the Welsh Rugby Union has been appointed National Strength and Conditioning Coach with the Institute with responsibility for advising all Institute athletes and coaches.

The Board of the Scottish Institute of Sport is chaired by Alistair Gray and comprises of: Craig Brown; Ian McGeechan; Frank Dick; Peter Haining; Alison Ramsay; Ray Macfarlane; Bill Gammell; Alastair Dempster and Jim Calder.

John Lindsay, Head of Media Relations, sportscotland,



FEDERATION POST FOR LOUISE

Former Scottish swimmer Louise Martin, chair of the Commonwealth Games Council for Scotland, has been elected

Honorary Secretary of the Commonwealth Games Federation, the first woman in the Federation's 69-year history to hold an executive level position. Louise, from Dunblane, swam for Scotland in the 1962 Commonwealth Games in Australia.



MORE PICTURES FROM ST THOMAS 400 CELEBRATION MEET



Perth City Coach with some of her swimmers



Recorders, Lesley Smith and Kirsten Kilgallon



Some of the Aberdeen Dolphins swimmers



Computer operators, Paul Wilmott and Iain Phillips

SWIMMING TECHNICAL OFFICIALS NEWS

By John Stewart

Congratulations are extended to the following Technical Officials who received their Certificates Of

Competence during July to September 1999: -

Judges

Pamela Walker	North
Anne Keeble	North
Susan Mc Lachlan	Midland

Timekeepers

Helen Dunford	North
Jane Dewar	North
Alistair Struthers	North
Catrina Hendry	North
Ann Mowatt	Midland
Philip J. Keeble	North
Ged Carstairs	East
Joyce Summers	North
Evelyn Stephen	North
David Cumming	North
Carol Edwards	North

Registered Officials

As at 29th September 1999, the total number of registered Technical Officials are: -

East	140
West	117
North	254
Midland	74
Total:	585

We are now only 15 short of our target

Club Timekeeper Update

North	110
West	68
Midland	40
East	92
Total :	310

Minimum Amount of Technical Officials Required For Accreditation

At the S.T.O. Seminar held in Perth on 3rd October 1999, it was decided that the following is the minimum amount of Technical Officials required for the purpose of a meet being accredited:

Six Lane Pool

Official	No. Required
Referee	1
Starter	1
Judge	6
Timekeeper (with A.O.E.)	6
Timekeeper (no A.O.E.)	12

Eight Lane Pool

Official	No. Required
Referee	1
Starter	1
Judge	8
Timekeeper (with A.O.E.)	8

Timekeeper (no A.O.E.) 16

Ten Lane Pool

Official	No. Required
Referee	1
Starter	1
Judge	10
Timekeeper (with A.O.E.)	10
Timekeeper (no A.O.E.)	20

Referee's Meeting

The subject of signing Record of Poolside Duties Forms was discussed with regards to the Referee initialling the box which indicates S.A.S.A. or District Events. The National S.T.O. Convenor John Bruce agreed to the suggestion from Max Holland, that Level 1 and Level 2 events can in future be regarded as S.A.S.A. or District events, and the Record of Poolside Duties Forms may indicate such.

Please note that Level 1, Level 2, Level 3, and Level 4 Events were formerly LA1, LA2, LA3, and LA 4.

Election of Members to S.T.O. Committee

Eddie Wilmot (Midland District) was re-elected to the committee for a period of 2 years. John Stewart (West District) was elected to the committee for a period of 1 year.

Length of Session

The Swimming Committee presented the following guideline:-

Levels 1 & 2 (i.e. International, Nationals, District Events etc...)

3 Sessions x 3 Hours duration (including presentations)

Level 2 (i.e. League matches, Club Open meets, Graded meets, etc...)

3 Sessions x 2 Hours duration (including presentations)
2 Sessions x 3 Hours duration (including presentations)

Level 4 (i.e. Non Accredited Meets)

2 Sessions x 2 Hours duration (including presentations)
1 Session less than 3 Hours duration. (including presentations)

S.T.O. Awards

Congratulations to the following Technical Officials who received the above award from S.A.S.A. President Robin Dale at the S.T.O. Seminar in October 1999.

Roy Wilson (North District)
Margaret Robson (East District)
Pearl (Margaret) Mitchell (West)

A.S.A. Championships - Sheffield 1999

Eddie Wilmott was invited to attend the above Championships, here is Eddie's report for your information

"I was pleased to attend all eight sessions of this years A.S.A. Championships which also incorporated the European Trials. All aspects of accommodation etc were to the usual high standard.

The meet organising committee invited four technical officials from each of their districts in addition to officials from Scotland and Wales to ensure a fuller complement. Wales in future are considering sending judges/timekeepers to gain experience at such events instead of always sending referees.

During the event I acted as:

Stroke Judge	3 sessions
Turn Judge	2 sessions
Button Judge	2 sessions
Timekeeper	1 session

Malcolm Hill was Meet Director and Brian Eales Technical Director. This position appeared a direct replacement for our Meet referee. Two referees were appointed per day (heats and finals). This changed on a day to day basis and basically appeared to be a FINA listed referee along with an ASA FINA Trainee. The two appointed starters operated throughout all eight sessions. The one start rule was in operation, (caused one starter problems!). Briefing meetings were held prior to each morning session and were minimal. Minor adjustments were made as the event progressed and it was reassuring to note that Brian observed several points adopted "by the Scots and Welsh" and asked that these be adopted by the rest of the officials especially as meet was televised in part, i.e.-Turn Judges- a basic discreet nod of the head to the Chief Inspector of Turns to acknowledge an acceptable turn. Stroke Judges- walking the length of the pool when operating one per side and half the pool when operating two per side. Timekeepers- Standing at the referees long whistle at all times and operating watches even when no swimmer in a particular lane. Dress code- Meet polo shirts were **not** to be worn as over shirts.

Points of caution for us all:

Ensure the entire pool is suitably and correctly dressed before warm up takes place as we had the scenario that having completed only the first two heats of the first session a coach complained that

- The backstroke flags were not 5 metres from end wall
- The 15 metre markers were not in line

across the pool in consultation with the referees it was decided this all be checked.

- On checking it was apparent that the flag poles had been slotted into the wrong hole (two/three at each side)
- Competitors competing in backstroke were then given the opportunity to have an additional warm up before competing.

This as you can imagine delayed the session but more appropriately created a lot of untidiness visible to all.

Make sure that seats on the boom are not located close to the back edge to prevent officials getting unnecessary nasty falls, (two particular instances on the first day, one requiring five stitches to the back of the head)

In conversation with Lis Hartley she asked what, if any, improvements we could recommend and it was agreed that:

- our use of headsets
- our district judges slips (disqualification reason on reverse)
- And a copy of our Meet Referee document may be valuable.

