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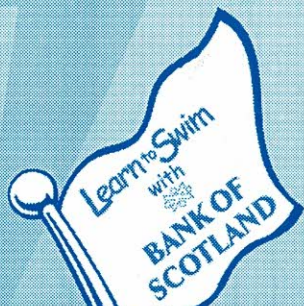


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SCOTTISH SWIMMING

2000

magazine

Founding Editor Bill Black (1993)

JUNE 2000

VOLUME 7 NUMBER 3



Grampian Rosebowl Winner 11year old Rachel Andrew Inverness Swimming Club

PHOTO: GORDON GILLESPIE Northsport

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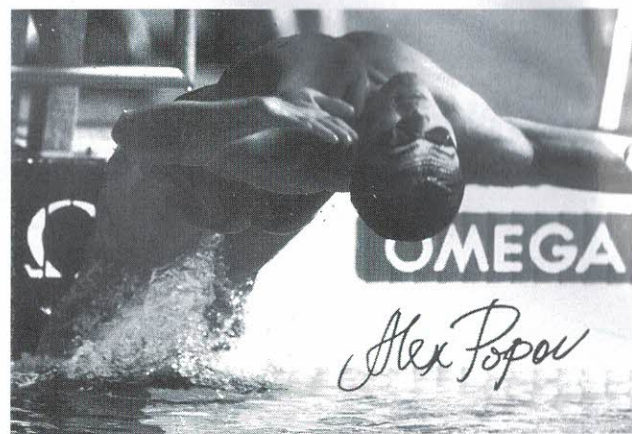
Olympic Games, Sydney 2000

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Final times	Number of laps	Touch pad status	Touch pad arming clock	Lane status	Touch pad status	Lane	Number of 1/2 laps	Intermediate times
100 m	2					1	2	
2:13:83	2					2	2	
2:13:09	2					3	2	
2:12:11	2					4	2	
2:12:46	2					5	2	
	1					6	2	
	1					7	2	
	1					8	2	2:01:38

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COMMENT

CEO Paul Bush

World records, sunshine and fabulous views greeted my arrival in Sydney for what I am sure will be an interesting two-week visit. As I write this the Australian Millennium Olympic trials are being held at the magnificent Sydney Olympic pool watched by an enthusiastic 12,000 Australians, every day. First impressions are always the most lasting and once again the Australian passion and knowledge for sport and in particular swimming is unbelievable, the weekend Australian newspaper not only carried the trials on the front page but also a further 6 inside! The pub at the side of our hotel in downtown Sydney proudly displayed that the trials were live every day at 7.00 p.m. on television, a sight I am sure that will sadly not to be repeated in Sheffield in July.

Without doubt this is the swim meet of all meets, showboating is a fairly mild description of the meet presentation, yet with live finals beamed across an Olympic Nation that expects the pressure on athletes and coaches is un-nerving. Without doubt two swimmers have left me with a view that they will be hard to beat in September. First up was the super 17-year-old, size 16 feet, torpedo Ian Thorpe who smashed three World records in the first three days. The 200 and 400 metres Freestyle races were an uncanny procession, yet the minor places would have graced any podium at any other Country's National Championships. However the new star of Australian swimming is 14-year-old Breaststroke swimmer Liesel Jones. Six weeks after taking the Australian age group title in Perth she held her nerve through heats, semis and the final to take Gold and become Australia's second youngest ever female Olympian. Her live post race interview demonstrated maturity well beyond her years.

In the next issue of S2000 a more detailed overview of the trials and the Australian coaches' conference will be included.

Ponds Forge, Sheffield at the end of July will be the focus of the 6-day British trials. Places as always will be at a premium and as I am currently experiencing here in Sydney the Olympic trials in any sport is often the greatest hurdle of an athlete's and coach's career, good luck to all of our Scottish athletes and coaches in their quest for a ticket to Sydney.

Prior to Sheffield we can look forward to our own National age groups and long course being held in Edinburgh and Glasgow respectively. With just 25 months to the Manchester 2002 Commonwealth Games they will no doubt provide an early indication of form. The recent addition of 50's in Backstroke, Breaststroke and Butterfly for Manchester will open up the opportunities and with our own selection policies currently in the process of final agreement with the Scottish Commonwealth Games Council our swimmers, divers and synchro swimmers will soon clearly know their targets.

As one quadrennial comes to an end, the Athens one beckons. British swimming have recently announced the appointment of Australian Bill Sweetenham as their new National performance director. Sweetenham is undoubtedly one of the World's most respected coaches and I am confident that he will take our sport forward as positively as Deryk Snelling has since Atlanta. I am sure you would all join me in wishing Bill much success and happiness in his time in the UK.

The sport of diving in Scotland has recently received a tremendous boost with the announcement of a new three-year post of National Coach and development officer for Edinburgh. The partnership developed between Edinburgh leisure, sportscotland and Scottish swimming I believe is the biggest step forward in history of the Sport in our Country. It is hoped the new person will be in post by the autumn.

The first of our Bank of Scotland learn to swim roadshows was recently held at Stirling Rainbow slides pool. Enthusiastic teachers and youngsters were part of a day of tuition and practical experience. A roadshow will visit you soon, if your Club teachers would like to attend, contact Pippa Murphy our National Development Officer at Cambuslang for details.

Finally in this issue, I am delighted to announce that Scottish swimming have recently been awarded the European rights as sole distributors for Australian teaching and coaching videos. The first 11 in the series have recently been announced, details should now be with your Club, and as more follow over the coming months I hope they will not only be educational for your teachers and coaches but swimmers alike.

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SCOTTISH OPEN SHORT COURSE NATIONAL CHAMPIONSHIPS 2000

As part of the restructuring of the Scottish National Championship Programme and the National District Development Programme, the first Scottish Open Short Course National Championships of 2000 were held on 4/5 March at Tollcross Park Leisure Centre. The event was an enormous success with 12 Scottish records being broken. The quality of swimming in all of the events was the best that we have seen in Scotland for a long time. It was encouraging to note that the plan put forward by National Coach, Chris Martin, to ensure that swimmers are competing early in the year at a Short Course Meet to send them into the Long Course season, is certainly having an effect on improving standards for both our international swimmers and our grass roots development swimmers.

Mens 100 metres Freestyle Final

David Leith, along with his City of Edinburgh colleagues, had just returned from a warm weather training camp in Australia and the value of this proved enormous as he stormed through to win this event in a new Scottish record time of 50.27. Lee MacDonald a member of the Scottish Youth Squad from Stirling Students came second in a best time of 51.71 just edging out City of Edinburgh/Warrander's Paul Stevenson who gained the bronze medal place in 52.51 and in doing so had to beat several other Scottish Elite Squad swimmers.

Womens 200 metres Freestyle Final

A welcome return to form by anglo-scot Samantha McNeilly, who is now training at Loughborough University, took this event in a creditable time of 2:04.10 just managing to touch the very strong finishing National Youth Squad swimmer Kelly Hamill who finished in 2:04.55. Third place went to fellow Youth Squad member Laura McGarvey from REN 96 whose time was 2:07.19.

Mens 50 metres Breaststroke Final

Loughborough University student James Gibson performed outstandingly to win this event in 28.33 just ahead of City of Edinburgh's Ian Edmond who finished in 28.57. Third spot was closely contested by Elite Squad swimmers and Junior Great Britain internationals Robert Lee and Ross Martin, Robert Lee just gaining the bronze medal place in 30.41.

Womens 100 metres Breaststroke Final

Peebles swimmer competing out of City of Edinburgh, Lauren Greenshields, continued her Scottish record breaking achievements setting a new junior record in this event in a winning time of 1:10.93 edging out fellow Edinburgh team mate Kirsty Balfour who finished in 1:12.99. City of Glasgow's Claire-Jane McPherson held off a strong challenge from two other Edinburgh swimmers to gain a bronze medal in 1:13.49.

Mens 400 metres Individual Medley Final

In this event the final line up was between three swimmers from Stirling, three from Aberdeen, one from Edinburgh and one from First Aquatic with the Stirling swimmers Robert Lee, Darren Ward and Steven Tigg taking first, second and third places respectively in times of 4:35.60, 4:38.02 and 4:43.90. It is encouraging to see that the Mens 400 Medley event is now starting to show some quality of depth.

Womens 100 metres Butterfly Final

Stirling swimmers continued their fine run of gold medals with Kerry Martin winning this event in a new Scottish record time of 1:01.61 with the ever improving City of Edinburgh swimmer Siobhan Edgar finishing in second spot in 1:03.94 and REN 96's Claire McGarvey just touching out junior record holder Karen Rigby to take the bronze medal in 1:05.95.

Mens 100 metres Backstroke Final

Gregor Tait from the City of Edinburgh established an early lead after the first 50 metres to comfortably win in 56.30 ahead of Aberdeen's Junior Elite Squad swimmer David Carry who finished in 57.87 with the English visiting swimmer from Loughborough, Justin Elliot, taking bronze in 58.34.

Womens 50 metres Backstroke Final

European junior bronze medallist Louise Coull from the City of Glasgow Swim Team edged out the experienced Edinburgh swimmer Gillian Anderson to win in 30.58, Gillian recording a time of 30.81. In third place was fellow Glasgow swimmer Sarah Whiteford finishing in 31.11 in an event where unfortunately Rowena Cornish from First Aquatic was unable to compete due to injury. It would be an interesting race to see all our top backstroke swimmers competing at the same time.

Mens 200 metres Butterfly Final

English swimmers Chris Jones from the City of Edinburgh and Todd Cooper from Stirling Students dominated this race finishing respectively in 2:02.57 and 2:03.56. Third place went to Stirling swimmer Fraser Allison who is making fine progress in this event

finishing in 2:07.03. It is encouraging to see in fourth place Peterhead's youngster Martin Leel achieving 2:11.51.

Womens 200 metres Individual Medley Final

City of Edinburgh swimmers dominated this race with four out of the eight finalists. The eventual winner was Kirsty Orr in 2:19.18 and in third place fellow Edinburgh swimmer Emily Byars in 2:23.79, the Stirling swimmer Sarah Henderson splitting the Edinburgh domination to gain silver in 2:23.34.

Mens 400 metres Freestyle Final

Senior Elite swimmer David Leith moved up from his 200 metres specialist event to 400 and was involved in a classic dual with City of Aberdeen's Andrew Jameson. Unfortunately Andy retired after 300 metres of the race which David went on to win in 3:54.54 with Stirling Student Bradley Hay gaining second place in 3:56.03. City of Aberdeen swimmer Christopher Whitcombe finished third in just over the four minute barrier in 4:01.95.

Womens 50 metres Freestyle Final

In the absence of Scotland's world class swimmer Alison Sheppard this event still proved to be hotly contested with fellow Stirling swimmers Kerry Martin and Lisa Kent battling for first and second place, Kerry winning in 26.57 against Lisa's 27.17. Samantha McNeilly continued her comeback trail finishing third in a creditable 27.30. I have said many times in the past that if all our sprint freestylers were all swimming well at the same over 100 metres we would be able to put together a fine 4 x 100 metres Womens Freestyle Relay.

Mens 200 metres Breaststroke Final

The City of Edinburgh continued their winning ways this time with Ian Edmond comfortably taking gold in a Scottish record time of 2:12.82 and again showing the value of returning from a warm weather training camp. Ian looked to be in good form building up towards the summer programme. In second place was South Lanarkshire's Ross Martin recording a time of 2:23.23 against bronze medal swimmer Ciaran O'Brien of REN 96 who swam 2:26.03.

Womens 800 metres Freestyle Final

REN 96 swimmers Laura McGarvey and Gillian McFadyen battled head to head all the way through this race to gain first and second respectively, Laura just managing to ease away after the 400 metre mark eventually winning in a time of 9:02.26 with Gillian finishing second in 9:14.49. Heart of Midlothian swimmer Jillian Rees finished third in 9:23.21. An encouraging note for the Womens 800 Freestyle was that at long last we are showing some depth in our distance programmes with 23 swimmers taking part and everyone of them finishing below 10:30.

Mens 100 metres Individual Medley Final

In this a relatively new event to our Short Course National Programme Ian Edmond, having only twenty minutes earlier competed in the 200 metres Breaststroke, swam exceptionally well to win this event in 56.95. Youngster Aislaid Hall, who set a Scottish junior record in the heats, finished in a creditable second place in a time of 59.71 and again English swimmer, Chris Jones, competing out of City of Edinburgh, finished third in 1:00.08.

Womens 200 metres Backstroke Final

First and second was a re-run of the 50 metres event with Louise Coull finishing the winner in 2:16.76 ahead of the experienced Gillian Anderson in 2:20.67. The real battle occurred for the bronze medal place between City of Aberdeen's Gillian Robb, Stirling based swimmer Kelly Hamill and Elgin based swimmer Carey Abel. The eventual bronze went to Gillian Robb in 2:23.03 with less than one and a half seconds separating the next four swimmers.

Mens 50 metres Butterfly Final

The Loughborough University team continued to make the medal podium with Martin Petty winning in 25.70. St Ives swimmer obviously enjoying the Scottish competition was placed second in 25.87 against East Lothian and first placed Scot David Mark in 26.04.

It was encouraging that Loughborough University, along with several other English based clubs, competed in our National Championships. I would hope that in the future we manage to attract other high quality teams to the competition in our continual efforts to raise the standards of Scottish Swimming. The feedback from our English visitors was that our March Nationals was a valuable competition placed at the right time of the year and certainly giving everyone a chance to hit best times in the March period.

Day 2 of the Championships proved equally successful as Day 1.

Womens 100 metres Freestyle Final

Kerry Martin continued a fine run of form taking this event in 56.91 with anglo-scot Samantha McNeilly finishing second in a fine 57.82. Third place was hotly contested between Kelly Hamill, Sarah Whiteford and Lisa Kent, all of whom broke the one minute barrier with youngster Kelly Hamill finishing third in 58.79.

Mens 200 metres Freestyle Final

A fine performance from David Leith set a new Scottish senior record winning in 1:49.38. David continues to improve at a rate that suggests he is now firmly establishing himself as one of the leading 200 metre freestyle swimmers in Great Britain. However, even more encouraging from a Scottish perspective, were the finishing times of the next five swimmers, all breaking 1:56 with Bradley Hay finishing second in 1:51.44 and fellow Stirling Student Lee MacDonald finishing in 1:54.41 just ahead of City of Edinburgh's Paul Stevenson by point three of a second. Again looking at the possibilities towards the 2002 Commonwealth Games if all of our potential 200 freestylers work well together we should be able to produce an excellent 4 x 200 Freestyle Relay Team that is capable of competing with distinction in Manchester.



Womens 50 metres Breaststroke Final

The competition in Scottish breaststroke at this moment in time is excellent with youngsters Lauren Greenshields and Kirsty Balfour competing nip and tuck in all of their competitions. On this occasion Lauren won the event in 33.17 ahead of Kirsty's 33.32. The youngsters continue to be pushed hard by City of Glasgow's Claire-Jane McPherson and City of Aberdeen's Claire Bruce and with a crop of younger swimmers just below this age band the future of women's breaststroke is certainly looking good.

Mens 100 metres Breaststroke Final

Ian Edmond continued his fine form winning in an excellent 1:01.89 just 0.2 of a second outside his own Scottish record, well ahead of the rest of the field with James Gibson from Loughborough University taking second spot in 1:03.81 and our Junior British international Robert Lee and Ross Martin battling for third place with Robert on this occasion just taking the honours in 1:06.68.

Womens 400 metres Individual Medley Final

Kirsty Orr, having taken the shorter title on day 1, added the 400 title winning in 4:52.24. The strong distance swimmer Laura McGarvey swam exceptionally well breaking five minutes to gain second place ahead of Stirling's Sarah Henderson in a creditable 5:02.80. Again it is interesting to note that we are making slow but sure progress in terms of our distance events and it is encouraging that we are now seeing a crop of new youngsters taking on these events and performing at a much higher level.

Mens 100 metres Butterfly Final

All eight finalists broke the one minute barrier in what proved to be an exceptionally exciting race between the anglo based Scots Todd Cooper, Jamie Salter, Chris Jones and visitor Kevin Barter, Todd winning in 55.72 with Jamie Salter switching from his normal freestyle events finishing second in 55.90 just ahead of club team mate Chris Jones who finished in 56.16.

Womens 100 metres Backstroke Final

Louise Coull continued to re-write the Scottish record books setting a Junior record of 1:03.49 in winning this event just ahead of her rivals in the 50 backstroke Gillian Anderson and Sarah Whiteford who finished in 1:04.77 and 1:06.19 respectively.

Mens 50 metres Backstroke Final

Scottish records continued to tumble this time from the ever improving Gregor Tait who finished in 26.21 against the very fast finishing Justin Elliot from Loughborough University in 26.58 and Tayside's Iain Thomson who turned in a fine performance of 27.99 to take the bronze medal.

Womens 200 metres Butterfly Final

Having set a Scottish record in the heats everyone anticipated that Siobhan Edgar would continue this in the final. Unfortunately she was just a shade slower in a winning time of 2:16.75, Siobhan continues to show good improvements in this event having broken one of the longest established records. Claire McGarvey from REN 96 finished second in 2:26.20 just ahead of Milngavie & Bearsden Lesley Kaczynska who recorded a time of 2:27.78.

