

The Scottish Sports Hall of Fame was launched at the end of 2002 by sportscotland in partnership with the National Museums of Scotland. There were no fewer than six swimmers/divers in the inaugural list of Scotland's finest sporting stars. Their achievements and brief biographies are given below. Who will be next from our sport?



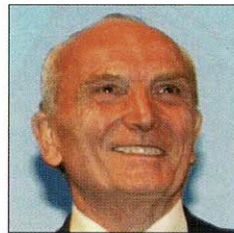
Ellen King (1909 - 1994)

Ellen was one of Scotland's greatest swimmers. In the Amsterdam Olympics in 1928, she won two silver medals - for the 150 yards backstroke and the ladies relay race. King spent most of her life in Edinburgh and swam at the Warrender Baths Club. She won all Scottish Championship titles from 50 to 440 yards, and won six British Championships during her career. She broke the world records for the 220 yards breaststroke and the 150 yards backstroke in 1927 and 1928. After her amateur career, King taught swimming in Edinburgh schools. She continued to swim until after her 80th birthday.

HONOURS

1927/8 - World Record, 220 yards breaststroke, 150 yards backstroke
1928 - Olympic Games, silver medal 150 yards backstroke, silver medal ladies relay

Picture shows Lorna King, family representative, with the First Minister at the Hall of Fame induction ceremony.



Sir Peter Heatley, CBE (b. 1924)

Heatly was a diver for Portobello Amateur Swimming Club. He represented Scotland and Great Britain in competitions around the world, dominating diving in Scotland for twenty-one years. He was the East of Scotland Diving Champion from 1937 - 1939 and the Scottish Diving Champion from 1946 - 1958. He was also Scottish Freestyle swimming champion and record holder over several distances between 1942 - 1946. Heatly, a self-taught diver, won Commonwealth Games gold medals for ten metre highboard diving in 1950 and 1958 and a gold for three metre springboard diving in 1954. He became chairman of the FINA Technical Diving Committee and also chairman of the Commonwealth Games Federation from 1982 to 1990.

HONOURS

1950 - Commonwealth Games, gold medal 10m highboard, silver 3m springboard
1954 - Commonwealth Games, gold medal, 3m spring board, bronze 10m highboard
1958 - Commonwealth Games, gold medal 10m highboard

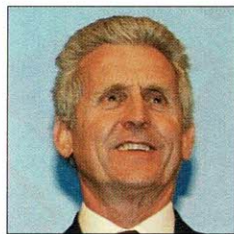


Nancy Riach (1927 - 1947)

Riach was a member of the Motherwell Amateur Swimming and Water Polo Club. She was described as the finest swimmer in the British Empire and excelled at all swim strokes. In 1945, she held twenty-eight Scottish and British records. In 1946, she was the British Champion at the 100 yards, 220 yards and 440 yards freestyle distances. She contracted polio and died after one of her races at the European Swimming Championships in 1947 in Monte Carlo. She was twenty years old.

HONOURS

1945 - Held 28 Scottish and British records



Ian Black (b. 1941)

Black won three gold medals at the 1958 European Championships in Budapest for the 400 metres, 1500 metres freestyle and the 200 metres butterfly events. No swimmer has managed to repeat this feat. He won three more Commonwealth Games medals in 1958: gold for the 220 yards butterfly, silver for the 440 yards freestyle and silver for the 4x220 yards freestyle relay. He narrowly failed to win a medal at the Olympic games of 1960. Black became one of only three Scots to be given the title 'BBC Sports Personality of the Year' (1958). Black has just retired as the Headmaster of Robert Gordon's College Junior School in Aberdeen.

HONOURS

1958 - Commonwealth Games, gold medal 220 yards butterfly, silver medal 440 yards freestyle, silver medal 4x220 yards freestyle relay
1958 - European Championships, gold medal 400m freestyle, gold medal 1500m freestyle, gold medal 200m butterfly



Bobby McGregor, MBE (b. 1944)

McGregor moved to Falkirk at an early age and became known as the "Falkirk Flyer" He first represented Scotland aged 16. He set a new world record for the 110 yards of 53.6 seconds in 1964. In the same year he captained the British swimming team at the Olympics in Tokyo and won a silver medal in the 100m freestyle. In 1966, in the space of five weeks he won a Commonwealth Games silver medal and a European Championship gold medal, then broke his own world record for the 110 yards at the British Championships in 53.3 seconds. McGregor retired from competitive swimming after the 1968 Olympics. Today he is a partner in an architects firm in Glasgow.

