

Bank of Scotland

Supporting Scottish Swimming



Promoting excellence and encouraging young people to participate in sport across the country.

 **BANK OF SCOTLAND** Learn to Swim programme

SCOTTISH SWIMMING

2000

magazine

Founding Editor Bill Black (1993)

APRIL 2001

VOLUME 8 NUMBER 2

NSA
Page 5

sportscotland

widening opportunities • developing potential • achieving excellence

Elaine Holmes TRAVELEADS
Tim Jones **Coach of the Year**
Ian Robson CEO **sportscotland**



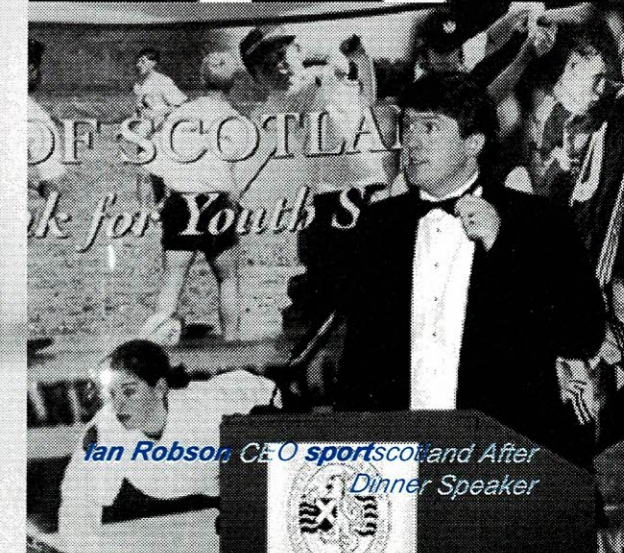
AWARDS DINNER

PAGE 10

Tim Hunt Thistle Hotels
Kirsty Balfour Junior Swimmer of the Year and Ian Mason Chair BOM



NEW PRESIDENT
Sandy Brunton



Ian Robson CEO **sportscotland** and After Dinner Speaker

ARES 21

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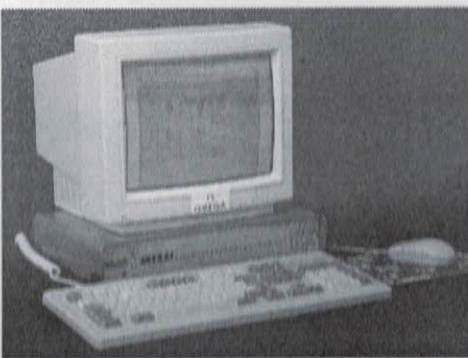
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Running time	Start time	Arming delay	Intermediate times
4 FI B M 200 m BR			
Actions	Options	Records	
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Arm start	ER		2:11:23
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	1		6 2
	1		7 2
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Final times: Touch pad status, Lane, Touch pad arming clock, Lane status, Touch pad status, Lane, Number of 1/2 laps

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COMMENT

CEO

Paul Bush

The British Championships doubling as the World Championship trials held at the new Manchester Aquatics Centre provided encouraging results for both British and Scottish swimmers. After the disappointing results in Sydney, Bill Sweetenham's new "get tough" policy is I believe beginning to take effect, and with 21 swimmers qualifying for Japan after phase 1 and six Commonwealth and fourteen British records, the tide could indeed be turning. Complacency however, is not a word Sweetenham knows well, and he has urged caution after this week's results. In the same way Scottish swimmers now have to perform on the British stage as a stepping stone to international success, we must all continually strive to raise standards.

Much was said about the new Manchester Aquatics Centre, particularly in the press. The new eight lane 50 metre pool with four lane 50 metre warm up pool will certainly be intimate come July 2002 when the Commonwealth descends, however as the results have shown this week the pool tank is fast and I am confident will be the showcase for some exciting racing and provide a unique atmosphere.

For our swimmers Manchester was a happy hunting ground, returning with three gold, six silver and three bronze medals as well as one Commonwealth, one British and thirteen Scottish records. With three meets to go in the World Championship selection process there is a tremendous opportunity for further improvement this season.

Alison Sheppard continued where she had left off in 2000, breaking the Commonwealth, British and Scottish record in recording 25.07 in the 50 metres Freestyle and booked her seat to Japan. Ian Edmond took his first British title in the 200 metres Breaststroke after breaking on two occasions David Wilkie's 1975 Scottish record in the 100 metres event. Graeme Smith returned to form taking gold in the 1500 metres Freestyle and silver in the 400 metres and 800 metres Freestyle events, the latter inside a world qualifying time. Graeme however, will have to wait until after the Scottish Nationals in June to see if he is Fukuoka bound. The Scottish Nationals therefore promise to be a great event and one not to be missed, book the date now June 21, 22 and 23, you will be guaranteed to see the cream of Britain's swimmers, including the 21 qualifiers to date for Japan, competing at Tollcross.

Such is the positive approach now from our swimmers that Jamie Edgar, Chairman, City of Edinburgh has asked me to put the following message in this month's editorial. "Our swimmers are growing in stature at every major event, and have shown once again their ability to rise to the occasion. What is particularly encouraging is the strength in depth that we are now seeing as more of the team are reaching finals and collecting medals".

A full breakdown of Scottish swimmers results each day can be found on our splashmail bulletins at www.swimscotland.co.uk

Whilst our elite swimmers have been in Manchester, life at home has been as busy as ever with exciting developments in Masters, Open Water, Diving and Synchronised Swimming, as well as a few sore heads after the Bank of Scotland Awards Dinner in February.

A full report on the AGM and Awards Dinner is in this issue, however I would like to take this opportunity of thanking everyone for their attendance - another memorable evening. Ticket sales for the 2002 event in Stirling on February 23rd have just topped 100! to ensure your place contact Anne Wilson at Scottish Swimming.

Diving which has been in the doldrums for many years, has recently had a boost. The appointment of Steve Gladding in 2000 was a watershed for our sport and the recent performances of Monique McCarroll have been outstanding. Monique has now been cleared by FINA to dive for both Great Britain and Scotland and after recently winning the British Highboard Championships she went on to represent GB in Stockholm in the Champions Cup taking 7th spot, she now looks forward to Grand Prix events in the USA and Mexico, well done Monique and Steve.

Our Masters and Synchro swimmers have been busy with various competitions. The short course Masters at Scoutstoun was another outstanding success for Donald Muirhead and his team and a further quota of records was recorded. I was particularly impressed at both the depth and standard, we can all now look forward to the GB Masters event at Tollcross on the first weekend in June.

The Inter District Synchro event saw the North District take the honours and with both a new development plan at GB and Scottish level there is real opportunity to take the sport

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MARTYN WOODROFFE	

forward. Finally those hardy souls who take to our Lochs in the summer are about to embark on their 2001 programme. As in Synchro they have also embarked on an exciting and challenging new development plan, all of which will be linked to Scottish Swimming's new business plan due to be launched in the autumn of this year.

Finally, I am sure you would all join me in wishing City of Edinburgh Coach, Tim Jones a speedy recovery from a nasty virus that hit him prior to the Manchester trials. Three days in a Manchester hospital saw Tim on the road to recovery, but he has still to see the Manchester pool!

Paul Bush

CORRECTION
SCOTTISH NATIONAL LEAGUES 2001
LAST ISSUE IT WAS REPORTED THAT BILL PENNY WAS THE CITY OF GLASGOW SWIM TEAM HEAD COACH
MARK LAPPIN HAS WRITTEN TO ADVISE THAT HE WAS THE TEAM COACH AT GLENROTHES WHERE HIS TEAM WON THE FIRST DIVISION

4 SCOTTISH SWIMMING

BUSINESS PLAN 2001 - 2006

Alan Lynn



INTRODUCTION

Scottish Swimming has been involved in Development Planning for a number of years. For a number of significant reasons, the current plan, Aqua 21, no longer adequately reflects the needs of the Association in the new millennium.

Professional staff have a major role to play in the planning, implementation, and evaluation of the "business of Scottish Swimming". Consequently, the challenge for any new plan is to incorporate the work of professionals and volunteers in a coherent, purposeful document, which outlines the aims, objectives and targets of our governing body.

This process will encompass:

- (i) the establishment of a long-term [10 year] vision;
- (ii) production of a 5-year strategy for the realisation of this vision; and,
- (iii) compilation of appropriate annual Business Plans to implement the Strategy.

(I) 10 YEAR VISION

Agreement of the shared vision by all stakeholders is essential to the effective commitment necessary for change and progression in the next decade.

(II) STRATEGY

In the way that Sport 21 has shaped the future of sports policy for many agencies across Scotland, the strategic approach taken by our association must influence the development of all aspects of aquatics across Scotland in the next 5 years. Containing key objectives and targets, the document will also contain financial projections of budgets and monetary control.

(III) BUSINESS PLAN

Using the **sportscotland** model once more, the Scottish Swimming version of the corporate plan, our Annual Business Plan will inform the day-to-day operations of the association and direct the work programmes of professional staff.

Principles underpinning the Planning Process

- Establish early start i.e. one year from end of current plan making first Strategic Business Plan a 5 year project.

- 5 year funding package from **sportscotland**.
- Current professional staff fundamental to the process in consultation with key volunteers.
- All discipline plans tied into same process
- Generic evaluation procedures for all.
- Use QUEST process as management tool.
- The Planning Process
- "Focus" groups set up and led by professional staff in February/March 2001. Alan Lynn to facilitate, staff to co-ordinate/report.
- Lead staff to include "significant others" in each group as required. An initial meeting to initiate process and report by 16 March.
- Draft report prepared by Alan Lynn for presentation to staff on 22 March.
- Phase 2 to take place in April with reports to Alan Lynn by 11 May.
- Second draft prepared by Alan Lynn for presentation to staff on 31 May.
- Consultation with stakeholders in "local" road-shows in June.
- Revisions & third draft prepared by Alan Lynn in July.
- Final consultation / revision phase in August.
- Presentation to **sportscotland** in September.
- New funding cycle established from October 2001.

THE FUTURE

In briefing the professional staff, consideration was given to the following:

- The primary objective of the process is to establish plans for the future, not dwell on the past. The 10-year vision is the starting point for all discussions.
- The traditional planning model of "Where do we want to go? How do we get there? Where are we now?" is applicable, but the current position is more than adequately described in the Aqua 21 review and the QUEST report. Time should be spent focusing on the future, not the past or the present, unless establishing examples of good practice to be adopted/maintained.

When examining strategic aspects, focus on key challenges and objectives. This will be a brief, clear document with broad financial information and not too much detail.

In establishing the detail of the business plan, produce information about the targets to be set, the key people responsible for implementation and the performance indicators to be used. Financial information will also be developed in later drafts as a result of the strategic negotiations with **sportscotland**.

We are becoming (and will become more so) much more accountable to all partners and stakeholders. Therefore, establishing measurement tools for our performance across all areas is vital.

Consideration should also be given to:

- † **Who will use the documents and how & why the information will be used.**
- † **What our priorities are.**
- † **Linking measurement of corporate and operational performance.**
- † **Balance between all aspects of our work.**
- † **Consistency of measurement over time.**
- † **Developing robust and relevant measurement.**

Include all relevant people you consider to be useful to the process, including a mix of potentially contrasting views. This will ensure the integrity of the process is maintained and we do not produce a polarised set of objectives.

Where there are existing plans in operation or being produced, i.e. within each of the individual disciplines, use the principles in this process to bring these into line with the overall concept.

PROGRESS UPDATE

In the region of 100 people have contributed to the process thus far, either by:

- (i) attending a Focus Group;
- (ii) sending in comments by post/e-mail; or,
- (iii) speaking at length to a member of the professional staff. These contributors

NSA -

have been from all disciplines, across a wide age range, athletes, coaches, administrators & officials, professionals & volunteers, both internal & external stakeholders in Scottish Swimming, and united in their commitment to see us progress towards our 10-year vision:

"Scottish Swimming will provide World Class opportunities and services to its members and partners."

It is clear from the feedback provided from this initial consultation that several key areas have emerged as goals for Scottish Swimming to develop into objectives, targets, performance indicators, etc. The long list of these (not in any particular order) taken from a summary of the feedback is as follows:

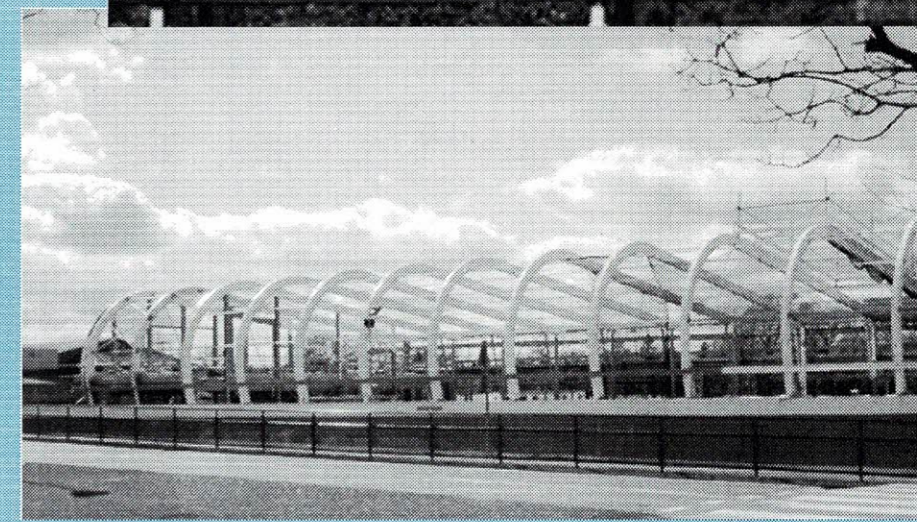
- Strategic Alliances
- Education, Development & Training
- Communication
- Developing the Sport
- Corporate Strategy
- Competition Opportunities
- National Swimming Academy
- Recruitment, Retention & Rewarding People

This list is will be further sharpened into intermediate (1-3 year) performance indicators and ultimately into annual targets represented in the Business Plan, supported by financial information, evaluative benchmarks and the staff responsible. Another feature of the planning process has been linking Scottish Swimming's objectives with **sportscotland's** Corporate Plan and the Scottish Executives' policies on Sport, Community, Health & Education.

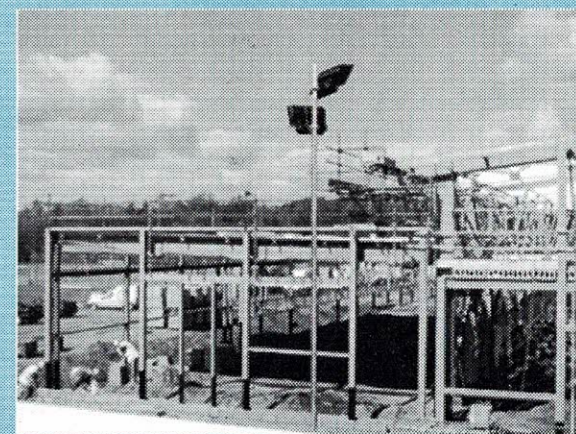
Details will be released shortly for the second phase of the consultation process involving even more people than the initial phase. A series of sessions to determine targets for the first 15 months of the plan will be held in late April / early May.

If you have anything to add to the process relating to the headings listed above, or any other aspect of Scottish Swimming, please get in contact with Alan Lynn, Director of Development, a member of the professional staff or the Board of Management.

Alan Lynn



Work is progressing on target at the National Swimming Academy at the University of Stirling. The new headquarters office of the Association can be seen taking shape picture on right----- The SASA Staff have already made plans for the move from Cambuslang before the end of the year.



PHOTOS Paul Bush





DISABILITY

SCOTTISH DISABILITY SWIMMING BY PAUL NOBLE

The major event for the Scottish Junior swimmers in the year was the BT sponsored British Junior Championships held in Darlington on the weekend of 2nd to 4th March.

The event is one of the longest established events in the British calendar and a very large number of Great Britain's Paralympic swimmers have progressed from this competition on to international honours. This year for example saw four of the GB Paralympic team from Sydney compete at the event.

As well as individual titles, each swim earns points towards the Team trophy where Scotland competes against eleven English Regions, Wales and Northern Ireland. The trophy is always keenly contested and Scotland have had a great record in recent years, holding the title since the early 1990's.

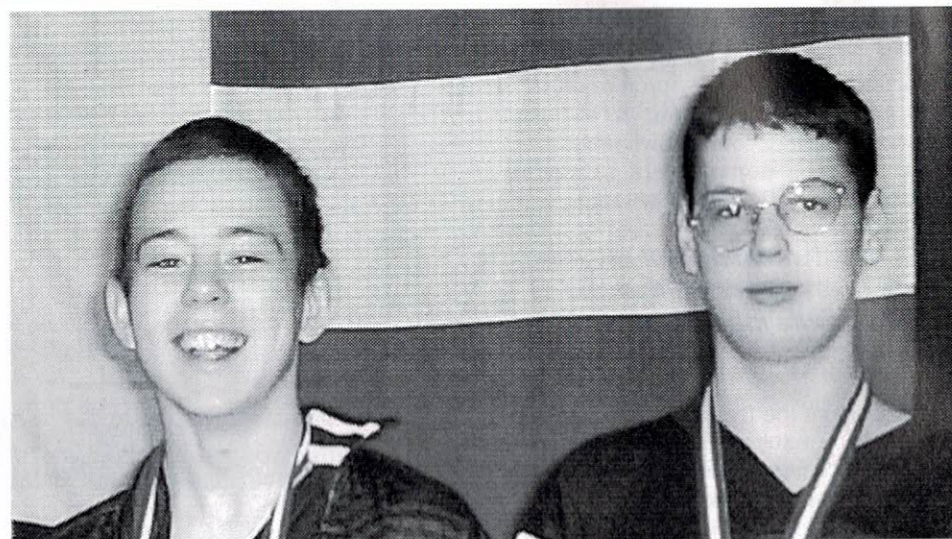
This year however the run was ended. The North West Region had ended the Scottish Senior team's run of success in last year's Senior Championships and this year did the same to the Juniors. Their team contained two of the four Sydney Paralympians on show as well as a large number of outstanding youngsters who have come through in that area of the country.