Mens 200 metres Individual Medley Final

In a classic battle between the City of Edinburgh club mates Michael Cole and Ian Edmond, Michael showed all his medley experience to win in 2:03.38 just point sixth of second in front of breaststroke specialist Ian Edmond with fellow Elite Squad swimmer Aberdeen's David Carry finishing third in 2:06.04.

Womens 400 metres Freestyle Final

This was a repeat of the 800 metres result with Laura McGarvey, Gillian McFadyen and Jillian Rees finishing first, second and third respectively in times of 4:28.88, 4:31.05 and 4:32.90. Again encouragingly there was plenty of competition for the fourth, fifth, sixth, seventh and eighth places with youngsters such as Carey Abel, Susan Black and Catriona Harkins showing that there is plenty of depth and new talent coming through in the 400 metres event.

Mens 50 metres Freestyle Final

English swimmer Martin Petty continued to take medals in this event winning in 23.31 just edging out the versatile David Leith who finished in 23.36 and anglo scot Stuart McHarg continuing to impress gaining third place in a time of 23.38. Unfortunately Scottish international Kenny Clark was disqualified at the start as he would have added greatly to the competition for the medals.

Womens 200 metres Breaststroke Final

As earlier reported the future of breaststroke swimming looks bright and with City of Edinburgh swimmers gaining a clean sweep it was Lauren Greenshields that won this event in a new Junior Scottish record of 2:31.67 ahead of the ever improving Kirsty Balfour in 2:35.61 with again Kirsty Orr showing her medley versatility by turning in a 200 breaststroke time of 2:37.63.

Mens 1500 metres Freestyle Final

Andrew Jameson put aside his disappointments on day 1 to win this event in an excellent 15:23.76. It was interesting to see that he went through the first 400 in just below four minutes showing that he clearly has the potential if he can keep lapping at just under a minute pace to break 15 minutes in the near future. Club mate Chris Whitcombe took second place well under 16 minutes in 15:44.35 against REN 96 Chris Grabham who finished third in 16:17.76.

Womens 100 metres Individual Medley Final

City of Glasgow duet Claire-Jane McPherson and Sarah Whiteford produced an excellent race to gain first and second place. The breaststroke strength of Claire-Jane proved to be crucial winning in 1:06.22 against the backstroke specialist Sarah who finished second in 1:07.79 just in front of the very fast improving Emily Byars of the City of Edinburgh who finished third in 1:07.94.

continued page 6

Edinburgh Leisure in partnership with sportscotland and the Scottish Amateur Swimming Association

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Tel: 0141 641 8818 Fax: 0141 641 4443
 Email: sasaelainem1@aol.com

Closing date for application is 30 June 2000
All enquiries/applications will be treated in the strictest confidence.

6 DIRECTOR

MARTYN WOODROFFE CONTINUED



Mens 200 metres Backstroke Final

In the absence of Gregor Tait this left this event wide open for Bradley Hay to gain the gold medal in 2:03.10 just ahead of Aberdeen's Junior Elite swimmer David Carry who finished second in 2:04.15. Youngster Robert Lang from the City of Aberdeen finished third in an impressive 2:07.82.

Womens 50 metres Butterfly Final

It was fitting that the final event was won in a Scottish record set by Kerry Martin in 27.84, ahead of junior record holder Karen Rigby who finished second in 29.43 again just in front of 200 metres specialist Siobhan Edgar finishing in 30.09.

The March Nationals left everyone with a feeling that Scottish Swimming is improving at a phenomenal rate with 12 records being set at these Championships and 25 records having been set so far in the year 2000.

Scottish Swimmers Around the World

Whilst our own March Nationals was an outstanding success we continued to perform well on the world stage. At the Junior Great Britain International in Germany - 1 and 2 April 2000, we had Lauren Greenshields, Louise Coull, Gemma Ritchie, Kirsty Balfour and Robert Lee all selected for the British Team. The outstanding performance was Kirsty Balfour setting a new Scottish Junior Long Course record of 1:12.24. The whole of the British team performed outstandingly to win the competition well ahead of very strong German and Italian teams. This was the first time in a while that Britain has managed to beat the strong German junior team. Scottish swimmers performed well in the competition and were generally acknowledged as becoming the backbone of the Junior Team.

International success at the senior level continued with a large contingent of Scottish swimmers being selected to swim for Great Britain in the World Short Course Championships in Athens.

Selected swimmers were Alison Sheppard, Michael Cole, Ian Edmond, David Leith, Gregor Tait and adopted Scot Jamie Salter. Alison Sheppard continued to add to her medal haul at the world level taking bronze in the 50 metres Freestyle setting a new Scottish record of 24.80 also equalling the British and Commonwealth records. She also continued to add medals by taking the bronze as part of the Womens 4 x 100 Freestyle Relay. Adopted Scot Jamie Salter broke the British record in the Mens 200 metres Freestyle in 1:46.15 and finished fifth in the final. He also swam a creditable fourth place in the Mens 400 metres Freestyle. Gregor Tait was in fine form continuing to set Scottish records. He was the lead off swimmer in the Mens 4 x 100 metres Medley Relay setting a Scottish Short Course record of 54.74.

Whilst we continue to produce swimmers at this British international level it is also pleasing to note that our coaching staff Tim Jones, Alan Lynn, Ian McGregor and Francis Smith (Team Manager) are all contributing to the British international performance programme.

To continue the theme of competing and training around the world, our Scottish Youth Squad have just returned from an intensive warm weather training camp in Malta and the coaching staff report shows that the swimmers were excellent in terms of their attitude and their training during this camp. It is encouraging to note that at all levels we seem to be pushing back the boundaries of training and performance and I hope that this will continue right the way through to the Olympics and then on to our next target of the Commonwealth Games 2002.

Away from the Pool

Whilst there is plenty of action in the pool there is also plenty of action outside the pool. Currently we are involved in becoming a full partner in the Scottish Area Institutes of Sport and we are leading the discussions in how the Area Institutes will work for Scottish Swimming and the interface between the Institutes and our National District Programmes. Whilst at this moment in time we have not got any definite proposals I can assure you that the Scottish Institute of Sport and the Area Institutes of Sport will provide Scottish Swimming with further opportunities to develop in the future.

STATISTICAL INFORMATION - 2000

DATE	NAME	RECORD	TIME
JANUARY			
5.	Kenny Clark	Senior Mens 50 Freestyle Short Course	22.94
8.	Louise Coull	Junior Womens 200 Backstroke Short Course	2:16.21
15.	Ian Edmond	Senior Mens 200 Breaststroke Short Course	2:13.13
16.	Ian Edmond	Senior Mens 100 Breaststroke Short Course	1:01.60
29.	Louise Coull	Junior Womens 200 Backstroke Short Course	2:15.83
29.	Lauren Greenshields	Junior Womens 100 Breaststroke Long Course	1:13.50
FEBRUARY			
1.	Cameron Black	Senior Mens 50 Butterfly Short Course	25.17
1.	Cameron Black	Senior Mens 50 Butterfly Short Course	25.05
5.	Cameron Black	Senior Mens 50 Butterfly Short Course	24.91
5.	Cameron Black	Senior Mens 50 Butterfly Short Course	24.79
MARCH			
4.	Kerry Martin	Senior Womens 100 Butterfly Short Course	1:01.61
4.	Lauren Greenshields	Junior Womens 100 Breaststroke Short Course	1:10.93
4.	David Leith	Senior Mens 100 Freestyle Short Course	50.27
4.	Ian Edmond	Senior Mens 200 Breaststroke Short Course	2:12.82
4.	Alasdair Hall	Junior Mens 100 Individual Medley Short Course	59.58
5.	Kerry Martin	Senior Womens 50 Butterfly Short Course (Heats)	28.20
5.	Kerry Martin	Senior Womens 50 Butterfly Short Course (Final)	27.84
5.	Siobhan Edgar	Senior Womens 200 Butterfly Short Course	2:16.68
5.	Louise Coull	Junior Womens 100 Backstroke Short Course	1:03.49
5.	Lauren Greenshields	Junior Womens 200 Breaststroke Short Course	2:31.67
5.	David Leith	Senior Mens 200 Freestyle Short Course	1:49.38
5.	Gregor Tait	Senior Mens 50 Backstroke Short Course	26.21
18.	Alison Sheppard	Senior Womens 50 Freestyle Short Course	24.80
19.	Gregor Tait	Senior Mens 100 Backstroke Short Course	54.74
APRIL			
1.	Kirsty Balfour	Junior Womens 100 Breaststroke Long Course	1:12.24

MIC TROUBLE AGAIN

President Ron Taylor tries the Robin Dale technique for dealing with troublesome microphones!



A FACE TO THE NAME

Marilyn Sweet has joined Sarah Birrell at the Scottish Awards Office which is now based at Cambuslang. Marilyn will deal with all your enquiries and requests for awards, I will even provide her telephone number (Business Only)

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BATHGATE A.S.C.

A date for your diary

Why not join us for a relaxing day out

Bathgate A.S.C. is holding it's Millennium Sprint on Saturday, 16th September, 2000 at Whitburn Pool

The gala will be held over 3 sessions

For further details and/or entry forms etc.

Contact:

Alana Wait
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31 Mill Road
BATHGATE
West Lothian
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All will be made very welcome

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8 GLENROTHES NEWS

EAST DISTRICT AGE GROUPS

The second weekend of the East District Age Groups swimming Championships took place at Kirkcaldy on Sat./Sun. 11th-12th March 2000.

The Glenrothes ASC had a very reasonable weekend with two gold's, three silvers, 6 bronze, 23 Finalists and a superb 39 Personal Bests.

The only individual gold came from East District Squad swimmer **Lucy Warren** in the girls 14/15 200m fly in a superb PB of 2.35.86, going on to win bronze in the 400 f/c and 4th in the 100 f/c, with her team mate **Alison Scott** knocking spots of her PB to win bronze behind Lucy in the 200 fly.

The girls 12/13 yrs 4 x 50m Medley relay team of **Lauren Buckland, Alysha Whittle, Jacqueline Thow** and **Alison Scott** although only qualifying in second place for the final, knocked off another five seconds in the final to firmly secure the gold medal. The girls Freestyle relay team of **Jade Wilson, Jacqueline Thow, Alysha Whittle** and **Alison Scott** were just pipped for the gold to take the silver. Whilst the boys 12/13 yrs 4 x 50 F/c relay team of **Daniel Black, Alistair Shultz, Steven Arbuckle** and **Ian Clark** won the bronze.

Young 11 yrs old **Ashley Warrender** had a superb swim to take the silver in the 100 fly in an excellent PB of 1.33.92 also a 5th place in the 400 f/c. Team mate 14 yrs old **Lindsay McPherson** won a superb bronze in the 400 f/c also finishing just behind Ashley in 4th place in the 100m fly and 4th in the 50 B/c.

Veteran **Alan Foster** lost the gold medal in the 50m Breast by two one 100ths to take silver in 31.59.

The girls 12/13 age group saw **Alysha Whittle** win bronze in the 200 breast-stroke in a good PB with team mate **Jacqueline Thow** in 6th also a PB, but Jacqueline went on to win bronze in the 100 fly. with club mate **Alison Clark** in 4th place.

Other finalists **Brian Beaton** 16 plus, 400m IM 4th **Allistair Murning** 16 plus, 400 IM 5th, **Kirsten Mclean** 16 plus 400 IM 5th, 50 Breast 5th, **Andrew Smart** 11 yrs, 400 F/c 5th, **Christian Robinson** 14/15, 200 Fc 6th.

Gala report by Garrie Roberts, Head Coach Glenrothes ASC

Glenrothes Spring Meet Saturday 18th March

The Glenrothes swim club would like to thank their sponsors UNISON for the annual Spring Meet which took place at the Fife Institute. **Past Fife Council Leader Alex Rowley** was on hand to hand over a cheque and present some of the medals. In the boys 15/18yrs age group 15yr old **Brian Beaton** was outstanding winning two golds in the 100m B/C in a time of 1.04.03 and 100m Fly in a P.B. time of 1.02.72 an excellent swim. Brian also won silvers in the 100m IM in a PB of 1.06.44 and 100m F/C also a PB of 56.68. The same age group saw 15yr old **James Thow** have an outstanding swim in the 100m Breaststroke to win gold in a PB time of 1.11.39 with team mate **Alistair Murning** winning the bronze also a PB of 1.12.72, James went on to win silver in the 100m Fly in 1.04.26. The boys 13/14yr age group saw **Greig Young** pick up gold in the 100m B/C in 1.11.28 also silvers in the 100m IM in a massive PB time of 1.12.44 knocking 6 and a half sec's off his old time. Greig also picked up silvers in the 100m Fly and 100m F/C whilst team mate **Craig Aird** picked up a silver in the 100m Breaststroke & bronze in the 100m B/C. The girls 15/18yrs age group saw Scottish Schools Internationalist **Kirsten McLean** pick up a bronze in the 100m Breaststroke. The younger age groups saw **David Muir** pick up two bronzes in the boys 11 / 12 yrs in 100m B/C & 100m Breaststroke whilst the girls 11 / 12 yrs saw **Jodi Wilson** have an excellent meet with two bronzes and PB's in 1 00m Fly & 1 00m 1 00m F/C. Other finalists were **Steven Arbuckle** 100m Breaststroke, **Owen Taylor** 100m F/C, **Dawn Wilson** 100m Fly, **Alysha Whittle** 100m Br., **Iain Davidson** 100m Br. & 100m IM. Altogether 4 golds, 7 silvers, 7 bronze, 31 finalists and a massive 74 PB's.

Meanwhile a group of younger Glenrothes swimmers attended a mini meet in Dundee where young **Daniel Scott** returned with three silvers in 50m Breast-stroke, B/C & F/C with **Ashley Warrender** winning a silver in 50m Fly and **Fraser Clark** won bronze in 50m Breaststroke altogether 19 PB's were achieved.

SWIM COMMITTEE NEWS FROM GRANT ROBINS

"In Sync"



I had finished coaching at the University of Stirling pool, so I departed dressed in shorts and T shirt and headed up the hill to the management centre, it was bright and sunny.

I have been attending Swim committee for just over a year and have now been asked to write an appraisal for this magazine. First agenda item:- G.E.G.S. 9,4 letters. Eric was dying to finish his crossword!

The first issue tonight was probably one of the first issues brought up a year ago - National Team Kit! If there is one issue that brings the whole table together it is to do with Team Kit for our Elite athletes. I know from coaching these swimmers one of the great incentives of making 'The Team' is to receive that Scottish Team tracksuit. Why is it that we cannot send a team away fully kitted out. The recent Youth Squad training camp to Malta two members left without kit. It was agreed that further investigation was need to eliminate this embarrassing situation, again!

By the beginning of month 4 the 25th Scottish Record was being approved Records by Alison Sheppard (100m Freestyle), Gregor Tait (100 Backstroke) and Kirsty Balfour (100 Breaststroke). Swimming is certainly getting faster in this Olympic year.

Nothing left to chance document, if you haven't seen a copy make sure you get one and pass on your comments. This document dovetails well with the new Area Institutes. However, as always new idea's always have concerns. Discussions were interesting and very detailed, As long as the swimmers are the first priority, was the general feeling, but what does the Area Institutes bring to the 'pool?' How does Tayside and Fife Area institute fit in with our District boundaries? Lots of questions.....District road shows - be there! Team manager applications are all advertised and awaiting appointments. It's been agreed the Commonwealth Games Team Manager is the Team manager for the Millennium Youth Games in Edinburgh this August. Teams already signed up for this event are; Australia, England, South Africa, Scotland, Zimbabwe and Northern Ireland. Opening ceremony at the tattoo and visits by Royalty - get your ticket soon! Noel had been to the ASA events committee meeting - 2002 England Commonwealth Trails are in April, The new 'Competitive Continuum' will be in place in 2001 and when will the ASA nationals really become a GB event?

This morning, it was announced nationally that from next year there will be a thirty percent reduction in Lottery funding for all sports. Obvious concerns were express tonight at how this might effect swimming Scotland plans for the future?

It is my belief that being on this committee for 12 months, The President, Convenors, professional staff and Coaches are working together, 'in sync' so much better.

We all helped Eric with his crossword clue..... Scrambled Eggs!

Three hours later, still in shorts only this time it is dark, cold and raining we all left.

Grant Robins

SUCCESS FOR STIRLING SWIMMERS

Three swimmers from Stirling who have recently returned from Malta with National Head Coach **Chris Martin**, proved this weekend that their efforts in the sun prove hot in the pool.

Sarah Henderson (16) and **Kelly Hamill (15)** were both winner in their respective event of 400 IM and 400 Free. Sarah broke the five minute barrier that has given her confidence to achieve her national team time later this summer, she was also victorious in the 100 Breaststroke with another best time. Kelly normally used to the sprints, smashed her best time in the middle distance freestyle race with a 4.25 in a perfectly paced swim, this too proves her season is heading towards some great swim in the summer.