A copy of the Meet Referee document and a few judges slips have been posted to Lis.

On the last day Malcolm and Brian concluded that the event had been a success and thanked everyone for their efforts.

I duly passed on my personal thanks and that of the SASA."

Eddie Wilmott 31 July 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
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Prestwick
South Ayrshire
KA9 1HN
Tel / Fax: 01292 474764

Midland District:

Vacant

East District

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Tel: 01560 492807 (H)
Tel: 0131 553 8327 (B)

North District

Doris Mair
2, Harvest Hill West Hill

Aberdeen
AB32 6PU
Tel: 01224 741701

S.T.O. Member

Eddie Wilmott
294, Ravensby Road
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Angus
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Tel: 01241 54853

S.T.O. Member

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

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
Carluke
ML8 5 SE
Tel: 01555 860816

3rd November 1999

Dear Editor

Re: Swim 2000 October 1999

Page 11 -'Complacency sets in'

The incident referred to by Garrie Roberts, where young Glenrothes swimmer Steven Arbuckle was disqualified at the ASA Age Group Championships in Coventry, clearly illustrates the distinction which still exists within the various rules, and interpretations thereof, within the constituent Countries of the GB Federation.

ASA Technical Swimming Rules in particular are quite specific, which requires swimmers and coaches involved being thoroughly conversant with the relevant rules and procedures in operation at any particular competition. As far as ASA domestic competitions and ASA Championships are concerned, they are held strictly under ASA Judicial Laws and ASA Technical Swimming Rules. The referee being duty bound to ensure all ASA Laws are enforced. As far as the start is concerned, the ASA is governed by ASA Rule 509.3.1 which provides: **"If after the command "take your marks" a swimmer leaves his starting place before or, is moving when, the starting signal is given it shall be a false start.**

And further, ASA 509.3.4 states:

When using the one start rule, any swimmer starting (leaves his starting place) before the starting signal has been given shall be disqualified - unless the Referee considers an external occurrence has caused some disadvantage to a swimmer.

A swimmer falling in would not be considered an 'external occurrence' and, in ASA Rules therefore, the referee has no option but to disqualify. FINA on the other hand, have determined from their Technical Swimming Rules the following interpretation for referees' at the start in one-start events and, after there has been a false start, in two start events:

"Any swimmer starting before the starting signal shall be disqualified, **except in extenuating circumstances, which shall be determined by the referee.**"

(FINA Technical Swimming Committee, Vancouver, Canada 14th June 1998)

This interpretation by FINA allows far more discretion to the referee, who shall be the sole

judge of circumstance, than does ASA Rule 509.3.1 which provides the ASA definition for a false start, and 509.3.4 which provides a no questions asked sanction for the offence. Within the FINA interpretation, "extenuating circumstances determined by the referee would not in my view be confined only to "external occurrences" but, could cover other circumstances arising at the start which were without malice, misconduct or disobedience. This could cover such circumstance as a swimmer who had genuinely overbalanced at the start.

Peter Syer

3rd November 1999

Dear Editor

Re: Swim 2000 October 1999

Scottish Masters News - Page 22 - Notes from ASA MASTERS NEWS.

Interesting as it was to read your item 'Notes from ASA Masters News', I have to say the information therein, albeit akin to ASA Rules, is somewhat behind the time in comparison to FINA Rules for masters competitions. Scottish swimmers and officials who may operate in England from time to time, will no doubt benefit from such information but, will however, require recognising that the ASA Rules as published, apply **only** to ASA domestic competitions. The ASA apply equally all of the technical swimming rules to Masters competitions, which only exclusion is, that they are required to be 25yrs or over.

Some effort by the ASA has been made to align their domestic technical swimming rules with FINA, but as yet they do still remain somewhat apart. The ASA are agreed however, that all FINA or LEN events held in England or, competitions held in England involving national teams and promoted by ASFGB, would be held under FINA Rules. A competition promoted by an affiliated body or held under permit may be held under ASA Judicial Laws and FINA Technical Rules of the discipline. All other competitions held in England shall be held under ASA Laws and ASA Technical Rules.

Unless these issues are made absolutely clear at the time, I feel there is some danger of readers confusing the information contained within one set of rules, for that properly contained in some other set. In the absence therefore, of any definitive SASA Masters Technical Swimming Rules, it should be clearly stated in such press articles that, competitions held in Scotland should apply **only** FINA Rules for Masters Swimming, and not perhaps expect rules or, interpretations contained in such articles, to be accepted or implemented readily into Scottish swimming event rules.

FINA Rule MSW 3.1 clearly already provides for mixed sexes and age groups in Masters competitions.

Effective also since 18th August 1998, FINA Rules for masters swimming have carried the following additional amendments to the Masters Technical Swimming Rules:

MSW 3.2 When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, **or in the water with one hand having contact with the starting wall.**

You should note of course that whereas the ASA rule is satisfied with 'the rail or side of the pool or other starting place with one or both hands', FINA requires contact with the

starting wall.
MSW 3.3 Any swimmer starting before the starting signal has been given will be disqualified.
 (Supersedes SW 4.1).

Since FINA SW 4.1 refers to a choice being given with regard to the start rule, the introduction of this new definition into **Masters rules** withdraws any choice and, in common with the open water swimming rules, **provides for only one start.** FINA have determined from their Technical Swimming Rules the following interpretation for referees' at the start in one-start events and, after there has been a false start, in two start events: **"Any swimmer starting before the starting signal shall be disqualified, except in extenuating circumstances, which shall be determined by the referee."**
 (FINA Technical Swimming Committee, Vancouver, Canada 14 th June 1998)

Peter Syer

Kinross Otters Club Championships. 1999

November 1999 saw the thriving Kinross Otters swimming club hold their annual club champs. and it went swimmingly well. Thanks must go to club President Barbara Constable for her superb arrangements, also to Bob Greenlees and Peter Syres who both refereed and a very large thank you to ALL the parents, poolside helpers and swimmers who made it an excellent championships. Kinross can boast of having an extremely healthy Masters/Seniors squad who were all involved and would welcome ANY senior swimmers along to their weekly training sessions at the Loch Leven swimming pool Kinross. Further info.contact pool.

