

FACTSHEET ONE

Child protection

Child protection is one the biggest issues facing amateur sports clubs in the country today. Scottish Swimming is at the forefront of encouraging good practice in this area and a wealth of resources and training are available for your club to exploit.

What are the new police checks? **QUESTION ONE**

Disclosure Scotland is the new body set up to handle requests for background checks on applicants for voluntary or paid positions. Sport is able to access the disclosure applications FREE for volunteers (£13.60 for all paid staff). Scottish Swimming will handle all disclosure checks on behalf of our clubs for all new recruits. The new checks give us valuable information about applicants such as previous convictions and investigations. It is worth reminding everyone that not all criminal records / investigations will necessarily deem someone unsuitable to work with children.

Can we apply for a Disclosure Application on all our existing helpers? **QUESTION TWO**

No – this will form a small part of your recruitment processes and would have little value for existing helpers. It is more important that existing helpers agree and sign up to Codes of Conduct and attend any training opportunities available.

What will a Child Protection Officer or CPO do? **QUESTION THREE**

CPOs will be responsible for implementing the policies and procedures necessary to make your club a safe place for everyone involved. They will receive FREE training from Scottish Swimming, and will also be the contact for anyone wishing to raise a child protection issue or make a disclosure. They will be able to advise on Codes of Conduct and good practice.

Why do masters clubs need a Child Protection Officer? **QUESTION FOUR**

The issue of child protection is very wide and often more the potential for misuse of power and influence over athletes. Scottish Swimming took the decision to treat all athletes equally – regardless of their age, therefore all coaches and helpers have a responsibility to abide by good practice and the principles of child protection. We want to proudly maintain our reputation of being one of the leading sports in the field of child protection by saying ALL of our clubs have implemented child protection policies and practices.

When can we access training? **QUESTION FIVE**

There is a series of FREE training available to members of affiliated clubs over two levels:

For anyone with access to / supervision of children:
 Good Practice & Child Protection: a three hour course designed to show how to protect yourself, the young people you are coaching and your employer / club by understanding and following good practice. Learn about child abuse and how to handle situations if you or others have concerns.

For Child Protection Officers:
 A one day course designed to help CPOs implement the Information Pack and policies for their clubs. CPOs will be subject to a recruitment process by Scottish Swimming on behalf of the clubs. The courses will be run on an annual rolling programme at various locations across Scotland – keep up to date with where and when they are happening by checking with your club secretary or visiting our website - www.scottishswimming.com. Please don't worry if there hasn't been one in your area yet!

For information or advice, please contact Scottish Swimming on 01786 466520
 Email: info@scottishswimming.com

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



SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 1: WINTER 2003

First clubs make the mark!



Launched in 2002, swiMARK is a resource tool designed to assist in club development. With four assessed levels, clubs are rewarded for having sound processes, policies and actions in place. City of Dundee and Granttown swimming clubs are the first clubs in Scotland to successfully achieve the first level. See inside to hear what they had to say about their experience in achieving swiMARK.

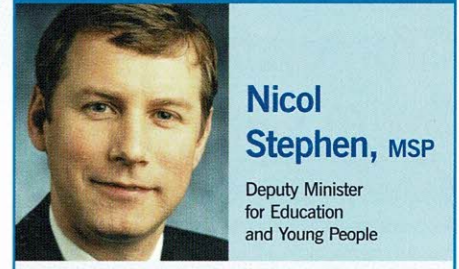


Welcome to SplashNews!

This is the first issue of SplashNews, Scottish Swimming's new membership newsletter, published three times per year direct to our 16,000+ members. In this inaugural issue we have an update on the 2005 Island Games, info on our 'right to swim' campaign, countdown to Melbourne 2006, open water swimming focus and much more. Plus, in SplashZone – the section dedicated to younger swimmers – there are loads of great training tips as well as Alison Shepherd interviewing Alison Sheppard – (all will become clear!), a fun word game and a competition. Let us know if there is anything you think should be in future issues of SplashNews – or email articles/photographs for possible inclusion to info@scottishswimming.com



MESSAGE FROM



Swimming is an important life skill and the Scottish Executive supports Scottish Swimming's vision that "every child in Scotland be able to swim by the age of ten".

