

Team focus

With four times the number of Scottish Swimmers included in the British Team bound for Athens this summer compared to Sydney four year ago, SplashNews takes a closer look at who's who on the team.



Kirsty Balfour

Club: City of Edinburgh
Coach: Tim Jones
Date of birth: 21st Feb 1984
Personal best: 100m Breaststroke (LC) 1.09.76 (2004)
 200m Breaststroke (LC) 2.28.38 (2004)



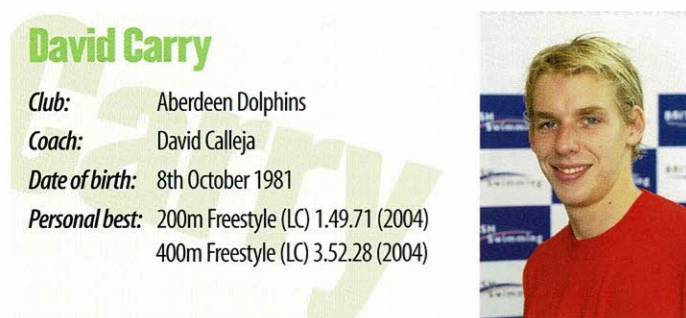
Caitlin McClatchey

Club: Northampton
Coach: Mark Perry
Date of birth: 28th November 1985
Personal best: 100m Freestyle (LC) 57.16 (2003)
 200m Freestyle (LC) 2.00.94 (2004)
 400m Freestyle (LC) 4.15.23 (2004)



Alison Sheppard, MBE

Club: Milngavie & Bearsden
Coach: Gary Vandermeulen
Date of birth: 5th November 1972
Personal best: 50m Freestyle (LC) 24.68 (2002)
 100m Freestyle (LC) 55.38 (2003)



David Carry

Club: Aberdeen Dolphins
Coach: David Calleja
Date of birth: 8th October 1981
Personal best: 200m Freestyle (LC) 1.49.71 (2004)
 400m Freestyle (LC) 3.52.28 (2004)



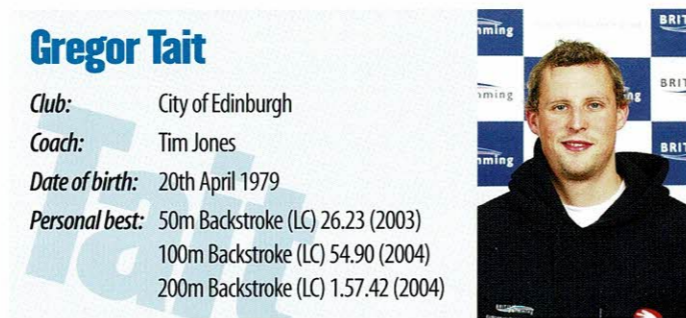
Graeme Smith

Club: Stockport Metro
Coach: Sean Kelly
Date of birth: 31st March 1976
Personal best: 400m Freestyle (LC) 3.49.40 (2002)
 800m Freestyle (LC) 7.51.12 (2001)
 1500m Freestyle (LC) 14.58.94 (2001)



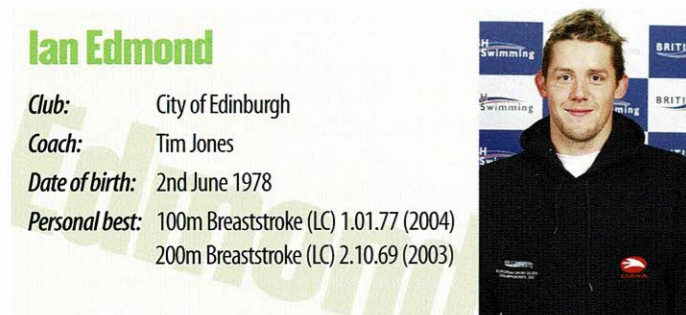
Todd Cooper

Club: Stirling
Coach: Chris Martin
Date of birth: 25th June 1983
Personal best: 50m Butterfly (LC) 24.20 (2004)
 100m Butterfly (LC) 52.46 (2004)



Gregor Tait

Club: City of Edinburgh
Coach: Tim Jones
Date of birth: 20th April 1979
Personal best: 50m Backstroke (LC) 26.23 (2003)
 100m Backstroke (LC) 54.90 (2004)
 200m Backstroke (LC) 1.57.42 (2004)



Ian Edmond

Club: City of Edinburgh
Coach: Tim Jones
Date of birth: 2nd June 1978
Personal best: 100m Breaststroke (LC) 1.01.77 (2004)
 200m Breaststroke (LC) 2.10.69 (2003)

The rest of Team GB ...