Overall Winners below: Stroke Development

Girls	Boys
Amy Murray	Sam Robinson
Victoria Carruthers	Stuart Hunter
Ruth Miller	Gavin Black
Barracudas	
Zoe Fernie	Nicholas Price
Nikita Dyer	James Garvie
Ruth Lamont	David Barcroft
Dolphins	
Victoria Bale	Shaun McInnes
Suzanne Petrie	Christopher Glebocki
Sarah Menzies	John Harrison/Alisdair Croxton
6 Years	
Eleanor Reid	Charlie Black
Morag Gillies	Euan McLean
Shona Young	Ruairidh Watson
7 Years	
Hannah Farrington	Grant Webster
Gillian Shackleton	Aaron Purvis
Hannah Whiting	Grant Hay
8 Years	
Harriet Liddle	Adam Beattie
Lucy McFarlane	Rory Patterson
Jenny Drysdale	Ruairidh Kidd/Donald
Batchen	
9 Years	
T.S.B. Shield	Brizze Constable Trophy
1st Gemma McDonald	1st Andrew Clark
2nd Joanna Carson	2nd Jamie Kidd
3rd Valerir Wilson	3rd Christopher
Thompson	
10 Years	
Ward Award	McNight Trophy
1st Emily Ross	1st James Lawrie
2nd Linda Stevenson	2nd Alistair Hood
3rd Gabrielle Taylor	3rd Andrew Warren
11 Years	
T.S.B. Shield	
1st Kerstin Leslie	1st Kyle Crombie
2nd Heather Batchen	2nd Sandy Liddle

3rd Carolyn Smith	3rd Mathew Smith
12 Years	
East Blair Trophy	Andrew Carragher Trophy
1st Emma Ewen	1st Alan Boyd
2nd Mary Drysdale	2nd Russell Johnston
3rd Emma Lawrie	3rd Liam Garragher
13 Years	
Green Hotel Trophy	Dunblane Trophy
1st Sarah Lawrie	1st Paul Esparon
2nd Sharon Lamont	2nd Andrew Beggs
3rd Lesley-Anne Long	3rd Chris Heron
14 Years	
Belleisle Trophy	Camusfearna Trophy
1st Sophie Ross	1st Lewis Crombie
2nd Eilidh McGregor	2nd Ian Buchan
3rd Elizabeth Boyd	3rd Ross Brownlie
15-18 Years	Thomson Trophy
1st Rhea Ewen	1st Chris Carragher
2nd Michelle Roddy	2nd James Ross
3rd Gillian Marshall	3rd Alasdair Marshall

Linda Stevenson	Russell Johnston
Adult Otters	
Tricia Milne	Sean Roddy
	Raymond Milne
	Richard Crombie
OPEN I.M.	
	Nigel Ewen
	Alan Batchen

LOTTERY BID SUCCESS

Activ 8 the local authority initiative for sport in the former Grampian Area now consisting of Moray/Aberdeenshire and City of Aberdeen has again been successful in a Lottery Bid for the development of the Phase 2 Sports one of which is Swimming.

The initial concept for the bid was made by Swimming Co-ordinator Herb Still prior to his retirement and included Eric Simpson the North District Swimming Convenor. The Swimming Planning Group for Activ 8 headed by Ann Masson the Aberdeen City Swimming Development Officer has found a new co-ordinator in Andy Drummond.

The bid was on behalf of the North District National Squad to support and finance a Long Course Training Camp and Competition and will include the funding for the new National District Squad Programme.

This will allow the Squad valuable access to pooltime in Aberdeen's six lane Northfield Pool over the three weekends and access to classroom and land facilities.

The highlight is of course the funding of the entire squad of twenty four swimmers and team staff to a long course facility for training over a nine day period next Easter either in the UK or abroad and will include a three day Long Course Meet.

The Lottery Bid of £15,000 is for one year initially with options for three further years which would be at a reduced level.

The bid further allows funding for the appointment of a Head Coach/2 x Squad Coaches and Team Manager to oversee the entire programme reporting back to Activ 8 and the District Swimming Convenor. It is planned to bring aboard additional staff next year to shadow existing

appointed staff in order to develop and rotate staff over the next four / five years. With the new National District Programme imminent the funding will allow SASA North District to dovetail the Squad Programme between Pathways to Performance and the Scottish Youth Squad. The Coaching Staff appointed to the District Squad for the next three years are
Head Coach Alastair Johnson
Squad Coach Stuart Haslam
Squad Coach Ruth Gilfillan
Team Manager Andy Drummond
 It is hoped to appoint a second Team Manager and one further squad coach next year. All the positions are now funded by the Lottery Bid.

Eric Simpson

HONORARY MEMBERSHIPS

Guiseppe Lorenzo Filippelli, more affectionately known as "Flip", was named an honorary member of Swimming Canada, becoming only the second person to receive such elite status. Filippelli is Canada's top-ranked swimming official, serving as a volunteer since 1963, when he became president of the Lakeside Swimming Club in Montreal. Since 1970, he has been actively involved with Vancouver's Pacific Dolphins Swim Association.

A member of the FINA Technical Swimming Committee since 1988 the Vancouver resident has held a variety of positions within Swimming Canada, including serving as its president and chair of its rules and technical swimming committees. He has also officiated swimming events at all levels, including university, national and international competitions.

With the designation of Master Official to his credit, Filippelli has attended many world championships, Commonwealth and Pan American Games, as well as the past four Olympics. He holds the unique distinction of being the only Canadian to referee at the Olympics, doing so at the 1996 Atlanta Summer Games. One of the most dedicated swimming officials in Canada, Filippelli joins E. Allan Harvey, who was named last year, as the only two honorary members of Swimming Canada. (Since receiving this report news has arrived that Allan Harvey has passed away aged 89 years).

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SCOTTISH MASTERS NEWS

APPEAL TO THE HIGH COURT OF S.A.S.A.

Case of Andy Reid V Joe Phillips to be heard next month where serious allegations of cheating in the 50m freestyle (J Group) have been lodged by Mr. Reid and are listed as follows.

1. Why does HE always get the fast lane?
2. Why is HIS starting block 6" higher than mine?
3. Who does HE pay to spread silicone waggon grease on the end wall of my lane?
4. Why is my lane narrower than HIS?
5. Why is my lane half a metre longer than HIS?
6. Why does the electronic pressure pad in HIS lane stick out 3" from the wall.
7. Where does HE get all the money the night before a race to enable HIM to keep on saying "go on, have another beer, and another, and another?"
8. Main accusation laid before the Court is that it has been rumoured that HE trains hard and will surely be the most damning evidence against HIM.



The Accused Phillips

The above and further evidence will be presented when the case is heard and Mr. Reid is confident that the case will be found in his favour, while HE will be "sine die".

Editor's Reply

Dear Laird of Forfar,

Your case against Joseph Phillips has been duly noted and actions have been put in motion for the matter to be tried at the next suitable occasion.

Joseph will be represented by Scottish Brewers assisted by Glenmorange (to add spirit to the defence).

I understand you have two outstanding representatives viz. Bridie Forfar and Smokie Arbroath, to assist with the case against Joseph.

The twelve jury members will sample both prosecution and defence contributions for at least two weeks in order to arrive at a considered opinion.