Angela McCowan

The Scottish team were left to have a battle for second place with South East and West Midland regions with places changing every few events. At the final count however it was South East who secured second place by a narrow margin from Scotland in third and West Midlands in fourth.

The Scots of course were not without their successes. **Heather Thores (Aberdeen ASC)** was the top Scottish medallist with



Solomon Christie and Garry Brown - rivals at the Scottish CP Championships, but both in the Scottish Team for the Worlds

seven gold from her events. **Angela McCowan (Kilmarnock)** and **Pamela Millar (Fraserburgh)** were also multiple gold medal winners, as was **Kirsten Taylor** from Dundee who in her first Championships took 6 gold in the visually impaired events.

in the S2 events, Scotland have had an incredible record at international level over the last few years with Jim Anderson and Alan McGregor winning medals at European, World and Paralympic level. At the Junior Championships the S2 class (the most severe disabilities swimming at the Championships) was also dominated by two Scots. This time it was two Fifers, **Andrew Gallacher** and **Toqeer Nasir** who took six gold and six silver respectively.

Other individual gold medallists were **Jack Brodie**, **Chris Nizetich**, **Joseph Brown** and the experienced **Sean Adams** and **Solomon Christie**.

The relays as always provided much excitement. The prestigious Loo Morrison Trophy competed for by mixed teams over a 4x50m Freestyle Relay was won very impressively by the team of **Pamela Miller**, **Angela McCowan**, **Sean Adams** and **Scott Ramsay**. The 4x25m male Freestyle Relay was very close, after 3 legs the team of **John Hick**, **Joseph Brown** and **Chris Calderwood** trailed West Midlands but **Solomon Christie**, who is a renowned anchor, overhauled the final West Midlander in the last five metres for a famous victory.

Mention must be made of the other Scottish medallists, **Allan Taylor**, **Shaun**

Lawrence, **Megan Timmons**, **Robert Hume**, **Mellissa Desousa**, **Kimberley Marlin**, **John Hick**, **Scott Ramsay** and the team Captains in their last junior championships **Chris** and **Jemma Calderwood** (no relation). Well done to all those, and to the other team members who contributed to a great team effort. The Scottish team was the youngest it had been at the championships for a number of years - a great sign for the future.

On the Senior front, the European Championships this year are to be held in Sweden in August, and swimmers have been attempting to make qualifying times since January to secure their place in the team. First on the list was the evergreen **Kenny Cairns** who competed in the French Open in January and achieved his time in the 200m Freestyle. **Andrew Lindsay** and **Maggie McEleny** competed in Sheffield in March and made their respective times in 100m Backstroke and 50m Breaststroke.

The Great Britain team competes in the Finnish Open in May and hopefully this will be a chance for other Scots to make the times before the final qualifying opportunity in Sheffield on 1st to 3rd June. The team will be announced shortly after that event.

Just prior to the Europeans is the World Championships for those with Cerebral Palsy to be held in Nottingham where Scotland competes as a nation in its own right. The swimming team was selected from the Scottish CP Swimming Championships in March, where again **Solomon Christie** did the business on the anchor leg of the relay, holding on to a very narrow lead from **Garry Brown** for a Fife victory.

The provisionally selected swimmers were announced recently and they are **Jim**

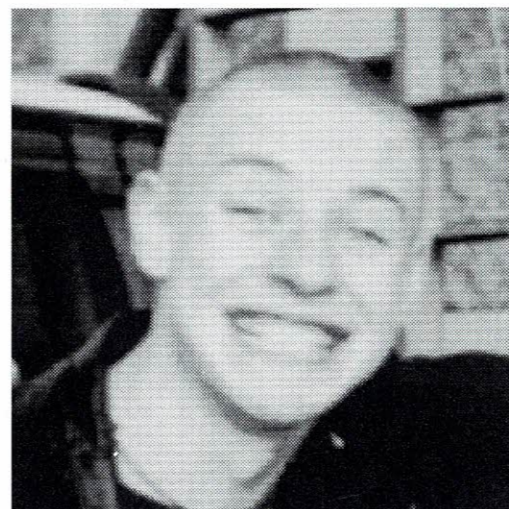
SDS

Anderson, Alan McGregor, Adam Morley, Stuart Mullen, Solomon Christie, John Hick, Garry Brown and Sean Adams.

A number of exciting things are happening with our top swimmers at the moment. Inclusion in the Scottish Institute and Area Institutes of Sport around the country and involvement in the Commonwealth Games 2002 are just two such areas which are still at an early stage but will progress over the coming months.

Next on the domestic scene are the Scottish Senior Championships. Physically and Visually Impaired at Glenrothes on 21st April and for those with a Learning Disability at Tollcross on 19th May.

Paul Noble

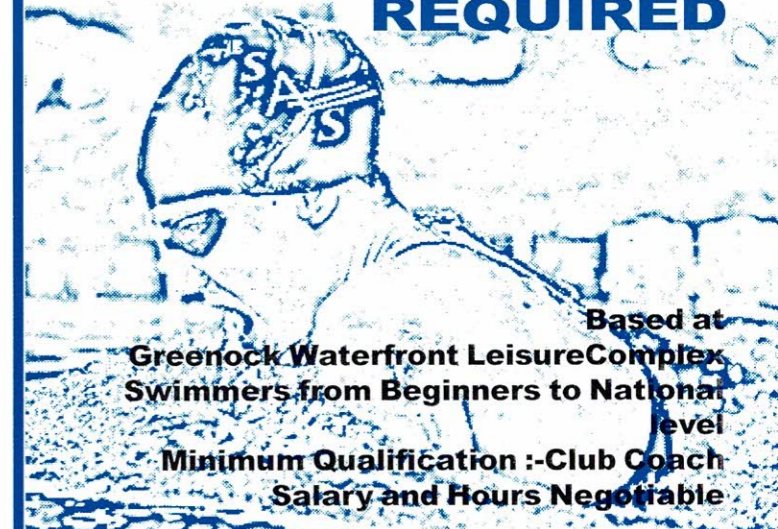


Scott Ramsay

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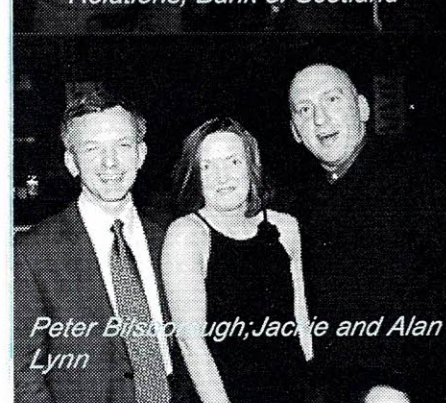
L-R Alan Cran ;Mrs Fiddes;Sarah Mackie and Iain Fiddes Head of Group Community Relations, Bank of Scotland



East District Officials



Mr & Mrs Murray and Friends



Peter Biscoe; Jackie and Alan Lynn



Louise and Robin laughing



Above Stirling University & Central Scotland Institute of Sport Party



L-R Dr John Mackenzie; Linda Kilgour and Partner; Elaine Mackenzie



John Gunning ; Bob Greenlees ; Louise Martin ; Robin Dale being watched by Monica Linklater



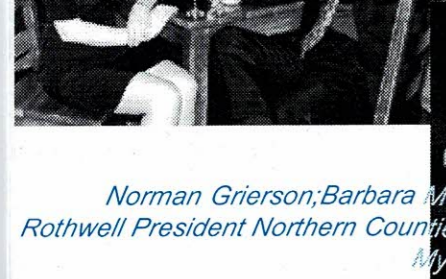
Helen Brunton; John Deans; Monica Linklater; Allan Fletcher and Trish Deans



Ian McLean Hamilton Water Polo Player of the Year and Supporters



Tyrie Shiels President East District; Mrs Shiels; Ian Wright BSCTA and partner



Norman Grierson; Barbara Moore; Simon Rothwell President Northern Counties ASA and Myra Grierson



Mrs Karen Gillon MSP (Chair Sport Committee) and Mr J Gillon

Guests were welcomed by the President Sandy Brunton accompanied by his wife and Baillie Jean Macey Glasgow City Council

his words of welcome and asked Baillie Jean Macey, Glasgow City Council on stage to say grace.

The Raffle

The fundraising raffle was announced with the following raffle prizes:

- 1st Prize – 2 Swatch watches – donated by Omega
- 2nd Prize – Case of Wine – donated by Highland Swim Team
- 3rd Prize – Speedo Goody Bag – donated by Speedo
- 4th Prize – Railtrack Whisky – donated by Railtrack

All raffle proceeds to Scottish Swimming

AWARDS

Awards were presented throughout the evening between courses:

facilities. To date over 100 sites have achieved full Quest registration to the required standards.

The scheme was expanded in 2000 to cover sports development including governing bodies of sport, Scottish swimming was one of four pilots in Scotland. After several weeks of preparation and a one day assessment Scottish swimming reached the required standard and became the first National Governing Body of Sport to do so in the United Kingdom.

WINNERS SASA PROFESSIONAL STAFF

Elaine Mackenzie, Dawn Gough, Helen Dickie, Heather Learmonth, Margaret McGuinness, Melanie Findlay, Sarah Birrell, Marilyn Sweet, Pippa Murphy, Martyn Woodroffe, Chris Martin, Steve Gladding, Ian McGregor, Margaret Woodroffe, Paul Bush, Anne Wilson



Award title: QUEST
Purpose: QUALITY ASSURANCE SCHEME FOR SPORT

Presented by: Alistair Dempster chair of sportscotland and assisted by Ron Taylor immediate past president of SASA. Quest, the UK Quality Scheme for Sport and Leisure, was launched in 1996, and aimed initially at the management of sports

Award title: JY CUTTS AWARD

Purpose: FOR OUTSTANDING SERVICES TO SCOTTISH SWIMMING
Presented by: Sandy Brunton President SASA, accompanied by Baillie JEAN MACEY, GLASGOW CITY COUNCIL
This recipient started his Swimming career in Peebles, and quickly became involved in

President SASA Sandy Brunton added

AWARDS DINNER

East District Events on the microphone. In 1990 he was appointed the East District Swimming Convenor and in this position developed the swimming programme in the East and improved the presentation of their events.

After Scottish Swimming successful hosted the World Cup and the European Junior Championships in 1997, it was felt that a supremo was required to take over the running of National Events in Scotland. Our winner tonight volunteered for this position and took it upon himself to drag the National Events held in Scotland from the depths of mediocrity to the heights that they now enjoy. He has used his 'part time' skills gained in hospitality management to raise the profile of Scottish and International Events held in Scotland to one of the highest levels in the Country. Their operation and presentation are now considered superior to those held elsewhere in the UK.

His commitment, professionalism and use of carefully appointed committees has left a legacy to Scottish Swimming.

The criteria of the J Y Coutts awards states that it should be awarded to someone who has given 'outstanding service to Scottish Swimming' and, in the post as National Events Convenor, he has given more than this to the Association.

WINNER NOEL DASHWOOD – BRADY PEEBLES SWIMMING CLUB



MAIN COURSE

The speciality of the Glasgow Thistle Hotel is piping in the main course of Aberdeen Angus beef.

Award title: W G Todd prize and cup

Purpose: For the male/female junior swimmer of the year

Presented by: Tim Hunt, Thistle Hotels and Ian Mason Chair BOM

- During 2000 the recipient has broken Scottish records on 5 occasions
 - Junior women's 50M Breaststroke – 3 times
 - Junior women's 100M Breaststroke – twice
 - Her season has been outstanding having been selected to swim for the GB Team in the 6 Nations Junior International
 - She has competed in the European Junior Championships, winning a silver and two bronze medals.
- This young lady has been undoubtedly the most improved junior swimmer in Scotland during 2000.

WINNER KIRSTY BALFOUR HEART OF MIDLOTHIAN / CITY OF EDINBURGH COACHED BY TIMJONES



Bank of Scotland District Awards

Thanks to the valuable contribution that Bank Of Scotland have made to swimming and the far reaching benefits that the Association has been able to deliver to amateur swimmers in communities all over Scotland - These awards recognise how it is important to recognise the volunteers who work hard to deliver the associations aims and objectives on the ground.

Award title: Midland District Volunteer of the Year Award

Purpose: For the Volunteer who has made the most outstanding contribution to the sport in each district

Presented by: Iain Fiddes Head of Group Community Relations, Bank of Scotland, accompanied by Eddie Wright - Wrightsport

This winner has been involved in Water Polo in the Midland District since the 1950's

- He has done a power of work for Water Polo in the Midland District area.

- Member of the District Water Polo for over 30 years, and the District Convenor for the past 17 years.
- The success in the Midlands Water Polo can in many ways be attributed to the first class administrative job this winner has carried out with dedication, efficiency and a lot of good natured humour.

- He has also been very active at National level usually taking on the role of Team Manager for countless Scottish Water Polo Teams.

- Life Member of the Midland district.

WINNER: DAVID BALBIRNIE Dundee Water Polo Club Length of service: OVER 40 YEARS



West District Volunteer of the Year Award

Presented by: Iain Fiddes Head of Group Community Relations, Bank of Scotland, accompanied by Eddie Wright - Wrightsport

- The winner has been involved in swimming in the west of Scotland for more than 25 years.
- A Recorder, working at many Gala's and league matches.
- A league convenor for the West District for many years, running the West Coast Winter, Intermediate and Mini Leagues.
- She works tirelessly and patiently for both the Club, and for the District putting in long hours on the computer and phone.
- She first became involved with Largs ASC when her children swam.
- She has been on the committee of Cunninghame ASC at its inception, and shortly thereafter became secretary of the club, and has continued as Secretary of North Ayrshire ASC

Winner: Ann Girvan

AWARDS DINNER

North Ayrshire ASC length of service: over 25 years



East District Volunteer of the Year

Presented by: Iain Fiddes Head of Group Community Relations, Bank of Scotland, accompanied by Eddie Wright - Wrightsport

This winner became involved in swimming through his children, and has tried to give something back to the sport by being a volunteer of the East District for over 10 years.

He became involved with Noel Dashwood-Brady and between them organised the Districts events.

Probably better known on the poolside for making sure that events run smoothly. A member of the swimming technical committee and swimming committee He at one time helped to run the East District workshops with the help of Peter Syers and John Bruce. Workshops for the districts are now run from his premises.

Winner: Peter Lourie Inverleith Length of Service - Over 10 years



RAFFLE DRAW

President, Sandy Brunton and Kirsty Balfour made the draw

PRIZES:-

1st Prize – 2 Swatch watches – donated by Omega



2nd Prize – Case of Wine – donated by Highland Swim Team - winner Jo McGuire



3rd Prize – Speedo Goody Bag – donated by Speedo - winner Gale Rose



4th Prize – Railtrack Whisky – donated by Railtrack - winner Elaine McLeod
5th Prize - Vouchers - donated by Swimshop - winner Maggie McEleny



AWARDS CONTINUED after a short interval

Senior Water Polo Player of the Year

Purpose: for the player who has done most to enhance or uphold the prestige of Scottish Water Polo during the year
Presented by: Mike Beard - President ASA England, accompanied by Sandy Brunton President Scottish Swimming

- Although this winner is still eligible for the Scottish National Junior Squad, he has been awarded the Senior Player of the Year due to his commitment to his club team.

- He has made a significant impact as a goalkeeper on the teams' results and has improved as an individual.

- He has played in all of the Men's National League games for Hamilton Baths in 2000 with and against many players his senior (in both experience and years).

- His ability and determination has earned him the respect of his senior players.



Winner: Ian McLean Club: Hamilton Water Polo Coach: Hartley McGibbon

Junior Water Polo Player of the Year

Purpose: for the junior player who has done most to enhance or uphold the prestige of Scottish Water Polo during the year

Presented by: Tim Colman – Omega Electronics, accompanied by Ron Taylor immediate past President SASA

- This winner was one of the joint winners of last year's junior player of the year and it is a credit to her hard work and effort that she is the sole recipient this year.

- She has continued to improve her game to such an extent that she has been selected for the GB Youth Women's squad.
- She will be competing in the European Youth Women's Championships in July 2001.
- It has been double difficult for this player due to the slight downturn in Women's Water Polo in Scotland over the last few years, along with lack of match practice and dedicated water time.
- But, we are sure with this young ladies determination and ability she will continue to go from strength to strength.

Winner:



Sara Thomson
Club: Menzieshill ASC
Coach: Bobby Laird
NEW AWARDS

Two new awards this year to recognise the achievements of our disability swimmers and the partnership between Scottish Swimming and Scottish Disability Sport. The Sydney Paralympics saw 11 Scottish swimmers compete returning with 18 medals as part of the most successful British Paralympic Team ever. A video of the highlights of the Sydney Paralympics was shown and underlined the achievements of our swimmers.