Simon Burnett (Wycombe District); Christopher Cook (City of Newcastle); Ross Davenport (University of Bath); David Davies (City of Cardiff); Adam Faulkner (Nova Centurion); Robin Francis (Univ Of Bath); James Gibson (Loughborough University); James Goddard (Stockport Metro); James Hickman (City of Manchester Aquatics); Matthew Kidd (Leatherhead); Gavin Meadows (City of Leeds); Darren Mew (University of Bath); David O'Brien (StirlingSwim); Stephen Parry (Stockport Metro); Edward Sinclair (Millfield School); Adrian Turner (Stockport Metro); Rosalind Brett (Loughborough University); Lisa Chapman (Loughborough University); Rebecca Cooke (City of Glasgow); Kathryn Evans Nova Centurion); Joanne Jackson (Durham University Aquatics); Georgina Lee (Campbell Edwardians); Karen Lee (Loughborough University); Karen Legg (Ferndown); Melanie Marshall (Loughborough University); Karen Pickering (Ipswich); Sarah Price (Loughborough University); Katy Sexton (Portsmouth Northsea).

SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 4: SUMMER 2004

Eight Scots on their way to Athens

BALFOUR • CARRY • COOPER • EDMOND • McCLATCHEY • SHEPPARD • SMITH • TAIT

Swimming took a step closer in April to being one of the country's most successful sports having quadrupled their representation on the British Olympic Swim Team, from four years ago in Sydney. Eight Scots were selected for the British team following some outstanding swimming at the British Olympic Trials at Ponds Forge, Sheffield.

Four-time Olympian Alison Sheppard (Milngavie and Bearsden) will become the first swimmer in history to compete in five Olympics. Securing her place on the team in 50m Freestyle (25.23), Sheppard was still adamant that the trials were no walkover, despite her experience.

"The pressure on the build up and during the trials was intense and it was a huge relief to qualify. I'm now looking forward to a total focus on Athens" said Sheppard.

World silver medalist Ian Edmond shared Sheppard's relief when he qualified for the team in the 200m Breaststroke (2:11.87). "It felt as if a huge weight had been lifted off my shoulders when I qualified. My training has focused on getting results at the trials and now it's on the real thing" said the City of Edinburgh swimmer.

Atlanta Olympic bronze medalist Graeme Smith (Stockport Metro) was the first Scot to qualify for the British team, claiming silver in the 400m Freestyle (3:50.21). Although not his main event, Smith was delighted to qualify on the second day of the trials.

City of Edinburgh's Gregor Tait qualified for the team following an outstanding performance at the trials in the 200m Backstroke (1:57.42), when he also set a new Commonwealth record – one of only two during the five day event.

Todd Cooper (Stirling) secured his place on the team in the 100m Butterfly (52.46), setting a new British record in the process.

Three other Scots have been selected for Team GB to compete in the relay events. City of Edinburgh swimmer, Kirsty Balfour, who set a new British record in the 200m Breaststroke (2:27.88) and a new Scottish record in the 100m Breaststroke (1:09.76) has been included in the British squad.

Balfour will be joined by Caitlin McClatchey (Northampton) and David Carry (Aberdeen Dolphins), who both set new Scottish records in the women's (2:00.94) and men's (1:49.71) 200m Freestyle respectively.

The harsh nature of the selection policy used to select the GB Team means that all of our swimmers named in individual events are ranked well inside the top twelve in the world on current form. This should make for exciting viewing of our flag-flying Scots over the summer months!

SEE PAGE 8 FOR MORE TEAM INFO



Kirsty Balfour earns her place at the Olympic trials in Sheffield

SplashNews issue 4 Welcome to issue 4 of SplashNews, Scottish Swimming's Membership newsletter, published three times per year and sent direct to our members. Highlights of this issue are an exclusive interview with Todd Cooper, reports on Scotland's top junior swimmers, tips for the top, along with competitions and quizzes.