Bill Black
Neutral Editor



SCOTTISH NATIONAL SHORT COURSE MASTERS CHAMPIONSHIP - 1500m FREESTYLE

27th November 1999 RESULTS 43 entries 40 competing.

Age Group	Sex	Name	Club	Est. Time	Act. Time	Rec
C	M	Brian Bain	Silver City Blues	18.45.00	18.39.89	
C	M	Campbell Cromar	Inverclyde Masters	20.00.00	20.19.34	
C	M	Stuart Black	Alloa Masters	20.00.00	20.21.57	
C	M	David Auchie	Kilmarnock	24.22.00	24.52.15	
D	M	Mike Thomson	City of Glasgow	21.59.00	22.19.90	
D	M	Frank McShane	Helensburgh	22.30.00	22.35.34	
D	M	Gerard Malone	Inverclyde Masters	28.00.00	24.02.88	
D	M	Iain Purchase	Motherwell Masters	24.30.00	24.20.89	
D	M	Max Dunbar	Glasgow Western	32.00.00	25.36.47	
E	M	Gordon Younger	Inverclyde Masters	26.00.00	23.55.41	
F	M	Matt Nelson	Lomond Masters	22.00.00	21.35.37	
G	M	Sandy Galletly	Warrender	18.50.04	19.01.81	
G	M	John Lynch	Silver City Blues	25.00.00	24.33.27	
G	M	Sandy Hunter	Alloa Masters	29.00.00	26.54.03	
H	M	Bruce Cook	Badaguish	29.29.00	25.18.39	SR
H	M	Alex McLeod	Glasgow Masters	40.00.00	44.58.20	
J	M	Joseph Phillips	Inverclyde Masters	25.00.00	23.20.00	SR
K	M	Ken McKay	Hamilton	29.00.00	25.24.33	
B	F	Gillian Innes	Silver City Blues	19.59.00	20.28.72	SR
B	F	Ursula Schulz	City of Glasgow	22.00.00	21.22.72	
C	F	Judy Hattle	Carlisle Masters	22.34.00	21.31.19	SR
C	F	Michelle McKnight	Inverclyde Masters	36.00.00	27.00.80	
D	F	Mary Docherty	Hamilton	23.02.28	22.55.08	SR
D	F	Andrea Gellan	Carnegie	34.30.00	24.47.89	
D	F	Julia Campbell	Glasgow Western	28.00.00	25.33.98	
D	F	Linda McNeill	Glasgow Western	35.00.00	31.16.03	
E	F	Audrey Cooper	Silver City Blues	25.30.00	22.34.81	SR
E	F	Elaine Fraser	Ren 96	28.00.00	27.35.85	
F	F	Evelyn Tivendale	Silver City Blues	28.48.00	27.18.39	SR
F	F	Arlene Morrison	Glasgow Western	32.00.00	27.58.30	
F	F	Christine McNair	Glasgow Masters	29.00.00	31.22.78	
G	F	Irene Allan	City of Glasgow	35.00.00	29.58.80	SR
H	F	Patricia Tait	Inverclyde Masters	36.02.00	34.47.29	SR
J	F	Flora Connolly	Heart of Midlothian	26.00.00	25.05.69	SR
K	F	Janet Stobie	Motherwell Masters	39.50.45	35.17.20	SR

PROGRAMME OF EVENTS

Event Number	Event	Gender
1	400m IM	Women
2	400m IM	Men
3	50m Butterfly	Women
4	50m Butterfly	Men
5	50m Backstroke	Women
6	50m Backstroke	Men
7	4 x 50m Freestyle Relay	Women
8	4 x 50m Freestyle Relay	Men
9	100m IM	Women
10	100m IM	Men
11	50m breaststroke	Women
12	50m breaststroke	Men
13	50m Freestyle	Women
14	50m Freestyle	Men
15	4 x 50m Medley Relay	Women
16	4 x 50m Medley Relay	Men

ALLOA MASTERS 15TH OPEN SWIM MEET Including the SCOTTISH 400M INDIVIDUAL MEDLEY

The next Alloa Masters Meet will be held at the Leisure Bowl, Parkway, Alloa on the 19th February 2000. The warm up -12.30 pm, starting 1.30 pm.

The format includes heat declared winners and medals plus a full results service. The social side has not been forgotten there will be a buffet and ceilidh after the meet.

Entry fee for the Scottish 400m IM - £3.00
An all in entry fee of £15.00 covers all other swims, buffet and ceilidh.

Closing date for entries is **15th January, 2000**.
Time cards and fees to be sent with entries.
For further information contact:

Nigel Grant
25 Kirkgate
Alloa
FK10 1EP
01259 213087

ACKNOWLEDGEMENT

National Convenor Donald Muirhead on behalf of the Scottish Masters Swimmers would like to express appreciation to all Officials who provided support and helped to make 1999 a very successful year.

A special thanks to all those who "mucked" in to overcome the shortage of officials at the 1500m event at Tollcross and helped to make the event a success.

Best Wishes for a Happy and prosperous 2000 to all Masters and Supporters

CALENDAR DATES

19 February, 2000

Alloa Masters Swim Meet - incorporating Scottish Masters 400m Individual Medley Championships

4 or 11 March, 2000 (to be confirmed)

5000m Freestyle - Tollcross Park Leisure Centre, Glasgow

12 / 13 May, 2000

Scottish National Masters Championships
Scotstoun Leisure Centre, Glasgow

CALENDAR OF MASTERS EVENTS

Donald Muirhead will be circulating the Masters Calendar for Y2K to every registered Master Swimmer in January.

ENTRY FORMS

With the exception of the Glasgow Masters International Meet all flyers/entry forms for Scottish events will be available as a package from the SASA Office or Scottish Masters Website - <http://www.hishowff.demon.co.uk/>

LOTTERY

MASTERS Swimmers - Have you or your club submitted an application for Lottery Funding yet!!!!

For further information or advice contact:
Joseph Phillips (Masters Committee)
Tel: **01475 724 753 (daytime)**
Successful clubs to date:

ISLAY MASTERS
PERTH MASTERS
INVERCLYDE MASTERS

SOS

National Convenor Donald Muirhead wishes to contact any Masters Swimmer who is either employed in the Marketing/Communications field or has a personal interest. Please contact Donald at : Tel: 01475 520 440

MYSTERY

A van was observed in the vicinity of the Laird of Forfar's mansion with a load of wood. Is he manufacturing weapons or swim aids for Master? It may be walking aids(sticks)?

LANE RAGE

Matt Nelson was the victim of "Lane Rage" at a training camp in Lanzarote. A Spanish swimmer who wanted to swim in the opposite direction went berserk when Matt tried to reason with him and Matt got assaulted with a broom handle for his trouble!

TOP TEN SCOTTISH RECORDS

Orders are now being taken at the SASA Office (contact Joan Davies) for the 1999 Scottish Masters Top Ten. The booklet will be available from 24th January, 2000.