Fraser Allison (17) continues to prove that he is the comeback kid, after having an immensely hard training camp and then produced some great racing in his events this weekend. **Robert Lee (16)** reminded everyone who was watching that he is the one to watch this summer by convincing wins in the 200 Freestyle and 100 Breaststroke. Best time were recorded by **Graham Pow** (100 Breast, 400 IM), **Steven Stewart** (400 Free), **Mark Corrieri** (400 Free, 200 Breast), **Ashley McDowell** (200 Free), **Rosalin Henderson** (200 Free, 100 Butterfly)

This was the concluding meet of West Districts championships and now the season is heading for it's climax with National championship in June and July, where Stirling swimmers will be aiming for National team selection.

Grant Robins

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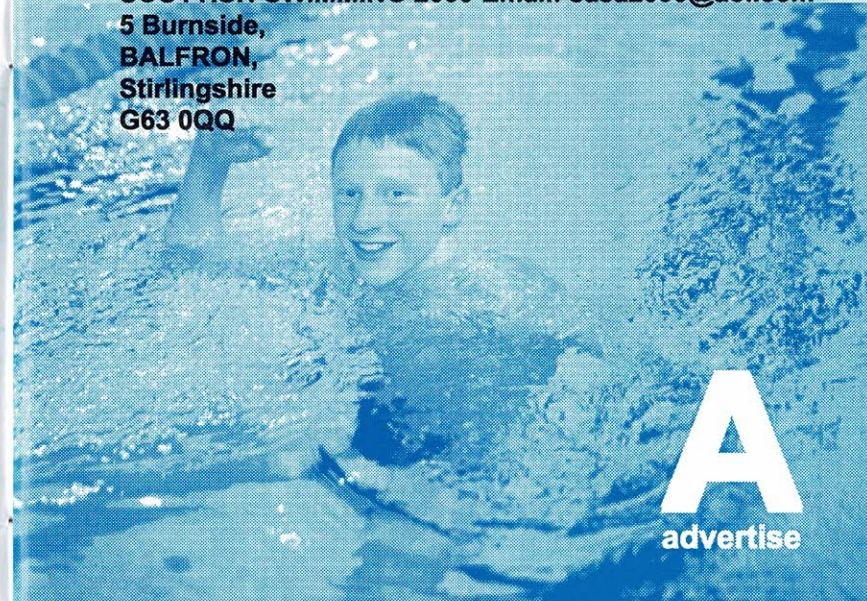
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Photos by Gordon Gillespie

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ScotSwim

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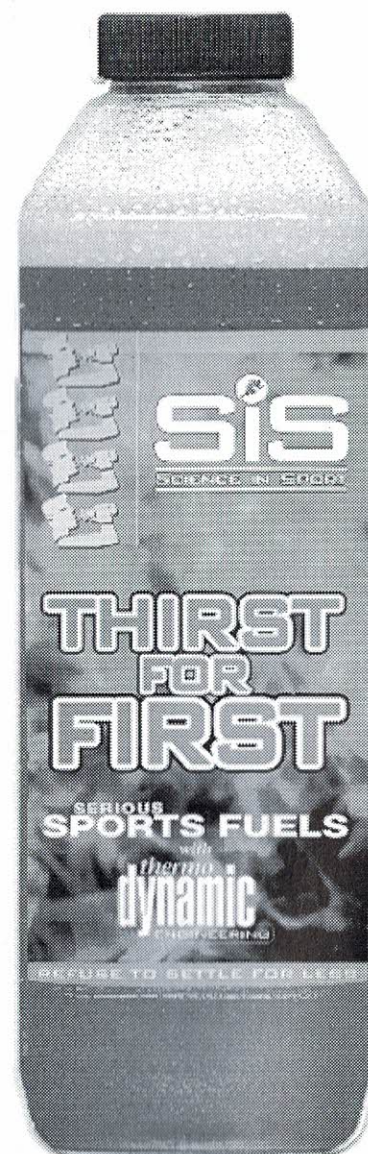
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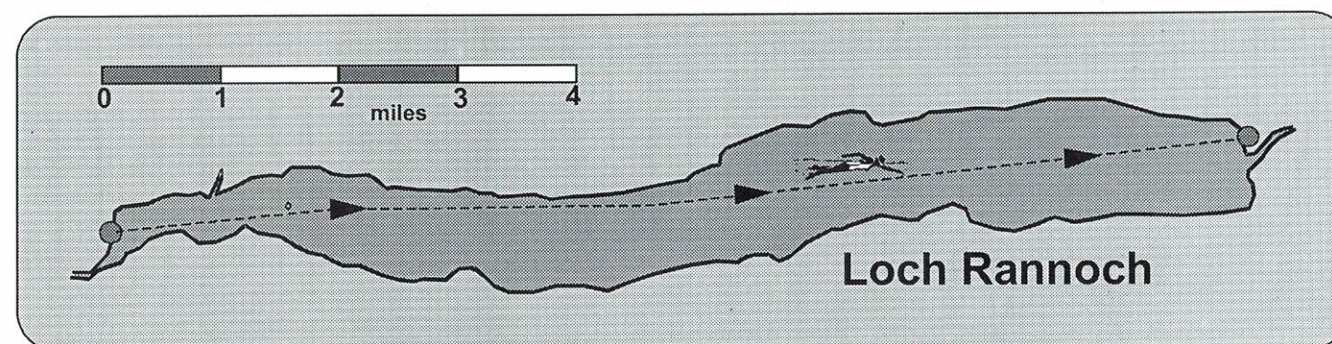
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For Senior Swimmers, 17 years and over, there are two events. The first covers the length of Loch Lubnaig near Callander, a distance of approximately 3¾ miles. For more experienced competitors there is the challenge of Loch Rannoch, at approximately 9½ miles this is Scotland's longest annual swimming race.



For junior swimmers, i.e. aged 16 years and under, there are two events, Monifieth-Broughty Ferry on the Tay Estuary over a tidally assisted 3 mile course and over the Loch Lubnaig course.

For juvenile swimmers, under 12 years, there is the Castle Pier "sprint" over 500 yards.

Event Dates :

Loch Lubnaig	8 th July
Monifieth - Broughty Ferry	15 th July
Castle Pier	15 th July
Loch Rannoch	29 th July

Closing dates for entries are one month before date of event.

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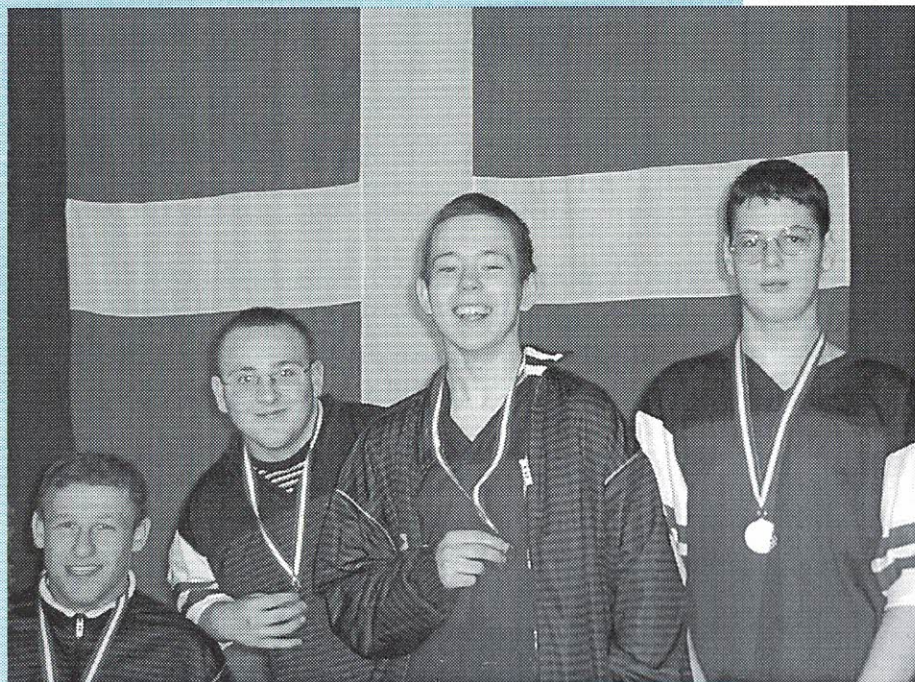


MANAGING RISK

DNV

12 DISABILITY

SCOTTISH DISABILITY SWIMMING BY PAUL NOBLE



The triumphant 20 point relay team (In height order) of Paul Johnston, Stuart Mullen, Solomon Christie and Garry "Broom".

As mentioned in the previous issue of Scottish Swimming 2000, the 10/11/12th March saw the first ever Scottish Disability Sport multi-disability team attend an international event. The event was the Open Nordic Championships held near Copenhagen, and the Scottish team of 20 swimmers was sponsored by Royal Mail and the Scottish Disability Sports Trust.

The event proved very successful with 22 medals returning with the team.

First on the medal rostrum was **Rebecca Lee of Glenrothes ASC** with a bronze in the 100m Freestyle in the first event of the Saturday session, and she followed that up with a silver and a further 2 bronzes later in the weekend. Her Glenrothes teammates were also in the medals – **Lara Ferguson** continued to perform well, equalling her PB in 100m Breaststroke to take gold and also winning bronze in a very competitive 200m IM. **Paul Johnston** had several battles with local favourite John Petersson of Denmark and came away with 4 silvers and I (**Paul Noble**) did my best swims for a couple of years to take gold in both the 50m and 100m Freestyle events.

In that 50m Freestyle race I was actually followed home by **Gordon MacDonald of Renfrew Baths Club**, Scotland's top junior, who took the silver to make a 1-2 for the Scottish team – a great result on the international stage. The difference between us was only 0.2 of a second – Gordon is certainly getting closer (a bit too close for my liking!).

Heather Thores from Peterhead, another junior swam a number of PB's over the weekend and was rewarded

with a bronze in the 100m Butterfly. **Fiona Gray** was also in the medals. The Glasgow swimmer, in between her shopping trips to buy Aqua CD's (For the kids she said – a likely story!), took gold in her favourite 100m Breaststroke and also bronze in 50m Freestyle. **Stuart Mullen (FIPRE)**, returning from injury and passing on his nutritional advice to the other swimmers, performed better than he expected after his lay off and took three bronze medals in 50m and 100m Freestyle and 50m Backstroke.

The relay teams too had some success. The mens 4x50m Freestyle Open team of **Stephen Burns (Bruce Triathlon)**, **Scott Ramsay (Glasgow)**, Gordon MacDonald and Paul Noble were bronze medallists, and the womens 5x50m Freestyle Open team of **Kimberley Docherty (City of Dundee)**, **Anna Tizzard (Glenrothes)**, Rebecca Lee and Lara Ferguson took silver.

The mens 4x50m Freestyle Relay were at the centre of controversy. The team of **Adam Morley, Solomon Christie (both Glenrothes)**, Paul Johnston and Garry Brown (Motherwell) touched first, but it was announced that they had been disqualified for a faulty take-over by Garry Brown. Coach Eddie Campbell couldn't believe it as he didn't see anything wrong with the take-over and "Broom" assured us "Don't shoot the bull 'til the bull's deid" he said as the team put in their protest, "That take-over was as safe as a doornail". Doornail or not, it was to be of no use as the disqualification stood and the team vowed to be back for justice in the Medley Relay. And back they were, Stuart Mullen replaced Adam Morley in the team the next day for the 4x50m Medley event and they overtook a strong Swedish challenge on the final leg for a long awaited Scottish victory.

The event also saw the attendance of another six Scots who were part of a

PHOTOS Paul Noble

Team Skotlan



DISABILITY 13

SCOTTISH DISABILITY SWIMMING BY PAUL NOBLE

very strong GB team which attended the event in an effort to gain consideration times for the Sydney Paralympic Games later in the year. **Margaret McEleny (Port Glasgow Otters)** took three gold medals and recorded two consideration times in the 50m Breaststroke and 150m IM, the two events in which she is favourite for gold in Sydney. World record holder **Tracey Wiscombe of Glenrothes ASC** also recorded consideration times on her way to winning four individual golds, and **Jim Anderson from Broxburn** achieved the standard in his specialist freestyle and backstroke events.

Those three now join **Kenny Cairns (Port Glasgow Otters)** and **Andrew Lindsay (Glenrothes ASC)**, who qualified from the French Open in January, as Scots who have so far made the grade. Both those swimmers were in sparkling form in Denmark as Andrew broke his own GB record in 100m Backstroke and is getting ever closer to the long standing world mark. Kenny went one better however with an incredible world record swim in the 200m Freestyle. Up against the world champion and previous world record holder **Palmar Gudmundsson of Iceland** he dominated his old rival to shave over a second off the old time. **Murray Dingwall (COAST)** was the other Scot in the GB team and he took two golds in the S14 events although he was outside his Sydney times.

Well done to all the swimmers who represented their country so well, and it is hoped that the experience of the international event can be repeated, possibly in World Championship year 2002.

The weekend prior to the Nordic championships saw the BT National Junior championships held in Darlington. Scotland compete against the English Regions, Northern Ireland and Wales for the title, and the Scots have been extremely successful in recent years. The team was 21 strong, 7 of which were making their Scotland debut and on the other side of the coin, 7 were in the Nordic Team the following week. After some strong competition, Scotland retained the trophy for the umpteenth year, and the prestigious Loo Morrison Memorial Trophy was won by the relay team of **Pamela Millar (Fraserburgh)** and **Martin Docherty, Jemma Calderwood and Gordon MacDonald from the West of Scotland**.

Special mention must go to title winners **Andrew Gallagher, Kirsty Colquhoun, Jemma Calderwood, Heather Thores, Angela McGowan, Gordon MacDonald, Gary McNaught and Pamela Millar**.

Garry Brown and Kirsty Colquhoun in their last year at the Championships picked up the trophy on behalf of the team.

The next events for the Scottish swimmers are major ones, the SDS Championships for those with a physical or visual disability will be held in Glenrothes on the 22nd April, and the SDS Learning Disability Championships will take place in Tollcross on the 20th May. Then comes the BT/DSE Long Course Open event in Sheffield at which those hoping to be on the plane for the Sydney Paralympics have to perform. Good luck to all those competing.



Pringles! Stuart Mullen giving some nutritional advice to Gordon Docherty in Denmark.

M trip to the land of Oz with some of the G.B. Paralympic Swim Team was to put it mildly awe inspiring. I was fortunate enough to have two of my own swimmers along side of me. **Tracy Wiscombe and Andrew Lindsay**, both from the Glenrothes club, were the two fortunate athletes on the camp.

The accommodation was supreme, with some of the friendliest staff I have ever encountered. The BPA Staff were also in attendance with some medical staff as well.

On our own camp we were also fortunate to have two Sports Scientists, one from Bath University **David Roberts** an Aussie himself and one from Manchester University **Carl Payton** so a great deal of testing was carried out. Each athlete had a full skeletal evaluation, an Incremental Lactate Step Test. Each swimmer was videoed and a full analysis was carried out with each swimmer the Physiologist, the Coach and the Performance Director.

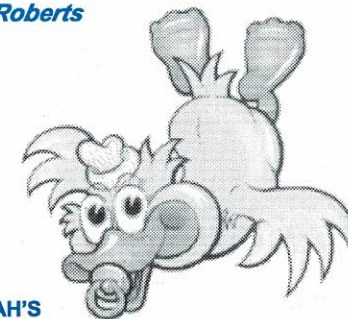
These were extremely valuable to show the swimmers and Coach exactly what some of the stroke faults were as well as the starts and turns. The pool which also had a games hall and a multi gym was part of a Private Girls school called St. Hildas which was approx. 20 mins. drive from the hotel. We had all our own transport with three minibuses and two cars which could shuttle where and whenever.

The pool was a 50m eight lane outdoor facility in beautiful surroundings and there was an indoor 25m pool as well which we did not utilise. We had two x two hour pool training sessions and a one hour land training session available and although it rained nearly every day this did not deter our training plan.

There was one full day off which was spent at a number of theme parks and trips according to where the students wished to visit. The temperature was always in the 30s centigrade and we utilised a lot of sun block.

The mileage covered was quite extensive especially for some of the more part time athletes and the tests gave everyone some encouragement in specific areas. Altogether an excellent camp and very beneficial to all swimmers and staff.

Regards
Garrie Roberts



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15

INTER DISTRICT COMPETITION MARCH 25 2000 TULLIALLAN POLICE COLLEGE

RESULTS

Grade 1/2

Solo

1. Vicki Reid	East District	58.794
2. Keri Brown	North District	55.808

Duet

1. Cara Hutton /Judith Shepherd	East District	55.287
2. Denise Smart/Lauren Equi	North District	53.957

Team

1.	East District	54.207
2.	North District	53.267

Total - Winners Shell Oil Trophy

1.	East District	168.288
2.	North District	163.032

Grade 3/5

SOLO

1. Nicky Cramb	North District	69.680
2. Fiona Whitehead	East District	67.941
3. Julie Law	West District	66.381

Duet

1. Fiona Whitehead/Jennifer Hendry	East District	66.708
2. Susan Davidson/Yvette Main	North District	65.903
3. Fiona Kenley/ Rachel Kenley	West District	63.749

Team

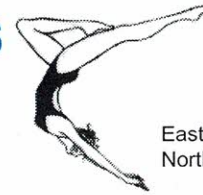
1.	North District	67.343
2.	West District	66.078
3.	East District	65.144

Total

Winners Elizabeth Hamilton Trophy

1.	North District	202.92
2.	Last District	199.793
3.	West District	196.208

The Elite/A squad and the Development squad had a very successful Easter Camp Trish Maggs the Coach of Elite/A squad was pleased with the commitment of the athletes and finished both Technical and Free routines for the Gloucester Open Championships. Wyn MacFadyen was pleased with the development squad they all worked well together the Free team routine was started for the Northumberland & Durham Open Championships in October.