OUTSTANDING MALE DISABILITY SWIMMER

Presented by: Sarah Mackie – Bank of Scotland, accompanied by John Swanson - Head of Sport, Glasgow City Council

- Veteran of 5 Paralympic games
- First represented GB in New York in 1984
- Won 5 successive Paralympic games
- He has been past captain of GB Paralympic swim team for 8 years
- Represented GB at European and World level
- Swimmers representative on

International Paralympic committee swimming section

- In Sydney 2000 Paralympic Games he was nominated by GB for a post on the IPC swim section, successfully secured enough votes to the World stage to gain this prestigious position
- He currently holds all men's Scottish open records in disability swimming
- In his spare time is a full time accountant with Fife Council

Winner: Paul Noble
Club: Glenrothes ASC
Coach: Garrie Roberts



OUTSTANDING FEMALE DISABILITY SWIMMER

Presented by: Louise Martin – Chair Commonwealth Games Council for Scotland, accompanied by Stewart Davidson – Vice President SASA

- Awarded the MBE in 2000 for services to British swimming for disabled people
- A profile winner of major medals at



Scottish, British, World, European and Paralympic level

- One straight forward hour long training session involves so much for this swimmer as she has to address transport, personnel and support systems – this has never put her off – but made her even more determined to stay at the top of world swimming.
- She is widely recognised as one of the outstanding freestyle technicians in the

world and was awarded an honorary degree for her services to sport.

- She has established herself as one of the most consistent members of the British Team.
- Records to date have been outstanding and her commitment to swimming staggering
- She is exceptional in every way and a wonderful role model to the young swimmers who look up to her in so many different ways.

To be selected to carry the British flag into the stadium at the Paralympic Games by your fellow Paralympic athletes is something special, one of those unique individuals to have achieved so much

Winner: Margaret (Maggie) McEleny
Club: Port Glasgow Otters
Coach: Eddie McCluskey

COACHING AWARDS

BRITISH SWIMMING COACHES ASSOCIATION SCOTTISH COACH OF THE YEAR

Presented by: Ian Robson – chief executive, sportscotland, accompanied by Elaine Holmes - Traveleads

- Former British 200m Butterfly Record Holder
- British Olympian Seoul 1988
- As Head Coach of City of Birmingham coach to Commonwealth Games Gold Medallists Adam Ruckwood and Nick Gillingham
- 4 swimmers on the 1996 British Olympic Team
- Moved to City of Edinburgh 1996.
- Coach to Jamie Salter who in the last 4 years has collected medals at all the Major Games with the exception of the 2000 Olympics. Swimmers from the City of Edinburgh Centre Elite Programme coached by this winner have represented Great Britain in the following events in all major events since 1997 winning medals on numerous occasions
- British Team Individual Medley Coach for 2001 Training Camp
- On a personal note, 2000 hailed the birth of baby Isabel who timed her arrival to

perfection between the Olympic Trials and the Games.

- British Team Staff member in 2000 at World Short Course, Olympic Games and European Short Course Championships
- 64 Scottish Senior and Junior Records broken by 9 swimmers in the CES Programme since 1997, 38 of those in 2000.
- Member of the Management Committee of the East of Scotland Area Institute of Sport



Winner: Tim Jones
Club: City of Edinburgh
BRITISH SWIMMING COACHES ASSOCIATION SCOTTISH YOUTH COACH OF THE YEAR

Presented by: Jim Doherty – BP, accompanied by Ian Wright, British Swimming Coaches Association

- This winner has been employed by Renfrewshire Council as Chief Coach REN 96 Swim Team since 1999, where he is responsible for the coaching and development of their REN 96 Swim Team. Highlights for 2000 include
- 4 swimmer's selected to represent Scotland at the Schools International
- 2 gold, 4 silver and 4 bronze medals at the Open short Course
- 8 gold, 8 silver and 2 bronze medals at the Scottish Age Groups
- 5 gold and 3 bronze medals at the Scottish Open Long Course
- 1 gold medal at the ASA Age Groups
- 2 swimmers selected to represent Scotland at the Millennium Youth Games
- 9 gold, 9 silver and 4 bronze medals at the Scottish Christmas Open Meet, including the setting of 5 Scottish Junior and Senior records.
- Other achievements include:

- A member of the coaching staff to the Scottish Youth Squad from 1995 – 1996 and again from 1998 until present
- Author of the Pathway to Performance and Flying Start Programmes for the Scottish swimming
- Voted employee of the year for 2000 by the Education and Leisure Department of Renfrewshire Council
- Also voted British Junior Coach in 1999 by the BSCTA

Winner: GRAHAM WARDELL
Club: REN 96



The final award of the night was the:
Nancy Riach Award

For the person who has done the most to enhance or uphold the prestige of Scottish Swimming in any of its disciplines during the year.
 Presented by: Karen Gillon, MSP accompanied by Sandy Brunton President SASA.



- During 2000 this swimmer has once again been Scotland's outstanding senior swimmer, having broken six commonwealth,

six british and eight scottish records

- The highlight of the year was her selection for the British Olympic Team, this being her 4th Olympic Games – very few swimmers have achieved this feat.
 - She was the only British female swimmer to make an individual Olympic final along with competing in the final of the women's 4 x 100M Freestyle Relay.
 - With the exception of an Olympic medal, she has now won a medal at every major world event
 - Commonwealth Games
 - European Championships
 - European Short Course Championships
 - World Short Course Championships
- A video clip showing – Alison Sheppard – Olympic Games, 50 Metres Freestyle Final was shown at this point

Winner: ALISON SHEPPARD
CLUB: Duncan Stingrays – Canada / Milngavie & Bearsden
coach: Gary Vandermeulen

Unfortunately Alison was unable to collect her award in person and her father Mike substituted and accepted the Nancy Riach Medal.

AUCTION

The following prizes were auctioned:
 1st prize – Two GNER first class tickets to

14 AWARDS DINNER

London from any Scottish station (Value £516)(suggested reserve £350) — donated by Traveleads won by Juliet Robson (Ian Robson's wife)

2nd prize – A day at the Scottish National Golf Centre and Drumoig Golf Course, for four(4), morning at the state of the art centre, afternoon 18 holes of golf at your leisure (Value £400) – donated by Scottish Golf (suggested reserve £200) won by Eddie Wright - Wrightsport

3rd prize – Two tickets for Scotland v's Italy at Murrayfield on Saturday 17th March – donated by Scottish Rugby Union (suggested reserve £100) won by Fiona Wilson partner of Jim Doherty BP

4th prize - Two tickets for return flights to Paris donated by Traveleads - won by Sandra Mason.

AFTER DINNER SPEAKER

After Dinner Speaker was Ian Robson Chief Executive, sportscotland Ian took up his post as sportscotland's new Chief Executive, in July 2000.

- Australian-born Ian joined sportscotland from rugby league's Super League (Europe) based in Leeds where he was Chief Executive.

- Ian joined Super League in 1997 as General Manager-Marketing based in Sydney before moving to the UK in 1998 to become Marketing Director of Super League (Europe) before rising to become its Chief Executive in 1999.

- Prior to this Ian saw a 4 year spell as the inaugural Chief Executive of Auckland Warriors.

- Ian's post with Auckland Warriors was preceded by a 3 year period with Sydney Swans in the Australian Rules Football league

- Ian has recently become a proud father, although at this stage he is not sure whether Matilda will be wearing the blue of Scotland or green and gold of Australia

After an entertaining and interesting address the 2001 Awards Dinner concluded

Ian Robson CEO sportscotland the after dinner speaker.



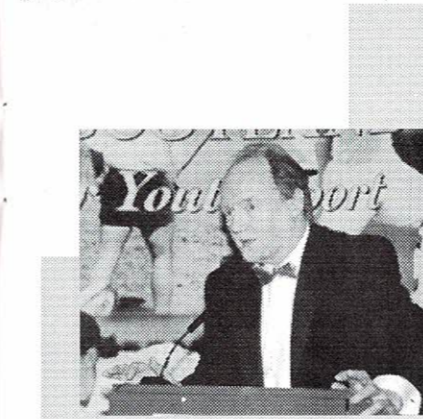
Barbara Moore sang for her supper



AWARDS DINNER 15



Scottish Schools front row! L-R Ken White; Christine Reece; John McAulay; Mrs Williamson; Jean O. Smith and Morag Venner



Mike Beard ASA President



L-R Myra Grierson; Jack Snowdon; Sir Peter Heatly; Lady Heatly and Norman Grierson



Elaine Mackenzie and Dawn Gough

North Ayrshire supporting their award winner Ann Girvan



Award winners Maggie McEleny and Paul Noble with SDS supporters

L-R Margaret Dunbar; Elizabeth Bowman; John Swanson Head of Sport, Glasgow City Council; Mrs Theresa Swanson and Mary Black



Noel Dashwood-Brady with partner and friend



R - L Dawn Gough; Marilyn Sweet; Sarah Birrell; Pippa Murphy and Keith Kleener!



Ready Steady Cook Team

OFFICIALS News

SWIMMING TECHNICAL OFFICIALS

By John Stewart

Congratulations are extended to the following Technical Officials who received their Certificates Of Competence in January /February 2001:-

Starter

Alex Hutchison West

Judges

William Hunter East
Donald Milne Midlands
Chris Wilkinson Midlands
Grace Stewart West

Recorders

Alison Low North
Anne Hendry North

Timekeepers

Jennifer P.Bristow East
Mary P.Rigden North
Robert J.Connell North
Janice Beaton West
Alaine M.Martin West
Jacqueline Beange North
Lynn M.MacDonald North
John McKay Midland

Registered Officials

As at 26th January 2001, the total number of Technical Officials registered are:-

North 144
Midland 51
East 73
West 70
Total 338

Club Timekeeper Update

North 248
Midland 56
East 208
West 142

To date there have been 39 conversions this year so far.

Peter Syer

As most of you may already know, Peter is recovering from a recent heart operation. The good news is that Peter is well on the road to recovery.

Peter was overwhelmed with the sheer volume of "get well" wishes he received from all over Scotland, which goes to demonstrate the high esteem in which he is held. Peter is currently trying to get round to thanking everyone personally for their kind wishes. I'm sure we all look forward to working with Peter on pondside when he is fully recovered.

Sadie Roberts

Best wishes are extended to Sadie Roberts (West District) who is recovering from a knee operation. Get well soon Sadie as the West District Officials are missing you on pondside.

New National S.T.O. Convenor.

At the S.A.S.A. Annual General Meeting, **Robin Dale** was elected as National Convenor for a three-year term. Congratulations Robin!

Bob Greenlees

Bob Greenlees is making a welcome return to the Committee, having become the East District S.T.O. Convenor. Bob was formally National S.T.O. Convenor a long long time ago!!

W.A.S.A

Invitations have been received from W.A.S.A. for 1 Technical Official to attend the following:-

W.A.S.A Masters
Cogan Leisure Centre 10 / 11 March
W.A.S.A. Age Group Championships
Penlan Swansea 5-8 July
W.A.S.A. Winter Championships.
T.B.C. 14-16 Dec.

INVITATIONS

Two Technical Officials from the A.S.A. are to be invited to officiate at the National and Age Groups, and one Technical Official from W.A.S.A shall also be invited.

May Examinations

Any one wishing to further their qualifications are reminded that the S.T.O. Examinations shall be held on Tuesday 8th May 2001. Please contact your Club Secretary, or your District S.T.O. Convenor for an application form.

S.A.S.A. National Open Championships 2001

Blair Prentice has been appointed as Meet Referee for the above Championships to be held at Tollcross Leisure Centre 22-24 June.

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

National Convenor:

Robin Dale
9, Mill Road
Irvine
KA12 0JL
Tel: 01294 274909

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
Tel: 01356 622600

East District

Bob Greenlees
41, McGregor Drive
Lochgelly
Fife
KY5 9PE
Tel: 01592 780482

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



John Stewart

STO

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All applications to:

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BALFRON,

Stirlingshire

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Editor

BILL BLACK



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and Elaine Mackenzie

SCOTTISH SWIMMING

2000 magazine

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



SCOTTISH MASTERS 2001 CALENDAR OF EVENTS

MONTH	DATE	EVENT	VENUE	CONTACT FOR INFORMATION
April	28 th / 29 th	Leeds Long Course Open Swim Meet	Leeds	*Closing Date: 31st March 2001 International Pool Westgate Leeds LS1 4PH Contact: Terry Denison Tel No: 0113 214 5067
May	11 th / 12 th	The 6 th Irish Open Masters Swimming Championships	Bishtown Cork Ireland	*Closing Date TBC: Oswald Schmidt 82 Earwood Estate The Lough Cork Ireland Tel / Fax: 00 353 21 4968202
	12 th / 13 th	Scottish Masters National Long Course Training Camp	Tollcross Glasgow	(Open to all registered Masters Swimmers) Donald Muirhead 3 Ryan Road Wemyss Bay PA18 6DH Tel No: 01475 520440
June	1/2/3 rd	GB Masters Open Long Course Championships	Tollcross Glasgow	* Closing Date 21st April 2001 Scottish ASA Holmhill Farm Greenlees Road Cambuslang Glasgow G72 8DT Contact: Dawn Gough Tel No: 0141 641 8818
	9 th	Annan Open Short Course Swim Meet	Annan	* Closing Date: 18th May 2001 Sandra Proudfoot Sports Development Officer Council Offices Annan DG12 6QA Tel No: 01461 203311
	15/16/17 th	Social Event – Change of Activity 'A Recreation Weekend with Bruce Cook' Choice of Activity – Walking -Rock Climbing Canoeing -Golf -Trial Biking -Socialising	Badaguish Outdoor Centre, Aviemore	Donald Muirhead 3 Ryan Road Wemyss Bay PA18 6DH Tel No: 01475 520440 Contact A.Arque President Dauphins de Vichy-Bellrive - Masters Stade Nautique, Rue E. Desgouttes 03700 BELLERIVE/ALLIER, France Tel/Fax 04 70 32 54 40 Email: catherine.michel@worldonlie.fr
	23/24	17th International Vichy Masters Meet Giant Barbeque		It is uncertain if this event will be held. Confirmation awaited David Chaney 6 Earlswood Park Lowfell, Gateshead NE9 6AW Tel No: 0191 487 3190
		CLOSING DATE 15 JUNE 2001		
	30 th	Gateshead Masters Open Swim Meet		
July	4/8 th	8th European Masters Swimming Championships Final submission of Entries through SASA – Palma Mallorca Spain		*Closing Date 3rd May 2001 13th April 2001 Scottish A.S.A Holmhill Farm Greenlees Road Cambuslang Glasgow G72 8DT Contact: Dawn Gough Tel No: 0141 641 8818
August	4 th 18 th	Islay Masters Inter Club Competition Bowmore Islay Lomond Masters Open Short Course Swim Meet (Incorporating Scottish Masters National Open 400m Freestyle Championship)	Helensburgh	By invitation only * Closing date 28th July 2001 Jim Percy 22 Chapelacre Grove Helensburgh G84 7SH Tel No: 01436 674876
	26 th	Scottish Masters National Short Course Training Camp. Group one	Scotstoun Glasgow	Donald Muirhead 3 Ryan Road Wemyss Bay PA18 6DH Tel No: 01475 520440
September	8 th	Inverclyde Masters Open Short Course Swim Meet (Incorporating Scottish Masters National Open 800m Freestyle Championship)	Greenock	* Closing Date 11th August 2001 Donald Muirhead 3 Ryan Road Wemyss Bay PA18 6DH Tel No: 01475 520440
	29 th	Silver City Blues Open Swim Meet	Aberdeen	* Closing Date 1st September, 2001 Keith Dunnett 32 Laurel Wynd Danestone Bridge of Don Aberdeen AB22 8XX Tel No: 01224 706737
October	19/21 st	ASA Masters Open Short Course Championships	Sheffield	* Closing Date 20th September ,2001 ASA Competitions Department Medway Buildings Loughborough University Epinal Way Loughborough LE11 3TU Contact: Judy Mott Tel No: 01509 618 762



October	28 th	Scottish Masters National Short Course Training Camp incorporating groups 1 & 2. (Open to all Registered Masters Swimmers) Tollcross Glasgow	Donald Muirhead 3 Ryan Road Wemyss Bay PA18 6DH Tel no: 01475 520440
November	3 rd	Closed Masters Welsh Swim Meet North Wales	* Closing Date: 28th September 2001 Welsh A.S.A Roath Park House Ninian Road Cardiff CF2 5ER Tel No: 02920 488820
November	9/10 th	10 th Glasgow International Open Short Course Swim Meet Scotstoun Glasgow	* Closing Date 12th October 2001 Cultural / Leisure Services Department Glasgow City Council 37 High Street Glasgow G1 1LX Tel No: 0141 287 5852
	24 th	Scottish Masters National Short Course Open 1500m Freestyle Championship	* Closing Date 10th November 2001 Scottish ASA Holmhill Farm Greenlees Road Cambuslang Glasgow G72 8DT Contact Dawn Gough Tel No: 0141 641 8818

NB PLEASE NOTE THAT RELATED INFORMATION CAN BE OBTAINED ON THE SCOTTISH MASTERS WEBSITE: www.scottishmasters.co.uk

REMINDER REMINDER REMINDER Long, Course Training Camp

Were you one of the Masters Swimmers who missed the recent Long Course Training Camp? Are you competing in the Great Britain Masters Championships in June? If the answer to either or both of the two questions is yes then why not join your colleagues and take the opportunity to attend the next one which will be held in the Tollcross Leisure Centre, Glasgow on Saturday/Sunday 12th and 13th May 2001, The package in terms of resources available and the lectures presented by Dr. Andy Stewart of Edinburgh University are beyond doubt

the best in Great Britain.