RECORD CERTIFICATES

Holders of Scottish records broken in 1999 can obtain an official Record Certificate at a cost of £3.00 per certificate including postage. Requests to be made to National Convenor Donald Muirhead no later than 26th February, 2000

SCOTTISH MASTERS 1500m Freestyle Championships - Split Times

Ln	Rk	Name	1500m	1450m	1400m	1350m	1300m	1250m	1200m	
7	1	MALONE Gerard	23:17.82	22:29.23	21:39.98	20:50.97	20:02.30	19:13.62	18:23.81	42.32
		INV	17:35.02	16:44.99	15:56.54	15:07.36	14:18.24	13:29.07	12:39.94	
			11:51.87	11:02.98	10:14.96	9:26.40	8:37.74	7:49.11	7:00.50	
			6:11.86	5:23.40	4:34.66	3:46.94	2:59.27	2:11.73	1:25.40	24:02.88
10	2	CONNOLLY Flora	24:15.17	23:24.29	22:32.99	21:42.49	20:51.88	20:00.64	19:10.07	43.81
		HEA	17:28.25	16:38.45	15:47.54	14:56.46	14:05.91	13:16.32		
			12:26.09	11:34.72	10:44.47	9:53.87	9:03.68	8:13.75	7:23.54	
			6:33.40	5:42.94	4:52.97	4:01.70	3:11.61	2:21.07	1:31.32	25:05.69
2	3	COOK Bruce	24:32.45	23:41.18	22:49.36	21:57.45	21:05.40	20:12.65	19:20.35	44.64
		BAD	18:28.10	17:35.95	16:44.56	15:53.24	15:02.53	14:12.40	13:21.63	
			12:31.32	11:40.56	10:49.87	9:59.71	9:09.80	8:18.30	7:25.81	
			6:35.45	5:44.62	4:54.21	4:04.20	3:14.14	2:23.56	1:33.55	25:18.39
3	4	MCKAY Ken	24:38.58	23:49.34	22:57.36	22:05.34	21:12.86	20:22.21	19:28.77	43.37
		HAM	18:36.91	17:43.97	16:50.53	15:59.58	15:05.97	14:15.00	13:22.81	
			12:31.20	11:40.48	10:49.92	9:57.22	9:06.38	8:13.95	7:23.47	
			6:31.96	5:40.78	4:49.93	4:00.86	3:10.51	2:22.77	1:32.00	25:24.33B
9	5	CAMPBELL Julia	24:44.66		23:00.78	22:09.58	20:25.86		19:33.22	
		GLW		17:49.59	16:57.74	16:05.26	15:12.91	14:20.94		
			12:36.62	11:45.01			9:11.02	8:19.53	7:28.42	
			6:36.84		4:54.78			2:22.89	1:32.74	25:33.98
4	6	HUNTER Sandy	26:00.48	25:05.05	24:11.33	23:17.80	22:20.77	21:25.87	20:29.70	43.61
		ALO	19:35.39	18:40.43	17:45.72	16:50.82	15:56.66	15:01.90	14:07.81	
			13:13.91	12:19.19	11:24.05	10:28.64	9:34.51	8:39.81	7:45.01	
			6:51.80	5:57.79	5:05.54	4:11.18	3:17.75	2:24.80	1:33.47	26:54.03
6	7	TIVENDALE Evelyn	26:29.09	25:35.34	24:41.94	23:48.66	22:53.72	21:59.22	21:03.70	48.10
		SCB	20:07.66	19:11.71	18:16.57	17:21.18	16:24.67	15:28.75	14:34.12	
			13:38.40	12:41.80	11:45.16	10:49.70	9:54.05	8:58.51	8:03.39	
			7:08.15	6:13.06	5:18.26	4:23.97	3:30.19	2:35.64	1:41.44	27:18.39
8	8	FRASER Elaine	26:41.83	25:46.79	24:52.17	23:56.39	23:00.63	22:04.65	21:08.27	47.76
		REN	20:11.97	19:15.66	18:19.56	17:23.11	16:27.07	15:30.08	14:34.06	
			13:37.51	12:41.77	11:45.51	10:50.56	9:54.26	8:58.68	8:03.38	
			7:08.19	6:11.70	5:16.83	4:22.07	3:28.29	2:33.88	1:40.25	27:35.85
5	9	MCNAIR Christine	30:20.65	29:16.35	28:12.28	27:09.09	26:05.42	25:01.72	23:58.60	52.71
		GLM	22:54.51	21:50.78	20:48.20	19:46.21	18:43.52	17:41.56	16:39.35	
			15:36.61	14:34.12	13:31.87	12:29.08	11:25.73	10:22.42	9:18.70	
			8:13.82	7:09.94	6:04.44	5:00.86	3:56.54	2:53.69	1:51.60	31:22.78E
10	1	SCHULZ Ursula	20:43.26	20:00.82	19:17.86	18:34.21	17:50.92	17:06.85	16:23.87	38.17
		COG	15:40.23	14:57.10	14:13.41	13:30.11	12:46.82	12:03.38	11:20.69	
			10:36.99	9:53.67	9:10.53	8:27.33	7:44.11	7:00.89	6:17.65	
			5:34.68	4:52.01	4:09.01	3:26.35	2:43.52	2:01.16	1:18.80	21:22.72
8	2	HATTLE Judy	20:50.19	20:07.22	19:23.75	18:40.17	17:56.61	17:13.09	16:29.61	39.05
		CAR	15:46.09	15:02.71	14:19.18	13:35.61	12:52.95	12:09.38	11:26.03	
			10:42.89	9:59.73	9:16.81	8:33.16	7:49.77	7:06.82	6:23.82	
			5:40.36	4:57.06	4:14.00	3:30.99	2:47.74	2:04.36	1:21.72	21:31.19
2	3	COOPER Audrey	21:49.72	21:03.81	20:17.56	19:31.80	18:45.74	18:00.15	17:14.36	40.93
		SCB	16:28.61	15:42.93	14:57.54	14:11.88	13:26.52	12:41.06	11:55.83	
			11:10.48	10:24.85	9:39.51	8:53.16	8:08.41	7:23.20	6:37.93	
			5:52.98	5:08.14	4:23.21	3:38.27	2:53.75	2:09.17	1:24.54	22:34.81
9	4	MCSHANE Frank	21:52.19	21:06.55	20:20.55	19:35.05	18:49.01		17:18.10	40.04
		HEL	16:33.35	15:46.53	15:00.90	14:15.01	13:29.45	12:43.70	11:58.00	
			11:13.09	10:26.67	9:41.24	8:55.48	8:10.46	7:25.04	6:39.10	
			5:53.90	5:08.50	4:23.10	3:37.85	2:53.14	2:08.13	1:23.24	22:35.34
7	5	DOCHERTY Mary	22:10.41							

DISABILITY SWIMMING

by PAUL NOBLE

After a successful summer at both domestic and international level Scottish swimmers with a disability entered the winter season in great form.