HONOURS

1964 - Olympic Games, silver medal 100m freestyle
1964 - World Record Holder, 110 yards freestyle
1966 - Commonwealth Games, silver medal 110 yards freestyle
1966 - European Championships, gold medal 100m freestyle
1966 - World Record Holder, 110 yards freestyle



David Wilkie, MBE (b. 1954)

Wilkie won the Olympic gold medal for the 200m breaststroke in 1976. He set a new world record time of 2 minutes, 15.11 seconds in the process. He won a silver medal for the 100m breaststroke in the same year. Wilkie moved to Edinburgh at the age of eleven. He trained at Warrender Baths Club. He was the first swimmer to wear a head cap and goggles together during a race, a combination that is now standard practice. He won an Olympic silver medal for the 200m breaststroke in 1972, and followed this up with more spectacular success in 1976.

HONOURS

1970 - Commonwealth Games, bronze medal 200m breaststroke
1972 - Olympic Games, silver medal 200m breaststroke
1974 - Commonwealth Games, gold medal 200m breaststroke, gold medal 200m individual medley, silver medal 100m breaststroke
1976 - Olympic Games, gold medal 200m breaststroke, silver medal 100m breaststroke
1976 - World Record Holder, 200m breaststroke

SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER - ISSUE 2: SUMMER 2003

Minister helps to get Scotland Swimming

Frank McAveety MSP, Minister for Tourism, Culture and Sport teamed up with Commonwealth Gold medalist Alison Sheppard MBE, in Glasgow recently, to launch the national 'Getting Scotland Swimming' strategy and present certificates to the first group of youngsters to successfully complete the new Bank of Scotland National Swimming Award.

School, Edinburgh." The award will now be rolled out across the country.

Ray Macfarlane, HBOS Group Head of Community Relations, said: "Bank of Scotland is particularly proud of its partnership with Scottish Swimming and we are delighted to extend our current support for the sport to include the National Swimming Award. We look forward to this award providing a baseline for swimming competence throughout Scotland."

Getting Scotland Swimming is the national strategy for the development of swimming in Scotland over the next ten years as an activity for lifelong participation, and aims to provide a seamless pathway for all aspiring swimmers - from learn to swim, to clubs, the Olympic and Commonwealth podium and those seeking a healthy lifestyle.



The strategy, commissioned by Scottish Swimming and produced by Win Hayes of the University of Edinburgh, has two main aims:

- Quality learn to swim provision available for all children of primary school age in Scotland.
- The development of swimming as an activity for lifelong participation.

Commenting, Paul Bush, Chief Executive, Scottish Swimming said: "We are working hard to establish an entitlement to learn to swim provision for all primary age children within the education system and to introduce a minimum level of achievement for pupils by the age of ten.

"We are delighted that Mr McAveety has come along today to launch the strategy and make the presentation to the first six children to successfully complete the Bank of Scotland National Swimming Award from Preston Street Primary



Children of Preston Street Primary School with (L-R) Paul Bush, Frank McAveety MSP, Alison Sheppard MBE and Ray Macfarlane

Alison Sheppard awarded MBE



Scottish sprinter and four-time Olympian Alison Sheppard (30) has been awarded an MBE in the Queen's birthday honours list in recognition of her services to the sport of swimming. The 50m freestyle Commonwealth champion, who currently lives and trains on Vancouver Island in Canada, has been an integral member of the Scottish and British Swimming squads since her first Olympic Games in Seoul in 1988.

Sheppard was delighted to discover she is to receive the honour. "I am very excited about receiving an MBE. There haven't been many swimmers to have been awarded an honour of this kind so it's extremely special.

"I've been swimming internationally now for 15 years and I think that this award comes as a mark of the dedication I've shown to the sport over that time. Also winning the gold medal at the Commonwealth Games last year put me into the spotlight."

The sprinter is excited about going head-to-head with the rest of the world in Barcelona but has set her sights on Olympic success in 2004.

Sheppard joins a select club of MBE recipients within swimming. Ipswich freestyler Karen Pickering was the last British athlete to receive the honour in 1994. The enormity of Sheppard's achievement is fully appreciated by Scottish Swimming Chief Executive Paul Bush.