For further information contact either Dawn Gough Scottish Office Tel. 0141 641 8818, email sasadawn@aol.com or Donald Muirhead Tel. 01475 520440.

Visit to Badaguish, Aviemore. - "A Weekend With Bruce"

The Masters annual visit to Badaguish will once again take place on Friday, Saturday and Sunday 15th 16th & 17th June 2001.

The facilities and background available at Badaguish provide an excellent opportunity for Masters Swimmers to enjoy not only a natural break from their sport but also experience to the full the Masters motto of **Fitness,**

Fun and Friendship.

Bruce Cook, a Masters Swimmer who is the Warden of the Outdoor Centre, and Donald Muirhead Masters Convener have put together an itinerary that provides a very broad base of activities with the opportunity to try something different or just to come along and enjoy a lazy weekend in good company. It is certain that those who participate the weekend will be an enjoyable experience, So why not be positive and give a commitment **NOW** to respond by contacting either Dawn Gough, Scottish Office Tel. 0141 641 8818, email sasadawn@aol.com or Donald Muirhead Tel. 01475 520440.

Partners and Friends are very welcome.



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GREAT BRITAIN MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

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1st, 2nd and 3rd June 2001

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CLOSING DATE FOR ENTRIES:- 14 April 2001

**For a copy of the CHAMPIONSHIP INFORMATION AND ENTRY BOOKLET
PLEASE CONTACT:-**

Scottish Swimming
Holmhill Farm
Greenlees Road
Cambuslang

Glasgow
G72 8DT

Tel: 0141 641 8818

Fax: 0141 641 4443

Email: sasadawn@aol.com

MASTERS

**NORRIE BEATTIE
MEMORIAL TROPHY**

The first winner of the Norrie Beattie
Trophy for 50m Backstroke was:

1. Hugh Cumberford Motherwell Masters
Age Group 60 - 64
Time 36.14
Adjusted 28.6
2. Jack Anderson City of Glasgow
Age Group 70 - 74
Time 40.32
Adjusted 28.61
3. Iain Teaz Glasgow Nomads
Age Group 30 - 34
Time 29.68
Adjusted 28.99

**A new trophy is being
sought for the Ladies 50m
Backstroke**

The winner:

1. Elaine McFall Motherwell Masters
Age Group 35 - 39
Time 34.61
Adjusted 33.35
2. Judy Hattle Carlisle Masters
Age Group 40 - 44
Time 36.30
Adjusted 34.11
3. Catriona Arthur Silver City Blues
Age Group 25 - 29
Time 34.98
Adjusted 34.59

**MRS ELIZABETH
MCCALLUM MEMORIAL
TROPHY 50m Butterfly**

The winner

1. Judy Hattle Carlisle Masters
Age Group 40 - 44
Time 31.72
Adjusted 29.81
2. Elaine McFall Motherwell Masters
Age Group 35 - 39
Time 32.40
Adjusted 31.22
3. Gillian Innes Silver City Blues
Age Group 35 - 39
Time 35.04
Adjusted 33.85

**A new trophy is being
sought for the
Men's 50m Butterfly**

Winner

1. Kevin Smith Glasgow Nomads
Age Group 35 - 39
Time 27.89
Adjusted 26.73
2. Ally MacGregor Warrender BC
Age Group 55 - 59
Time 31.88
Adjusted 27.20
3. Ian Milne Silver City Blues
Age Group 50 - 54
Time 30.89
Adjusted 27.46

GB SYNCHRO

NEWS From Anne Clark

21

GB Review

On 17th March, the GB Review Consultant **-Michelle Caulkins -** presented her findings of her project, and the following day a group of synchro. people from all aspects of the sport discussed and deliberated on the review. It is hoped that her report will be made available for everyone - perhaps through the ASA/GB web-site.

GB/ASA Judges & Coaches Seminar 2001

This important annual event will be held on Saturday and Sunday 16th and 17th June at the Golden Lion Hotel, Leeds. Full information will be mailed to all ASA clubs as soon as possible.

Inger Lindholm (FINA & LEN judge) who attended the 2000 ASA National Championships to carry out the observation and evaluation of judges, will be one of the speakers and she will explain and discuss with the judges present the system of observation.

A top class coach has also been invited to work with those coaches present and her reply is awaited. The programme has been made taking into account the comments on the feedback sheet from last year and all topics will be printed on the information leaflet.

As North-East Counties are celebrating their Centenary Year, the Executive have kindly given a donation towards this seminar and, on behalf of everyone within synchro., a very big thank you to them.

GB squads

Junior Squad

The ten athletes who will be travelling to the Ukraine to compete in this years' LEN European Junior Championships have been selected. We wish them well but we must not forget the two athletes who did not quite make it and who will be feeling very disappointed. It is hoped that the time they have been working with the squad will encourage them to build on that work for the future.

Elite Duet

The duet is working towards their competition this year and we wish Kerry Hussey, Caroline Slissingar and Abi Moore all the, very best as they compete in the French Open Championships during April. Their next event will be the Spanish Open in Mallorca during May.

Senior Training Squad

The training squad have started their programme and it is hoped that this will assist each athlete to improve their performance thus aiming to raise the standard of British Synchro.

ASA National Championships 2001

This event will now be known as the **British** Synchronized Swimming Championship. The event is being held at the Wigan pool during the first weekend in November.

Commonwealth Games 2002

The process of appointing officials is now underway. The appointment of all judges is in the hands of the FINA delegate who has been appointed to the Games and he/she will decide which judges nominated from Commonwealth Countries will be appointed. The following voluntary Technical Aides are required: announcer, scorers, training stewards, competitors escorts, competitors stewards, runners and recorders.

Applicants are required to have performed one or more of the above positions at a National event, and to fulfil the Manchester 2002 criteria to be confirmed at a later date. The positions are voluntary and applicants will be responsible for their own travel and accommodation arrangements/expenses. However, uniform and meals will be provided whilst on duty.

Applicants to send a CV to :

Pam Haworth,
8 Factory Lane,
Penwortham,
Preston, PR1 9TD,

no later than Saturday 28th July 2001.

**REMEMBER THE
NATIONAL
RAFFLE**

**CALL 0141 641
8818**

**GET YOUR
TICKETS NOW!**

Andrew Lindsay Shatters World Record at Sheffield GLENROTHES NEWS

Glenrothes Swimmers Abroad

A number of Glenrothes swimmers went South of the border to the world famous Ponds Forge swimming pool in Sheffield and returned with a hatful of medals and a lot of experience. The competition took place on Fri.-Sun. 30th March – 1st April in what is considered one of the fastest pools in the world and Paralympic Gold Medallist and World Record holder Andrew Lindsay will testify to that. This was just another ordinary meet for able-bodied swimmers could achieve qualifying times for the ASA Age Groups in August. The organisers had allowed a number of Disabled swimmers to compete alongside able bodied to achieve long course times for the European Champs in August. Andrew had set the course for an attempt on his own existing World Record by just missing out on his 100m Backstroke record and setting an excellent PB in his 50m Backstroke. The commentator and the crowd went absolutely berserk willing Andrew on who at 100m was half a second inside his individual time. At 150m the crowd and officials were shouting Andrew on and it was not that he would break his record but by how much. At 200m the crowd erupted as Andrew's time of 2.43.34 was displayed seven seconds inside his old record set in Minneapolis in 1999, and to put it in human terms one of the time-keepers had tears in her eyes as the crowd applauded. The stigma of disability is most certainly slowly disappearing certainly in the Midlands and thankfully in Sheffield.

Thank you Sheffield.

A number of the Glenrothes swimmers had never been to a foreign meet before and so it was quite an experience. The Open age group saw Brian Beaton win two bronzes in the 100m B/C and 50m B/C with a 6th in the 50m Fly and 7th in the 100m Fly with an excellent PB. Team mate Owen Taylor had a very reasonable meet in the Open age group although still only 15yrs old winning 4th place in the 50m F/C (PB) 5th place 50m B/C 7th in the 200m F/C and 8th in the 100m F/C. The girls 11yrs/u saw first time ever "abroad" Stephanie Whittle win a medal in the 50m Breaststroke in 8th place. The girls 12yrs age

group which was very competitive saw Ashley Warrender win 5th in the 100m Breaststroke, 6th in the 50m Breaststroke and 8th in the 50m Backstroke. The girls 13yr age group had Jodi Wilson win medals in the 50m Fly 4th place and 100m Fly 7th place whilst in the girls 14yr age group Alysha Whittle won medals in the 100m Breaststroke 5th and 50m Breaststroke 6th and finally 50m B/C 8th. The final session had Iain Davidson winning 8th in the 100m Breaststroke and 50th in the 50m Breaststroke with Lianne Ireland only returning from an injury winning a medal in the 100m Fly. Other swimmers who swam well were 14yr old Romy Scott, 13yr old Simeone Redpath, 12yr old Lindsay McPherson, 15yr old Donna Beaton and in the Open age group Paralympic Bronze medallist Lara Ferguson, Carolyn Bathgate, ASFGB swimmer Rebecca Lee who swam superbly and for her first ever trip to the big time Lucy Hamilton a new comer to the Glenrothes club. The Old die hard Professor Adam Morley also competed to the best of his ability which rounded up an excellent weekend of swimming and a LOT of experiences for the Glenrothes club.

East District Age Group Swimming Championships

The first of four weekends of the East District Age Group Swimming Championships took place on Sat/Sun. 10th and 11th February at the Fife Institute Glenrothes. From a total of 42 swimmers the Glenrothes club had a reasonable weekend with one Gold, three Silvers, two Bronze, 11 Finalists and an excellent 28 lifetime best performances.

Top Glenrothes swimmer was young 11yr old Ashley Warrender who was East District 12/13yrs age group Champion. Ashley who is not 12yrs old till June swam a superb heat in 1.25.45 knocking over two seconds from her previous best to qualify in first place for the final and although not quite as fast won the gold in 1.25.83. This talented young Fifer also finished just out of the medals by 13 one hundredths of a second to finish in 4th place in the 200m I.M. final knocking 7 seconds from her best time ever. In the boys 11yrs age group young Daniel Scott also had an excellent weekend winning silver in the 50m Freestyle in a life time best of 31.95 and Bronze in the 100m

B/C again a PB knocking 9 seconds from his previous best. Daniel along with Keiran Fitzpatrick, Lee McGarrity and Frasier Clark won another two silvers in the 4 x 50m Medley and Freestyle relays. The Men's Open age group saw 15yr old Owen Taylor swim a magnificent 400m Freestyle knocking a full 17 seconds from his previous best to move from 17th place to win the Bronze medal in 4.27.78. Other finalists were Brian Beaton 4th in the 50m B/C with a PB time of 29.30, Lianne Ireland swam a PB to reach the final of the 14/15yr girls 100m Butterfly to finish in 4th place once again in another PB. Time of 1.13.83. The men's Open saw Brian Beaton finish in 6th place in the 200m Fly. All in all some very good swimming considering the fact the club are in very hard training with 22 swimmers gearing up for a meet in Ponds Forge, Sheffield, in April, one of the fastest pools in the World.

The third and penultimate E.D. Age Group swimming champs. took place at the Fife Institute on Sat/Sun 10th and 11th march. Severely depleted by a number of call off's the home team Glenrothes ASC still managed 11 finalists with a silver, a bronze and 19 very good PB's

Young 11yr old Daniel Scott won the silver in the 50m B/C in a life time best of 37.37 also simming a lifetime best in the 100m Breastroke to finish in third place in the final but was disqualified on a technicality. The girls 12/13yrs age group saw 11yr old Ashley Warrender swim an excellent 200m Bresatroke to win the bronze medal in a superb PB of 3.08.64 not bad for an 11yr old. Other finalists were Jodi Wilson just missing out on the bronze in the girls 12/13yrs age group 100m Butterfly 4th place. David Muir had a good PB in the 200m Breastroke to finish in 5th place in the boys 12/13yrs age group whilst in the girls Open age group Lucy Warren finished in 5th place in the 100m B/C with teammate Carolyn Bathgate finishing in 6th place in a PB. The boys Open Age group saw Brian Beaton finish in 6th place in the 100m B/C with Carolyn Bathgate finishing in 6th place in the 400m IM just half a second outside her PB. The girls 12/13yrs relay team of Lindsay McPherson, Ashley Warrender, Jodi Wilson and Simone Redpath finished in 4th place just outside the medals in both the Medley and F/C Relays.

Meanwhile 22 Glenrothes swimmers are gearing up for a competition in the extremely fast Ponds Forge pool in Sheffield where they will swim against some of the best south of the border. at the end of the month. Three of the clubs Paralympic medalists (Sydney) will be competing along with some up and coming youngsters in the club. Joining the Glenrothes swimmers will be Maggi McEleny MBE who carried the flag for the

British Paralympic team in Sydney

GLENROTHES CHAMPIONS

The Glenrothes ASC Age Group Championships, held at the Fife Institute Swimming Pool, produced some quite remarkable swimming - including no less than six new club records.

By Saturday, the number of swimmers in each event had been whittled down to six, and this produced some terrific competition at all age groups. In the youngest age group, 10 Years & Under, the girls' championship became a tussle between two of the club's most talented youngsters, **Briony Wilson** and Lisa Hynd, Briony won a neck-and-neck finish in the Butterfly before Lisa had a comfortable win in her best stroke the backstroke. Briony went ahead again however after winning the Breaststroke, despite being chased home all the way in this event by Holly Stephen. She won Freestyle and - despite another brave swim by Lisa - the Individual Medley, to take the overall title.

The Boys 10 Years & Under was, if anything, even closer. Indeed, it could have gone another way on another day, but on Saturday, 10 year old **Lee McGarrity** was in sparkling form. Lee broke the club record in the Butterfly event to hold off rival Fraser Clark, then broke another record - this time in the Backstroke as yet again he defeated Fraser. In fairness to Fraser, he swam superbly, also beating the existing record time. Fraser had broken the Breaststroke record in the heats and fulfilled his promise by winning this event and pegging back Lee's lead, but his hopes were short-lived. Lee went on to win both the Freestyle and Individual Medley in times that were just outside the club records, to go on and take the overall trophy.

There are some very talented girls in the 11/12 Years age group, and nobody more so than **Ashley Warrender**. Ashley is without doubt one of the best swimmers in her age group in Scotland, and on Saturday she won every race in her age group. Not only that, but in the process she went on to break three age group records with some excellent swimming. The Boys 11/12 Years age group saw a similar clean sweep - this time it was **Daniel Scott** who took all five titles. Daniel is still very young and like Ashley is among the front runners in his age group in Scotland.

The 13/14 Years Girls age group was expected to be one of the most openly fought. Last year's Scottish age group champion **Jodi Wilson** had no problems winning the 100m Butterfly - in a time just two one-hundredths outside the record! **Alison Clark** also got in on the act with a very good swim to win the 100m Freestyle. But the overall winner was **Alysha Whittle** from Leven. Alysha surprised many with a superb swim in the 100m Backstroke, before winning her best event, the Breaststroke. She then tied it all up with a great win, coming from behind to take the IM. The Boys 13/14 Years age group was convincingly won by **Daniel Black** who took every title in style.

That same feat was continued in the 15/16 Years categories with **Lucy Warren** for the girls and **Owen Taylor** for the boys winning everything before them. Lucy got the sixth new record of the day with a fine swim the 100m Butterfly event. The oldest age group for 17 Years and Over saw Carolyn Bathgate just pipped by **Janet McLean**. Carolyn had won Backstroke and Breastroke, while Janet won Butterfly and Freestyle. Just as it appeared to be a showdown in the IM event, Carolyn was ill and had to withdraw. Janet went on to record a very fast time, just missing another record. In the Mens event, **Brian Beaton** won overall despite being pushed all the way by **James Arnold**. The day saw a very unusual event - James winning the Breaststroke event, but it was his 18th birthday!

Glenrothes Spring Meet

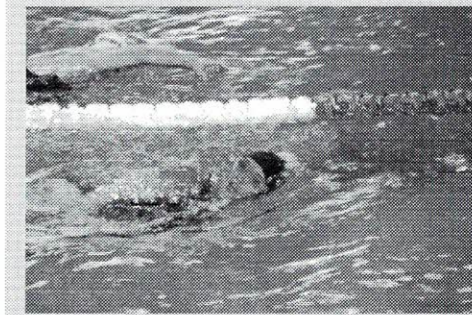
The annual Glenrothes Spring Swimming Meet took place at the Fife Institute on Saturday 17th March and was extremely successful especially for the home club. The annual meet, which was sponsored by UNISON, saw the home club finish with 6 gold's, 8 silvers, 6 bronze, 27 finalists and a superb 37 P.B.'s. The Top Female swimmer award went to Glenrothes swimmer **Carolyn Bathgate** with two gold's in the 100m F/C in a lifetime best of 1.05.86 and also in the 100m B/C in 1.13.20. Carolyn also won a silver in the 100m Butterfly and a bronze in the 100m Breaststroke altogether an excellent days swimming for this young lady. In the boys 15yrs + age group **Brian Beaton** had an outstanding meet with three golds in the 100m B/C in 1.03.67 100m Fly in 1.02.32 and 100m F/C in 56.54. The same age group saw team mates **James Arnold** win two bronzes in 100m B/C and 100m F/C both in lifetime bests also **Owen Taylor** returning from injury with a silver in the 100m F/C which was a 1-2-3 for the Glenrothes club and also saw 15yr old **Greig Young** finish in 5th place in 59.67 the

first time under the magic minute. The same age group saw 14yr old **Iain Davidson** win a bronze in the 100m Breastroke. The younger age groups saw **Lindsay McPherson** win three silvers in the 100m B/C, Breaststroke and F/C with team mate 11yr old **Lindsay Gilfillan** winning a superb bronze in the 100m Fly with newcomer **Claire Haddow** reaching two finals in the 100m B/C (4th) and 100m F/C (6th) with **Jennifer Bruce** 6th in the 100m Fly final. In the 11/12yrs age group boys young **Daniel Scott** won two silvers from two swims in the 100m Breaststroke and Fly. The girls 13/14yrs age group saw **Alysha Whittle** win gold in the 100m Breaststroke in 1.23.30 with team mates **Jodi Wilson** winning silver in the 100m Fly and **Alison Clark** bronze in the same final. Altogether an excellent days swimming for the Glenrothes club who are progressing well.