Top of the bill were four of our swimmers who headed off with the Great Britain team to Prague from the 9th to the 12th of November for the World Championships for swimmers with a learning disability.

Top medallist yet again was **Tracy Wiscombe** who has had an incredible year of success and these championships proved to be no exception. No less than five individual gold medals came back with the Glenrothes ASC swimmer for 200m IM, 50m Freestyle, 100m Freestyle, 200m Freestyle and an amazing world record swim in the 800m Freestyle where she also broke the European record for 400m on her way. Another superb set of results from the swimmer who has conquered everything in recent years. Tracy was again pushed all the way by GB team mate Emma Mounkley from Stockport Metro. Mounkley did have her moment of glory however, touching out the Glenrothes swimmer in the 50m Butterfly to set a New World record in the event, 0.21 faster than Wiscombe's time set earlier this year.

These two girls yet again successfully teamed up with **Rebecca Lee** (Glenrothes ASC) and **Kimberley Docherty** (City of Dundee) to take gold in both the Freestyle and Medley Relays, repeating their feat from this summer's European Championships. Both girls also performed well individually both making the final in the 50m Backstroke, and Rebecca in the 50m and 100m Freestyle.

The only Scottish male in the team was **Murray Dingwall** from COAST. Murray worked hard (on his suntan?) at his preparation camp in Lanzarote, and it paid dividends. He was the bronze medallist in 50m Butterfly at the European Championships this year, but in Prague he took the top prize with gold in a new British record time - a great result for the big man from Stonehaven. He backed this up with a strong silver medal in 100m Breaststroke, and joined three others in the relay teams which took gold in the Freestyle relay and bronze in the Medley.

Overall, a very successful event for the GB team who, although they were helped by the absence of the Australians in the competition, dominated the medal table with 12 golds, 8 ahead of next placed team Hungary.

Our four European champions with a physical disability this summer were off on their travels again. They headed down under to Australia in October with the GB team for a training camp in the Gold Coast (the location of the British Olympic pre games camp next year) followed by the Southern Cross Games held in the 2000 Olympic Pool in Sydney.

It gave them an opportunity to test out the venue prior to the Paralympics next October, and also to see how the rest of the world were performing after seeing off the best in Europe in Germany in August.



Scotland's new world record holder **Margaret McEleny** with **Murray Dingwall** Scotland's only man in the Prague team.

Maggie McEleny, Scotland's swimmer of the year, was again one of the stars of the show with gold medal performances in her three events. She touched first in 50m Breaststroke, 150m IM and capped it all with a superb new world record in the 100m Breaststroke. Unfortunately the 100m Breaststroke will not be a Paralympic event for Maggie's classification next year, but she has dominated the other two events since the Atlanta Games in 1996 and must be looking forward to Paralympic year with every confidence of striking gold when she returns to Sydney in eleven months time. Her Port Glasgow team mate **Kenny Cairns** and fellow Scottish veteran **Jim Anderson** from Broxburn were also unbeatable in their respective events. Kenny took gold in his three European winning events 50m, 100m and 200m Freestyle. Whereas Jim, as he did in the Europeans, went one better with four golds in 50m and 100m Backstroke and 50m and 100m Freestyle.

Andrew Lindsay from Glenrothes ASC was the final Scottish representative and he held off a strong challenge from GB team-mate Welshman David Roberts in the 100m Backstroke to take gold. Roberts had previously pushed Lindsay into silver medal position in the 50m Backstroke earlier in the week. The duel between the two is set to hot up next year as both will be going all out for Paralympic Gold over the 100m distance.

The absence of the four didn't deter the other Scottish swimmers with a physical disability as they headed for Sheffield over the weekend of 30/31 October for the BT/DSE National Short Course Championships. Scotland, Wales, Northern Ireland and the English Regions compete for the team trophy at the championships and Scotland are unbeaten since 1990. This year however we were up against it with a smaller team than in previous years, but some outstanding performances made sure that it was a case of quality over quantity as we romped home to another team victory.

The team took 34 gold medals over the weekend, no-one more than European medallist **Paul Johnston** from Glenrothes ASC who boosted the team points total with an amazing ten gold medals from ten swims. PJ is far and away the best in Britain in his classification and it showed as he personally amassed more points than some entire teams. PJ's heroics however didn't earn him swimmer of the championships. That honour went to his room-mate **Alan McGregor** from Glamis. Alan, who had a disappointing European Championships, showed that he is right back to form with six gold medals and a brilliant short course world record swim in the 50m Backstroke to win him the prize and a commemorative watch from the sponsors - a great result from one of the most experienced members of the team.

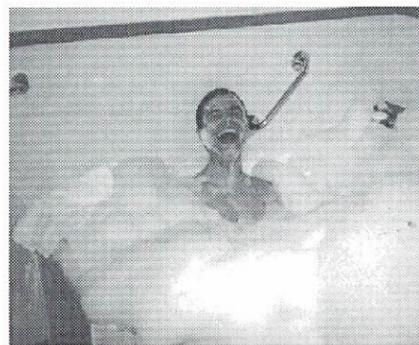
Scotland's other two European Champion ship swimmers, both from Glenrothes ASC, also struck gold. The evergreen **Adam Morley** was never headed as he took five from five swims. **Lara Ferguson** too had an excellent weekend taking two first places but significantly pushing European bronze medallist Joanne Singleton from Barrow into second place in the 100m Breaststroke, and missing out by just 0.46 of a second to 1996 Paralympic champion and great rival Emily Jennings in 200m IM. Two other Glenrothes swimmers and former GB captains **Anna Tizzard** and **Paul Noble** were also winners, Anna in the 50m Backstroke by just 1/100th of a second from a young English rival and Paul in the 50m and 100m Breaststroke.

Fiona Gray from Glasgow continued her comeback to the Scottish team and her fine form in Breaststroke by winning the 50m and 100m titles for partially sighted swimmers. The individual gold medal tally was completed by two of the most promising juniors in Scotland at the present time, **Stuart Mullen** from Fife (2 gold-50m and 100m Free and numerous PB swims) and the consistent M & B swimmer **Kirsty Colquhoun** (1 gold-50m Breaststroke) who again performed excellently on the senior stage.