"This is a well deserved honour," he said. "It recognises the tremendous contribution that Alison has made to both Scottish and British Swimming. She's an excellent role model for any athlete aspiring to achieve success on the world stage. She is totally professional, totally dedicated and totally committed to her sport."

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SCOTTISH SWIMMING

Scottish swimming's vision:
"Scottish Swimming will provide world class opportunities and services to our membership and partners".

sportscotland

BANK OF SCOTLAND

SPEEDO

SplashNews issue 2 This is the second issue of SplashNews, Scottish Swimming's new membership newsletter, published three times per year direct to our 16,000+ members. Highlights of this issue are the launch of the new National Swimming Award, recognition for great Scottish swimmers in the Hall of Fame, a European Juniors update and some great training tips for young swimmers in "SplashZone".

SCOTTISH SWIMMING



Success story!

Arbroath St Thomas A.S.C. has been celebrating a successful year. Five swimmers were selected for the Scottish Schools team, which travelled to New Ross in Ireland for the W.I.S.E. Speedo International.

Intermediates: Mairi Stewart, 100m freestyle and relays; Byron Pace, 100m breaststroke, 200m IM and relays; Graeme O'Brien, relays.

Seniors: Bobby Scott, 100m freestyle and relays; Graeme Gowans, 200m IM and relays.

All train together under chief coach Sharon Pace who was Angus Council's Coach of the Year 2002. The club has won the Midlands District Premier League for the last three years and Midlands A grade top team award 2001 and 2002.

Three swimmers, Byron Pace, Mairi Stewart and Lyndsey Meacher are supported by Tayside and Fife Area Institute of Sport and disabled swimmer Kirsten Taylor enjoys great success at national and international level.

Byron and Mairi won Scottish titles at the Scottish Age Groups and Mairi was a finalist at the ASA Age Groups 2002.

Young swimmers Rowan Duncan and Peter Stewart took best girl and joint best boy trophies at the recent City of Dundee mini gala and together with Darryl Pace, Greig Wilkinson and Ian Murray were in the medals at the recent City of Glasgow meet.

Do you have a success story you would like to see in a future edition of SplashNews? Then get in touch with Scottish Swimming.

Easter swim school 2003

Swimming was the overall winner at this year's Scottish Swimming Easter School, with more than 3000 local children benefiting greatly from the free swimming lessons delivered by the trainee teachers at the National Swimming Academy in Stirling.

This year there were 11 candidates on the teachers course and 16 candidates on the assistant teachers course, all striving to reach the nationally required standard of competence. Planning and delivering swimming lessons for all ability levels was the focus of the week. Beginners, improvers and developers were all successfully catered for, as well as a significant number of adults who were keen to have some formal lessons to improve their technique.

Those with little or no swimming experience benefited greatly from the intensive teaching available in the friendly, fun atmosphere.

A typically busy scene from the National Swimming Academy during the 2003 Easter swim school



To complement the courses for those training as teachers for the first time, Scottish Swimming ran three continuing professional development (CPD) workshops designed to bring qualified teachers and coaches up to date with the latest good practice. The practical based workshops provided an opportunity to share experiences and try out some fresh ideas, ensuring that teaching and coaching staff continue to provide the very best possible service to their swimmers.

ALISTAIR JOHNSON'S ELITE UPDATE

World Championship Trials 19-23 March, Sheffield

The biggest British swim meet of the year was a great success for Scottish swimmers. The event also included trials for the European Juniors and the European Youth Olympic Festival, eight titles out of the possible 34 were won by Scottish swimmers.

Graeme Smith led the way, winning the 400, 800 and 1500m freestyle all inside the world qualifying times. Alison Sheppard won the 50m freestyle and once again broke her Scottish record to lead the field in the 100m freestyle. Todd Cooper continued to lower the Scottish record by taking gold in the 100m butterfly. Edinburgh swimming duo Ian Edmond and Gregor Tait won the 200m breaststroke and 100m backstroke events respectively, both in new record times. All five swimmers have been selected to represent Great Britain at the World Championships.

Overall Scotland won eight gold, six silver and three bronze medals and national records were broken by Mark Branch, Kerry Martin, Jim Anderson and Andrew Lindsay.