A welcome to the new Chief Executive

Scottish Swimming's new Chief Executive, Ashley Howard took up post in May and as SplashNews finds out, is already relishing the challenges and opportunities that lie ahead for our sport.



Ashley Howard

Joining Scottish Swimming from **sportscotland**, where as Director of Achieving Excellence she was responsible for increasing and sustaining Scottish medal success on the world stage, Ashley brings a wealth of knowledge across the sporting spectrum.

With a significant blend of business experience, including strategic product development and management, Ashley has the broad mix of skills required to lead swimming through the challenges facing Scottish sport.

Commenting, Ashley said "Scottish Swimming is already achieving on a number of fronts and it's important we continue to challenge our approach to ensure future successes.

The business approach adopted throughout the sport has strengthened our position and securing blue chip sponsors, such as the Bank of Scotland is indicative of the health of the sport.

Similarly, the performance side is showing some excellent developments, but it's important we look at the entire pathway from learning to swim to elite performers, so to drive participation in the sport."

"This is a big year for swimming with an opportunity for us to capitalise on the limelight swimming will be under at the Olympics and provide the inspiration for children across the country to take up our sport".

sportscotland
BANK OF SCOTLAND
speedo

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

SCOTTISH SWIMMING

A taste of northern hospitality for the AGM

The North district played host to this year's Scottish Swimming AGM and Awards Dinner, which was held at the Aberdeen Airport Thistle Hotel in February. The snow drifts and icy roads proved no deterrent for our friends in the North whose support saw more people than ever before attend the event.

The evening provided the perfect celebration of the year's sporting successes at the awards ceremony attended by some of the sport's greatest ambassadors, including former Commonwealth Games Gold medalist Elenor McKay, Commonwealth Games medalist and Olympic finalist, Frank Clement and Sir Peter Heatley.

World Silver medalist Ian Edmond picked up the Nancy Riach Memorial Medal as the individual who has done most to enhance the prestige of Scottish swimming during the year. The award recognised his success on the World and European stages, which saw him set new Scottish, British, European and Commonwealth records for the 200m breaststroke at the European Short Course Championships in Dublin last year.

Joining Edmond in the award roll call was Youth Olympic Gold medalist and British Junior record holder, Mark Branch, who was awarded the WG Todd Prize and Cup, as junior swimmer of the year.

Awards were given to recognise success in each aquatic discipline and through out every element of the sport.



George Rose: Bank of Scotland Volunteer Award, West District



L-R: Ralph Riley, ISRM Chief Executive, Mark Branch, Ian Edmond

AWARD ROLL CALL	
Nancy Riach Memorial Medal	Ian Edmond
WG Todd Prize and Cup	Mark Branch
John and Margaret Bell Award	Mary Sless
Dennis Sullivan Memorial Trophy	Jamie Forrest
Senior Water Polo Player of the Year	Ryan Laird
Junior Water Polo Player of the Year	Keri Henderson
Female Disability Swimmer of the Year	Lara Ferguson
Male Disability Swimmer of the Year	Jim Anderson
J Y Coutts Award	Mike Sheppard
Bank of Scotland Volunteer (East)	Tony Dane
Bank of Scotland Volunteer (West)	George Rose
Bank of Scotland Volunteer (Midlands)	Jim Hitchen
Bank of Scotland Volunteer (North)	Rod Geddes
BSCTA Scottish Coach of the Year	Tim Jones
BSCTA Scottish Youth Coach of the Year	Sandy Blackwood
BSCTA Scottish Development Coach of the Year	Gary Paterson
BSCTA Certificate of Coach Achievement	Graham Wardell & Anne Dickson

Swim School report

The National Swimming Academy was once again host to the Scottish Swimming Swim School during the Easter holidays and we are happy to report that it was a great success.

The first candidates arrived early on Saturday 3rd April to embark on the ASA Level 1 and Level 2 certificates (swimming). Registration included an introduction to their course tutors who this year were Debbie Taylor (Edinburgh Leisure) and Margaret Dougal (Edinburgh Leisure, Scottish Swimming Board Director and ASA senior tutor). It was a very encouraging sign to note that both of the aforementioned courses had a trainee tutor attached to them. These trainees are required as part of the ASA tutor training programme to attach to a live course and deliver part of it whilst under the supervision and guidance of the course tutor. Scotland needs to maintain its numbers of qualified tutors and it is hoped that Swim School at the National Swimming Academy will provide an ideal environment for the opportunities to attach to courses. Both course tutors welcomed this prospect and highlighted that due to the intensive nature of the courses on offer the candidates certainly benefited from the additional support of the attached tutor.