Swimming is also vital to keeping children active and healthy. Too few children take part in activity and we have a worrying level of obesity and illness. Swimming can make an important contribution to ensuring that we achieve our target of 80% of children under 16 meeting the minimum recommend levels of physical activity by 2022. By learning to swim, people can access many other activities such as water polo, canoeing, sub-aqua, windsurfing and much, much more!

Swimming can also make our children safer by equipping them with a potential life saving skill.

All the swimmers, coaches, teachers and volunteers who make swimming exciting are making valuable contributions to our society – promoting fair play, achieving excellence and most of all keeping active and healthy. Please keep up the good work – and spread the word that swimming is fun and for everyone!

Nicol Stephen



Grantown Swim Club: Fraser MacKellar, Club Chair and Pippa Murphy, Scottish Swimming.



City of Dundee ASC: Gordon Dyer, Club President, Pippa Murphy, Scottish Swimming, Stewart Maxwell, swiMARK Co-ordinator and Heather Albin, Head Coach.

Grantown Swim Club

Why did you apply for swiMARK?

As a young club we saw it as an ideal time to get organised and tidy up our existing development plan. As the club is only 5 years old, there were no perceptions to battle with!

What is the best thing about the process?

The way it is structured – the additional information points are clear and easy to follow.

What is the worst thing about the process?

As a small club we feel we will never be able to achieve the swiMark Gold, because of the amount of people needed.

What benefits have happened or do you think will happen now you achieved swiMark?

The biggest impact is on people's jobs – formalising job titles and expectations. Each committee member has listed the jobs they do – there are at least 30 between 7 people. It was also an opportunity to get a structured system and break down the jobs involved and get new volunteers.

How many people were involved in your application?

It was led by the existing committee plus our coach, Cath Woods. We also had an adviser in Karen Sutherland – who has been a great help.

Will you now go on to swiMARK Bronze?

Yes!

How does it feel to be one of the first two clubs in Scotland to achieve swiMark?

Everybody is excited about it – it is recognition of all the hard work put in by the committee.

Any other comments?

We would recommend every club has an open meeting for the parents and puts it bluntly – without swiMark we will be static or go backwards so we need your help. This worked really well for us – we held it in a hotel and got lots of parents involved. If we didn't do swiMark I don't know what we'd be doing now.

If you would like more information on swiMARK, contact us on 01786 466520, or visit

www.scottishswimming.com

swiMARK – been there, done it!



City of Dundee ASC

Why did you apply for swiMARK?

As a club we were keen to set ourselves standards about the structure behind swimming and to be as effective as possible. The attraction is the step by step guide to development that showed what we were looking at doing was already correctly. We thought "we can do this" – you can really see yourselves able to achieve it.

What is the best thing about the process?

The structure. A lot of clubs will already be doing the outcomes – you see you are doing them right. Key elements of a framework for operating to the "here's one prepared earlier" way! There is also no rush – you can work entirely at your own pace.

What is the worst thing about the process?

Gathering up the evidence! Making sure you have it all – but this does help your own development planning and gives it a focus.

What benefits have happened or do you think will happen now you achieved swiMARK?

Publicity for the club! We can reach external and internal audiences. Parents are shown the whole of the club structure and we will use it to assist in funding applications – achieving National Governing Body criteria will definitely help us.

How many people were involved in your application?

6 people from the main committee formed a sub committee to look at swiMark. This has led to other specific groups and we are able to encourage people to help once or twice a year – for example to help fundraise very successfully.

Will you now go on to swiMARK bronze?

Yes! We will spend a wee while consolidating and then go forward. We have a good core of people to take it forward.

How does it feel to be one of the first two clubs in Scotland to achieve swiMARK?

Really good! We are very proud to be one of the first two clubs. We are no different to other clubs really, we just use different peoples skills and harness those around us - this opens up opportunities for people and parents to take part in the club.