Summer Nationals 18-22 June, Tollcross

The best swimmers in Great Britain converged on Tollcross to compete at the 2003 Scottish Nationals, which also doubled up as the final selection meet for the World Championships. This ensured that there were lots of exciting races as the senior swimmers were extra competitive in order to try and make the team for Barcelona.

There were excellent wins notably for Alison Sheppard and Graeme Smith in their speciality freestyle events which were augmented with further victories from Gregor Tait (backstroke), Ian Edmond (breaststroke), Kirsty Balfour (breaststroke) and Todd Cooper (butterfly).

At the top end of the younger age groups great strength in depth resulting in some superlative performances. Pick of the bunch was Mark Branch, who twice lowered his British junior record in the 200m breaststroke. Congratulations to Ren '96, South Aberdeenshire and the City of Aberdeen who took the top three spots in the combined senior and age group medal table. The atmosphere during the age group relays on the last day was fantastic as hundreds of swimmers from their clubs were locked in battle in the pursuit of glory.

2003 AGM and dinner

The Carnoustie Hotel and Golf resort proved to be the ideal venue for the 2003 Scottish Swimming AGM and dinner and the Provost of Angus, Mrs Francis E. Duncan OBE, JP was on hand to welcome delegates. At the AGM the Scottish Amateur Swimming Association made a giant step forward forming Scottish Swimming Limited. Thorough preparation during 2002 ensured that this was successfully achieved. Limited company status will provide a safer environment for officebearers and professional staff, whilst continuing to ensure a professional service is provided to members.

President Stewart Davidson and his team Chief Executive Paul Bush, Chairman Ian Mason, Vice President Blair Prentice and Director of Administration Elaine Mackenzie ably conducted the meeting. Guest speaker, Aaron Mitchell of Brodies, explained the legal points of the formation of a limited company. The delegates were sad to hear of the death of Stuart Martin, Director of Finance who passed away on the Thursday prior to the meeting. Deborah McGinniss, the new Finance Manager and now Company Secretary, was able to deal with all financial issues.

Awards Dinner

Top award for Scottish Swimmer of the Year was presented to Alison Sheppard, Milngavie & Bearsden. Alison was the only Scottish woman to win gold at the Commonwealth Games in Manchester. She built on her outstanding form of 2002 winning the short course World Cup series as top female of the competition worth US\$50,000. Ranked number one in the world at both short and long course 50m freestyle, this bodes well for her assault on the world title in Barcelona, with a place on the Olympic podium in Athens 2004 her ultimate goal.

Scottish Junior Swimmer of the Year was Mark Branch, North Ayrshire. Monique McCarroll, Edinburgh, 2002 British Synchro Diving Champion received the John & Margaret Bell Trophy.



Scotland's Ben Johnson (No. 3) on the attack

Scotland polo boys in good shape for the future

June 2003 saw five nations come together to participate in the first major junior international water polo competition to be held in Scotland for some considerable time. Switzerland, Ireland, Wales, England and Scotland gathered at the National Swimming Academy, University of Stirling, to produce a competitive tournament of high quality and commitment.

The tournament ended with a clear victory for England who now head to a five nation tournament in Aix-les-Bain, France in July buoyed by their recent success. To achieve outright first place, England had to beat the 'auld enemy' in the final match - and although there was nothing between the two teams, England came out victors 6-4 to achieve a clean sweep of victories. Scotland finished in a credible fourth spot with the Swiss just finishing above them in third place. Ireland, who had recently returned from the European qualifying championships, finished second behind England having won three out of their four matches; only dropping points to England. Wales, who like Scotland are in the development stage, finished last but took a lot from the tournament.

Final standings
1. England - 8 points; 2. Ireland - 6 points;
3. Switzerland - 4 points;
4. Scotland - 2 points; 5. Wales - 0 points.



Scottish Junior Swimmer of the Year, Mark Branch



Vice President, Blair Prentice speaks at the AGM



Students from the Glasgow Academy of Musical Theatre Arts entertain the dinner guests

James Leitch was the top open water swimmer collecting the Dennis Sullivan Trophy. Water polo was represented by Keith Anderson, Portobello, senior player of the year. Two young ladies shared the junior water polo player of the year award - Julia Mackay and Victoria Speed, both Dunfermline. Disability swimmers Margaret McEleney, Port Glasgow and Jim Anderson Broxburn received the top awards.