CALENDAR 2000

MONTH		JUDGES AND COACHES CONFERENCE	SQUAD
JUNE	3/4	READING, ENGLAND	
	10/11	AGE GROUPS TULLIALLAN POLICE COLLEGE	
	16/17/18	A & B EXAMINERS UPGRADE COURSE NAIRN	
	24/25	SQUAD TRAINING	ALL
AUGUST	26/27	SQUAD TRAINING	ALL
SEPTEMBER	16/17	SQUAD TRAINING	ALL
OCTOBER	7/8	SQUAD TRAINING	ALL
	15/7	NORTHUMBERLAND & DURHAM AGE GROUPS	DEVELOP
	21/22	NATIONAL CHAMPIONSHIPS	
NOVEMBER	4/5	ASA AGE GROUPS CHAMPIONSHIPS	
	25	CLUB CHAMPIONSHIPS	
DECEMBER	2/3	SQUAD TRAINING	ALL

The Elite/A Squad will be competing in the Gloucester Open Championships on the 20 May 2000

Team:	Morag Shaw	Solo/Team (senior)	Clydebank ASC
	Pauline McFadyen	Solo/Team (senior)	Nairn SSC
	Nicky Cramb	Solo/Team (junior)	Elgin ASC
	Michelle MacBean	Solo/Team (junior)	Nairn SSC
	Susan Bowman	Team	Clydebank ASC
	Susan Davidson	Team	Nairn SSC

Morag Shaw and Pauline McFadyen have been selected to attend the ASA Elite summer camp. This is a great opportunity for both athletes as the ASA has invited two Russian coaches to attend. Well done to both swimmers.

The Scottish Open Age Groups are being held at Tulliallan Police College on the 10/11 June 2000 we have entries from the ASA clubs in all Age Groups so providing our swimmers with good competition.

Elizabeth Bowman
National Convenor

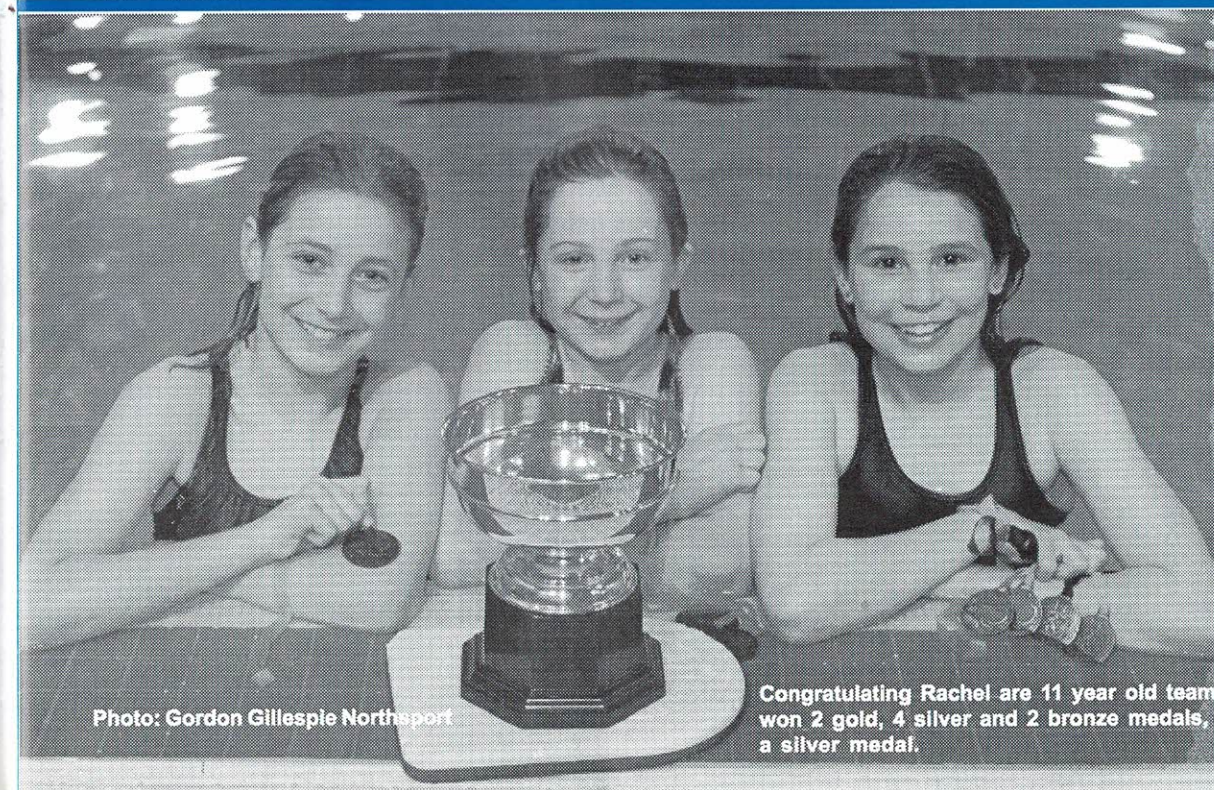


Photo: Gordon Gillespie Northsport

Congratulating Rachel are 11 year old team mates Sarah Jane Law who won 2 gold, 4 silver and 2 bronze medals, and Rachel Hanna who won a silver medal.

At the North District Age Group Championships held in Inverness Aquadome on 8th - 9th April, the Grampian Rosebowl was won by 11 year old Rachel Andrew from Inverness Swimming Club. This is the first time since the trophy was donated by Grampian TV, that it has been won by an Inverness swimmer. Rachel, who amassed 6 gold and 2 silver medals over the two championship weekends, won the trophy for her performance in the 50m Backstroke. With a time of 37.89 seconds she had 431 FINA points. The trophy is awarded annually at the Championships to the most successful swimmer in the youngest age group.

DONALD MUIRHEAD National Convener



Scottish 5000m Marathon Swim (Long Course) March 18th 2000 Results

Women's 14 years and under		1000m	2000m	3000m	4000m	5000m
1.	Ashton Bowman Alloa	13:40	27:28	41:42	55:39	1hr 9:41
2.	Sarah Hughes Lochaber	13:40	13:48	14:14	13:57	14:07
3.	Mhairi Murdoch City of Dundee	15:48	32:04	48:36	64:47	1hr 20:27
		15:48	16:56	16:32	16:11	15:40
		19:42	41:05	61:49	83:35	1hr 44:56
		19:42	21:23	20:44	21:46	21:21
Women's 15/16 years						
1.	Jenni Riach Milngavie & B.	13:05	26:30	40:09	54:13	1hr 8:22
		13:05	13:25	13:39	14:04	14:09
2.	Naomi Murdoch City of Dundee	14:54	29:54	45:31	61:07	1hr 17:32
		14:54	15:00	15:37	15:36	16:25
Women's 17/19 years						
1.	Lesley Kaczynska Milngavie & B	13:04	26:26	39:53	53:41	1hr 7:18
		13:04	13:22	13:27	13:48	13:37
Women's 20/29 years						
1.	Pamela Minto West Dunbarton	16:44	34:39	53:33	72:25	1hr 31:24
		16:44	17:55	18:54	18:52	18:59
2.	Jennifer Guthrie Glasgow Western	17:56	36:36	56:05	75:30	1hr 35:07
		17:56	18:40	19:29	19:25	19:37
Women's 30/39 years						
1.	Gillian Innes Silver City Blues	14:02	28:07	42:29	56:50	1hr 11:29
		14:02	14:05	14:22	14:21	14:39
2.	Ursula Schulz City of Glasgow	14:54	30:01	45:20	60:50	1hr 16:08
		14:54	15:07	15:19	15:30	15:18
3.	Claire Murray City of Dundee	15:57	31:31	46:29	63:14	1hr 21:02
		15:57	15:34	14:58	16:45	17:48
4.	Michelle McKnight Inverclyde Masters	18:00	36:35	55:30	74:40	1hr 33:54
		18:00	18:35	18:55	19:10	19:14
5.	Anna McGowan City of Dundee	17:16	35:32	54:20	74:20	1hr 35:38
		17:16	18:16	18:48	20:00	21:18
6.	Fiona Graham Glasgow Western	18:47	38:35	59:19	81:06	1hr 43:17
		18:47	19:48	20:44	21:47	22:11
Women's 40/49 years						
1.	Janie Carmichael Warrender	14:33	29:31	44:39	60:00	1hr 15:33
		14:33	14:58	15:08	15:21	15:33
2.	Audrey Cooper Silver City Blues	15:44	31:10	47:44	64:06	1hr 20:49
		15:44	15:36	16:34	16:32	16:43
3.	Day Campbell Ren 96	19:00	38:49	59:27	80:58	1hr 42:59
		19:00	19:49	20:38	21:31	22:01
4.	Linda McNeil Glasgow Western	20:58	42:26	64:35	86:31	1hr 48:54
		20:58	21:28	22:09	21:56	22:23
Women's 50/59 years						
1.	Arlene Morrison Glasgow Western	18:29	37:42	57:10	76:34	1hr 36:14
		18:29	19:13	19:28	19:24	19:40
Women's 60 years & over						
1.	Patricia Tait Inverclyde Masters	24:53	50:14	76:07	102:58	2hrs 11:37
		24:53	25:21	25:53	26:51	28:39
Men's 14 years and Under						
1.	Guy Grant Alloa	14:03	28:08	42:33	56:57	1hr 12:53
		14:03	14:05	14:25	14:24	15:56
Men's 15/16 years						
1.	Bryan Wright Alloa	12:43	25:34	39:07	53:02	1hr 7:38
		12:43	12:51	13:33	13:55	14:36
Men's 17/19 years						
1.	Kenneth Jeffrey Renfrew Baths	13:37	27:42	41:55	56:13	1hr 10:50
		13:37	14:05	14:13	14:18	14:37
2.	Andrew Lennox Kilmarnock	13:54	28:36	44:10	60:18	1hr 15:36
		13:54	14:42	15:34	16:08	15:18
Men's 20/29 years						
1.	Andrew Kirkland Heart of Midlothian	19:04	38:25	57:55	77:31	1hr 37:17
		19:04	19:21	19:30	19:36	19:46
Men's 30/39 years						
1.	Robert Hume Warrender	14:57	29:54	45:04	60:52	1hr 19:16
		14:57	14:57	15:10	15:48	18:24
2.	David Auchie Kilmarnock	17:15	35:03	53:03	71:55	1hr 31:34
		17:15	17:48	18:00	18:52	19:39
Men's 40/49 years						
1.	Brian Bain Silver City Blues	12:26	25:17	38:22	51:33	1hr 4:52
		12:26	12:51	13:05	13:11	13:19
2.	Eddie Riach City of Glasgow	12:37	25:30	38:40	51:51	1hr 5:24
		12:37	12:53	13:10	13:11	13:33
3.	Michael Parker Inverclyde Masters	15:07	31:09	47:27	64:26	1hr 22:15
		15:07	16:02	16:18	16:59	17:49
Men's 50/59 years						
1.	Malcolm Minto Lomond Masters	17:41	35:57	54:43	73:59	1hr 33:80
		17:41	18:16	18:46	19:16	20:21
2.	Robert Shields Lomond Masters	20:44	41:48	62:45	84:23	1hr 46:33
		20:44	21:04	20:57	21:38	22:10

TECHNICAL OFFICIALS

Technical Officials, in the Glasgow area or on the way to Annan, who would like transport to the Annan Meet on the 10th June should contact Donald Muirhead to get a seat reserved on his minibus or with various swimmers travelling to the meet. Your support will be much appreciated.

Has also been a swimming teacher for many years and is still involved in this capacity. Janet is a valued member of Motherwell Masters

Marina McFall Services to Sport Awards - Finalist

Member of the National Squad for Master Swimmers. Marina competed in numerous galas throughout the year winning a number of medals and is Scottish Champion at 50m & 100m backcrawl in her age group and second in freestyle. She has been a member of Motherwell ASC for 54 years and has been president for the last 6. Dedicated most of her life to swimming, teaching and coaching hundreds of people over the years. Representing her country all over the world, winning many awards and honours for her town and country.

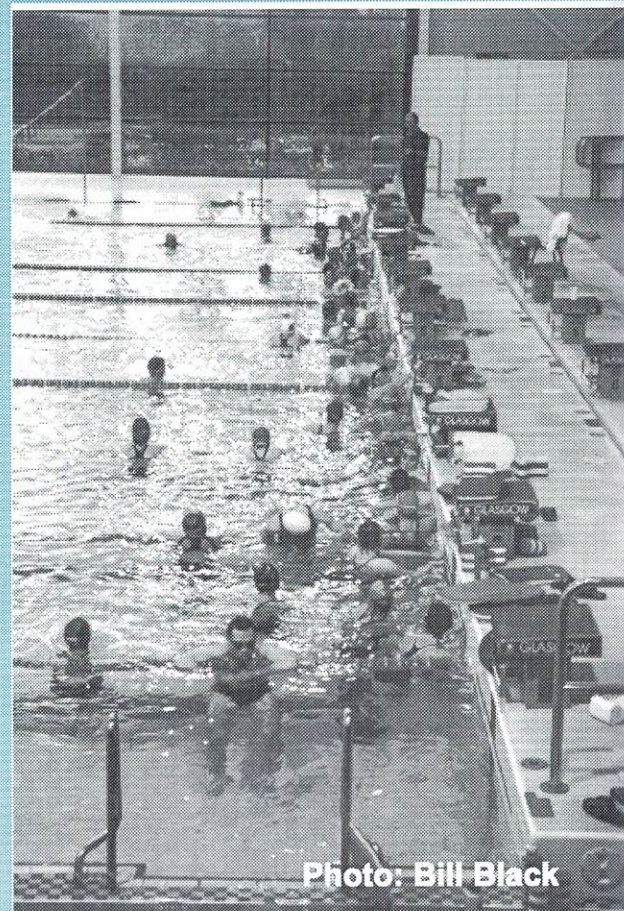


Photo: Bill Black

Masters Long Course Training Camp at Tollcross



Janet

Marina

Motherwell Masters Janet and Marina Receive Awards from District Council

Janet Stobie Services to Sport Awards - Finalist

Member of Scottish Masters Swimming Squad and ranked No.1 in 50, 100, 200, 400 and 1500m Free, 50, 100, 200 Breaststroke, 50, 100, 200 Back, 50, 100 Fly and 100, 200 individual medley

Janet collected numerous gold medals at Championship events throughout the year - 10 gold at the Scottish, 8 gold at Glasgow International, 5 gold at Irish Championships. During the year she has set 23 Scottish records in the 70-74 age group (15 short course and 8 long course)

MEMBERSHIP REGISTRATION It is essential swimmers should register. All entries are to be checked in future for all meets in Scotland. Unregistered swimmers will be excluded from meets throughout the UK.



Graeme Sutton demonstrates his new "Wonder" swimwear. Speedo and Arena will have to do better to match this!



Back row left to right, Graeme Sutton, Simon Kelly
Middle row left to right, Roy Simpson, Judy Hattle, Donna Mackenzie(Manager), Alison Mackenzie Front row left to right, Jim Crosby, Joy Ross, Peter Reay, Dianne Brownrigg



Back row left to right, Alison Mackenzie, Donna Mackenzie (Manager), Peter Reay, Joy Ross, Dianne Brownrigg, Jim Crosby, Judy Hattle (the feet of) Front row left to right, Roy Simpson, ?????

Photos: Carlisle Masters

CARLISLE CAPERS AT DARLINGTON AND PERTH

• **CARLISLE Masters' women clinched gold medals in the 4 x 50m freestyle and the 4 x 50m medley at Perth. The men won silver in the 4 x 50m medley and bronze in the 4 x 50m freestyle.**



Joy Ross and Dianne Brownrigg

WEBSITES for MASTERS

Joseph Phillips (Inverclyde) has been surfing the World Wide Web and found the following sites with information on Lactate Testing. Useful in conjunction with the lectures at the Masters Training Camps:

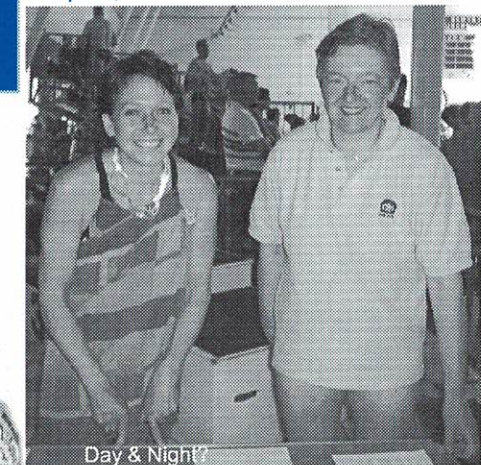
www.pponline.co.uk/encyc/0175.htm
<http://lactate.com/swimming/swtstres.htm>
<http://lactate.com/swimming/swtstwhy.htm>
<http://lactate.com/swimming/swtsthow.htm>

For information on the FINA World Masters Championships : www.fina.org

Masters Training at Tollcross note hard trainer **Joseph Phillips**



Left to right, Simon Kelly, Jim Crosby, Peter Reay, Alison Mackenzie, Gary Buxton, Joy Ross, Graeme Sutton, Dianne Brownrigg, Roy Simpson, Donna Mackenzie



Day & Night

JUDY IN JEOPARDY

Judy Hattle was left with nothing to wear but her wet swimsuit and a towel when a thief broke into her locker at the pool and stole all her gear whilst she was training. Fortunately, fellow club members got her home to get clothes and the spare keys for her car. So, the moral - join club and never train alone in Carlisle.