Garrie Roberts
Head Coach

CARNEGIE ASC Pool Channel marathon success

Carnegie swimmer and East District Open Water Convenor, **Andrea Gellan** swam the equivalent of the Channel on 2nd March this year, at the Carnegie Leisure Centre in Dunfermline. It took her 12 hours to swim the 1,500 lengths of the 25 metre pool. During the process she raised around £600 for Rachel House, the children's Hospice CHAS at Kinross. Andrea's comments on the swim: "It was a lot harder than I thought it would be. The first 10 miles were easy. I did them in 5 hours. After that it got hard. My body hurt! The worst time was 2 hours to go and



I still had 200 lengths to swim. I got a lot of support which helped me focus and complete the swim. I was very tired after the swim but was back in training the next day." My thanks to all who supported me, both in financial sponsorship and encouragement.

FAULDHOUSE PENGUINS SWIMMING CLUB

IAN PRENTICE - Club Coach
The club, which was re-formed in September 1998 after twenty years posted missing, have just finished installing new equipment including starting blocks, pace clocks and backstroke flags which it purchased with a Lottery Grant amounting to over £3,200. Plans are already pending for the club's next project. During 2000 the club managed to produce nine club time-keepers and the only referee to qualify in 2000, our very own Millennium Babe. Teams were entered in the Lothian Region Intermediate Leagues and the Forth Valley Junior League where they finished in a very creditable third equal position. The team spirit within the club really shone as a group of people, all new to swimming, organised and run their gala/heat of the League, and then went on to do the same for the Grand Final. Both events ran without a hitch. A very small Fauldhouse squad (one swimmer) took part in the Youth section of the Scottish Short Course Championships at Tollcross. Twelve year old **Callum Prentice** produced two excellent swims to win the 200 and 400 Freestyle by five and eleven seconds. This followed his record breaking performance at the Schools competition in January when he took the 50 Freestyle gold and broke the seventeen year old record for the event. Fauldhouse club mates **Mark Brown** (12) and **Alex Stewart** (8) joined Callum and **Ian Scanlon** (11) from the Trojan Club, to take the Alex Peden PS (Harthill) relay team to the North/South Lanarkshire Schools 12/under Gold, and then to their first ever national final. At the Warrender Baths Open Meet another small squad (two swimmers) eight year olds **Jamie Coulter** and **Alex Stewart** took Gold (37.26 sec) and Silver (43.24 sec) in the 50 Freestyle. Well done and thanks to all who have helped to give the club a great start.

Yours sincerely

J.E.Prentice

ISTC Seminars have started off 2001 very successfully.

January 14th - Montrose, 60 candidates attended a Breaststroke Seminar, led by Garrie Roberts, appreciation expressed by all. Thanks to Montrose and Angus District Council for their very generous support.

March 18th - Tollcross, 59 candidates attended the re-scheduled course for gaining experience in Teaching Swimming to People with Disabilities.. Phillip Puckrin, from Sunderland, led this, many thanks to Phillip, also to Fiona Toll for providing swimmers and helpers - appreciation again expressed by those attending

April 8th - Lochgilphead. A very enjoyable Sunday spent at Lochgilphead. 20 teachers attended and were very appreciative of the Butterfly Seminar that was led by Garrie Roberts. Thanks to all who arranged the day.

April 29th Dundee - Katie McConnachie will lead the National Seminar at the Institute of Sport & Recreation at Dundee University. Katie is to demonstrate various skills to five year olds to give them water confidence and give them an introduction to swimming through various skills - following this up in the afternoon with "Introducing the Strokes to Improvers".

May 20th Invergordon - Garrie Roberts has been asked specifically to Invergordon to lead a seminar on "Starts and Turns".

September 2nd (Sunday) Lochgelly - Negotiations are in progress to hold a seminar at Lochgelly on "Watermanship Skills to Pre-school and Above".

September 23rd - Autumn National Seminar - Francis Dalrymple Smith has agreed to come to Scotland and will address the seminar on "Teaching Adults" followed by "Fun for Fitness".

October 28th - Aberdeen - Aberdeen City Council are sponsoring a seminar on "An Introduction to Diving" led by Steve Gladding.

2002

Seminars planned for next year include "An Introduction to Synchro" and also a seminar at Dunoon.

ISTC are continuing to be active in the provision of seminars at grass root level.

All seminar information can be found on the website www.swimming.co.uk.

OR

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LIFE MEMBERS



Donald Muirhead



Eddie Riach



Roy Wilson



Ron Taylor



CONGRESS 2001

SASA President Ron Taylor welcomed delegates and invited Baillie Jean Macey, Glasgow City Council, to open the procedures.

CHANGES TO THE CONSTITUTION

The addition of Honorary Membership was approved.

The proposal that the SASA should be subject to the Rules of the ASFGB was withdrawn.

Proposals concerning proxy voting were also unsuccessful.

Where no Standing Committee exists the BOM shall make alternative arrangements until the AGM.

The wording concerning the make up of the Water Polo Committee was modified.

The financial year of the Association shall now end on the 31st October.

Use and Want were regularised and the retiring President - assuming of course that the person has not already received the honour - will receive Life Membership and that Life Memberships shall be presented at the AGM.



Senior Past President John Gunning, accompanied by Sir Peter Heatly, presents a new SASA flag to President Ron Taylor



THE 102nd ANNUAL GENERAL MEETING OF THE ASSOCIATION WAS HELD AT THE THISTLE HOTEL, GLASGOW ON SATURDAY 24th FEBRUARY 2001

The President, Ron Taylor welcomed everyone to the 102nd AGM and acknowledged that 2000 had been a busy and enjoyable year. He commented that it had been a very forward looking year for our sport with committees re-evaluating their role in the Association and looking at the way they provide for athletes under their care. Mr. Taylor had attended the National events of all disciplines and enjoyed the high standard of competition they produced and wished to congratulate both competitors and officials. Mr. Taylor also congratulated Jack Snowdon and Kenny Cairns on their award of the MBE in the New Years Honours.

Mr. Taylor spoke about the wide ranging duties of the volunteers and thanked them for their commitment. Having enjoyed his term of office as President of the Association as one of his final duties he urged delegates to recognise and sustain the tremendous success over the last year.

PRESENTATION BY THE CHIEF EXECUTIVE

With the permission of the AGM, Mr. Paul Bush gave a presentation reflecting on the achievements of 2000. He highlighted the important message for Scottish and GB swimming. We have to adapt a culture and passion towards sport like the Australians and bring sport very much onto the political agenda.

The last 12 months have been successful for Scottish Swimming with the launch of the Bank of Scotland Learn to Swim programme which to-date operates in 28 local authorities including Shetland, Orkney and the Western Isles. Swimming is a very important part of our culture and heritage and the Association is working towards

ensuring that swimming becomes an entitlement as part of the Scottish national school curriculum.

The new Scottish Swimming Awards Scheme has now been totally refocused and developed with the Awards website having received over 10,000 hits since its launch in November.

During August 2000 Scotland hosted the first ever Millennium Commonwealth Youth Games in Edinburgh and swimming was one of the eight sports involved. Alan Lynn, Director of Development, SASA Board of Management was appointed as the General Team Manager at this successful event.

With over 107 Scottish Records being broken during 2000 we have to move our aspirations higher and put these into context with British and World records. Scottish Swimming's communication procedures have improved with the introduction of Splashmail, which is available to everyone on email, and the Results website, Scottish Swimming being the first Governing Body to have results live on the web.

Great Britain returned home from the 2000 Olympics with no medals, however, Bill Sweetenham has been appointed as the new National Performance Director. Paul attended the Millennium Olympics as a volunteer, which was a great experience assisting, people in their Olympic dream.

The star of Scottish Swimming during 2000, Alison Sheppard who competed in her 4th Olympic Games and was the only British female swimmer to make a final. Graham Smith, Tim Jones and Jamie Salter who swims for England but trains in Edinburgh and is now very much part of the Scottish programme were also in Sydney.

Nothing Left to Chance co-ordinated by Martyn Woodroffe provides a needs analysis process for our athletes working within the Area Institutes.

Steve Gladding was appointed as the National Diving Coach and has already doubled the number of divers in the water. Monique McCarroll who trains in Edinburgh with Steve became a British Champion at the weekend and is working towards greater achievements.

The Flying Start programme has been

refocused by Ian McGregor to include Water Polo, Diving and Disabilities. The Turning the Tide Seminar held in November 2000 was a great success with excellent speakers and saw the first address by Ian Robson, Chief Executive of **sportscotland**. Scottish Swimming achieved the Quest award being the first governing body of sport in Britain to achieve this recognition. Quest is a quality assurance process for office procedures. The year finished with the BP Xmas meet in Inverness, which was an excellent event, and BP were recognised at the Commonwealth Games Awards for their support to Scottish Swimming.

BUSINESS ARISING

George Philp, Past President asked about the set fee for withdrawals at swimming events. Peter Syer had requested that this be given consideration and included in the fees and fines. Stewart Martin, Director of Finance advised that this fee was set by Swimming Committee and not Council, however, he would liaise with Mike Sheppard, National Swimming Convenor and the fee would be recorded in the Annual Programme Guide.

CORRESPONDENCE

Crichton Kilgour accepted appointment as the Association's Auditor. Elspeth Black accepted appointment as the Association's Honorary Legal Advisor. Roy Wilson thanked the Association for awarding him life membership. Garioch ASC re: Review of £5.00 annual fee for officials. (passed to STO Committee for action).

CHAIRMAN OF BOARD MANAGEMENT'S REPORT

Ian Mason opened his address by identifying the key areas of focus for the Association in the short to medium term. He emphasised that our ability to focus on these key issues successfully would determine our future development as a sport. The new National Swimming Academy (NSA) will be the biggest strategic move in the history of the Association. The 25 year lease has now been signed and all IT is now being looked at. The staff at SASA HQ have all been briefed and the NSA will feature in all future staff meetings. In due course clubs will be informed of opportunities to train and it is hoped that after next year's AGM, which will be held at Stirling University there will be an opportunity for a tour of the new facility. We are now into year 2 of the Bank of Scotland Learn to Swim (LTS) programme building on the success of year 1 which saw the inclusion of the LTS in 28 local authorities. Year 2 of the programme



Council 2000

includes: consolidation of the LTS programme, new parent/child programme, new support for the Flying Start programme with the addition of diving and water polo. Ian outlined the corporate supporters of the Association and thanked them for their support during the year. We need to challenge ourselves to service all commercial partners who are looking for a return for their sponsorship. One of these commercial supporters is the Thistle Hotel who have provided sponsorship towards the AGM and tonight's Award's dinner. The Association has also negotiated a corporate room rate for all Association members and details will follow shortly.

Last year he had indicated that the Area Institutes would be operational by summer 2000. This is now the case. All area managers have been appointed and programmes and services are being developed and implemented. Our aim must be to be the most proactive sport within the institute and reflect this in our links with the Area Institutes. This will require new ways of working, thinking and planning if we are to maximise opportunities.

Significant investment has been made in Scottish Swimming and Manchester 2002 will provide the opportunity to measure our progress. We must begin to see a return for the hard work and investment and should view Manchester as part of an ongoing journey, which includes Athens 2004 and Melbourne 2006. The Commonwealth Games Council for Scotland has also begun the process of professionalisation with the appointment of a Chief Executive, supported by funding from **sportscotland**. The new GB structure, which has been restructured to focus on the World Class Performance Programme and elite sport, will

also require our focus and attention. There was need for radical change as from 1997 - 2000 £6.5 million was spent on British Swimming with no medals being won at the Olympics. Bill Sweetenham has been appointed as the new National Performance Director and Chris Bailieu, 1980 Olympic Silver medallist in rowing has been appointed as the new independent Chairman. Scottish Swimming must be supportive of change while being watchful that GB keeps focus on Olympic/World level performance, not extending into the areas of activity which are clearly for home countries. At a national level through **sportscotland** club/volunteer development will be a focus over the next few years. Ian advised the meeting that Scottish Swimming is the first Governing Body to produce an integrated support programme for all clubs called **SwiMark**. This document is currently at the printers and will be launched shortly. Included as part of the programme is a free copy of the **sportparent** document, designed to encourage parents into sport. **SwiMark** contains four levels of self-assessment leading to free benefits for clubs. A key focus over the coming years must be the expansion of membership services. These current services include reduced holiday insurance, reduced travel costs, education and technical support, growing support with child protection and ethics' issues, an extensive high quality competition structure and commercial sales of videos and LTS packs. We also intend to promote future services on our website, which will be launched over the next couple of months. Both the Results and Awards websites are currently operational.

He highlighted some significant strategic



Council 2001

challenges for the Association in facility development and refurbishment. Swimming is the most participative sport in Scotland and we will pursue facility development over the coming years. Currently we are also working to enforce the social inclusion agenda and promote swimming as an entitlement for all of Scotland's young people.

Ian concluded by re-emphasising the significant issues that require the Association's attention over the next few years. Our current development plan Aqua 21 will finish one year early and a new strategic plan will be put to our key funding partner - **sportscotland** by October 2001.

The objective is to secure a five-year funding package and refocus in the light of the move to the NSA and recognise the significant developments that have taken place over the last two/three years. He stressed the importance of working together if we are to continue to be a successful Governing Body of sport.

Volunteers and professionals both have a key role in the future of the Association and he finished by thanking everyone who has contributed to our progress over the past 12 months and urging everyone involved in the sport to build on the excellent work of the last few years.

QUESTIONS

Noel Dashwood Brady, Peebles ASC asked what provision had been made for training of volunteers at the NSA. Ian Mason advised that training of all descriptions will be part of our thinking. The Easter Swim School will move to Stirling this year and the infra structure will lend itself to coach and volunteer development. There

will also be biomechanical opportunities for the elite athletes at the NSA.

Morag Shaw, Clydebank Synchro asked when it was decided to change the pool depth from 3m down to 2m deep. Paul Bush explained that the original project was actually for an 8 lane, 50m, 3m deep pool, however, through budget cuts this had been changed to a 4 lane, 50m, 1 m deep pool and as a result of negotiations we have managed to get a 6 lane, 50m, 2m deep pool which is a compromise to fit within the budget.

Mike Sheppard, Life Member asked how the

consultancy project was progressing in looking at the separation of ASA from ASFGB which was a condition of Scotland signing the new GB Memorandum and Articles. Ian Mason explained that **Pole Arnold** had been appointed to carry out an independent financial review, which should be completed within the next 4 weeks. The report will then be submitted to the GB April meeting. The consultants are looking at all opinions and figures.

Mike Sheppard also asked for clarification on the remit of the new GB Board in line with discipline committees. Ian Mason advised that all discipline committees will have devolved responsibility and the new Board will not interfere in decisions apart from major policy issues.

DIRECTOR OF FINANCE'S REPORT



Stuart Martin opened his report by advising the meeting that the Association achieved a small surplus of £13K, which will assist our reserves, however, our reserves are still far to low for comfort at 8% of turnover, where our target is 25%. This leaves the Association in a very



vulnerable position. The Association has been extremely good in maximising grant income from various sources. However, all grant income is "ring-fenced" and can only be spent on specific projects. The real challenge is raising the necessary "free money" through fundraising and merchandising.

Stuart challenged every delegate present to address this issue and to present ideas to provide "free money" to increase reserves to a safer level. He urged all clubs and members to assist financial stability by supporting all fundraising events, especially the annual raffle. This raffle is a fundraising event for clubs as they keep 50% of all ticket sales. If every current member sold just five books of tickets this would increase revenue by £66K, £33K remaining in the clubs. A worthwhile challenge and not difficult to achieve.

The Association is moving to a 5 year Business Plan which will be presented to sportscotland in October 2001. This coming year will be one of the busiest years ever faced by Scottish Swimming as we prepare to move our HQ to the new NSA. Stuart thanked all in the sport for their support over the last year and challenged them to an even greater support.

QUESTIONS

Winnie Ferguson, Life Member asked for clarification of income earned from the partnership between the ASA and SASA with regard to ASA education courses ran in Scotland. Stuart advised that this money was shown under fundraising. He went on to explain that the Education Committee had not spent their budget over the last four years, however, he realised this was due to the problems within the Education sector which were now being addressed.

Peter Lourie, Inverleith ASC asked for confirmation that the BP sponsorship monies are shown under the BP Xmas meet budget. Stuart replied that this money was shown against sponsorship and only direct income and expenditure relating to that budget head were shown.

Noel Dashwood Brady, Peebles ASC asked why salaries and expenses were up by 10% in the forecasted budget for 2001. Stuart Martin explained that the staff had increased over the last year and the travelling being undertaken by the professional staff had increased. The increase is a best guess and does not reflect the move to Stirling. Many of the staff are on fixed term contracts with fixed increases, which are reflected in the figures.