Any other comments?

We have found it a positive development from Scottish Swimming – you can see exactly what you have to do – I think more clubs should do it! Our club is working really well – we have people working together and we have a great social side now – doing activities like paintball and a ceilidh! Our two club captains – swimmers Scott Dyer and Karen Rigby have a great impact on the other swimmers and so all swimmers are involved in decision making and bring their ideas to the committee. They carried out a simple paper survey with the swimmers, and they now have new kit on order and social activities they want to do.

Scottish Swimming fights for the right to swim!

We have been very busy over the last year trying to persuade the Scottish Executive about the importance of every child in Scotland being able to swim and our message is getting through – read Nicol Stephen's message of support on the front page. The time is right to harness some support from around the country and we are asking you to send this letter to your local MP/MSP. We have around 16,000 swimmers as members of Scottish Swimming – that means there are well over 30,000 parents or guardians who have a vote and we need you to help us secure this right for children in Scotland. You can download a copy of the letter from our web site – www.scottishswimming.com, then simply fill in your MP/MSP's details, sign it and pop it in the post to them!

We would really appreciate your help – and will keep you updated with our progress. Thank you!!

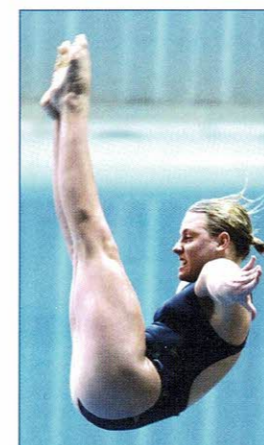
RAISING PROFILES

Congratulations to some of Scottish Swimming's less well known high fliers:

Open Water swimmer James Leitch who finished 10th at last summers' European Championships is hoping achieve a place on the Great Britain World Championships team this year. Good luck with your qualification swims this season. James trains at City of Glasgow alongside Commonwealth Games distance queen, Becky Cook and under the watchful eye of Head Coach, Stephen Hill.



Diver Monique McCarroll also had a successful season in 2002, finishing 4th at the European Championships Synchronised Diving platform event with partner Karen Smith. Monique has recently been selected onto the World Class Performance Plan programme in preparation for the 2004 Olympic Games in Athens. Based at the Royal Commonwealth Pool in Edinburgh, Monique's progress is carefully planned and monitored by National Coach, Steve Gladding.



European Junior Championships

Scotland welcomes back the premier youth aquatics event in Europe this year with the return of the European Junior Swimming & Diving Championships to Glasgow (Swimming at Tollcross, 31 July – 3 August) and Edinburgh (Diving at RCP, 30 July – 3 August). This is the second time in 6 years that we have hosted the event at these venues and gives all in Scottish Swimming the opportunity to showcase our facilities, event organizing skills and (hopefully) our very best talent in the pool! Visit the event's website through links at www.scottishswimming.com for details.



Dear

Swimming should be an entitlement

I am aware of Scottish Swimming's efforts to have swimming as an entitlement for every child in Scotland, and hoped you could assist us in making this a reality.

Swimming is an important life skill which offers children and adults the opportunities to take part in many activities, as well as helping the Scottish Executive and our Government achieve health and activity targets.

I would be grateful if you could raise this issue in Parliament and to the Scottish Executive, and help us to ensure every child in Scotland has the opportunity to learn to swim by the age of 10.

I look forward to hearing from you soon, and thank you in advance for your efforts on our behalf.

Yours sincerely,

Famous ex-swimmers

Do you know of any famous Scottish ex-swimmers? They might be stars in another sport, public figures, millionaires or famous for inventing something unique. We are on the lookout for anyone who took part in Scottish Swimming and has moved on to fame and fortune elsewhere. To start the ball rolling, we have discovered that Stephanie Forrester (Olympic Triathlete) was also a swimming international, not too tenuous a link there then? A little more interesting is the fact that Nicol Stephen, MSP, Deputy Minister for Education and Young People swam at the Scottish Schools Championships as a boy. Cheating a little bit, but following these principles is the fact that NBA superstar and 1995 MVP, David Robinson of the San Antonio Spurs was once a star age grouper in the USA. I'm sure you know of many more, so get investigating and let us know.