Anon



Photo: Bill Black

MEMBERSHIP REGISTRATION It is essential swimmers should register. All entries are to be checked in future for all meets in Scotland. Unregistered swimmers will be excluded from meets throughout the UK.

GUERNSEY MASTERS, 31 March - 2 April, 2000

From Mike Thomson, City of Glasgow.
Broken leg January 1st, plaster off mid February, competing March? Having been to this meet twice before I was keen to return and would haul my way up and down the pool somehow. As before we made a week's holiday of it to justify the £160 air fare. Apartments are cheap to rent. The meet itself is well run (at a profit) and is sponsored by Barclays Bank. 1200 entries from Europe as well as Britain, with full programme up to 400m Free. Standards seemed relatively high with the busiest groups being C & D (15 in group D 50 Free). However, Guernsey is about more than just the competition. We were made very welcome and could train with the local club, were given a welcome pack including polo shirt and programme and a set of results. The medals were special issue Guernsey coins.
I even managed 2nd and 3rd in 100m and 50m Breaststroke respectively. The other highlight of the Island at this time of year is the "Salon Culinier" an international restaurateurs competition. Eat out every night from £15 for 4 - 6 courses. Other interests include beautiful coast walks, cycling, many museums and boat trips to other islands. All in all more than just a swimming meet and well worth a trip.
Guernsey contact : John Eyre 01481 246 030

ERNEST REGRETS

Faithful participant Ernest V. Clemett (St Austell) missed the Scottish Championships this year due to his duties as President of Western Counties ASA. He wrote "I have always enjoyed the Scottish Masters and the kind hospitality have been shown over the years that I have competed - I shall miss the comradeship and friendships, I have made over the years."
Best wishes to Ernest in his presidential year and we look forward to seeing him in 2001.

MASTERS CALENDAR 2000

MAY
27th/28th Scottish National Long Course Training Camp, Tollcross, Glasgow
Donald Muirhead Tel: 01475 520440
(Open to All Registered Masters Swimmers)

June
2nd/3rd/4th GB Masters Long Course ASFGB Championships Crystal Palace, London
The Medway building Loughborough University Epinal Way, Loughborough LE1 1 3TU
Contact: Judy Mott Tel: 01509 228530
* Closing Date 5th May 2000

10th Annan Open Swim Meet
Annan
Sandra Proudfoot
Sports Development Officer

BADAGUISH

CAIRNGORM OUTDOOR CENTRE

Why be a competitive Master Swimmer? Bruce Cook

Approaching 62 years of age (and only a youngster by some Master swimmers standards) I am often asked, or ask myself, 'Why are you indulging in this sport?'

I first competed in Masters swimming in 1975 at the Ottermasters Meet at Carnaby Street baths, London, after using swimming as a vehicle to full fitness when I had a serious bout of meningitis-type flu.

Most Saturday evenings I travel 70 miles round trip to Inverness Aquadome to swim in a 25m pool with lanes, and try to put in a heavy programme. Through the week I train in an hotel pool 14m long amidst hotel guests. Yet I compete against others who have

1. club coaches
2. other competitors to train with
3. someone to hold a stopwatch
4. retired from full time occupation.

I takes a bit of will power to go swim training after a day working at digging, fencing or timber felling. (Did I get this self-discipline from the Guards Depot at Caterham Donald?)

Is it for honour, self esteem, medals, friendship, or to have a laugh with fellow competitors, male and female, that I go to events? Of course, it is a fine feeling of achievement to win or break a record or two. In 40 years of competitive swimming I have managed to beat Hugh Cumberland, Motherwell ASC, about four times, but I am always glad to meet, speak with and swim against him. The real reason for swimming Masters swimming is a spur to make me swim, to keep my body healthy and free from arthritis and similar ailments.

In 1991, after a serious accident, I had to learn to walk again, using swimming as a vehicle. I astonished the medical profession at Dundee Royal Infirmary at the speed of my recovery, and the flagrant disregard for their forecast that I would perhaps never work manually again. If water therapy worked for the Greeks and Romans, it could work for an old wood-cutter from Angus!

Finally, I would urge all Master swimmers to applaud and appreciate the behind-the-scenes work that is done on our behalf by people like Donald and Marion Muirhead, and others who run the events for us to compete in.



Aviemore
Inverness-shire
PH22 1QU

Tel: 01479 861285
Fax: 01479 861258

email:
badaguish@cali.co.uk

BRUCE'S WALKING WEEKEND 16, 17, 18 JUNE

Join Bruce on a social and walking weekend at Badaguish. There are places for 40 plus spaces for those who like to camp.

This was a very enjoyable event in the Masters calendar last year. If you are interested contact Donald Muirhead for full details.
Tel: 01475 520 440

Council Offices
Annan
DG 12 6AQ
Tel: 01461 203311 Ext 67259
* Closing Date 19th May 2000

16th/17th/18th Social Event - Change of Activity "Walking Weekend with Bruce Cook" Badaguish, Aviemore
Donald Muirhead Tel: 01475 520440
* Limited to 30 Places Cost £20-£25 SC 2 nights

July 1st Gateshead Masters Open Swim Meet, Felling Pool, Gateshead
David Chaney Tel: 0191 487 3190
6 Earlswood Park
Lowfell, Gateshead NE9 6AW
* Closing Date 10th June 2000

15th Long Course Training Camp Tollcross, Glasgow
(Specifically for those swimmers competing in the World Championships at Munich)
Donald Muirhead Tel: 01475 520440

27th - 9th August VIII World Masters, Munich, Germany
Scottish ASA
Holmhill Farm, Greenlees Rd, Cambuslang, Glasgow G72 8DT
* Closing Date 27th June 2000
NB All entries to be co-ordinated by SASA.
Closing Date 1st June, 2000
Contact: Dawn Gough Tel: 0141 641 8818

AUGUST 19th Lomond Masters
400m Freestyle Scottish Masters Championship

NB Please note that related information and entry forms can be obtained on the Scottish Masters Website: www.scottishmasters.co.uk

IN MEMORIAM MRS ELIZABETH McCALLUM AND MR NORMAN BEATTIE



Isobelle and Ailsa Beattie handing over the new trophy



Mrs Mac's daughter Elspeth presents the trophy to Ron Taylor

GLASGOW MASTERS TRIBUTE

Over the last few years, we have lost two valuable members of our club. Firstly, our coach Mrs. Eliz. K. McCallum, better known as Mrs. Mac.

Mrs. Mac's link with swimming began when her two daughters were competing and this involvement continued until she was tragically killed in a road accident.

For many years she coached development squads for the City of Glasgow Swimming Club, Kingston ASC and Glasgow Masters. She was extremely proud of all her swimmers whether they were 5 or 105. Her enthusiasm for the sport was so great that to her a PB was as important as a medal. We are certain that there are swimmers still competing who would have been lost to the sport had it not been for her encouragement

Secondly and most recently was Mr. Norrie Beattie who was our chairman and mentor. Re Norrie's life seemed to revolve around water. He was in the Navy, played water polo and was a competitive swimmer. His involvement covered all aspects of the sport from Synchro judge with Bill and Mary Black to starting swimming clubs, among them the City of Glasgow Swimming Club in the early '70's, to Glasgow Masters in 1985. His technical knowledge was vast and he was proud to have been invited to the European Championships in Bonn as a FINA technical official. He became West District President in 1970 and SASA President in 1986. Mrs. Mac and Norrie came as a set and would gladly have helped anyone who approached them with any problems. They were both known for their sense of fun and fair play and swimming is the poorer for their passing.



SCOTTISH AMATEUR SWIMMING ASSOCIATION

Applications are invited for the vacancy of

Director of Development

on the Board of Management.

As a member of the Board of Management you will contribute to the day-to-day running of the Association and focus on the following specific tasks

- ◆ Focus on foundation and participation levels of the sports continuum
- ◆ Integration of development areas
- ◆ Liaison with Disciplines on development plans
- ◆ Development of club development plans
- ◆ Assisting Districts with development plans

The successful applicant will be expected to put in place and oversee various systems that will facilitate the implementation of the above tasks.

For a job description and application form, interested and motivated individuals who feel they can make a positive contribution to the successful implementation of the Association's objectives for the next 4 years should contact:

Elaine Mackenzie, Director of Administration
SASA, Holmhill Farm, Greenlees Road, Cambuslang, Glasgow G72 8DT
Tel: 0141 641 8818
Fax: 0141 641 4443
e-mail sasaelaine@aol.com

Closing date for applications Monday 26th June, 2000

20 MASTERS NEWS

Donald had the last word!



SCOTTISH MASTERS OPEN AND NATIONAL SHORT COURSE CHAMPIONSHIPS 2000 THE WINNERS

Thanks are due to Donald Muirhead for all the time and effort he expends for Scottish Masters.



Baillie McMaster Glasgow City Council welcomed everyone to the civic reception and presentation ceremony



Paul Tyler Glasgow Nomads Group A



Helen Ramsay City of Glasgow Group A



Keith Dunnett Silver City Blues Group B



Donna Adam Stirling Group B



Kevin Smith City of Newcastle Group C



Linda Woodburn St Thomas Group C



Brian Bain Silver City Blues Group D



Judy Hattle Carlisle Group D



Andrew Wheeler Silver City Blues Group X-looking modest!



Graham Padgett Warrington Group F



Betty MacMillan Motherwell Group H



Patricia Jackson Wigan Wasps Group F



Ally McGregor Warrender Group G Pally Ally!



Hugh Cumberford Motherwell Group H



Jim Stewart City of Glasgow Group J



Flora Connolly Heart of Midlothian Group J



Ken McKay Hamilton Group K



Janice Naylor Inverleith Group G



Janet Stobie Motherwell Group K



Alex Sutherland Inverness Group L



Audrey Cooper Silver City Blues Group E winner and 2nd overall



Gillian Innes Silver City Blues 3rd overall

TOP CLUB SILVER CITY BLUE



The City of Glasgow Trophy for the Top Club was presented by Baillie McMaster to Nan Taggart the most senior member of the Silver City Blues Team



Eddie Riach City of Glasgow Group E winner & 3rd overall



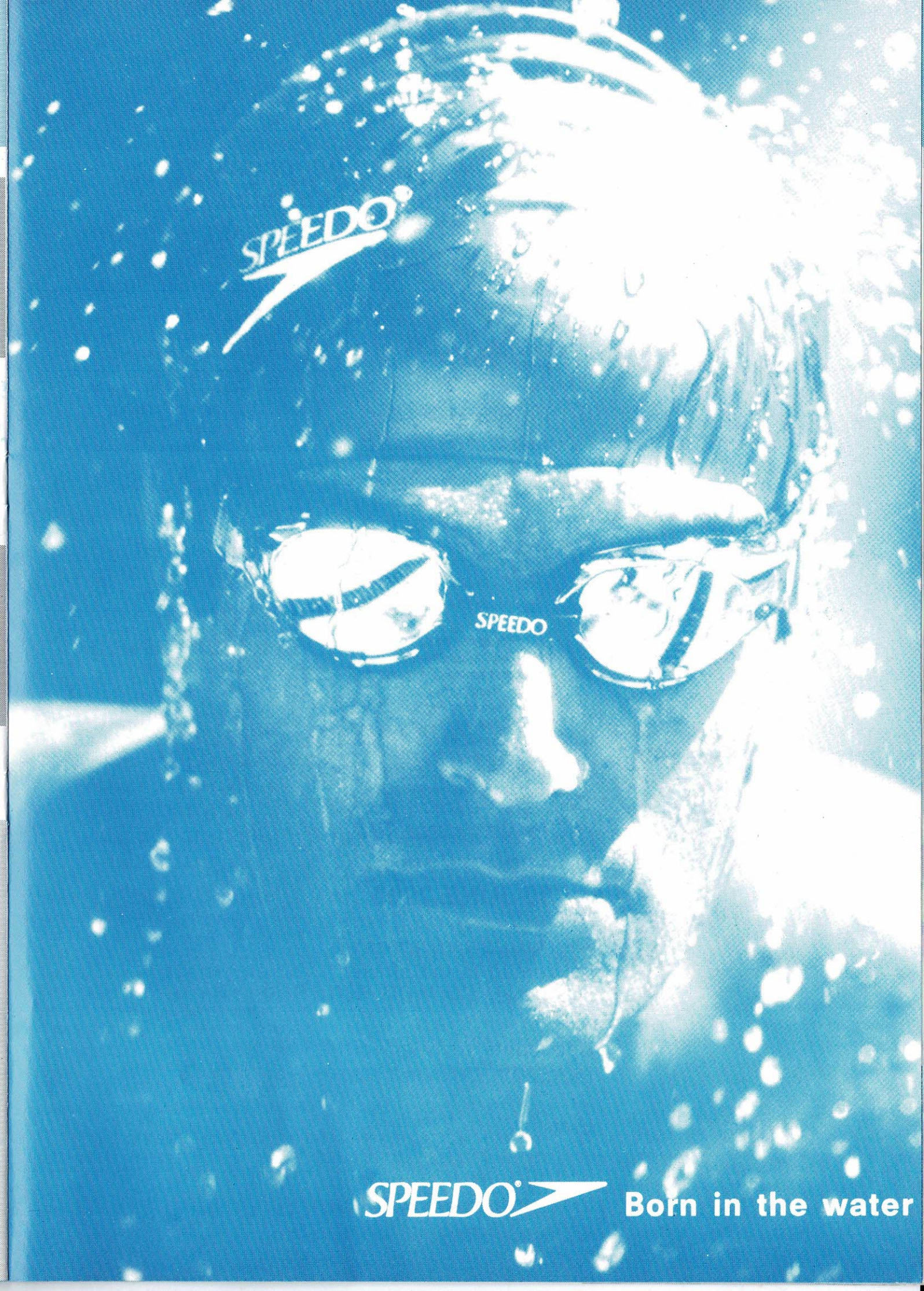
Kevin Smith City of Newcastle 2nd overall

PHOTOS: BILL BLACK

Flora Connolly World Record Holder and overall winner. Flora set her most recent world record in the first session of the championships



Ally McGregor consistent as always was the overall winner in the male category



SPEEDO Born in the water

Scottish Amateur Swimming Association and the District Swimming Associations



A full job description can be obtained by contacting the Scottish Amateur Swimming Association at the address below.

Please apply in writing enclosing a curriculum vitae to:

Elaine Mackenzie
Director of Administration
Scottish Amateur Swimming
Association
Holmhill Farm
Greenlees Road
Cambuslang
Glasgow G72 8DT

Tel: 0141 641 8818 Fax: 0141 641 4443
Email: sasaelainem1@aol.com

**Closing date for
application is
30 JUNE 2000**

All enquiries/applications will be treated in the strictest confidence.

Applicants for the North District Team Manager posts should apply for all of the posts.

Applications from outwith the district will be accepted for the management posts.

EAST DISTRICT HEAD COACH, SQUAD COACH AND ASSISTANT COACH

**(September 2000 –
August 2002)**

Applications are invited for the above posts. The National District Squad (East) programme has been developed in line with the Scottish Amateur Swimming Association's National Curriculum. The key functions of the posts are to deliver the National Curriculum via the National District Squad Programme.

Qualifications

- The Head Coach, Squad Coach and Assistant Coach should have attained the ASA Club Coach Certificate or seeking to gain the award in the near future.
- Actively involved in club coaching.

NORTH DISTRICT SQUAD COACH AND ASSISTANT COACH (September 2000 – August 2002)

Applications are invited for the above posts. The National District Squad (North) programme has been developed in line with the Scottish Amateur Swimming Association's National Curriculum. The above posts will be under the guidance of the existing National District Squad (North) Head Coach. The key functions of the post are to assist the Head Coach to deliver the National Curriculum via the National District Squad Programme.

Qualifications

- The Squad Coach and Assistant Coach should have attained the ASA Club Coach Certificate or seeking to gain the award in the near future.
- Actively involved in club coaching.

EAST DISTRICT TEAM MANAGER (September 2000 – August 2002)

Applications are invited for the above post. Following an extensive review of the team manager structure of all national and district squads the Association will appoint team managers who will be responsible for the overall management of the national district squads. The key functions of the post will be:

- To manage the national district squad programme.
- To attend national district squad training camps and competitions.
- To work within the Association's framework for code of conduct and best practice to deliver a high quality national district programme.