Bank of Scotland Volunteer Investment awards were presented to: Margaret Fowler, Kathleen Geddes, Alanna Morrison and Bill Douglas. John Bruce, Midlothian received the J.Y.Coutts award for service to sport of swimming. Tim Jones, City of Edinburgh was once again coach of the year. Youth coach was awarded to Sandy Blackwood, North Ayrshire. Ian Wright, Warrender was recognised as Development Coach of the Year and Joyce Waddell received a coaching achievement award.



NEW!

An exclusive collection of Speedo branded clothing is available from Scottish Swimming. Fleece, polo shirts and casual shirts from £14.95. Call for more details.

Orderline: 01786 466520

SUPER SQUIRREL SAYS

My new National Swimming Award was launched in June and I was at Tollcross Park Leisure Centre in Glasgow to promote it, along with children from Preston Street Primary School in Edinburgh who have already passed the first level of the award.

The National Swimming Award will soon be available to you through your school. It is a fun way to learn basic swimming skills, teaching you how to stay safe in and around water and you'll get even get a certificate and badge to prove what a great swimmer you are.

If you would like to find out more about the National Swimming Award you can write or email me at the address on the back cover – put "Super Squirrel" in the subject line so I get it as soon as possible.

Keep swimming and stay safe!



info@scottishswimming.com

TIP FROM THE TOP

ALASTAIR JOHNSON
NATIONAL YOUTH COACH

A lot of swimmers make the mistake of training with poor technique at slow speeds, and then expecting to race fast with great technique. This approach will not produce results in the long run. All swimmers from beginners to Olympians must do plenty of skill work at every training session. This is best done at a steady and controlled pace with lots of concentration and focus on the target skill(s). A good way to develop the target skill(s) is simply to do plenty of **STROKE COUNTING**. An example of this is to do 8 x 25m frontcrawl counting every time the hand enters the water. Hold the stroke count on the first four repeats, and then do less strokes on the last four repeats. Remember to keep your head still on the streamlining phase (see Tip from the Top in issue one). Have **FUN** and you can let me know how you get on by emailing me at a.johnson@scottishswimming.com.

Summer selections

They've made it - will this be you one day?

EUROPEAN YOUTH OLYMPICS

Mark Branch North Ayrshire SC
Scott Houston Ren 96

EUROPEAN JUNIORS

Andrew Hunter Millfield
Martin Leel City of Aberdeen
Nicki Bennett Edinburgh Diving
Euan Dale Millfield / Duns

WORLD STUDENT GAMES

Todd Cooper Stirling
Kirsty Balfour City of Edinburgh

WORLD CHAMPIONSHIPS

Alison Sheppard Milngavie & Bearsden
Karen Nisbet City of Leeds
Gregor Tait City of Edinburgh
Ian Edmond City of Edinburgh
David Leith City of Edinburgh
Todd Cooper Stirling
Graeme Smith Stockport Metro
Monique McCarroll Edinburgh Diving

European Junior Championships



The Dianasporth European Junior Swimming and Diving Championships return to Scotland on 23 July having been last hosted here in 1998. 37 nations have entered the swimming events and 24 in diving, making it one of the most competitive events in years. Final preparations are now taking place in both Glasgow and Edinburgh, which has seen its diving facilities totally refurbished for the five-day event. Many of the swimmers and divers will be fresh from the World Championships in Barcelona and with the Olympic Games in Athens just twelve months away it will make winning medals harder than ever. Tickets are selling fast and available direct from Scottish Swimming on 01786 466520. Book your seats now to come along and support the British Team!

back2skool

Answers Page 6

Q. 1: How many metres are you allowed to swim underwater on a backcrawl start and after coming off the wall on a backcrawl turn?
a) 10 metres, b) 8 metres, c) 15 metres d) 12 metres

Q. 2: How many strokes must you do when swimming individual medley?
a) 2, b) 3, c) 1, d) 4

Q. 3: Which Spanish city will host the 10th Fina World Championships in July this year?
a) Madrid, b) Barcelona, c) Valencia, d) Seville

Q. 4: How many players make up a water polo team?
a) 4, b) 9, c) 7, d) 18

Q. 5: Which nationality is the Olympic swimming legend Mark Spitz?
a) American, b) Canadian, c) Australian, d) South African

Gregor on the art of swimming backwards

Talented Edinburgh sportsman, Gregor Tait, has a watery world of swimming success at his feet. At the moment he is the British record holder for 100m and 200m backstroke, holds all the Scottish records for the stroke and has a couple of European Championship medals under his belt. The Commonwealth Games last year saw Gregor win a silver medal in the 200m backstroke, so his hopes for a medal at the Olympics next year are well within reach! So what does it take to master the art of swimming backwards? We asked Gregor a few questions to find out.