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

Orderline: 01786 466520

SUPER SQUIRREL SAYS

Hi! My name is Super Squirrel! If you look out for me I am often out and about at swimming pools in Scotland helping swimmers have fun in the water!

Swimming is lots of fun and can help save your life if you fall in water. Did you know that there is more water in Loch Ness than the whole of England?

Each issue, I will be here with pictures of people learning to swim or having fun in the water – as well as competitions – like the word search opposite.

Please write to me – send me your pictures or swimming stories – or you can write or email me at the address on the back cover (put "Super Squirrel" in the subject line of emails so I see it first!).

Have fun and keep swimming!



info@scottishswimming.com

ALISON ASKS ALISON

Hi! My name is Alison Shepherd (seriously), and I am 13 years old. I belong to Aquanauts Livingston Swimming Club. My ambition in swimming is to be the best I can be, but I would love to get to the Olympics to swim my best strokes and events; IM, backstroke and breaststroke. Ever since I was in lessons, all I wanted was to be a swimmer, and when I found out there was another Alison Sheppard, and that she was one of the best in Scotland, it made me even more determined to reach the top. This is why I jumped at the chance to get the answers to the questions I have always wanted to ask her.



Who or what got you started in swimming?

My parents taught me to swim when I was a baby and I joined the local swim team when I was 8.

Who did you look up to when you were younger, and why?

I didn't have any swimming role models, I just wanted to be the best!

Were there any other commitments you had to give up to get to where you are today?

I gave up school cross-country running and playing hockey to race on Saturdays in swimming events.

Has there ever been a point in your career that you wanted to give up, and if so, why?

Several points in my career because I wasn't improving and lost enjoyment. However I remained swimming because I felt I had not reached my full potential.

What kind of things do you do to help you to stay relaxed before a big race?

I like to listen to music and chat to friends.

What do you think has been your greatest achievement so far?

Winning the 50m freestyle Commonwealth Gold medal in Manchester last year.

Q1 – How long is the swimming pool at the National Swimming Academy?

a) 25m b) 50m c) 60m

Q2 – What size feet does Ian Thorpe have?

a) size 8 b) size 12 c) size 17

Q3 – How many swimming strokes are there?

a) 2 b) 3 c) 4

Q4 – How many medals did we win in the pool at the Commonwealth Games last year?

a) 2 b) 5 c) 8

Q5 – How many Districts are there in Scottish Swimming?

a) 3 b) 4 c) 5

back 2 skool

Answers
Page 6

TIP FROM THE TOP

ALASTAIR JOHNSON
NATIONAL YOUTH COACH



Your first tip from the top is very easy!

STREAMLINING with straight arms, hands on top and the ears covered is essential on the dive, push and turns. However, most young swimmers make the big mistake of lifting the chin just before surfacing. Some swimmers even look up and then look down during this phase. These movements are not necessary, and they ruin the streamlined position, thus causing a major loss of speed. Remember no one likes to swim slow!

Keep your head absolutely still during the streamlining / underwater phase - ONLY move your head when you take your first breath on butterfly and frontcrawl. No need to move your head on breaststroke or backstroke. Let me know how you get on by emailing me at a.johnson@scottishswimming.com



1. My coaches are fun and friendly
2. I've met lots of new friends
3. We learn new things every week
4. We get to wear make up and fancy costumes
5. We meet lots of new people at competitions
6. We get to make up our own music for solo routines
7. We get to make up our own routines
8. I like getting my hair done up
9. It keeps us fit
10. Synchro is fun !!

10 REASONS why I like my club

Alex Porteous
REN '96 SYNCHRO

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

SUPER SQUIRREL SAYS

If you want to 'be the best you can be' then at EVERY session:

- Be the first swimmer on the poolside
- Have a full juice bottle with you (see also Nutrition for Successful Swimming)
- Be No. 1 in your squad on the FUNdamentals: streamlining (see also 'tip from the top'), long smooooth strokes and fantastic kick
- Be the last swimmer out of the pool.