John Deans, Hamilton Baths thanked Mr Martin for producing the forward projection and asked why the Licence and Accreditation income was not shown. Stuart Martin explained that as the income was mini-

mal he had not felt it necessary to include it in the projected figures.

Tyrie Sheils, Warrender ASC queried the subtotal of salaries and expenses. Stuart replied that it was purely a subtotal of that section and had no direct income against it.

ANNUAL REPORT

The following additions to be made to the Director of Swimming's Report: Gregor Tait - Bronze medal at the World Short Course in Athens and a member of the 4x100 individual medley relay team. David Leith - GB silver medal 4x200 freestyle relay team.

AMENDMENTS TO BYE-LAWS (summary)

It was agreed that the BOM could grant Honorary Membership in certain circumstances

Club members involved in a disciplinary matter must be dealt with under the principles and procedures within the SASA Constitution and Bye-Laws.

Clearance certificates require to be sent to the SASA Office which will action the procedure of notifying Districts.

An individual wishing to compete outside Great Britain shall make application for a permit from the SASA office.

Eligibility is now a person with a Scottish mother or father.

Complaints concerning child abuse or criminal offences shall be referred to the SASA Chief Executive.

Other amendments were tidying up procedures.

NOTICES OF MOTION

Noel Dashwood Brady's motion that the BOM should increase the mileage rate was thoroughly discussed and not agreed.

PRESENTATION OF LIFE MEMBERSHIP

The following individuals were present to receive Life Membership from Ron Taylor - Eddie Riach

Donald Muirhead; Roy Wilson

FEES AND FINES 2001

Special Meeting of Council	£250.00
Special District Meeting	£100.00
Protest	£ 20.00
Complaint - Level 1	£ 40.00
Complaint - Level 2	£ 50.00
Appeal - Level 1	£ 80.00
Appeal - Level 2	£100.00
Composite Team Fee	£150.00

Membership Fees -

Club Members - Swimming/Competing

£ 17.00

- Non Swimming Adult Member

£ 12.50

- Novice Member

£ 10.50

- Individual Members £ 12.50

Suspension Fine - failure to return membership list/fees £ 50.00

ELECTION OF OFFICE BEARERS

Mr Taylor thanked all Convenors and Committee members who were retiring from their post. Two nominations had been made for Convenor of the Swimming Technical Officials, therefore a vote took place and **Robin Dale** was elected. It was noted that the East District STO Convenor is **Bob Greenlees** and not Colin Kennedy with this correction the remainder of the nominations were accepted as presented.

Sandy Brunton President
Stewart Davidson Vice President
Council

Tyrie Sheils	East District
Peter Lee	East District
Eddie Wilmott	Midland District
Stewart Davidson	Midland District
Walter Craig	North District
Anne Hendry	North District
Bill Murdoch	West District
Allan Fletcher	West District
Swimming Committee	
Mike Sheppard	Convenor
Pete Lourie	East District
Bill Craig	Midland District
TBA	North District
John Deans	West District

Swimming Technical Officials Committee

Robin Dale	Convenor
Bob Greenlees	East District
Pam Thomson	Midland District
Doris Mair	North District
Barbara Moore	West District
Eddie Wilmott	STO Rep
John Stewart	STO Rep

Masters Committee

Donald Muirhead	Convenor
Barbara Robertson	East District
No Nominee	Midland District
Brian Bain	North District
Bill Black	West District

Water Polo Committee

Brian Littlejohn	Convenor
Fiona Cameron	East District
David Balbirnie	Midland District
No Nominee	North District
Alex Burgoyne	West District
Wemyss Donaldson	Minute Secretary
Director of Officials	No Nominee
Vic Williams	Domestic Co-ord.
Club Reps	Club Secretaries

Synchronised Swimming Committee

Elizabeth Bowman	Convenor
Gwen Duncan	East District
No Nominee	Midland District
Margaret Dunbar	North District
Morag Shaw	West District

Diving Committee

Convenor	No Nominee
----------	------------

Orla Gilmour	East District
No Nominee	Midland District
No Nominee	North District
Peter Smith	West District
Steve Gladding	National Coach

Open Water Committee

Doug Milne	Convenor
Andrea Gellan	East District
Alison Smith	Midland District
Brian Bain	North District
Margaret Hodgart	West District

Education Committee

Convenor	No Nominee
Norma Coutts	East District
Sophia Barclay	Midland District
Daphnie Giles	North District
Angela McDowalls	West District
Winnie Ferguson	ISTC

Medical Committee

Dr Peter Snape	Convenor
No Nominee	East District
Dr Sam Hewitt	Midland District
Dr Lesley Craig	North District
Mr Bob Venner	West District

Health & Safety Committee

Tom Pate	Convenor
No Nominee	East District
Doug Milne	Midland District
Dr Peter Snape	North District
Ramsay Morton	West District

APPOINTMENTS

All appointments were approved and agreed.

Auditor Crichton Kilgour
Honorary Legal Advisor Elspeth Black

Commonwealth Games Council for Scotland

Ian Mason
Stuart Martin

British Olympic Association Delegate

Douglas Brown

Scottish Sport Association Delegate

Douglas Brown

Great Britain Managing Board Delegate

Ian Mason

INSTALLATION OF NEW PRESIDENT

Ron Taylor placed the chain of office on **Sandy Brunton**, who went on to present Ron with life membership. Stewart Davidson was confirmed as Vice President.

The meeting concluded at 15.00 hrs.



Sandy Brunton's election as President created the first occasion that mother and son have held the office. Helen Brunton was President in 1994



Sandy Brunton 2001 President welcomes new Vice President Stewart Davidson



President Sandy Brunton

Retiring President Ron Taylor Receives his Life Membership plaque

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Training World Class Swimmers

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Doug Frost

Ian Thorpe

SCOTTISH SWIMMING



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9 videos offering a complete training solution, presented by master coach Bill Sweetenham, Britain's new National Performance Director. Single videos: £25; Volumes 1 - 4 £95; Complete set (9 videos) £215

CORE BODY STRENGTH
Mobility and Flexibility with Stephan Widmer. The exercises contained in this video have been collected over a number of years and can be used daily or slotted in anywhere into your program. Give it a go! Prepared by Scott Volkler. £25 per copy

SWIMMING TOWARDS 2000
With Coach Scott Volkler. Study the strokes of some of the BEST swimmers in the WORLD. Swimmers featured in this video: Susan O'Neill, Samantha Riley, Elli Overton Angela Kennedy, Lise Mackie, Jade Winter, Bianca Jones, Dean Boxal. £25 per copy
UK P&P £1 per video. 9 video Stroke series - FREE.
CALL NOW FOR YOUR FREE VIDEO INFORMATION LEAFLET

The video features:

- An introduction to Doug Frost and his coaching achievements plus an explanation of his training philosophies and principles
- Explanation of various training phases and detailed practical examples of daily workouts
- Approx. running time: 87 minutes. The video features underwater footage.

It also includes:

TRAINING CAMP (Quality endurance phase)

- An insight into a typical "training week"
- Pool-side lecture, detailing and explaining each set of each session:
 - Sets used and why
 - Energy systems targeted
 - Drills and tips

FREESTYLE TECHNIQUE SESSION

- Breakdown of stroke
- Underwater slow motion and still frames
- Skills development - from age group to internationals

This video is only:
£29.99
(Per copy, including P&P)

Call the orderline for credit card sales on:

0141 646 0490

Or send a cheque for the appropriate amount to Scottish Swimming



Scottish Swimming, Holmhill Farm, Greenlees Road, Cambuslang, Glasgow, G72 8DT
Tel: 0141 646 0490 • Fax: 0141 646 0491 • Email scotswim@aol.com • E&OE

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NEW!



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The posters are available from our Awards Centre free of charge (a small postage and packing charge may apply). They are A2 in size (420 x 594mm) and printed in two colours on water resistant paper.

To order your poster call the Awards Centre on:
0141 646 0490

Visit the new Awards Website at: www.swimawards.org

SCOTTISH SWIMMING AWARDS CENTRE
Holmhill Farm, Greenlees Road, Cambuslang, Glasgow G72 8DT
Tel: 0141 646 0490 • Fax: 0141 646 0491 • Email: swimawards@aol.com

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SCOTTISH AMATEUR SWIMMING ASSOCIATION

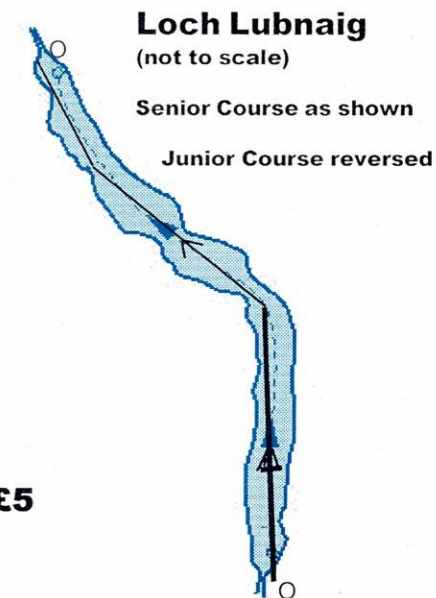
SCOTTISH OPEN WATER SWIMMING CHAMPIONSHIPS 2001

**Loch Lubnaig - Saturday 21st July
and Loch Rannoch - Saturday 4th August**

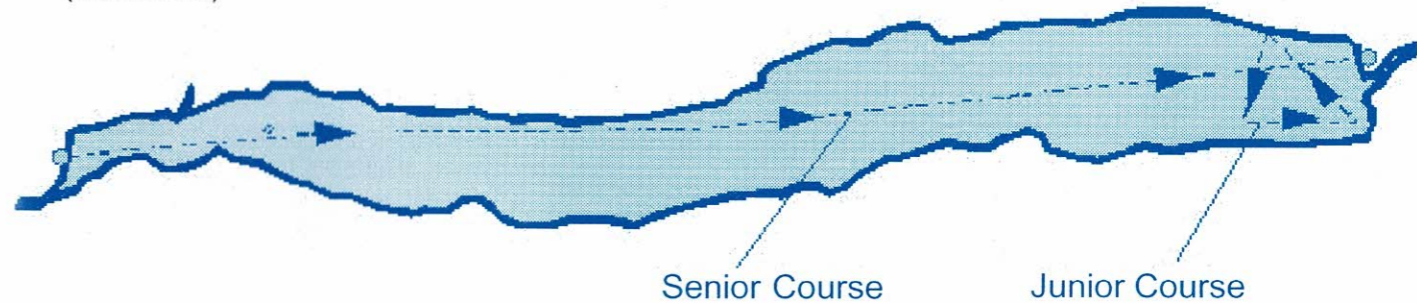
Senior (17 or over)
Loch Lubnaig 3¾ miles Entry fee £13
(Incorporating the Scottish Leg of the British Open Water Swimming Grand Prix)
Loch Rannoch 9½ miles Entry fee £25

Junior (12-16)
Loch Lubnaig 3¾ miles Entry fee £13
Loch Rannoch 2 miles Entry fee £10

Juvenile (9-11)
Loch Lubnaig 500 yards Entry fee £5



Loch Rannoch
(not to scale)



For more information and entry forms contacts

Doug Milne Tel. 01382 581223
Brian Bain Tel. 01224 645109
or Helen Dickie (S.A.S.A. Office) Tel 0141 641 8818

Championships Sponsored by DNV

MANAGING RISK





SYNCHRO CALENDAR FOR 2001

TIMES	TULLIALLAN	ELGIN	SATURDAY 10.00AM TO SUNDAY 4.00PM	SATURDAY 7.00AM TO SUNDAY 12 O'CLOCK
APRIL 13 - 16	ELITE/GOLD SQUADS EASTER CAMP	TULLIALLAN		
14	SYNCHRO COMMITTEE MEETING	TULLIALLAN		
MAY 5 - 6	ELITE/GOLD SQUADS Elite Duet Selection Development	TULLIALLAN		
19 - 20	ELITE SQUAD Training or Gloucester open	INVERNESS		
JUNE 2 - 3	ELITE SQUAD	ELGIN Training		
9 - 10	SCOTTISH AGE GROUPS COMPETITION	TULLIALLAN		
15 - 17	ELITE SQUAD COMPETITION	ROME OPEN		
23 - 24	ELITE/GOLD SQUADS Training??	TULLIALLAN		
JULY 5 - 8	ELITE SQUAD COMPETITION	SWISS OPEN		
AUGUST 18	SYNCHRO COMMITTEE MEETING	TULLIALLAN		
SEPTEMBER 8 - 9	ELITE/GOLD SQUADS TRAINING Development	TULLIALLAN		
22 - 23	ELITE SQUAD TRAINING	INVERNESS		
OCTOBER 6 - 7	NATIONALS COMPETITION	DRUMCHAPEL		
13 - 14	ELITE SQUAD TRAINING	INVERNESS		
NOVEMBER 3 - 4	GRADE 6 G.B. NATS. COMPETITION			
17 - 18	ELITE/GOLD SQUADS TRAINING Development	TULLIALLAN		
24	CLUB COMPETITION	TULLIALLAN		
DECEMBER 1 - 2	RESELECTION OF SQUADS	TULLIALLAN		
8	SYNCHRO MEETING	TULLIALLAN		

Scottish Age Group and Open Synchronised Swimming Championships 2001
9th - 10th June
Tulliallan Police College, Kincardine
Age Groups are as follows:
12 years & under age groups
13, 14 & 15 years
16, 17 & 18 years
19 - 25 years

Entry Fees: Figures/Solo £4.00
Duet £6.00
Team £10.00

Entry Forms available from:
Scottish Amateur Swimming Association
Holmhill Farm
Greenlees Road
Cambuslang
Glasgow
G72 8DT
Tel: 0141 641 8818

Closing date: 4th May 2001

(NO LATE ENTRIES ACCEPTED)

Accommodation is available at Tulliallan

Police College, cost £18.00 B/B If accommodation is required, please fill in attached form and return with entry forms no later than 4th May 2001.
Rules attached.
Timetable will be issued as soon as entries are known.

Please return entry forms with fees to:

Lucy Cramb
Events Convenor
28 Dean of Guild Way
Elgin
Moray
IV30 6JN



NOVICE & GRADE 1 / 2 COMPETITION Tulliallan 21 April 2001

Novice competition:

Figures: 1. Oyster
2. Back Layout, Tub position, Back Layout
3. Head first scull change feet first scull 5 meters each
No routine for novice competition

Grade 1

Figures: 1. Oyster
2. Back Tuck Somersault
3. Alternate Bent Knee

Routine elements for Grade 1 to include:

1. Side eggbeater single arm
2. Isle of man position
3. Side flutter
4. Torpedo Scull
5. Tub variation

Grade 2

Figures: 1. Front Pike Somersault
2. Ballet Leg Single
3. Crane Position

Routine elements for Grade 2 to include:

1. Side eggbeater single arm
2. Ballet leg sequence
3. Kick pull kick round
4. Crane variation

Routine Times including ten (10) seconds for deck movement shall be:

Grade 1 2.00minutes
Grade 2 2.00minutes -
2 minutes 30 seconds

There shall be an allowance of 10 seconds plus or minus the maximum time allowance for routines.

Deductions and penalties:

There shall be a One (1) point penalty if element is missed.

For each part element missed point five (0.5) penalty.

Awards: An award will be made for the 1st, 2nd and 3rd in figure competition and routine competition.

Entry fees: Novices £2.00
Grade 1 / 2 £3.00

There shall be a minimum entry in each category of six swimmers.

All competitor must be members of an SASA club and registered with the SASA

Margaret Dunbar, Elizabeth Bowman and Mary Black at the Awards Dinner

DIVING Matters

DIVING IN SCOTLAND

Her next major competitions are two Grand Prix in USA and Mexico in May. These are the top Grand Prix in the world, so we wish Monique luck.

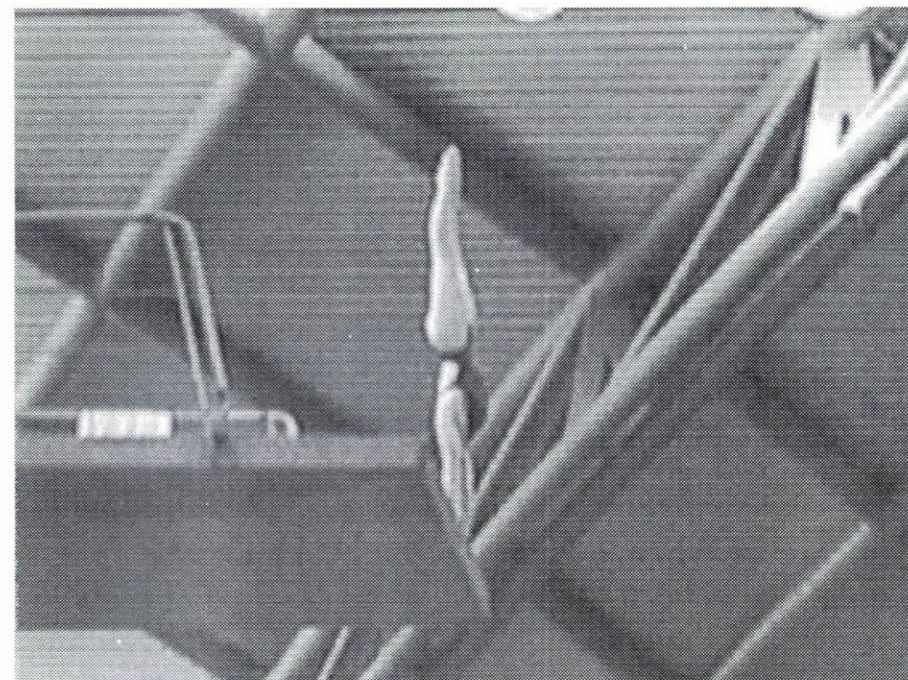
As you can see, Monique's result at GB Nationals has given her access to an even

appointment of new National Coach and Diving Development Officer, Steve Gladding, who was previously running a diving programme in Durban.