NORTH DISTRICT TEAM MANAGER AND ASSISTANT TEAM MANAGER (September 2000 – August 2002)

Applications are invited for the above posts. Following an extensive review of the team manager structure of all national and district squads the Association will appoint team managers who will be responsible for the overall management of the national district squads. The key functions of the post will be:

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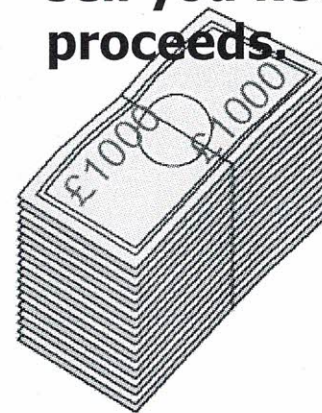
prize draw2000



- Let us help you to make
the world of difference
to your club funds.

How? We provide you with raffle tickets and all you have to do is sell the tickets for the Association's 2000 National Raffle. It couldn't be easier!

Why? No hassle of
running your own club
raffle and providing prizes
**AND for every ticket you
sell you keep half the
proceeds.**



Prizes! **£1000 Cash** and
...lots more! Draw to be
made on Saturday 24th
June at the National Age
Group Championships.

To ensure your supply of tickets call
Melanie now on 0141-641-8818.

Raffle Promoter: Stuart Martin, SASA, Holmhill Farm, Greenlees Road, GLASGOW G72 8DT

PRIZE DRAW 2000

OFFICIALS News

SWIMMING TECHNICAL OFFICIALS

By John Stewart

CONGRATULATIONS

Congratulations are extended to the following Technical Officials who received their Certificates Of Competence during February & March 2000: -

Starters

Margaret Riach West

Judges

Helen Guy North
Johan Madsen West
Chris Warwick Midland
James Buchan North
Paul King North
June Crombie Midland

Timekeepers

Dianne Campbell West
Mari L. Murray West
Christopher B. Rigden North
Linda C. Michalski North
Marie Blackwood West
Jacqueline Clark North
Susan M. Booth North
Harry Brennan West
Jacqueline E. Johnstone East
Lorraine M.J. Cameron North
William Hunter East
Pamela Kerr East
Donna Nichols Midland
Tom Mills West

Registered Officials

As at 2nd March 2000, the total number of Technical Officials registered are:-

North	217
Midland	57
East	121
West	100
Total	495

Club Timekeeper Update

North	62
Midland	8
East	69
West	37

S.A.S.A. AGM

At the AGM held in February of this year, the proposal (C11.4.6): -
Delete "in May and November"
Insert "on two occasions" was carried.

Record of Pondsides Forms

Could all probationers in future please give their Pondsides Duties Forms to the Session Referee

prior to the start of each session attended. This will allow all probationers the opportunity to be assigned by the Referee to work with an experienced colleague wherever possible. It is the Referees' responsibility to fill out the Duties form regarding Event / Session, Date, and Duty etc. and to tick / initial if all the criteria has been met. **John Bruce** intends to inform all new probationers of this new practice when he sends out their Pondsides Duties Forms in the future.

License Forms

Would all Referees request from the Meet Organisers to see the License Form before the session commences, and to fill in the respective Session Referee Report (Part G) at the end of the session.

Meet Referee Appointments

The National S.T.O. Committee has made the following appointments as Meet Referees at the forthcoming National Events

National Age Groups :-
Peter Syer
National Open Championships :-
Blair Prentice.
Millenium Commonwealth Youth Games:-
Colin Kennedy.

Backstroke Turn

The following was passed to all teams at the World Short Course Championships in Athens in March of this year, our thanks to **Tim Jones** from City of Edinburgh Swimming for providing us with this FINA interpretation. Apparently some Turn Judges in Athens were rather confused when observing the Backstroke turn with regards to the legality of a swimmer kicking when on the breast during the continuous turning action.

The FINA delegates subsequently issued Technical Officials and Coaches with the following Official FINA Interpretation of rule SW 6:4. The STO Committee are in no doubt what so ever that the SASA Technical Officials have always applied the correct interpretation of SW 6:4.

The Official FINA Technical Swimming Committee Interpretation on Backstroke Turn

Backstroke Turn

The second sentence of FINA Rule SW 6:4

"Once the body has left the position on the back, there will be no kick or arm pull that is independent of the continuous turning action"

Some National Swimming Federations interpret this to mean that there is no kicking once on the breast. **THIS IS NOT CORRECT.**

Kicking is acceptable if it is part of the continuous turning action. The swimmer must be observed in total.

Turning from back to breast too far from the wall

and kicking to make up distance to begin the turn is illegal. Kicking as part of the turn is legal.

Technical Officials Examinations

Exam papers for those who fail any exams will be kept to allow the candidate to discuss the paper with their respective STO. Convenor, although the paper will not be handed back to any candidate to keep.

East District Club Contacts Meeting

A very successful meeting of the East District Club Contacts took place on the evening of Tuesday 1st February 2000 in Edinburgh. This was the first time for more than 2 years a meeting for the Club Contacts had been arranged and it was well attended by 22 people representing 20 of the East District swimming clubs. This is an increase of 85% on the last meeting held during 1997. Many of those in attendance this year were attending in more than one capacity, e.g. The Club Contact for Cardenden A.S.C. is in fact District President, **Bobby Greenlees**. The Fins C.S.C. Club Contact is Peter Lee, the District Secretary.

The District Treasurer, **Bill McCulloch** represented Incas, and indeed the Vice President of the District **Tyrie Shiels** attended for the Warrender Baths Club Contact. I as the S.T.O. Convenor, as well as Club Contact for Livingston & District A.S.C. was indeed very grateful for the support provided by my District Executive, as well as highly delighted at the turn out from the clubs in the East District.

The purpose of the meeting was to afford the Club Contacts an opportunity to meet both formally and informally. It was an opportunity to talk with Gala Officials Secretary **Joanna Maguire**, myself face to face, as well as members of the Management Team. This was also an opportunity for us to explain how we see their role as Club Contact, as well as asking what they perceive their responsibilities to be.

In the East District, we see the Club Contact as being the link between "The District" and their respective Swimming Club. Their responsibilities include being the person within each club who would encourage parents to become involved on the officiating side by initially taking part in the Club Timekeepers Workshop in order to help out at club level. They should also get to know whom their Technical Officials are, and be aware of when the exam dates are as well as when and where the workshops will take place. The Club Contact is also seen as the spokesperson for their club's officials and to liaise on all matters with their local S.T.O.C. Area Co-ordinator. The Area Co-ordinator is seen as the S.T.O.C. member who makes themselves available to the clubs in their area, to sell the idea of having Club Timekeeper Workshops, to encourage other Technical Officials locally to progress, and to identify problems, and encourage awareness.

A review of the **Club Timekeepers Workshops** took place where it was explained how these are now proving to be more successful than the old

Timekeepers Exam system was latterly. There then followed an explanation of how to progress as a Technical Official, with further explanation on the importance to all clubs having Technical Officials within each club, and to encourage new blood to replace those who have given up through their children giving up swimming.

Finally, discussion took place on the need to have Technical Officials to ensure fair competition, to comply with Licensing and Accreditation rules, and to ensure the "District" events are adequately covered in terms of numbers of officials.

The meeting was seen as being very successful where much networking took place, and those who attended expressed a desire to meet again on a more regular basis.

Colin Kennedy

Pre-FINA Training List

These are the SASA Referees presently on the Pre-FINA Training list

Lois Cairney
Liz Hastie
Blair Prentice
Eddie Wilmott

(Names in alphabetical order only)

These are our SASA Referees currently on FINA Lists:

Peter Syer- FINA Referee
Bill Murdoch- FINA Masters Referee
Robin Dale- FINA Starter.

Criteria for Training List

Any suitably qualified S.A.S.A Referees wishing to be considered to be appointed to the Referee Training & Experience Training List should meet the following criteria.

AGE:

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

EXPERIENCE:

Candidates:- Must have passed their Referee examination at least four (4) years prior to the date of application.

During this period they should have attended:-

1. The majority of District Organised Events – Age Groups, Open Championships as well as other District Events

2. **At least eight (8) Scottish National Events, two of which must be outwith the Referee's Parent District – Scottish National Events- National Winter Championships- National Age Groups Championships – National Open Championships.**

The candidate is expected to attend the majority of sessions at the above named Scottish Championship Events (in 2).

APPLICATION:

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

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

Officials Expenses at National Events

The following was agreed at the STO Committee Meeting 2nd April 2000 and shall be presented to Council

The following defines rules governing the payment of expenses for Technical Officials at SASA events. The standard **second class** rail fare where appropriate or agreed SASA mileage rate may be used for travel expenses.

Officials attending **one day** or on a **daily basis** at a National Event:-

1. Attending only **one session per day**: - Half the agreed SASA Mileage rates
2. Attending **two or more sessions per day**: - **The agreed** SASA Mileage rates

Overnight Accommodation

Criteria for overnight accommodation:- **Must be cheaper than travel to / from home**

Overnight accommodation during the event:- **50 / 60 miles** travel distance from home to the event

Officials must be on pondsides:

1. Three-session event: - **at least two sessions** each day either side of night claimed.
2. Two-session event: both **sessions** either side of night claimed.

Overnight accommodation for **night prior to event**: - 100 / 120 miles travel distance from home to event.

Officials **must** officiate on the following **two days**.

Allowance Rates for overnight accommodation.
Accommodation - £ 20:00 per night.
Meal Allowance - £ 10:00 per evening meal.

All travel claims vetted by Event / Meet Treasurer

Overnight accommodation should not be allowed for an Official attending only **one day** of an event. There are however some Officials who require overnight accommodation due to extenuating circumstances, and this may be permitted at the discretion of the Organising Committee.

A.S.A. National Masters Swimming Championships Ponds Forge Sheffield 22 – 24 October 1999

Bill Murdoch was our man at the A.S.A. National Masters Championships in October, here are Bill's comments on the event-

On arriving in Sheffield we, Barbara having received a personal invitation to attend by Malcolm Hill the Meet Director, checked into our hotel in plenty of time to get to the pool for a 3 p.m. briefing before the first session which started at 4pm. This event is sponsored by Hanover Housing which allows travelling officials to be accommodated in hotels.

The Briefing was more of an attendance register, to pass information to those who could not be accommodated at the Bristol Hotel (the other was 15 miles away), to issue shirt and meal vouchers to allow you to eat what and when you could. There were also two Officials from WASA, Fiona Lucas and Brian King, both of whom have officiated in Scotland.

During the three days, the positions allocated to

me were Referee, Stroke Judge and Turn Judge. Nuala Muir –Cochran was the Meet Referee / Manager, who allocated the duties with great tact and diplomacy in order to ensure that those staying in the further away hotel were always on the pool that finished first.

Duties were allocated on a daily basis for the whole day and where you were allocated; you stayed for the rest of the day. There were only two Referees per session, which led to some delay in the 50m events. This is because of the practice in the ASA of the Referee entering the electronic time or making time or place adjustments from the "electronic slip" prior to it going off to the meet management system.

The Pool at Sheffield was again split into two "tanks" each 25m in length, one called "North" the other called "South", each with ARES 21 connected to the new Galactica Score board which allowed both pool races and results to be shown simultaneously. Fortunately there were few technical hold ups during the weekend.

The Championships with approximately 4,000 entries, were split into male and female events running at the same time, controlled by the announcer who from his position, could monitor the actions in each pool, and regulate the starts. The Relay events were split by age group, which allowed both pools to handle the relays, hence shortening the event.

There were seven sessions in all over the three days most running between 2.00-2.30 hours in duration except for the 1500m session in the gents' pool, where there were 8 x 1500m and the first heat took 45 minutes and the fastest 20 minutes. Other events of note 24x100m free, 22x50m free for men, 15x100m free for women, others did not attract as many entries although there were 800m and 400m events.

On the whole I observed few differences in operation except for the following: -

§ At the end of each race, the Referee was given the "electronic slip". Then, with the chief timekeeper, entered the electronic times on each card, agreed the race result and passed them to the meet management system.

§ Disqualifications were passed via headset to the Announcer for announcing. Only one Referee per pool wore a headset as well as the Meet Referee / Manager, Announcer and Clerk of the Course, no other officials wore one.

§ Whistles were used to indicate when there were two laps + 5m to go in races from 400m upwards (ASA Rules).

§ It was a two-start event although this surprised some Officials, as it was a National Championship and ASA Have done a one-start rule for National Championships.

§ After a false start, the Starter gave a new announcement " Swimmers you will be disqualified for a false start". –Some Officials expressed a dislike to this statement. Personally I prefer to remind the swimmer what start they are on-they should know the penalty.

On the whole a good weekend's experience on

CONTINUED.....

how other Associations handle a major Meet, and to hear the views of other Technical Officials from other Associations. It also highlighted some of the differences in how the ASA operate using their own rules. It was also noted that the WASA do not advise ASA of the status of their exchange officials.

Bill Murdoch.

Please note that **Barbara Moore** attended this event at the personal invitation from **Malcolm Hill** the Meet Director and not as part of any training / experience program within the SASA. Barbara has been a regular visitor to these Championships over the past few years having received personal invitations from **Malcolm Hill** in the past.

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
E-mail: J.Bruce2160 @ aol.com

Secretary:

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

West District:

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

Midland District:

Pam Thomson
1, Castle Street, Brechin
Angus DD9 6JW
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East District:

Colin Kennedy
55, Ambrose Rise, Dedridge
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Tel: 01506 492807 (H)
Tel: 0131 553 8327 (B)

E-mail: - Kennedys 55 @ aol.com

North District:

Doris Mair
2, Harvest Hill, West Hill
Aberdeen AB32 6PU
Tel: 01224 741701

S.T.O. Member

Eddie Wilmott
294, Ravensby Road, Carnoustie
Angus DD7 7NW
Tel: 01241 854853

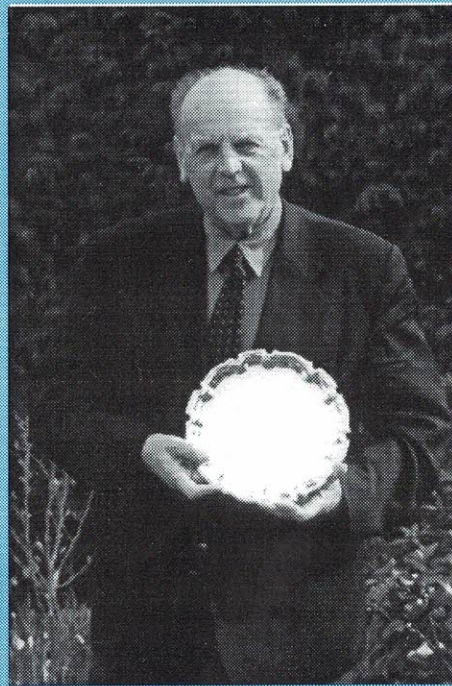
S.T.O. Member

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

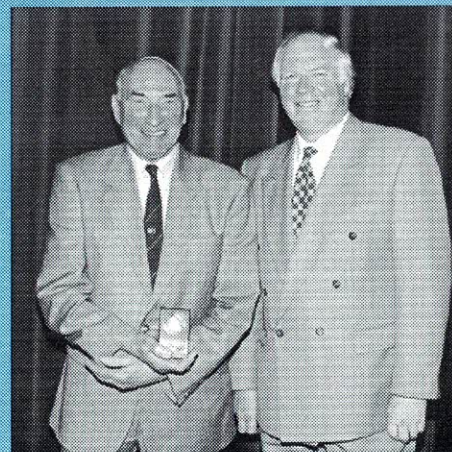


Alex. D. Spence with the silver presented to him by Speedo for long service to Scottish Schools' swimming.

The Scottish Schools' team finished second to England in the Speedo Schools' Swimming International at Ipswich. The Scots won the trophy for the most improved team.

Speedo also made four surprise "Millennium Awards" for long service - one to each country. Alex. D. Spence was the Scottish recipient with 50 years service to Schools' swimming. Bernice Hooper received the Welsh award, Fred Parkes the Irish award and John Beddoes, the ESSA Treasurer the English award. Alex was particularly pleased at Bernice and Fred's awards, like Alex they were also involved in their national Associations. Alex recalls Bernice being chaperone to the combined Scottish/Welsh team which he managed in 1963 v France v England at Perth.

Speedo did things in style and the recipients were quite overwhelmed when the awards were presented at Dunstan House Hotel in Norfolk, over an hour's drive from Ipswich. It is a sister hotel of The Belfry and Cameron House Hotel.



Jack Snowden was presented with the J.Y.Coutts Award by Mr Alistair Dempster Chairman of Sportscotland at the Awards Dinner in Aberdeen.