Scotland have always been very strong in relay events and this year was no exception. The BT challenge trophy, a mixed 4x100m Freestyle relay, was won for the first time since 1996 by the team of Lara Ferguson, Anna Tizzard, Paul Noble (all Glenrothes ASC) and **Gordon MacDonald** (Renfrew Baths). The mens 4x50m Freestyle relay team of **Scott Ramsay** (Glasgow), **Garry Brown** (Motherwell & Wishaw), Gordon McDonald and Paul Noble retained the title which was won last year. As did the mens 4x50m Medley relay team in which 1992 Paralympic Breaststroke champion **Iain Matthew** (Glenrothes) made a welcome return to the Scottish team after an absence of three years to join McDonald, Brown and Noble to take gold.

Garry Brown in fact had a very busy weekend, as well as his 4x50m relay swims he took silvers in the 50m and 100m Freestyle events for his classification and has fast become one of the best S6 freestylers in the UK. He was also part of the silver and bronze medal winning 4x25m Freestyle and 4x25m Medley relay teams along with Fifers Paul Johnston, Stuart Mullen and debutant **Solomon Christie** (who despite acquiring the Team captains tracksuit and leaving some of his own clothes behind, swam a couple of massive PB's).

The girls too picked up some silverware with second place finishes in the 4x50m Freestyle and Medley relays from the team of Lara Ferguson, Anna Tizzard and Kilmarnock duo **Gillian**



Alan McGregor celebrates his world record swim!



Rebecca Lee of Glenrothes ASC - off to Prague in November.

McBain and **Jemma Calderwood**. In addition to the relay medals Jemma, one of the youngest members of the team, also picked up two individual silver medals and looks great prospect for the future.

The final two girls in the team were **Fiona Muirhead** from Port Glasgow Otters, a stalwart of the team who medalled yet again, this time a silver in the 50m Fly. And the northernmost swimmer at the Championships, junior **Heather Thores** from Peterhead who took bronze in the gruelling 100m Butterfly in her first, but probably not her last, appearance for the Scottish senior team.

All in all a great championships for the Scottish team and congratulations should go to team manager Jen Quinton for masterminding the retention of the trophy.

A feature of the Sheffield team was the large amount of juniors in the ranks (8 from a team of 18) and three days after returning from down south they were all in action once again in the SDS/National Playing Fields Association Scottish Junior Championships at Grangemouth.

For the boys **Gordon MacDonald** from Renfrew Baths reigned supreme in the class 1 events. He had several head to head battles with his Scotland team mate **Scott Ramsay** from Glasgow who also retained his good form from the previous weekend, but it was the Renfrew man who took the spoils with five swims, five gold medals and four new Scottish junior records. Both these swimmers performed tremendously over the two competitions and if they continue their improvement it shouldn't be long before they breakthrough at UK senior level.

The girls events produced some of the most exciting races of the day with a number of swimmers in contention for the class 1 titles. Kilmarnock swimmers **Jemma Calderwood** and **Angela McGowan** performed well as did Scottish team members **Kirsty Colquhoun** and **Heather Thores**, but it was northern newcomers **Cheryl Marr** from Peterhead and **Pamela Miller** from Fraserburgh who took the titles. Pamela started well taking the Butterfly title in a close race, but Cheryl responded taking the IM, Backstroke and Breaststroke events. In the final event of the day Pamela came from behind to take out her rival on the touch to win the 100m Freestyle. Two swimmers definitely to watch for the future.

The most outstanding Scottish junior swimmers of the year were chosen at the end of the event and it was no surprise that the boys trophy went

to Gordon MacDonald of Renfrew Baths. Gordon has had an outstanding year starting from medals at the UK Junior Championships in February to mixing it with the Paralympic stars at the UK Open Long Course in June, medals at the GB short Course at Sheffield and of course topped off with his four Scottish junior records at Grangemouth.

The girls trophy went to M & B swimmer **Kirsty Colquhoun**. Kirsty has now established herself as one of the top freestylers in the UK in the S7 classification. She too had outstanding GB Junior and Senior championships and performed well in the UK Open Long Course. Could next year be her breakthrough year to the GB senior team?

The SDS Junior championships for swimmers with a learning disability will take place at Tollcross on Wednesday 24th November, again supported by the National Playing Fields Association.

Next on the agenda for Scottish swimmers is the traditional end of year event for physically disabled and visually impaired swimmers - the BT sponsored Inter-Region event in which teams compete for the Glasgow University Athletic Union Trophy. This year the event is held on 4th December at the Fife Institute in Glenrothes when the Fife team will be defending the title which they have won for the last two years. All the top Scottish swimmers should be there and it promises, as always, to be a good event.

As for next year, everyone is looking to the big one, the Paralympic Games in Sydney in October 2000. The qualifying times for the GB team are now out and extremely tough they are too. To make the 'A' Standard swimmers have to achieve a time between January and June next year equal to or better than the third fastest time in the current world rankings. This will give them automatic qualification. The 'B' Standard will mostly be those swimmers who are required to make up relay teams. Either way it is going to be a real challenge to get into the team, but it's a challenge that hopefully the Scots can rise to.

Those involved in the GB set up will undoubtedly be attending training camps and competitions and everything will be geared towards the final trials event in Sheffield in June where any prospective Sydney Paralympian must perform. Scottish Disability Sport is also planning to give the swimmers all the support they need through training and competition opportunities to ensure as many Scots as possible are on that plane to Sydney - It should be an interesting year!

Paul Noble Scottish Disability Sport Swimmers' Representative

A working partnership offers support for swimmers with a disability

The Scottish Amateur Swimming Association (SASA) and Scottish Disability Sport (SDS) have for many years offered partnership programmes and projects for swimmers with a disability. Junior and senior Scots have been able to access high level training, competition and coaching support on a par with their mainstream peers.

An agreement initiated this year by **sportscotland** has enabled five swimmers with a disability to be brought onto SASA's elite swimming programme, which offers them access to the many services of the Scottish Institute of Sport (SIS).

The Institute services include advice on training, competition preparation, sports medicine and sports science back-up. SDS coaches will be able to access increased coach education support and a coach mentoring system will be established under the new national swimming coach at the Institute, Chris Martin.

SDS and SASA personnel meet on a regular basis to discuss a range of issues relevant to the future development of Scottish swimming for individuals with a disability. One of the truly ambitious plans for the Millennium will be a fully inclusive SASA National Senior Championships offering opportunities for individual swimmers who have a disability. With SDS and SASA working together, the interests of swimmers with a disability will always be considered when planning programmes, developing new facilities and negotiating new sponsorships and financial support. Scottish swimmers continue to enjoy considerable success at international level results from the recent European Championships in Germany confirm that a number of Scots are in form and strong prospects to gain selection for the Great Britain team for the Paralympics in Sydney in 2000. Scots won fifteen individual gold medals and seven relay gold medals, one individual silver and two relay silver, five bronze individual and three relay bronze medals, a total of twenty-one individual medals and twelve relay medals.