Swim school pupils develop their skills!

Sunday 4th April came around very quickly for the Level 1 course candidates as the Scottish Swimming staff welcomed over 120 local youngsters over the course of the day. With the Beginners and Improvers in shallow water, the assistant teachers each took their turn to teach the children using fun activities. The parents present watched in joy as the little swimmers held on to their woggles and yellow floats kicking their legs as hard as they could!

Much to the delight of the swimmers, their free lessons and pool sessions carried on throughout the rest of the week, with the Level 2 course candidates having two sessions each day. The two-hour pool sessions proved challenging, whilst extremely rewarding for the candidates as they monitored the improvements of the children that returned throughout their course.

Evenings at Swim School meant homework and certainly for the residential candidates, 9pm saw the Express by Holiday Inn, Stirling restaurant area amass with paper, as preparation began for lesson plans to be used the following day. The hospitality received at the hotel was more than sufficient, with the staff on duty happy to ensure candidates were kept fed and watered.

Saturday 10th April saw the Level 2 candidates almost run to the classroom where their exam was taking place, as they knew it was the final part of the course and thereafter they were free to go! That morning also saw the arrival of the Water Polo candidates ready to take on the Level 1 course under the watchful and very experienced eye of tutor Martyn Thomas (ASA senior tutor). The all male group taking the course came from a water polo background. This made for a very competent and professional group of assistant teachers

Continued on page 3

Swim School Report
Continued from page 2

that met with the Stirling locals looking for an introduction to the game. Both young kids and adults alike took part in the pool sessions and the smiles at the end assured us they had a ball!

The second part of the water polo course took place over the weekend of the 17th and 18th April and the candidates and course tutor applauded the improvements of their pupils from the weekend previous. A tournament took place with over 25 involved including the locals and club players from East Dunbartonshire Water Polo Club with victory belonging to everyone that took part.

We would like next year's Swim School 2005 to be even bigger and better. Should you have any comments or suggestions you would like to make towards the planning of this, please feel free to contact Lorraine Donachie on 01786 466520 or email l.donachie@scottishswimming.com

Coaching workshop success in Tayside and Fife

Tayside and Fife Institute of Sport Performance Coach Gary Vandermeulen held a number of coaching workshops during April and May across the region, supported by City of Dundee Swimming Development Officer, Heather Albin. The workshops were well attended and covered a multitude of topics, including Long Term Athlete Development, Principles of Healthy Child Development, Dry Land Integration, Energy Systems, and Periodization.

"Coaching education is an ongoing pursuit" said Vandermeulen and continued "if we intend on producing world class athletes in the upcoming years, our coaches will need to have the most current information.

I am hoping that the topics I cover are of interest to a wide range of coaches. I enjoy passing on the experiences I have had and I find the workshops strengthen my knowledge of the subject matter as well".

Courses will continue in September and November with courses in: Speed Training and Recovery and Regeneration. If you are interested in attending one of these courses and would like further information, contact Heather Albin on 01382 432343 or email heather.albin@dundee.gov.uk

Whike joins high performance coaching team

Swimming in the East has been given a great boost, with the appointment of Alastair Whike as the East of Scotland Institute of Sport 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 East of Scotland Institute of Sport and City of Edinburgh Council, has been introduced to lead and direct the development of the high performance swimming programme within the East of Scotland.

This position will further strengthen the coaching network within the sport and enhance the platform for developing young athletes by working in partnership with the East of Scotland Institute of Sport and Scottish Swimming.

Whike brings a wealth of experience to this role, including the formative coaching of Kirsty Balfour – one of eight Scots to be included in the British Olympic team – at the Heart of Midlothian club, before a move to City of Edinburgh.

With over 10 years of coaching experience under his belt, Whike is looking forward to the challenge. "Scottish swimming has a huge potential, with some encouraging

performances from the youngsters coming through the ranks. I am looking forward to working closely with the coaches and swimmers in the East of Scotland, providing

the support and advice to realise this potential" said Whike.