SSSA NEWS

Home Nations Schools International Meet 25 March 2000 Ipswich, England (25m)

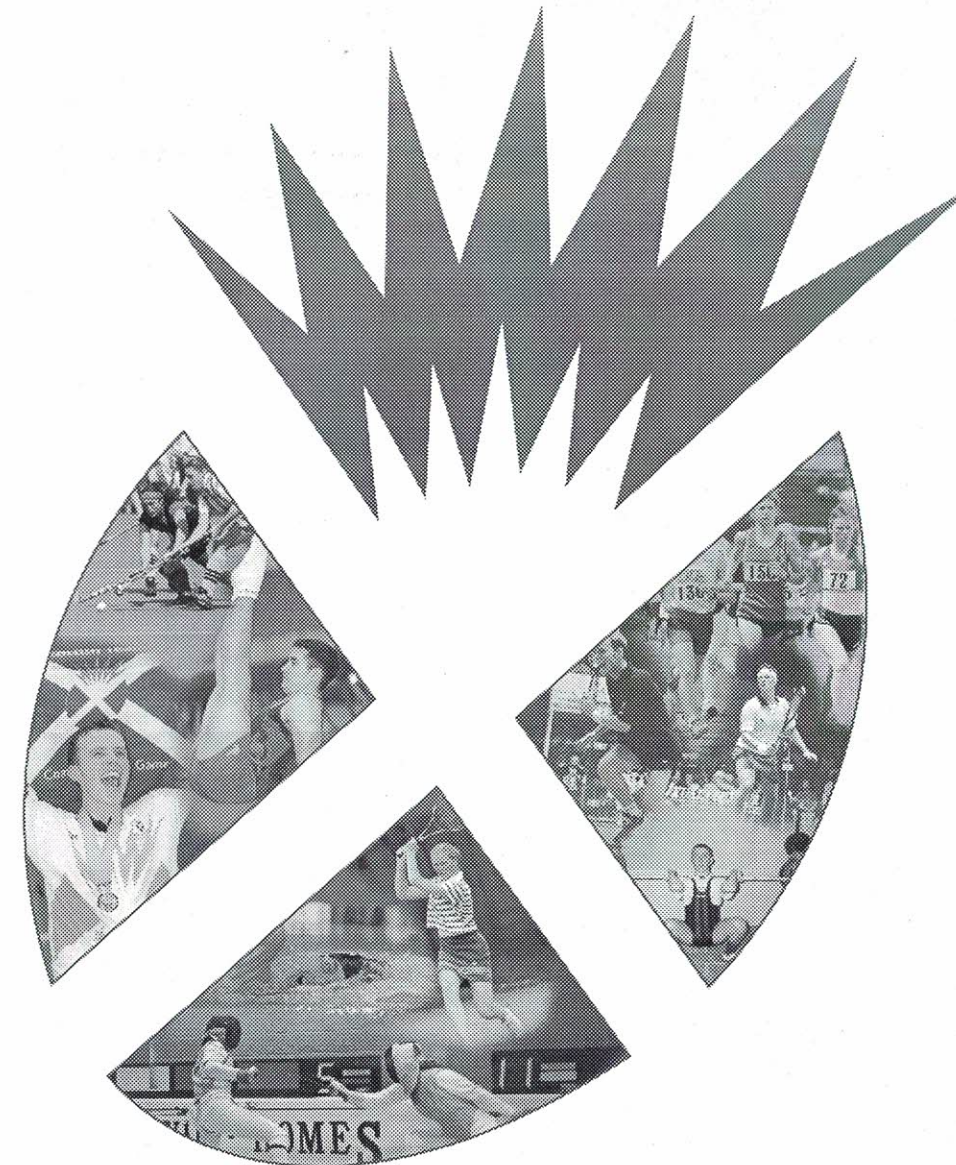
The annual staging of the Home Nations Schools International was held in Ipswich this year and a strong Scottish team swam very well to place second overall behind usual winners England. Scottish National Age Group champion Jenny Boyd ensured Warrender maintained representation at the event and swam very well to take one second and one third place swims from her two performances. In the Senior Girls 200 I.M. Jenny reaped the rewards of the recent return to hard training to set a new personal best time of 2:24.85 when placing second behind British junior international Lisa Chapman. This was followed by a third place finish in the 100 Butterfly with 1:07.15. Jenny was also part of the medley (fly split 30.60) and freestyle (split 27.90) relays that placed third and second respectively. Well done Jenny on these excellent swims.

Ian Wright

Warrender Win East District Age Group Championships

Edinburgh swimming team Warrender Baths Club continued their successful season by winning the Scottish East District Age Group Championships in Kirkcaldy. At the concluding part of four rounds that had commenced in February, the Warrender contingent fought off the challenge from twenty-four other clubs to regain the historic Solripe Trophy as Top East District Club. The mid to late 1990's had seen a bleak period for the club that produced Olympic champion David Wilkie in the 1970's and dominated Scottish swimming throughout the 1980's. However, the future looks much brighter now as recent development work with younger swimmers starts to bear fruit. This year's victory at the East District Championships followed a second place finish last year and fourth position in 1998. "We have made excellent progression over the past couple of years and a number of our swimmers are now making a big impact at Scottish national level" commented Warrender Head Coach Ian Wright. Such swimmers include Lewis Smith (12), Ailsa Docherty (13), Jenny Boyd (17) and Paul Stevenson (18) who were all crowned champions of their respective age categories in Kirkcaldy. Smith will go into next month's Scottish Championships as favourite in four events while Boyd has competed for the Scottish International Schools team for three consecutive years. Docherty has already qualified for next season's East District Squad and Stevenson is proving himself one of Scotland's brightest sprint freestyle and butterfly prospects for the 2002 Commonwealth Games.

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EVENTS IN 2000

The calendars of events for senior and junior competitors in 2000 is included later in this edition. This covers all the recognised event in Scotland and some of the more important events in England and further afield. You will also find enclosed, a form to indicate which events you would like to get more information on. Return of this should ensure you receive entry forms for all the events you are interested in. Entry forms for the events organised by Ye Amphibious Ancients Bathing Association (YeAABA) should be obtained from the club directly.

This year's Scottish Championship series is sponsored by **Det Norske Veritas**, and we are grateful for their support.

S.A.S.A. OPEN WATER COMMITTEE

This year the committee has representatives from all four districts. One of the few S.A.S.A. committees to be able to claim this. It is a number of years since either the East or West Districts have had a convenor and it is hoped that this will lead to an increase in the number of swimmers from these areas.

The committee is comprised of the following

National Convenor
Doug Milne
12 Backmuir Drive
Birkhill
Dundee
DD2 5RA
Tel. 01382 581223
e-mail doug.w.m@tinyworld.com

East District Convenor
Andrea Gellan
14 Comely Park
Dunfermline
KY12 7HU
Tel. 01383 724178
e-mail: Andrea.Gellan@falkirkcollege.ac.com

Midland District Convenor
Pamela Short
Forneth West Lodge
Forneth Estate
By Blairgowrie
PH10 6SJ
Tel. 01250 884740

North District Convenor
Brian Bain
103A Hamilton Place
Aberdeen
AB15 5BD
Tel. 01224 645109
e-mail: brian.bain@dnv.com

West District Convenor

Margaret Hodgart
132 Kirkland Street
Maybole
South Ayrshire
KA19 7HD
Tel. 01655 883332

Co-opted Members

Alison Smith
62 Fintry Drive
Dundee DD4 9PB
Tel. 01382 861 701

Please feel free to contact any of the committee members if you want more information on any aspect of the sport.

SAFETY MATTERS

Safety of swimmers in open water events is of paramount importance. The following is a guide for swimmers and support crews of the main medical issues.

Hypothermia (lowered body temperature)

It is necessary to prevent hypothermia. As your body temperature reduces, blood vessels in the skin constrict and a disproportionately larger amount of heat is lost through your head and neck. So always wear a cap. Nutrition stops for events over 5K are necessary, however, they must be very brief.

Exercise increases the amount of blood flowing through the skin which increases heat loss. As you exercise you balance the heat loss by increasing muscle activity. However, as soon as you stop, the increase in blood flow through the skin results in even more head heat loss because your muscular heat production is reduced. The longer you stop, the more you are likely to develop hypothermia. More food stops of very short duration should be taken as you begin to feel cold. Food increases body temperature as heat is produced by digestion. During the onset of hypothermia the mental processes can be dulled - swimmers appear vague. Ask the swimmer to do something, or ask a question - if they are unable to answer or obey they should be pulled out of the water immediately. The swimmers should be dried off quickly, wrapped with thick blankets. Towels can be wrapped around the head and the sides of the neck. Protect from the winds by wind-proof jackets or, better still and easy to carry, the green garden rubbish bags you see in the garden centres/supermarkets. Coaches/boat crew must know what symptoms to keep an eye out for. Early symptoms are unco-ordinated swimming movements and going off course.

Pain

Many swimmers feel pain, especially in the shoulders. As the pain increases, swimmers can become abusive, but they still know the answers to your questions. Support crews require a huge amount of patience but should encourage their swimmer to continue.

Sunburn

This is a real problem - at a minimum factor 15

should be applied. Remember behind the ears, the back, back of legs and the bottom of your feet. Fair skinned should reapply sunblock.

Jellyfish stings

Can be a problem - especially for those prone to stings. The wearing of lanolin can help prevent them, vaseline is not as effective as it wears off quicker. The biggest problem with stings is pain, if you are in contact with more than one sting, the pain could be severe enough to cause nausea and vomiting.

Swallowing of salt water

Salt water is about 3% salt - three times more concentrated than the body's internal fluids. Swallowing salt water often leads to vomiting. All the coach/boatman can do is give reassurance - however if the swimmer continues to vomit - you may have no alternative other than to withdraw them from the water.

Exhaustion

Is caused by lack of energy due to inadequate nutritional intake. If you have a swimmer with exhaustion - give them, as for hypothermia, food and liquid little and often.

Infectious diseases

Swimming in lakes or rivers can carry some risk. The swimmer should keep immunisations up to date (i.e. polio, hepatitis and tetanus)

Adapted from an article in A.S.A. Open Water Swimming News February 2000.

PREPARATION FOR OPEN WATER EVENTS

It is necessary for swimmers to prepare themselves well before they swim any open water event.

It is recommended that for events up to 15K swimmers swim the distance without stopping approximately 2-4 weeks before the event. This will give them confidence and also give you the opportunity to ascertain feeding times, the type of food you are to use and your support crew chance to work alongside.

No one should take part in Open Water events unless physically fit, and fully expect to finish.

Most swimmers taking part in open water events in Great Britain prepare for open water swimming with pool workouts. However it is advisable to have some specific race preparation in open water. This will help with navigational skills, ongoing feeding and fluid replenishment, acclimatisation to rough water and co-ordination with boat crews.

Pool training will usually concentrate on aerobic base and aerobic endurance. High lactate producing sets are generally not required, however,

some maximum speed training is advised. Speed over a short distance is often useful in open water so that the swimmer is able to break away from, or pass, another swimmer. Volume must be high to prepare the swimmer for long competitive distances. The recovery skills used by pool swimmers are even more important for open water swimmers. Coaches must carefully co-ordinate the application of long endurance training sets (and critical speed sets) with long aerobic base training sets, to allow sufficient recovery from session to session.

A two beat kick is mostly used to conserve energy. Open water swimmers in general, have a higher stroke rate than pool swimmers

Swimmers can maintain their position (if not being escorted by a boat) by lifting their head regularly (about 2/4 times per minute) and then sighting objects such as tall buildings. You should also be capable of breathing on both sides.

At the start, on the turns and at the finish you should take care not to impede other swimmers.

Remember drafting is not allowed during the race. Neither is obstructing or interfering with the progress of other swimmers (remember that this applies to your escort boat as well). You are not allowed to receive support from any fixed or floating objects. You may not rest against the escort boat or your boat handler when feeding.

Race Day should be approached in a similar way to pool events. However, additional points should be taken into consideration.

- Ø Pre-race meal and fluids should be about two hours before competition.
- Ø Make certain you know what signals your boat crew will be using.
- Ø Make certain you have enough food and fluids on board your boat to cover the swim.
- Ø First aid equipment must be on the boat.
- Ø Be aware of the course hazards - listen well to the briefings - study the maps provided.
- Ø Take precaution against loss of body heat and remember sunblock. Boat crew should also remember sunblock and to avoid dehydration take on lots of fluids.

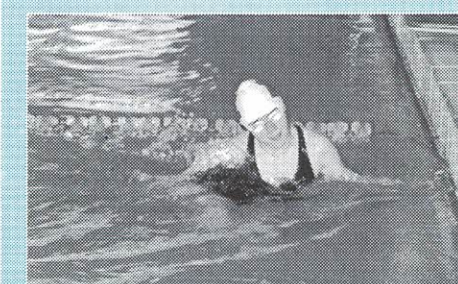
Adapted from an article in A.S.A. Open Water Swimming News February 2000

PROVISION OF SAFETY EQUIPMENT

The first consideration for the organisers of an open water swimming event is to ensure that adequate safety cover is provided both in terms of craft, personnel and equipment. With the hoped for increase in levels of participation within the open water discipline it is likely to prove harder to provide this cover. Swimmers and clubs can help in a number of ways.

- Ø If you can provide a suitable boat to accompany on your swim please do so (canoes are acceptable on some swims).
- Ø Encourage someone to crew the boat. Your "handler" or "lifesaver" should be a competent swimmer aged 16 or over.
- Ø Provide a rubber ring or other suitable floatation aid.
- Ø Try to provide your crew with a flag alpha and whistle.
- Ø Ensure you have warm clothing or even a blanket available.
- Ø If you know of a source of boats and/or canoes in the vicinity of the swims which could be hired and transported to the venue at reasonable cost, please let the organisers know.

Brian Bain
Open Water Committee Member



Turning practice for Loch Lubnaig!



Photographs from the Open Water Swimming Improvement Clinic held at Tollcross Park Leisure Centre on the 22nd April, Robin Brew former Scottish and British internationalist.

Photos: Bill Black



REGISTRATION

Not all swimmers who take part in open water competitions are registered with the S.A.S.A. as open water swimmers. This is mainly because they are members of clubs who primarily cater for pool swimming and tend to register all their members as such. This means that the numbers of swimmers competing in open water is under represented and this could have an adverse effect on the funding which the discipline receives. Please try to ensure that your club registers you for open water swimming or alternatively notify the S.A.S.A. office directly.

NATIONAL CONVENOR: DOUG MILNE

OPEN WATER SWIMMING CALENDAR

DATE	EVENT	DISTANCES	START TIME	ORGANISER	COMMENTS
JUNE					
4	Monikie Country Park (Near Dundee)	2 miles	13:00	Midland District	Midland District Only
10	A.S.A. Championships (& LEN Long Distance Cup)	5 km	T.B.A	A.S.A.	
20	A.S.A. Western District Championships – Weymouth	6, 3 & 1.5 km	T.B.A.	A.S.A.	Prize Money
JULY					
1	A.S.A. Northern District Championships – Salford	5 km	T.B.A.	A.S.A.	Prize Money
1	Kirkton of Balmerino - Broughty Ferry - River Tay	8 miles T.A.	16:55	YeAABA	
2	Tayport Cup - River Tay	1 mile	16:15	YeAABA	
8	Scottish Championships Loch Lubnaig	3¼ miles	10:00	SASA	
8	A.S.A. Midland District Championships – King's Lynn	6, 4.5, 3 & 1.5 km	T.B.A.	A.S.A.	
9	A.S.A. Masters Championships - Kings Lynn	5 km	T.B.A.	A.S.A.	Masters Swimmers only
9	A.S.A. North-East District Championships – Scarborough	5 km	T.B.A.	A.S.A.	
23	Broughty Ferry – Olympia River Tay	4 miles T.A.	18:16	Midland District	Midland District Only
29	Scottish Championships Loch Rannoch	9½ miles	10:00	SASA	
30	Veterans Single Tay	1 mile	15:16	YeAABA	40 years and over
AUGUST					
5	World Masters Championships	5km	T.B.A	F.I.N.A.	Masters Only
13	A.S.A. Championships	15km	T.B.A.	A.S.A.	
19-20	Loch Lomond	21.6 miles	T.B.A.	B.L.D.S.A.	Overnight Swim
20	YeAABA Championships Loch Earn	6 miles	10:00	YeAABA	
21	Bridge-Bridge Swim River Tay	1 mile	19:38	Dundee City Council	
26	North District Open Championships	1 mile & 4 miles	T.B.A.	North District	Provisional Date
26	Double Tay	2 miles	13:06	YeAABA	
27	Woodhaven – Broughty Ferry	5½ miles T.A.	12:15	YeAABA	
SEPTEMBER					
2	B.L.D.S.A. Championship - Lake Windermere	10½ miles	9:00	B.L.D.S.A.	
10	Midland District Open Championships - Loch Tummel	6½ miles	11:00	Midland District	
16	A.S.A. Southern District Championships	4.5, 3 & 1.5 km	T.B.A.	A.S.A.	Prize Money
30	World Cup Series – London	10 km	T.B.A.	F.I.N.A.	
JUNIOR EVENTS					
JUNE					
4	Monikie Country Park (Near Dundee)	1 mile	13:00	Midland District	12 AND Over - Midland District Only
4	Monikie Country Park (Near Dundee)	500 yards	13:00	Midland District	Under 12 -Midland District Only
10	European Junior Event	3 km		A.S.A.	Age 14 & 15 only
17	Open Single Tay	1 mile	16:22	YeAABA	
22	Stannergate - River Tay	2½ miles	12:17	Midland District	Midland District Only
JULY					
1	A.S.A. Northern District Championships	Unknown	T.B.A.	A.S.A.	
1	Kirkton of Balmerino - Broughty Ferry - River Tay	8 miles T.A.	15:23	YeAABA	
4	Open Double Tay	2 miles	17:51	YeAABA	
8	Scottish Championships Loch Lubnaig	3¼ miles	10:00	SASA	
9	A.S.A. North-East District Championships – Scarborough	Unknown	T.B.A.	A.S.A.	
15	Scottish Championships Monifieth – Tay Estuary	3 miles T.A.	14:00	SASA	12 & Over
15	Scottish Championships Monifieth – Tay Estuary	500 yards T.A.	15:40	SASA	Under 12
AUGUST					
13	A.S.A. Age Group Championships	1.5 – 2 km	T.B.A	A.S.A.	13/14, 15/16 & 17+
19	Midland Championships Half Loch Earn	3½ miles	11:00	Midland District	
20	YeAABA Championships Loch Earn	6 miles	10:00	YeAABA	
21	Bridge-Bridge Swim River Tay	1 mile	19:38	Dundee City Council	
26	North District Open Championships	½ mile & 2 miles	T.B.A.	North District	Provisional Date
27	Woodhaven – Broughty Ferry	5½ miles T.A.	12:15	YeAABA	
SEPTEMBER					
3	B.L.D.S.A. Lake Coniston	5½ miles	12:00		B.L.D.S.A.