Tracy Wiscombe from Glenrothes Swimming Club won five individual gold medals, two relay gold medals, set four new World records and one new European record. Jim Anderson from the Splash Club in Broxburn won four individual gold medals and set three new World records. Kenny Cairns from Port Glasgow Otters won three individual gold medals and one relay silver. Maggie McEleny from Port Glasgow Otters won two individual gold medals, one individual bronze and one relay bronze and along the way set one new European record and two new British records. Newcomer, Kimberley Docherty from the Discovery Club in Dundee, won two relay gold medals as did Rebecca Lee from the Incas Swimming Club in Fife. Murray Dingwall from the Bon Accord Club in Aberdeen won an individual silver medal, an individual bronze medal and one gold and one bronze relay medal and set one new British record. Andrew Lindsay from the Glenrothes Swimming Club in Fife won one individual gold medal. Paul Johnston from Glenrothes Swimming Club won one relay silver plus three individual bronze medals and set two new British records. Lara Ferguson from the Glenrothes Club won one relay bronze medal.

Adam Morley from the Fife Sports Institute recorded a sixth and eighth place and Alan McGregor from the Discovery Club in Dundee won fourth and two fifths in his individual events. Twelve Scots were part of the Great Britain team that dominated these particular Championships. Richard Brickley, Chair of Scottish Disability Sport and Paul Bush, Chief Executive of the Scottish Amateur Swimming Association are proud of the achievements of the Scottish swimmers at the European Championships. They acknowledged the input from the coaches from the respective clubs to which the swimmers belong - Eddie Campbell, Garrie Roberts, Don McFarlane, Eddie McLuskie and Jen Quinton.

The standards in swimming at world level continue to surpass all expectations. SASA and SDS hope that by continuing to develop joint initiatives, Scottish swimmers with a disability will continue to progress through the appropriate pathways and gain selection for future Great Britain teams.

Richard Brickley Chairman SDS



INSTITUTE OF SWIMMING TEACHERS AND COACHES

Winnie Ferguson,
ISTC Representative in Scotland
FORTHCOMING SEMINARS

Butterfly Stroke Technique
Fife Institute, Glenrothes
Sunday 20th February, 2000
09.30 am Registration
03.30 pm Finish

Cost: £12.50 ISTC Members
£16.00 Non Members

Leader Graham Wardell, Swimming
Development Officer, Renfrew District.
Graham has a wealth of experience, I'm sure everyone will benefit from this seminar in addition to collecting a CPD Unit. Graham's seminar in Renfrew in the autumn was very well attended and appreciated by all who participated.

NATIONAL SEMINARS

Please make every effort to attend these seminars as two very experienced lecturers have accepted the invitation to lead these in Scotland.

STROKE ANALYSIS
Strokes, Starts and Turns
Sunday 16th April, 2000
Dundee University
09.30 am - 03.30 pm
Leader Joe Dixon

A chance to Practice and Compare.

Joe will look at the main points, provide the opportunity for you to complete your observation by observing a video and in the pool. He will then provide the comparison of what you observed as a focus for discussion.

Joe has 30 years teaching, coaching and tutor experience. He was assistant coach to Doc Counsilman in England, assistant to Don Easterling in North Carolina. Irish Leinster Swimming Development Officer, one of his candidates being Michele Smith. He has also written two books and delivered many seminars in the South,

SHETLAND VISIT THANK YOU

It started with a phone call, a friendly voice saying my name is Winnie Ferguson, I am the representative for the ISTC in Scotland. Winnie went on to explain the contents of the proposed seminar which would be led by Robert Jackson,

one at this year's Tutors' Conference in addition to coaching with the City of Edinburgh. Flyers will be out in the New Year.

Cost will be:

£25.00	Non Members
£21.00	Members

Places booked prior to the 1st March will receive a discount:

£21.00	Non Members
£18.50	Members

NB There are a limited number of places so early booking is recommended.

DISABILITY SWIMMERS
Sunday 17th September, 2000
09.30 am - 03.30 pm
Dundee University
Leader ANNE CRADDOCK

Anne Craddock has accepted the invitation and has agreed to present a seminar for teachers and coaches involved with Disability Swimmers. Anne also has extensive knowledge in a very wide capacity, details of Anne's wealth of knowledge will appear in a later edition nearer to September.

OTHER SEMINARS

other seminars are planned for:

Bo'ness -
Sunday 13th February, 2000,
9.30 am - 3.30 pm,
Falkirk District Council,
**BREASTSTROKE - BEGINNERS TO
COMPETITIVE + INTRODUCTION TO
UNDULATING BREASTSTROKE.**

This is a superb opportunity for all teachers just qualified or thinking of doing their Assistant Teachers', or who are involved in teaching

Director of Education SASA; Would the Shetland Swimming Association be interested in hosting? I said 'Yes', I thought it would be of benefit, leave it with me. From these plans were laid, people contacted, bookings made.

Friday 3 September - Winnie and Robert arrived at Clickminnin Centre. It was introductions all round after which we settled down to giving our problems a good airing and found Robert to be a very sympathetic listener, prepared to pass these on to SASA management committee. Distance is a fact and we can do nothing to change it (Faroe and Norway are just as near as is Aberdeen). However, there are other problems facing us, time required to gather signatures for technical officials, SASA could consider a change. Finance is also a continuing hurdle, clubs finding it harder each year to raise funds to cover fees. Travel and accommodation for our swimmers to compete on the Mainland runs into thousands during a year.

Saturday and Sunday - it was down to business. Robert made everyone feel at ease, discussions were lively and informative. Video and slides gave us a good insight to the four strokes, touching on diving and turns. It was indeed an interesting and beneficial weekend and is being put to good use by PE and club teachers (Shetland schools have swimming classes as part of the PE).

Our thanks again to Winnie and Robert.

Rhoda Polson
Chairman
Shetland Swimming Association

swimming to further their knowledge and collect their first CPD Unit A.

Thurso Autumn
(to provide an opportunity for Orkney Teachers and Coaches).

Dumfries	TBA
Dingwall/Inverness	TBA

The Fort William seminar was cancelled this year due to unforeseen circumstances.

Chris Martin's seminar was a great success in Dundee, hopefully he can find the time to slot another one in for 2000.

All ISTC teachers with three credits can apply to me for an application form to send to the ASA to gain credit.

Further information from:
Winnie Ferguson Tel: 01382 521126
125 Grangehill Drive
Monifeith
Angus
DD5 4RR



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TROJAN SWIMMING CLUB COACH REQUIRED

Trojan Swimming Club (Based at Whitburn Pool) require an experienced Head Coach and/or Assistant Coach.

Persons with a teachers qualification may be considered if prepared to commit to obtaining a coaches qualification.

For further information, please telephone:-

Carol McNaught (Secretary)
01501 742451.



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



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