Since Steve's appointment, a comprehensive programme has been put into place, and a general review of the current diving activity in Edinburgh and nationally has been examined and revamped. Steve is concentrating initially on diving in Edinburgh at the Royal Commonwealth Pool, with a wide range of diving lessons easily accessible and available to suit all ages and abilities. He will soon be branching out to other pools around Scotland with a similar programme for potential divers to enjoy.

Once a month, you can now watch Novice Diving Competitions at RCP, where young children and beginner divers are encouraged to compete with basic diving movements. These events are great fun and draw large crowds.

For further information on diving, contact Steve on 0131 477 8438.



Monique on the Highboard

Monique McCarroll is the first Scottish diver in 25 years to win The British National Championships. She has just competed at this year's event, held in Sheffield in February. Her speciality is Women's 10 metre Platform. Monique scored a massive 440 which is a score that would gain a place well inside the last Olympic final and also very close to a Commonwealth medal. She was up against a tough field of competitors including one member of the 2000 Olympic team.

This result now puts her on the GB team (which was her goal for this year) and therefore enables her to follow their competition schedule for the year.

After achieving her great result, Monique became eligible for the European Championship of Champions in Stockholm - 6th to 8th April, which she has just returned from. Only National Champions of each country attend this. Monique made it through to the semi-final and finished in overall 7th place - a fantastic result. Top 10 at this event would make her eligible for the World Class Performance Plan, so she is well inside this criteria.

greater variety of competitions than previously, and will take Scottish diving forward leaps and bounds. We could not have hoped for a better start to the year and hope that the success continues!

Monique's move from South Africa to Scotland has come about because of the

*PHOTOS: Steve Gladding
Monique McCarroll*





SARA IN GB TEAM

SARA THOMSON, Scottish Junior Player of the Year and Menzieshill goalkeeper has been chosen to represent Great Britain at this years European Youth Womens Championships in Manchester from 7-15th July, where she will be competing against some of the top countries. **GOOD LUCK SARA.** For those of you wishing to go down and cheer Sara and the rest of the team on, details will be out shortly regarding tickets and the exact programme of games.

Sara is not however the only Scottish representative at this Europeans as she will be accompanied by **Vic Williams, Helen Elder and Murray Mcleod** who have all been selected as Table Officials and **Brian Littlejohn** who is the referees coordinator for the tournament.

National Leagues

Results so far:

RENFREW	5	PORTOBELLO	27
DUNDEE	14	HAMILTON	13
WARRENDER	15	MENZIESHILL	5
DUNFERMLINE	20	WESTERN	3
WARRENDER	18	WESTERN	2
PORTOBELLO	29	HAMILTON	3
MENZIESHILL	4	WARRENDER	11
DUNDEE	13	RENFREW	9
WESTERN	7	PERTH	2
HAMILTON	14	DUNDEE	7
MENZIESHILL	9	DUNFERMLINE	7
DUNFERMLINE	13	WARRENDER	10

CONGRATULATIONS

Congratulations to the Men's National Development Team, who narrowly lost out to Wales in the final game of the Willie Mellors International Quadrangular Tournament at Rosyth on the 10th March, to finish a creditable second place ahead of

the British Police team and the Combined Services. This was the first year of the new format of this tournament and next year it will be hosted by the British Police where the Scottish team will be looking to improve on this year final place.

The team that represented Scotland was **Ian McLean (Hamilton), Jamie McIlquham, Neil Strachan (Dundee), Paul Gregory, Daryl Johnston (Portobello), David Pettigrew, Stephen Fyfe, Alan Donaldson, Mark Speed (Dunfermline), Ryan Laird (Menzieshill).**

Warrender Senior Invitational Tournament - Dunfermline Saturday 24 March 2001

Warrender Annual Tournament another success.

Warrender ASC successfully ran their annual water polo tournament much to the delight of all involved and have made valuable contacts through the teams that travelled far to be there.

Group 1	Group 2
Dunfermline	Warrender
Menzieshill	Glasgow West
Bradford	Nomads
Coastal Squad	Burnley

Game 1 - Dunfermline v Menzieshill

Period 1	2	Final Score
2-1	3-3	5-4

Game 2 - Bradford v Coastal Squad

Period 1	2	Final Score
3-1	6-2	9-3

Game 3 - Warrender v Glasgow West

Period 1	2	Final Score
3-1	6-2	9-3

Game 4 - Nomads v Burnley

Period 1	2	Final Score
1-3	8-2	9-5

Game 5 - Dunfermline v Bradford

Period 1	2	Final Score
1-2	1-5	2-7

Game 6 - Menzieshill v Coastal Squad

Period 1	2	Final Score
3-2	4-3	7-5

Game 7 - Warrender v Nomads

Period 1	2	Final Score
3-1	4-4	7-5

Game 8 - Burnley v Glasgow West

Period 1	2	Final Score
6-1	3-0	9-1

Game 9 - Coastal v Dunfermline

Period 1	2	Final Score
2-2	3-5	5-7

Game 10 - Menzieshill v Bradford

Period 1	2	Final Score
2-3	1-2	3-5

Game 11 - Warrender v Burnley

Period 1	2	Final Score
2-2	1-6	3-8

Game 12 - Glasgow West v Nomads

Period 1	2	Final Score
0-2	2-3	2-5

Semi-Final 1 - Burnley v Dunfermline

Period 1	2	Final Score
3-1	2-2	5-3

Semi-Final 2 - Bradford v Nomads

Period 1	2	Final Score
2-1	3-1	5-2

Final - Bradford v Burnley

Period 1	2	Final Score
4-4	4-2	8-6

Congratulations to Bradford WPC for winning the senior tournament.

Top senior goal-scorer was

A. Darlington from Burnley with 19 goals

Warrender Junior Invitational Tournament - Dunfermline Saturday 24 March 2001

Game 1 - Paragon v Sedgefield 75

Period 1	2	Final Score
2-4	3-1	5-5

Game 2 - Warrender v Dunfermline

Period 1	2	Final Score
2-2	3-1	5-3

Game 3 - Dunfermline v Paragon

Period 1	2	Final Score
2-3	3-3	5-6

Game 4 - Warrender v Sedgefield 75

Period 1	2	Final Score
2-1	6-1	8-2

Game 5 - Sedgefield 75 v Dunfermline

Period 1	2	Final Score
3-3	5-1	8-4

Game 6 - Warrender v Paragon

Period 1	2	Final Score
0-1	1-2	1-3

3/4 Place - Sedgefield 75 v Dunfermline

Period 1	2	Final Score
3-3	2-4	5-7

Final - Paragon v Warrender

Period 1	2	Final Score
1-2	0-2	1-4

Congratulations to the Warrender Junior team for winning the junior tournament.

Top junior goal-scorer was S. Carpenter from Sedgefield 75 with 13 goals

WEST DISTRICT WATERPOLO

Hartley MacGibbon has taken over the running of District Water Polo Leagues and Cup Fixtures from the 1st of April 2001 as Alex Burgoyne has other commitments at present.

On Sunday 1st April, 2001, Hartley organised the 2000 West Cup event, the results as follows:

Renfrew 15	Western 3
Hamilton 13	Western 4
Hamilton 12	Renfrew 9

Winners - Hamilton

The sport is very active in Hamilton and at Western with both clubs, producing good youngsters however Renfrew are struggling with numbers. Its hard to believe that clubs in the Paisley, Johnstone and Barrhead area never have any swimmers with an interest in Water Polo or who are retiring from competitive swimming but want to stay in the water somewhere.

WEST DISTRICT CUP 2001

The 2001 West Cup Final has been provisionally arranged at Hamilton Water Palace on Sunday 21st October 2001 starting at 1900 hours.

OLDEST TROPHY

This Trophy is the oldest Water Polo Trophy in the world still played for, the 2nd oldest is the **Osborne Trophy Manchester and District.** We therefore can't let this tournament die, and give up our World Distinction.

Provisional Arrangements

All teams to report at Hamilton for 18.45 p.m. sharp:

DRAW	1. A v B
	2. A v C
	3. B v C

On arrival each captain or Team Officer will choose a sealed envelope, which will contain A, B or C. This is the Draw Code for your club during the tournament, which will proceed as above, normal F.I.F.A. rules will apply (NB the trophy is for Aquatic Football!). The team with the most points will receive the West Cup to hold until the 2002 event is run off.

In the event of point's equality, the tournament winner will be the winner of the match involving the equal teams. In the event of further equality a series of 5 penalties will take place until a result is

achieved. In each series the penalties, will be taken by 5 different players.

Note: This assignation is provisional and clubs can object to the date, the venue or the format. If any club does have objections please offer alternative dates, venues and formats. If no objection is received by 1st May 2001 it will be assumed all parties acquiesce as above.

For further information about the 2001 West Cup, please do not hesitate to contact Hartley on the telephone and fax numbers noted below:

0141 882 9092 - WORKS TELEPHONE
0141 882 9449 - WORKS FAX
01698 425 477 - HOME
07787 701 170 - MOBILE

BSCTA Wales

On Tuesday 3rd April, in Cardiff, the Welsh Swimming Coaches Association took the momentous decision of becoming BSCTA Wales. BSCTA members resident or coaching in Wales automatically become members in this new body. Members of BSCTA Wales will be given technical & coaching support from the BSCTA & legal and representational support & advice from the GMB. **Gary Rosser** was elected BSCTA Wales Chair and **Keith Barrow**, BSCTA Wales Secretary. The new body aims to develop and support coaches in partnership with the Welsh ASA, through their Director of Swimming, BSCTA member, **Bryn Williams**.

Sweetenham joins the BSCTA/GMB

ASFGF National Performance Director, **Bill Sweetenham**, has joined the BSCTA/GMB. Sweetenham, who leads by example, took the step in Cardiff recently, by signing up when encouraging all coaches in Great Britain to be members of 'their' Association. "Only BSCTA members will be selected for National Teams in future," stated Mr Sweetenham at a seminar organised by the newly formed BSCTA Wales in Cardiff on Wednesday 4th April," and it is my aim to have the BSCTA selecting the

2001 Scottish Swimming National Raffle

It's raffle time again! Get your supply of books of tickets for the 2001 Scottish Swimming National Raffle. Contact the SASA Office NOW Tel:01416418818. Half the money you raise goes straight to your club.

I should not need to remind you that this is a superb opportunity to help raise funds for Scottish Swimming. I would ask that you try to sell the books and return the tickets and monies to the SASA Office no later than Monday 2nd July 2001.

Let's make 2001 the best year for sales!

Elaine Mackenzie
Director of Administration

Coaches for National Teams." Mr Sweetenham stated that because of the limitations placed upon him by lack of facilities and money (he states that ASFGF budget is less than 10% of the Swim Australia budget) the only way he can make a world class impact upon the sport in the timescale available to him, is to help British Coaches achieve their potential. "There are some great coaches in Britain," said Mr Sweetenham, "I want to help them achieve what they are capable of. So many of our programmes are a celebration of mass mediocrity, with coaches 'having' to play to the balcony to ensure job security. I want all coaches to work to the talent levels of their top swimmers, not those in the middle; only that way can we make significant progress". Mr Sweetenham's membership of the BSCTA/GMB is immediate, and his willingness to do so is in stark contrast to his predecessor; it is also a clear sign of his willingness to work with the BSCTA and the importance of the Association in his plans.

Brian McGuinness
BSCTA National Organiser
GMB Regional Organiser
Will Thorne House,
2 Birmingham Road,
HALESOWEN,
West Midlands B63 3HP
England

Tel: (+44)-121-550-4888 / 07711-628722
Fax: (+44)-121-550-4272
e-mail: gmb@bscta.com

The Gold Medal Partnership Scottish Amateur Swimming Association and BSCTA / GMB

The Scottish Amateur Swimming Association teamed up with BSCTA / GMB (the British Swimming Coaches and Teachers Association, and GMB Scotland's General Union) last year to offer you support with your sports profession, protection at work, and a range of non-work benefits.

Signing up with BSCTA / GMB means you will have:

- Public Liability and Personal Indemnity Insurance Cover to £10 million
- Professional advice and assistance from BSCTA/GMB National and Regional Organisers on all levels of the sport
- Education support packages at local and national levels
- Recognition via coaching and teaching awards
- Health and safety advice and support for voluntary and professional coaches and teachers
- Legal backing, and advice and cover against costs
- Cover at your day-time work place too if you're a voluntary / part time coach

BSCTA / GMB membership offers you the following non-work benefits too:

- Exclusive finance personal loans at competitive rates
- Low cost insurance for car, home, contents and travel
- Cheap AA membership
- Personal legal services
- Holiday bargains on package holidays at home and abroad

To join BSCTA / GMB complete the form opposite and return to:



**Fraser Wishart GMB Scotland,
Fountain House,
1/3 Woodside Crescent,
Glasgow G3 7UJ.**

For more information contact Frazer on 0141 332 8641 (ext 206).



March has been a busy month in terms of competition. Many swimmers will have competed in the district programmes and also at Scottish National and British National level during the past months. Again it is encouraging to see the number of Scottish records that have been broken during the past six weeks.

The Scottish National Open Championships held at Glasgow on 3rd and 4th March again showed some significant improvements in many of our events. The following results show that we are now producing both quality performances and a depth of performance that will put us in good stead over the next four years.

Mens 100 Freestyle

In the opening event David Leith continued from last year's record breaking performance by winning this event in a new Scottish record of 49.96. The second and third places were divided by a mere 100th of a second with City of Edinburgh team mate Paul Stevenson finishing second in 51.45 and Kenny Clark from South Lanarkshire finishing in 51.46.

Womens 200 Freestyle

Stirling swimmer Kelly Hamill and City of Aberdeen's Marie Jones swam stroke for stroke in this event where finally Kelly touched first to record a time of 2:05.26 against Marie's 2:05.62. Scottish Youth Squad member, Jenni Gilgallon from Tayside, finished third in 2:07.94.

Mens 50 Breaststroke

City of Edinburgh swimmers continued in record breaking form with Ian Edmond setting a new Scottish record of 28.38 to win this event comfortably ahead of Michael Kane, City of Glasgow, 30.49 and Taylor Smith of Warrender finishing third in 30.94.

Womens 100 Breaststroke

Kirsty Balfour continued Edinburgh's record run by establishing a new Scottish record time of 1:09.21 with senior rival Claire-Jane McPherson from City of Glasgow placing second in 1:12.62. Youngster Julie Williams, Ren 96, gained third spot in an excellent 1:14.26 to show that she is starting to make headway at both junior and senior level.

Mens 400 Individual Medley

Michael Cole, City of Edinburgh, produced an outstanding solo effort to win this event in 4:16.61, again establishing a new Scottish record. Robert Lee from Stirling gained second place in 4:33.57 with City of Edinburgh's Kris Gilchrist finishing third in 4:41.60.

Womens 100 Butterfly

The records continued to be broken this time by Stirling's Kerry Martin who set new figures of 61.36. Siobhan Edgar, City of Edinburgh, finished second in 64.31 against our Belgium visitor, Tine Bossuyt, who finished third in 65.06.

Mens 100 Backstroke

Gregor Tait from the City of Edinburgh produced yet another excellent effort recording new Scottish figures of 53.72 ahead of Stirling backstroke specialist, Nick Neckles, who finished second in 56.06 and Aberdeen swimmer, David Carry, finishing a very close third in 56.18. Darren Ward from Stirling came fifth setting a new Junior Scottish record and also a Junior British record in a time of 56.87.

Womens 50 Backstroke

This always looked to be a very close race between established Scottish rivals Rosy Cornish, First Aqua and Ren 96 swimmer Louise Coull. Rosy took the honours in 29.33 again setting yet another new Scottish record. The third placed swimmer was Elgin's Rachael Keir who finished in an excellent time of 30.73.

Mens 200 Butterfly

In a race that was destined to be a club competition between City of Edinburgh and Stirling this proved to be a real battle for Edinburgh's Chris Jones and Jamie Salter, Chris setting a new Scottish record in 2:00.27 against Jamie's 2:00.60. English swimmer Mark Lewis who trains at Stirling University was third in 2:01.82.

Womens 200 Individual Medley

In a very competitive race where the first four swimmers were never more than half a second apart at any one point, Sarah Henderson from Stirling eventually finished the stronger on the last 50, winning in 2:20.98 with Kirsty Orr, City of Edinburgh, second in 2:21.23 against Claire-Jane McPherson's third place effort of 2:23.45.

Mens 400 Freestyle

Olympic finalist, Jamie Salter, used this event as a warm up training race for forthcoming Great Britain events, swam comfortably to win in 3:51.17 with the outstanding Stirling swimmer, Bradley Hay, finishing second in 3:53.16 and the youngster Darren Ward finishing third in an excellent 4:00.64.

Womens 50 Freestyle

Butterfly specialist, Kerry Martin, continued her gold medal winning efforts by taking this event in 26.21 with the Belgium sprint specialist, Tine Bossuyt, finishing second in 27.29 just ahead of Carnegie's Alexandra Hamilton who was placed third in 27.53.