When did you take up your sport, and how long have you been competing for?

I took up swimming at the age of seven and have been competing for eight years.

How did you first get involved in the sport, and what do you really love about it?

My parents first got me into swimming as it was all I was good at! I enjoy competing as it gives me chances to meet new people all the time.

Which other sports do you love and which ones do you hate?

I absolutely love football and hate rugby.

If you weren't a professional swimmer, what do you think you'd be?

I've trained as a mechanic so I would have probably done that."

What are your goals for the future?

I hope to win a medal at the 2004 Olympics.

Briefly describe your training routine.

I swim in the morning from 6 - 8am. Then weights from 10 - 11am. Then I swim again from 3 - 5pm.

Tell us a bit about the crowd and the culture associated with your sport.

The spectators are mostly parents, as it's not that well-known a sport yet. There isn't really much of a culture as it's not high profile enough for the media to be very interested.

What's your favourite swimming stroke?

It's got to be backstroke, surprise surprise!



Gregor on the podium at last year's Commonwealth Games

What would you say are the key attributes for being a professional swimmer?

A professional approach and grit and determination.

What advice would you give young people who're keen to take up competitive swimming?

Stick at it until you have the choice about what you want to do. It may be hard work sometimes, but the rewards are greater than the pain you go through. Always leave your options open.

Interview courtesy of [sportscotland](http://sportscotland.org) and youngscot.org



1. It keeps you fit and healthy
2. You meet new friends and people
3. You go to places you might not otherwise go to
4. You go to competitions
5. You win medals
6. You have fun
7. You learn new strokes
8. You improve on your strokes all the time
9. You always get a trip at the end of the year
10. But I just really enjoy swimming!

10 REASONS why I like swimming

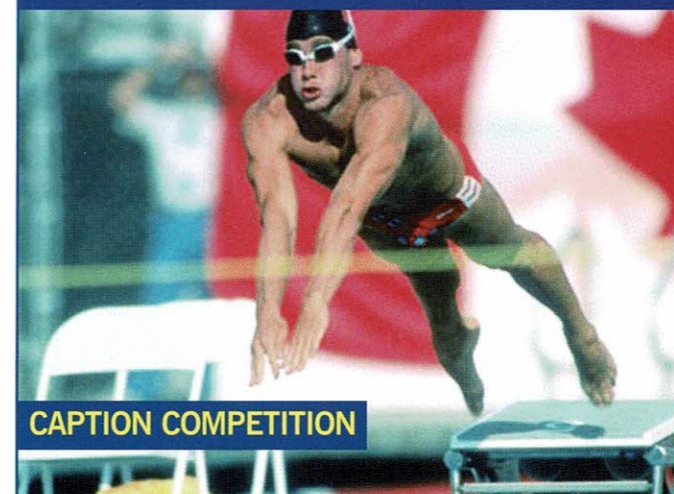
Cayryn Kay (age 10)

MUSSELBURGH A.S.C. (winner, issue one caption competition)

Nutrition for successful swimming

- Post-exercise snacks should be mostly carbohydrate with some protein to aid muscle repair eg. tuna sandwich, cereal and milk, fruit and a yoghurt
- Always carry some snacks as an energy source eg fruit, especially bananas and cereal bars in your sports bag as you cannot be sure there will be appropriate food available at competition or training venues.

What is this swimmer saying to himself? Super Squirrel will give an Ian Thorpe video to the best answer. Send your answer to the address or email on the back cover, and remember to include your name, address, club and age.