Nutrition for successful swimming

To get the most out of your swimming, you should always drink during exercise. Use the following points to maximise your performances!

- Drink squash or water (see below) during exercise.
- To replace fluid lost through sweating and going to the toilet, you should be drinking about 0.5 – 1.0 litres per hour. A cheap way to top up your energy levels and avoid thirst is to make a litre of juice as follows: 100 ml of squash (not the sugarfree variety), 900 ml of water and a small pinch of salt.
- Drink more for longer workouts.
- Keep drinking after the workout to ensure adequate recovery.

FUN WORDSEARCH

Words: Scottish, Squirrel, Cheer, Swimmer, Goggles, Muscles, Wet, Costume, Frontcrawl

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

The XIth NatWest Island Games will take place in Shetland in July 2005 and will incorporate a full swimming programme at the Clickimmin Pool in Lerwick. The 2005 event will be the first time that the Games has been hosted on a Scottish Island and the scale of the event poses a significant challenge to the Shetland community. Over 2000 competitors from twenty four islands around the world will arrive in Shetland for a intense week of high level competition involving fifteen sports, including swimming.

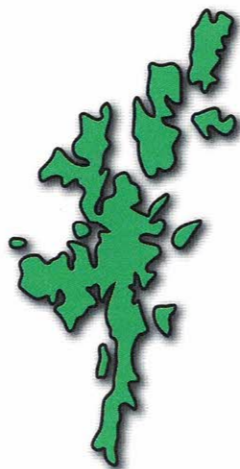
To prepare for the swimming programme, a partnership has been formed between Shetland Swimming Association, Scottish Swimming, Shetland Recreational Trust, Shetland Islands Council and the Company set up to organise the event - Shetland Island Games 2005 Ltd. One of the main tasks will be to train sufficient numbers of swimming officials for the week - over 70 officials were needed on poolside at the IXth NatWest Island Games in the Isle of Man in 2001.

Shetland Recreational Trust currently operate eight swimming pools throughout the islands and there is an active network of swimming clubs who regularly travel south to swim meets on the Scottish mainland. There is no doubt however that the XIth NatWest Island Games will prove to be a catalyst for the further development of swimming in Shetland.

Sports Development Officer for Shetland Islands Council, Bob Kerr commented - "Scottish Swimming have taken a keen interest in the NatWest Island Games and I hope that our swimming clubs will benefit from the closer links that have been established. More swimming officials training will support the volunteer base involved in the sport and increase the possibility of more high level swim meets in Shetland in the future."

For more information on the NatWest Island Games, visit - www.islandgames.net

NatWest Island Games 2005 - Shetland



Aland
Alderney
Bermuda
Cayman Islands
Cook Island
Faroe Islands
Froya
Gibraltar
Gotland
Greenland
Guernsey
Hitra
Isle of Man
Isle of Wight
Jersey
Orkney
Prince Edward
Island
Rhodes
Saaremaa
Sark
Shetland Islands
St. Helena
Western Isles
Ynys Mon

Countdown to Melbourne



There are less than 37 months to go until the 2006 Commonwealth Games in Melbourne, Australia. The host web site is up and running with basic details about the XVIII Games, and Scotland's hopefuls are well on their way to achieving success 'down under'. The selection criteria have been already been set and although swimmers won't be able to qualify until summer 2005, the preparation programme has started in earnest. This spring (April 2003) a group of swimmers and coaches will travel to Australia for the first of several training camps in the lead up to 15 March 2006, the first day of the Games in Australia's 2nd largest city. 16 sports across 25 disciplines will contest the medals in Melbourne and the big challenge for Scotland's swimmers & divers will be to match the tremendous haul of 5 medals (1 x gold, 2 x silver, 2 x bronze) achieved in Manchester last summer. If you can contribute to this target, then start - YESTERDAY!!