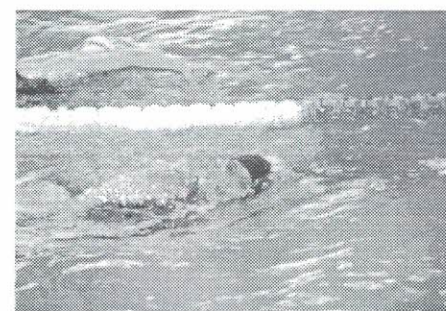
YeAABA – Ye Amphibious Ancients Bathing Association
 B.L.D.S.A. – British Long Distance Swimming Association
 T.A. – Tidally Assisted

For entry forms and information on YeAABA events contact Ian McIntosh, 85b Queen Street, Broughty Ferry, Dundee DD5 1AF
 Tel 01382 775312

Open Water Swimming Improvement Course

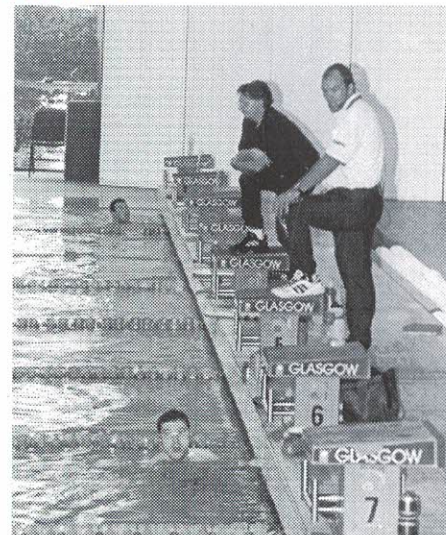


Participants in the Open water Clinic held at Tollcross Park Leisure Centre, Glasgow.



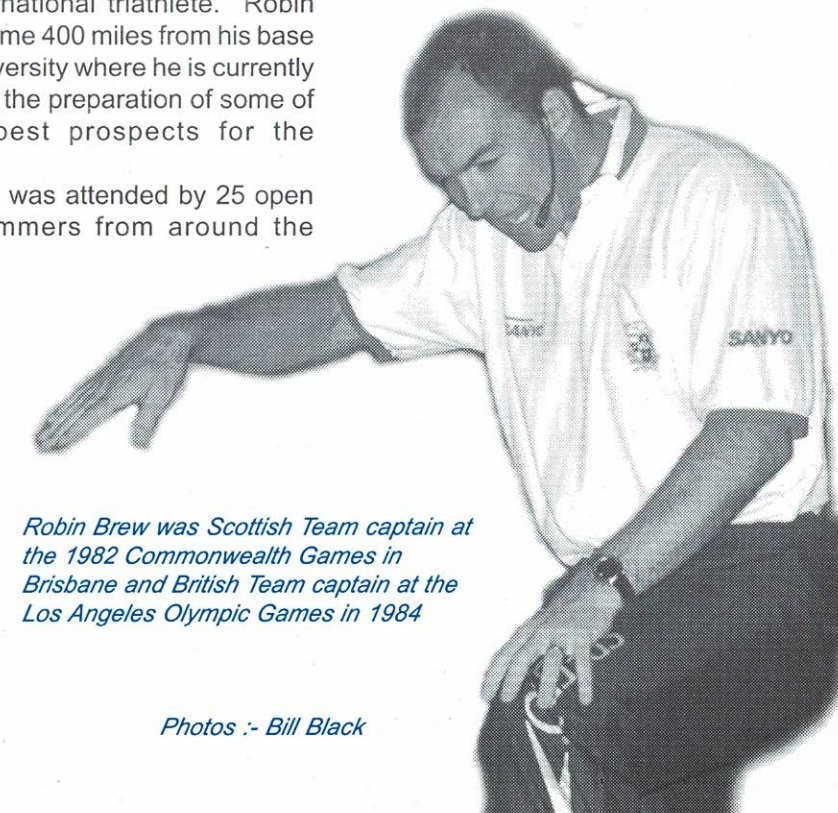
Participating Committee member Andrea Gellan

Doug Milne New National Convenor with Robin Brew



Tollcross Leisure Centre was the venue on 22nd April for the "Open Water Swimming Improvement Course", a new development for the discipline. Coach for the day was former Scottish and British internationalist Robin Brew who also has experience in open water swimming gained mainly from his time as an international triathlete. Robin travelled some 400 miles from his base in Bath University where he is currently assisting in the preparation of some of Britain's best prospects for the Olympics. The course was attended by 25 open water swimmers from around the

country covering a wide age range. The day's activities included two 2 hour pool sessions together with a mixture of presentations, videos and some land work. The course focused on improving technique in endurance free-style and gave all the swimmers plenty to think about as they prepare for the coming season.



Robin Brew was Scottish Team captain at the 1982 Commonwealth Games in Brisbane and British Team captain at the Los Angeles Olympic Games in 1984

Photos :- Bill Black

Sunday September 17 ISTC SEMINAR Dundee University - Sport & Recreation Department NATIONAL SEMINAR

	Registration & Coffee 9.30 am	
Theory Sessions	10.00 - 11.30	13.30 - 14.30
Practical Sessions	11.30 - 12.30	14.30 - 15.30
Lunch Provided	12.30 - 13.30	

Cost

ISTC Members	£18.00
Non-members	£21.00

If paid by 15 August - Otherwise

ISTC Members	£21.00
Non-members	£25.00

Candidates please bring poolside shoes and swimwear. Seminar will be led by

Anne Craddock

Principal ASA Tutor and Teacher of Special Needs

Chris Harris

Coach to Regional, National and International Swimmers

Continued Professional Development - 1 Unit issued.

Anee will discuss the principles of inclusion giving practical examples of inclusion in the mainstream. During the morning practical session she will explain how skills and drills can be adapted to enable equal opportunity in swimming.

Chris will provide teachers with a simple system of grouping swimmers by observing the propulsive movements used. Guidelines and a format will help teachers and coaches to introduce swimmers of all abilities to competition. Chris with her wealth of experience will simplify the "PROFILE SYSTEM" used by Disabled Sport England.



REGIONAL SEMINARS

September 12th - Dingwall - **Breaststroke** (All aspects) led by **Garrie Roberts**

September 24th - Dumfries - **Backstroke** (All aspects) led by **Malcolm Ferguson**

Cost of Regional Seminars:

ISTC Members	£12.50
Non Members	£16.00

Flyers for all three seminars will be out late June early July.

Apologies to candidates who did not get a place on the National Spring Seminar at Dundee University. Teachers are already phoning and reserving places for the AUTUMN SEMINAR - SO to ensure a place please make contact early to avoid disappointment. Health and Safety regulations limit the numbers at Dundee University.

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WATERPOLO

NATIONAL CONVENOR BRIAN LITTLEJOHN



The University Celtic Nations Tournament - Glasgow 30 April, 2000

The university Waterpolo calendar culminates with an international tournament between the Celtic Nations in April of each year. The

tournament, held in Glasgow this year, turned out to be a hard contested affair with some close matches. The draw was made that Wales would play Ireland first and then Scotland and the final games between Scotland and Ireland. The first womens game was a low scoring, but highly entertaining battle between Wales and Ireland with the eventual score being 4 each. Next came the first boys game which was slightly less evenly matched, but exciting none the less. Ireland came out on top with a score of 23-8. The Scottish ladies were up next and after a slow start they matched the Welsh all the way. Unfortunately the start was to let them down as Wales eventually won 9-6. The first game for the Scottish boys was another high scoring affair with the Scots running away 16-9 victors. The final ladies game was a very exciting game to watch, but unfortunately for the Scottish girls they lost by 7 goals to 5, despite a hard fought and spirited performance. The final boys game was to decide the tournament victors and it was the Irish that drew the first blood. However it was all even after the first period. The second period proved to be slightly different however, a series of missed chances for the Scottish team led to the Irish winning the period 5-1. The Scottish boys put in a hard fight for the rest of the game, but couldn't get the gap closed with Ireland finishing the day with a 14-7 victory. The event was once again an exciting and enjoyable won and although the Scottish teams didn't win in the Waterpolo, there was plenty to celebrate as the Scots won the swimming tournament for the second year running.



Womens' team: Chantelle Karl, Maddie Noreish, Joanne Simpson, Sam Souter, Beth Saddler, Zoe Phimster, Lucy McGregor, Marriane Kirrane, Fiona Magee, Jillian Connor, Claire Geddes, Lyn Ruddock, Joanne Rowbory and Claire Bennet.

Mens' team: Craig Reid, Neil Strachan, Stephen Fyfe, David Baxter, Chris Black, Craig Strachan, Simon Gillis,

Brian Littlejohn
National Waterpolo Convenor

Stewart Carlisle, Graham Baxter, Steven Goldie, Danny Spurr, Richard Wakefield and Hermann Patrick.

PHOTOS: BILL BLACK

WARRENDER NEWS

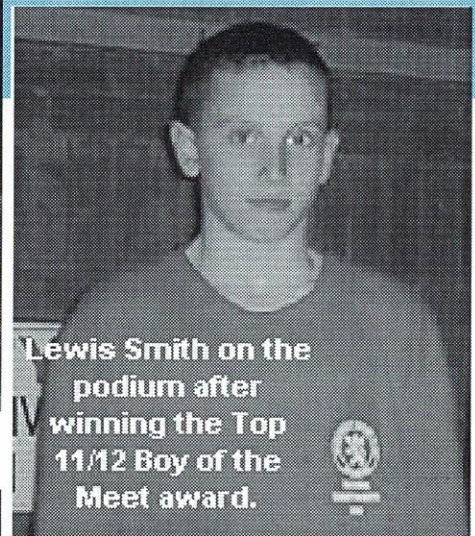
Pictures from Warrender Baths Club Annual Open Age Group Meet held at the Carnegie Centre, Dunfermline, 25-26th March 2000.

In a highly successful two days of competition the following main awards were presented:

- Top Club - Warrender
- Top Coach - Alison Johnston (Warrender)
- Top Male Performance of the Meet - Paul Stevenson (Warrender), 100 Freestyle
- Top Female Performance of the Meet - Louise Henderson (Warrender), 200 I.M.
- Top 10/under Girl - Kathryn Johnstone (Carnegie)
- Top 10/under Boy - Ewan Johnston (Warrender)
- Top 11/12 Girl - Lynn Duncan (Peebles)
- Top 11/12 Boy - Lewis Smith (Warrender)
- Top 13/14 Girl - Katy Finnegan (City of Glasgow)
- Top 13/14 Boy - Lee Aitken (Carnegie)
- Top 15/over Girl - Louise Henderson (Warrender)
- Top 15/over Boy - Paul Stevenson (Warrender)



Alison Johnston collects the Top Coach of the Meet award for Warrender from Paul Stevenson and Meet Director Bob Hoekse.



Lewis Smith on the podium after winning the Top 11/12 Boy of the Meet award.



Photos Ian Wright

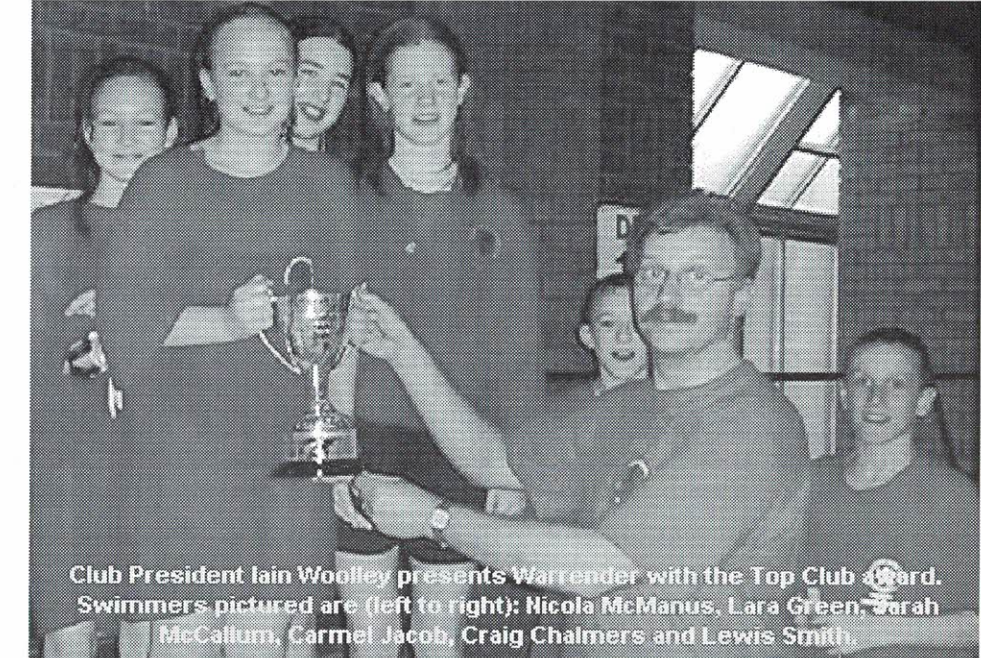


The Warrender 'A' team take an early lead in the Boys 11/12 years 4 x 4 Freestyle Relay.

Congratulations to all those who took part and a big thank you to the officials and helpers who made the meet a huge success.

For full results of the meet please visit <http://www.swimscotland.co.uk/>

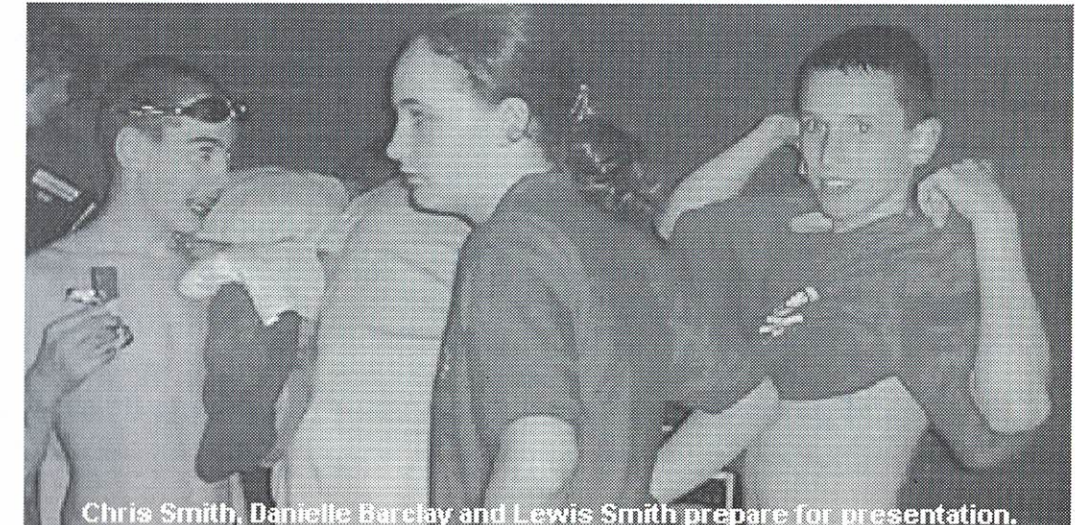
Ian Wright
Chief Coach - Warrender Baths Club



Club President Ian Woolley presents Warrender with the Top Club Award. Swimmers pictured are (left to right): Nicola McManus, Lara Green, Sarah McCallum, Carmel Jacob, Craig Chalmers and Lewis Smith.



Club captain Paul Stevenson collects the Top Male Performance of the Meet for his 100 Freestyle victory in 53.48 which earned 815 FINA points.



Chris Smith, Danielle Barclay and Lewis Smith prepare for presentation.