CAPTION COMPETITION

FUN WORDSEARCH

Words: Butterfly, Clubs, Coach, Diving, Float, Open Water, Speedo, Stroke, Swimming, Waterpolo

Z	S	W	I	M	M	I	N	G	Y
O	P	E	N	W	A	T	E	R	L
I	E	O	Y	S	L	N	E	I	F
H	E	M	A	C	H	E	K	Q	R
C	D	I	V	I	N	G	O	J	E
T	O	N	E	R	E	P	R	F	T
A	D	A	I	A	S	O	T	D	T
O	S	P	C	L	U	B	S	T	U
L	B	W	U	H	V	A	B	C	B
F	O	L	O	P	R	E	T	A	W

Swimming plans for success



In June, Scottish Swimming in partnership with **sportscotland** announced the appointment of Tim Jones, coach to City of Edinburgh, as the sport's new Performance Manager. This is the first appointment of its kind and is an illustration of the new flexible funding approach being adopted by **sportscotland**'s Achieving Excellence team.

Tim Jones will manage all aspects of performance swimming in Scotland and develop strong links with key partner agencies including the Scottish Institute of Sport, Commonwealth Games Council for Scotland and British Swimming. He will be responsible for enhancing the level of planning, monitoring and evaluation within the performance end of the sport and allowing coaches to concentrate on the job of coaching, an approach very much endorsed by the Scottish Institute of Sport.

Tim brings a wealth of experience to the post, as an Olympic level performer himself, and as a coach with over ten years experience at club, national and international level. He has made a significant impact on swimming in Scotland since he joined the City of Edinburgh swimming programme in 1996, with his swimmers setting more than 130 national senior records at Scottish and British levels. He has guided eight different swimmers to a total of 23 medals at World, European and Commonwealth competitions as well as individual finalists in the last two Olympic Games.

Tim will take up his new challenge after the World Championships in Barcelona. Commenting on his appointment he said: "I am delighted to be joining Scottish Swimming at such an exciting time. This post will give me an opportunity to work alongside a wider group of coaches and athletes. Together I am sure that we can build upon some encouraging recent successes and take our performances to the next level."

Paul Bush, Chief Executive, Scottish Swimming said: "We are delighted that **sportscotland** has enthusiastically supported this new role. Strong performance planning is essential if we are to maximise our resources and provide our athletes with strategically planned and co-ordinated training and competition opportunities. It is also essential that Scotland is professionally represented at GB level and able to make a strong contribution to the British Swimming performance plan."

Alastair Dempster, Chairman of **sportscotland** said: "I am delighted to see that the first performance manager appointment has been made to Scottish Swimming, supported by an award from the **sportscotland** Lottery Fund of £100,000 over four years. This new flexibility within our National Coach Support Programme will ensure that governing bodies can put in place the type of support that will benefit them most in their quest to deliver success at the highest level."

Looking for a new challenge?

- If you think 1500 metres is the longest swimming race - think again!
- If you think swimming races can only happen in the pool - think again!
- If you think you'd like to try something different - keep reading!

"Open water" is the branch of swimming which allows you to get out of the pool and into a natural environment. Whether you're motivated by racing over a longer distance or the achievement of covering a particular course, open water swimming can provide a new challenge for those willing to give it a go. Events for all ages and over various distances are held throughout the summer around Scotland with boats and canoes providing safety cover.

For more information see the open water section of the Scottish Swimming website (click on sports at the top of the homepage) or contact Melanie Findlay at the SASA office 01786 466526.



National open water squad get ready for new season

Scotland's top open water swimmers have been preparing for the forthcoming season with a series of training camps at the National Swimming Academy. Between June and September they will be racing in lochs, lakes, rivers and the sea at venues across Scotland and England with some going further afield to compete internationally.

STOP PRESS!

Vandermeulen moves to Scotland

There was great news for swimming in Tayside and Fife with the recent appointment of Gary Vandermeulen as the area's high performance swimming coach. This new post, jointly funded by an award of £80,000 over four years from the **sportscotland** Lottery Fund and additional funding from the Tayside and Fife Area Institute of Sport and Scottish Swimming, has been introduced to lead and direct the development of the performance swimming programme within Tayside and Fife and will be based at the University of Dundee.

Gary will also become a member of Scottish Swimming's high performance coaching team under the stewardship of Tim Jones, with the aim of continuing to develop the success of Scottish swimmers on the world stage.