Sandy is the Master

Sandy Galletly showed he is still the man to beat in Masters swimming with no less than four world records at the recent ASA Championships in Sheffield. Two 800 Free records, a 1500 Free and 400 IM mark in the 60-64 category were just rewards for the Perth man's continued dedication to his sport. 2003 is an important year for Galletly as he heads to France for the European Championships. If you are interested in taking up Masters Swimming, contact Scottish Swimming to find out where your nearest club / team is.

Back to skool answers: 1:b, 2:c, 3:c, 4:b, 5: b



BP Inverness Winter meet

Inverness in December, it must be time to re-write the record books! Despite a changed programme emphasizing distance events and a clear message to not shave, taper or rest in any way for the Meet, several swimmers showed that heavy training and a determination to race hard can produce excellent results.

The first evening's session was exclusive to the 400 Free and 400 IMs, and produced a Scottish Junior record for Andrew Hunter with 3.56.00. Todd Cooper followed up on Day 2 with 53.24 and a Senior 100 Butterfly mark. In the very next race, Stirling teammate (and club coach), Kerry Martin showed that she is very much still an active performer with the first ever swim by a Scottish female under one minute for 100 Butterfly. Her time of 59.84 was a deserved return for years of dedicated effort and overcoming injury. In the next again race, Andrew Hunter showed his versatility and fitness with another Junior record in the 200 Butterfly, his 2.04.04 slicing more than a second off the previous standard.

Pictured:
Adrian O'Neill (City of Aberdeen),
Hannah Miley (South Aberdeen),
Ami Mar Amason (Aegir Swim).



Swimmers flock to Flying Start

Once again, Scottish Swimming's Flying Start programme has been an outstanding success. Over 540 youngsters have taken part in the first three education days, joined by over 80 club coaches. This year there were 21 squads across the country including Shetlands, Orkney and Dunoon. The programme is aimed at 10/11 year old swimmers and their coaches and is designed to provide an opportunity to improve stroke technique as well as develop an increased awareness of 'what it takes' to be a successful swimmer. There are also squads for water polo, diving, synchro and swimmers with a disability.

The feedback from the disability squad was particularly encouraging, highlighting that this is a rare opportunity for young swimmers with a disability to get together - other than at a competition. Over 70 experienced and dedicated volunteers deliver the entire Flying Start programme. A head coach, a squad coach and an area manager lead each squad and it is their commitment and dedication that makes the programme so successful. Each member of staff attends a training workshop prior to the programme and a one-day debrief following its conclusion. Scottish Swimming, now also includes a child protection element into Flying Start staff training.



The programme is largely funded by sportsScotland's Youth Sport team with support from Bank of Scotland. Thanks to additional sponsorship provided by the BP Tourfest



programme, the 11 year olds are invited to attend a long course experience day at the National Swimming Academy, University of Stirling in February. The main objective is to experience what it is like to train in a 50m pool (for a lot of youngsters it is the first time ever), but there is also a fun competitive element. This year the theme is Star Wars. Let the battle commence! An excellent addition to the long course programme this year will be the visit of some of the successful Commonwealth Games Team - including Todd Cooper and Kerry Martin, who will give a demonstration session in the pool followed by a question and answer session in the classroom.



Success story!

The junior water polo section of Warrender Baths Club proudly display the nine trophies they won over the past 12 months playing at various age-groups from U15 through to U21. Eight of the boys are members of the Scotland Boy's Squad and some were members of the East team that won the junior boy's inter-districts. Not to be outdone - the four female members of the squad were part of the team that won the Girl's Inter-Districts. The club also had the distinction of Ross Johnston being selected to participate at the recent GB junior boys trials.

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 - NATIONAL SWIMMING ACADEMY



Saturday 5 April - Saturday 12 April 2003

For: Children over 5 - beginners, improvers and stroke development, non swimming adults and stroke technique for adult and club swimmers.

A variety of free sessions are available daily to suit all ages and abilities - come to as many or as few sessions as you like! Swim School is also an excellent CPD opportunity for coaches and forms part of Scottish Swimming's commitment to professional development.

Tel: 01786 466520