Mens 200 Breaststroke

Ian Edmond took his second title of the evening with a comfortable win producing a time of 2:14.57. Warrender's Taylor Smith came second in 2:23.81 with Mathew Trodden from Tayside finishing in a tight race for third spot in 2:27.84.

Womens 800 Freestyle

City of Aberdeen's Marie Jones swam stroke for stroke with Ren 96 swimmer Laura McGarvey, the race developing from 400 metres onwards where Marie gradually edged into a lead to win just outside the 9 minute barrier in 9:00.23 with Laura placed second in 9:03.82. The young improving Gillian Robb gained third place in 9:11.81.

Mens 100 Individual Medley

Michael Cole and David Carry produced an excellent race with Michael winning by just half a second in 57.08 and David finishing in 57.60. Third place went to City of Aberdeen's Marc Lafargue in 60.15.

Womens 200 Backstroke

Louise Coull from Ren 96 won this event in 2:13.05 ahead of Stirling swimmer Gemma Ritchie who finished in 2:16.69 with the outstanding youngster Gemma Sutherland from City of Aberdeen placing third in 2:21.57.

Mens 50 Metres Butterfly

City of Edinburgh swimmers dominated this event taking the first three places with Jamie Salter leading the way in a time of 24.67. Freestyle specialist, David Leith, turning his hand to butterfly finished second in 25.14 against Paul Stevenson's third place time of 25.19.

Womens 100 Freestyle

Taking yet another Scottish title Stirling's Kerry Martin finished first in 56.05 with youngsters Jenni Kilgallon from Tayside finishing second in 59.24 just ahead of anglo-scot Caitlin McClatchey taking the third place honours in 59.54.

Mens 200 Freestyle

In a classic encounter between David Leith and Bradley Hay both swimmers breaking the 1.50 barrier whilst David trailed at the first 100 he produced an outstanding second half race to win in 1:49.76 just ahead of Bradley's 1:49.99. Third place swimmer Paul Stevenson produced a time of 1:54.08.

Womens 50 Breaststroke

In a repeat of the finishing order of the 100 Breaststroke, Kirsty Balfour took first in 32.82, Claire-Jane McPherson second in 33.50 and the youngster, Julie Williams, finishing third in 34.66.



Mens 100 Breaststroke

With the surprise disqualification of City of Edinburgh's Ian Edmond, this left the way open for Robert Lee to claim his first title in 65.39 narrowly ahead of Michael Kane, City of Glasgow, in 65.68 and Warrender's Taylor Smith finishing third in 65.98.

Womens 400 Individual Medley

Kirsty Orr having been placed second in the short medley now managed to prove her stamina by turning the tables on Sarah Henderson in the longer medley finishing first in 4:55.49 with butterfly specialist, Laura McGarvey, taking second in 4:57.76 and Sarah Henderson just outside the 5 minute mark finishing third in 5:00.28.

Mens 100 Butterfly

Stirling swimmer and sprint butterfly specialist Todd Cooper took on the Scottish 200 record breaker Chris Jones, Todd finishing marginally in front with a time of 54.93 against Chris's 55.78. Fellow Edinburgh swimmer, Paul Stevenson, finished third in 56.21.

Womens 100 Backstroke

In an event that was always going to be a tussle between sprint specialist Rosy Cornish and 200 specialist Louise Coull, as the race developed Louise's superior stamina enabled her to gain first place in 62.53 against Rosy's finishing time of 64.01. The fast improving youngster Gemma Sutherland gained third place in 1:06.02.

Mens 50 Backstroke

Jamie Salter showed his versatility by being the surprise winner of this event in 25.64 just ahead of club mate and backstroke specialist, Gregor Tait, who finished in 25.90 with Irish visitor Muiris O'Riada taking the bronze medal in 26.87.

Womens 200 Butterfly

The McGarvey sisters Laura and Claire battled stroke for stroke producing a thrilling race and finish in which Laura just out sprinted sister Claire finishing in times of 2:22.73 and 2:23.69 respectively. Our Irish visitor Fiona Kinsella finished third in 2:24.86.

Mens 200 Individual Medley

Four out of the eight swimmers lined up for the final were from the City of Edinburgh and Michael Cole having convincingly won the 400 individual medley turned to his specialist distance to take this event in 2:01.48. David Carry continued his improvement by finishing second in 2:03.06 narrowly ahead of freestyle specialist David Leith who finished third in 2:03.45.

Womens 400 Freestyle

Marie Jones continued her winning form by

taking first in 4:21.89 ahead of backstroke specialist Gemma Ritchie who completed the distance in a creditable 4:23.31 with the youngster Gillian Robb finishing third in 4:30.23.

Mens 50 Freestyle

Scottish record holder from East Kilbride, Kenny Clark, took this title in 22.82 just outside his own Scottish record of 22.77 which he set in the heats of this event. Paul Stevenson from City of Edinburgh was second in 23.78 just in front of Aberdeen's Ruairidh Mackay in third place recording a time of 24.46.

Womens 200 Breaststroke

Kirsty Balfour dominated the race from start to finish recording an excellent time of 2:30.58 setting yet another new Scottish record. Claire-Jane McPherson from Glasgow finished second in 2:36.73 against third place swimmer Claire Bruce from City of Aberdeen in 2:41.93.

Mens 1500 Freestyle

Both Jamie Salter and Andrew Jameson used this event as a warm up racing opportunity before the British Trials finishing first and second respectively in 15:09.16 and 15:50.97. Third place went to South Lanarkshire's Derek McGown who narrowly missed breaking the 16 minute mark finishing in 16:03.36.

Womens 100 Individual Medley

City of Glasgow's Claire-Jane McPherson showed her versatility by beating medley specialist Kirsty Orr finishing in times of 1:06.68 and 1:07.05 respectively with a very impressive third place performance from City of Edinburgh's Emily Byars who finished in 1:07.08.

Mens 200 Backstroke

Gregor Tait continued the record breaking performances setting a new Scottish record in a winning time of 1:57.98. The Barbadon swimmer Nick Neckles from Stirling finished second in 2:01.61 against Aberdeen's David Carry who finished in a creditable 2:02.11. Fourth placed swimmer Darren Ward produced an excellent time of 2:04.21 to set a new Junior Scottish record for this event.

Womens 50 Butterfly

Kerry Martin completed a fine championships by winning comfortably in 27.75 with Tayside swimmer Karen Rigby finishing second in 29.49 and the Belgium swimmer Tine Bossuyt taking yet another bronze medal in 29.89.

A large contingent of Scottish swimmers travelled to Manchester to compete in the British Long Course Championships between 10th and 15th April

2001. The event was also the trials for the World Championship Team competing in Japan later in the year and also the European Junior Championship Team and the European Youth Olympic Days Team. The event also gave swimmers the first opportunity to compete in the Manchester Aquatic Centre which will be the venue for the Commonwealth Games in 2002. Scottish swimmers were in fine form throughout the six day trials with the following significant milestones achieved.

Scottish Long Course Records:

Gregor Tait Senior Mens 50 Backstroke Long Course 26.71

Ian Edmond Senior Mens 100 Breaststroke Long Course 1:02.89

Darren Ward Junior Mens 200 Individual Medley Long Course 2:10.97

Alison Sheppard Senior Womens 50 Freestyle Long Course 25.07
(also British and Commonwealth record)

Gregor Tait Senior Mens 50 Backstroke Long Course 26.39

Kirsty Balfour Senior Womens 50 Breaststroke Long Course 32.65

Ian Edmond Senior Mens 100 Breaststroke Long Course 1:02.69

Gregor Tait Senior Mens 100 Backstroke Long Course 56.52

Kirsty Balfour Senior Womens 100 Breaststroke Long Course 1:11.23

Louise Coull Senior Womens 200 Backstroke Long Course 2:17.07

Kerry Martin Senior Womens 50 Butterfly Long Course 28.29

Kirsty Balfour Senior Womens 100 Breaststroke Long Course 1:10.84

The following outstanding individual efforts should be noted:

• **Alison Sheppard's dominance of the Womens 50 metre Freestyle event.**

• **Ian Edmond's winning of the Mens 200 metres Breaststroke.**

• **Excellence junior performances from Todd Cooper in the 100 Butterfly in 55.87 and Martin Leel's outstanding effort in the same event in 57.96.**

• **Graeme Smith took the gold in the Mens 1500 metres Freestyle but the outstanding performance in that event was the third placed gained by Andrew Jameson in 15:34.62.**

The following summary of the British Championships show the continued improvement of Scottish Swimming:

	1 st Place	2 nd Place	3 rd Place
Finalists			
Alison Sheppard	50 F/S 1 st Place		
Graeme Smith	400 F/S 2 nd Place		
Andrew Jameson	1500 F/S 3 rd Place		
Kenny Clark	50 F/S Finalist		



Graeme Smith	1500 F/S	1 st Place
Graeme Smith	800 F/S	2 nd Place
Ian Edmond	100 Breast	3 rd Place
Bradley Hay	200 F/S	Finalist
Ian Edmond	200 Breast	1 st Place
Gregor Tait	50 B/C	2 nd Place
Michael Cole	200 I/M	3 rd Place
David Leith	200 F/S	Finalist
Gregor Tait	100 B/C	2 nd Place
Alison Sheppard	100 F/S	3 rd Place
David Leith	50 Breast	Finalist
Gregor Tait	200 B/C	2 nd Place
Sam Hunter	400 I/M	3 rd Place
Andrew Jameson	400 F/S	Finalist
Kirsty Balfour	100 Breast	2 nd Place
Andrew Jameson	800 F/S	Finalist
David Carry	200 Breast	Finalist
David Carry	200 I/M	Finalist
Todd Cooper	100 FLY	Finalist
Todd Cooper	200 FLY	Finalist
Chris Jones	200 FLY	Finalist
Michael Cole	400 I/M	Finalist
Rosy Cornish	50 B/C	Finalist
Louise Coull	50 B/C	Finalist
Louise Coull	100 B/C	Finalist
Louise Coull	200 B/C	Finalist
Kirsty Balfour	50 Breast	Finalist
Kirsty Balfour	200 Breast	Finalist
Kerry Martin	50 FLY	Finalist
Kerry Martin	100 FLY	Finalist
Sam Hunter	200 I/M	Finalist

The event also provided an opportunity for swimmers to put up Scottish squad times for 2001/2002 with the following swimmers now having recorded qualifying times:

Senior Elite

Graeme Smith	Alison Sheppard
Ian Edmond	Kirsty Balfour
David Carry	Michael Cole
Gregor Tait	Bradley Hay

Junior Elite

Todd Cooper	Andrew Jameson
Kirsty Balfour	Louise Coull

Youth Squad

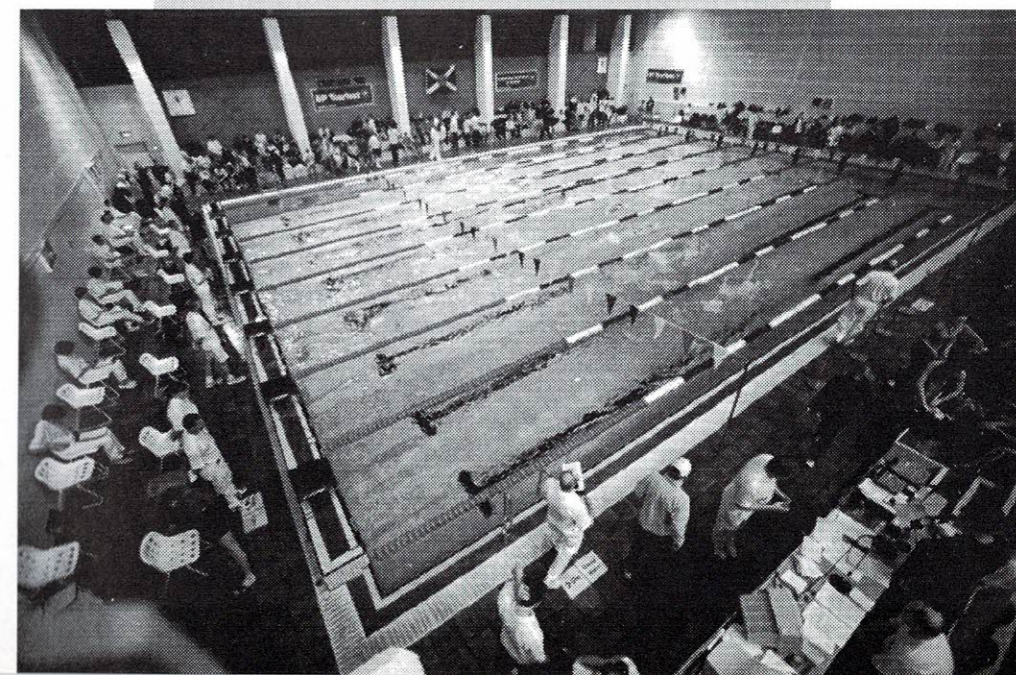
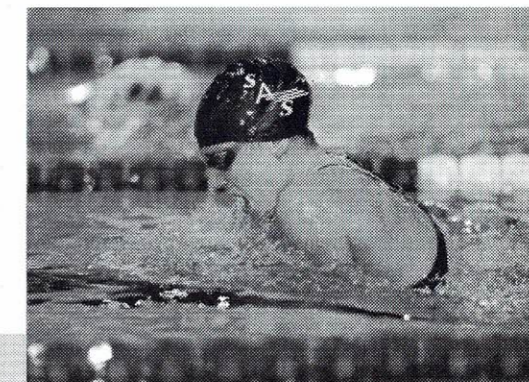
Martin Leel	Darren Ward
Gemma Sutherland	Martyn Taylor
Ewan Porteous	Marie Jones
Chris Wilson	

Whilst we can look at Scottish Swimming and show that we are continuing to improve at all levels of performance, the British Long Course Championships showed that there is still much to do. We still need swimmers improving at a faster rate if we are to achieve the high standards now being set for selection to British teams and subsequent performance at world class level. We should be optimistic that we can rise to this type of challenge yet determined that we are not going to stand still and accept our current performance levels. With these

thoughts I would hope that our long course performances during the following months will improve out of all proportion.

Finally I would just like to add a get well note for Tim Jones who you may know has been suffering with pneumonia during the past weeks and I am sure we all wish him a speedy recovery.

Martyn Woodroffe
Director of Swimming



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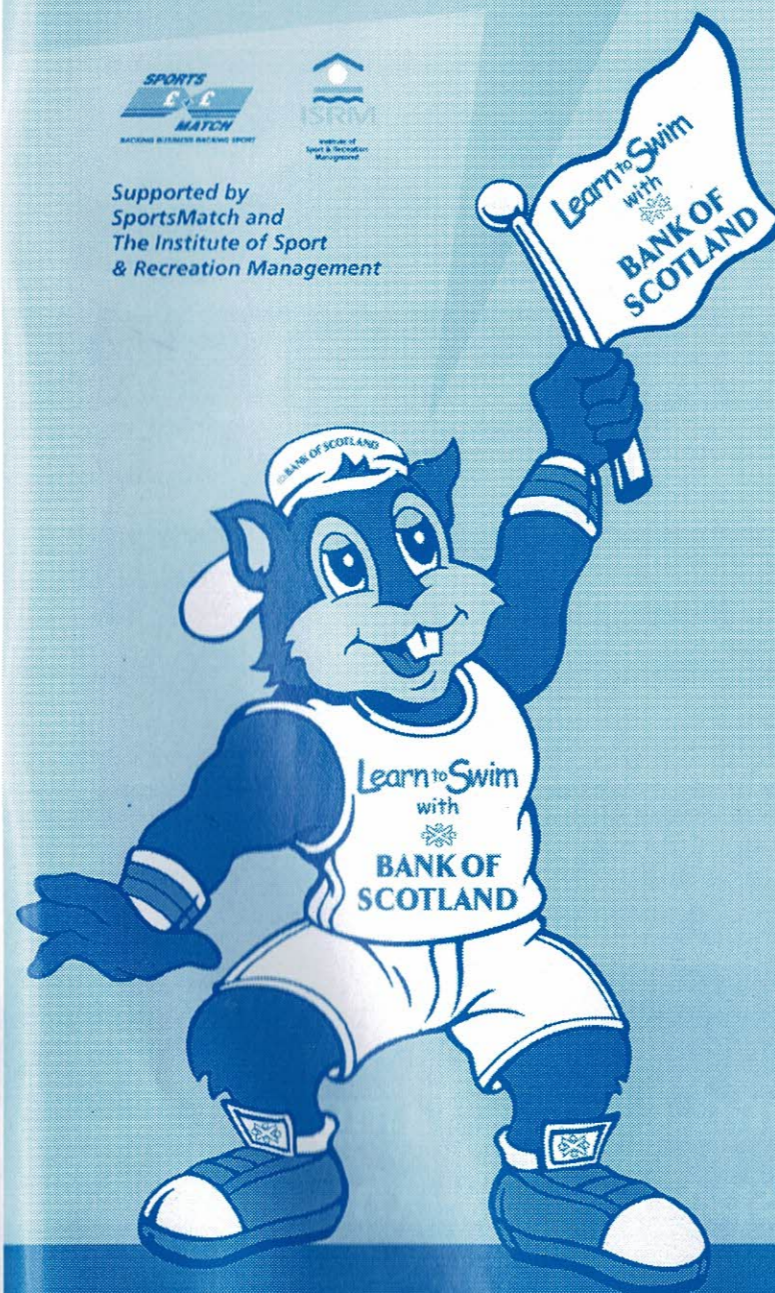
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