Canadian born Gary, who is the current coach to the Duncan Swim Team in Victoria, Canada, has strong international experience both as a competitor and a coach and is coach to Scottish Commonwealth Games gold medallist Alison Sheppard MBE. He was a coach for Scotland at the 2002 Commonwealth Games and is a regular member of the British team coaching staff including the 2000 Olympic Games in Sydney.

Gary is delighted with his new role in Scotland and will take up the post in October 2003 subject to successfully concluding administrative details. Commenting prior to his departure for the World Championships in Barcelona he said: "This is an exciting new position in Tayside and Fife. By working alongside local clubs and coaches I will be looking to help their athletes progress through from the Area Institute to the Scottish Institute of Sport and onto a new level in the international arena."

Paul Bush, Chief Executive, Scottish Swimming said: "We are delighted that Gary is joining the Scottish Swimming coaching team. Quality coaches with international experience are critical to our athlete's continued success and our aspiration to consistently be a world class sport. Having Alison Sheppard back in Scotland is also a bonus, as she is such a great ambassador for swimming."

Diving in Scotland is on the up! Ayr, Aberdeen, Dundee and Edinburgh all have thriving programmes with an enormous increase in participants. Edinburgh is at the forefront of this renaissance, with over 250 young divers in its programme and the Edinburgh Diving Club has more than trebled its membership in the last two years.

Novice competitions are becoming very popular in Scotland, with the Scottish Novice League held monthly and attracting many divers. Competitive diving starts at a much earlier age than swimming. Novice competitions are divided into five different age groups - 7&U, 8/9 years, 10/11, 12/13 and 14-16. One Edinburgh diver, Grace Reid, was only five when she started winning medals in Scotland and she is now making a name for herself in Britain at the tender age of six.



Monique McCarroll

A SNAPSHOT OF A SPORT ON THE UP AND AN INTERVIEW WITH SCOTLAND'S BEST

Diving in SCOTLAND

Scottish National Champion: 1m, 3m and 10m platform in 2000, 2001, 2002; British National Championships: Silver -10m platform 2003; Silver -10m platform 2002; Gold -10m synchro, 2002; Gold -10m platform, 2001; Gold -10m synchro, 2001; European Championships: 12th -10m platform, 2002; 5th - 10m synchro. 2002; FINA Grand Prix (Madrid): 5th - 10m platform, 2002; 1st - 10m synchro, 2002; FINA Grand Prix (Rostock) 5th - 10m platform. 2002; 2nd - 10m synchro, 2002.

To learn a bit more about Monique and her career in diving we interviewed her just before she jetted off to Barcelona for her latest international competition.

How long have you been diving?

Five years. It all started in South Africa, where Steve was first my coach. I came over to Scotland in August 2000 when Steve took up the position of Scottish National Coach.

Why did you take up diving?

I was an international gymnast for South Africa but had to stop due to injury. My mum liked the look of diving and suggested I "have a go" and I've not looked back since.

How useful has your Gymnastic experience been?

Very useful. The conditioning exercises in gymnastics are very similar to diving and gave me a good basic strength, which Steve has worked with

Do you miss South Africa?

Yes, I miss all my family and my friends, although I was lucky enough to see them all at Christmas time when I went over there to train.

What is your favourite dive?

A forward triple somersault from the 10m platform

What is your most difficult dive?

Back triple somersault tucked from the 10m platform.

I gather you prefer diving platform to springboard. Why is this?

Platform is more exciting, and better to watch.

Do you ever get scared learning new dives from 10 metre?

Yes, all the time, especially if there are no bubbles in the pool.

Do you have a lucky swimsuit?

No, but there are only a select few that I would wear in a competition.

How do you feel when you dive off 10m?

I love the adrenalin rush of performing and the sense of achievement that goes with it.

Do you have a good relationship with your coach?

Yes, very good. You have to be able to trust your coach, especially when you are on 10m and he is going to shout you out of a triple somersault!

How many hours a day do you train?

Usually six to seven hours a day, six days a week

What is the hardest part of training?

Having to get back onto the board when you have just taken a whack!

Who do you admire in diving?

Yulia Pakhalina from Russia who I think is amazing.

What do you feel has been the best moment of your career so far?

Definitely my best moment was when I was lying third after the preliminary round at the European Championships in 2002.

What is your ambition?

To go to the Olympics in 2004 and to get into the finals. I would also love to win a medal in the synchro event.