Scottish Swimming's Chairman, Ian Mason welcomed this significant and timely appointment "Scottish swimming has more representatives on the British Olympic team this year than ever before and it is important we continue to identify and develop young talent at every level to build on this success.

sportscotland's funding of an East of Scotland Institute of Sport swimming coach is a fantastic boost to the sport which coupled with Alastair's extensive experience and results in coaching, will allow further swimming talent to be nurtured."

East of Scotland Institute of Sport (ESIS) Manager, Michael Cavanagh also welcomed the announcement "The appointment of Alastair Whike will ensure that the partnership between ESIS and Scottish Swimming provides the opportunity and environment for performance swimmers in the East of Scotland to achieve their full potential. The ESIS swim coach's role is to lead and coordinate the programme for swimmers in the ESIS programme, ensuring full integration with the athlete support services available"



Alastair Whike

SCOTTISH SWIMMING BOARD DIRECTOR

Scottish Swimming seeks a committed individual, with a passion for sport in Scotland to fulfill the vacancy of Director on the sport's Board of Directors. Working as part of a team, the successful candidate will have an understanding of the challenges and opportunities facing the sport and possess the necessary leadership qualities to drive the strategic direction of Scottish Swimming.

This challenging role would suit a highly motivated and committed individual, who is available to attend Board meetings on a regular basis and feel they can make a positive contribution to its future.

For further information or an application pack, please call 01786 466520 or email info@scottishswimming.com

Closing date for applications: Friday 16 July 2004.

TIP FROM THE TOP

TIM JONES
PERFORMANCE MANAGER

Compliance!

Every time that you attend a workout, your coach will have carefully planned exactly what they want to achieve during the training session for you and your teammates.

They will have a very clear objective for the session that will contribute towards your major goal for the season. Each single session is like one small brushstroke in the creation of a masterpiece!

It is important that you contribute by carrying out your workout in exactly the way that it was intended by your coach. To do this you will have to listen very carefully to all the information that is given to you at the start of each set to make sure that you comply with the workout and make the most of its benefits.

At the start of each set, listen out for the following information from your coach:

- the number of repeats and distances to be completed
- the stroke or strokes to be used
- whether the set is a kick, pull, drill or swim set
- any equipment to be used (it might be stated that you have to use a pulling band and buoy for a pull set)
- the amount of rest that you need to take after each repeat or the turnaround time to be used (e.g. 10 x 100m on 1:45)
- the intensity at which the set is to be completed. This may take the form of a statement such as "fast", "moderate" or "hard", or maybe more precise for you as an individual such as a specific heart rate (eg. 160 – 180 beats per minute) or a target speed (hold 1:04 for every 100m swim)
- any technical aspect that need to be focussed upon.

There will often be a lot of information to digest, but with practice you will become very good at taking it all in.

By making sure that you listen up and carry out all instructions as accurately as possible, you will play your part in completing a training programme which will address all of your needs and allow you to fulfil your talent!

ELITE JUNIORS UPDATE

Australian Age Championships

14-18 April 2004, Challenge Stadium, Perth, Australia

Great Britain selected a team of 30 swimmers ranging in age from 13-18 to compete at the Australian Age Championships. Scots Daniel Ritchie (Warrender), Lewis Smith (Warrender) and Mark Branch (North Ayrshire) were named in the team, although Mark had to withdraw due to his forthcoming Higher grade exams. Scotland was also represented among the coaching staff with Sandy Blackwood (North Ayrshire) and Ian Wright (Warrender) forming part of a fifteen strong coaching team on the trip.

The team made the 24 hour journey to Australia one day after the conclusion of the GB Olympic Trials in Sheffield and arrived in Perth with less than 18 hours to go to the start of the competition. Despite these testing circumstances, the team produced some outstanding performances over the five day competition. A haul of 45 medals, including 20 Gold, demonstrated to the Australians in no uncertain terms, that Britain is a growing force to be reckoned with at the age group level as well as senior level.

Lewis got his Australian campaign off to a good start by winning the Silver medal in the Boys 16 years 400 I.M. (4:31.46). He followed this up with personal best times in the 200 backstroke (2:10.30, 6th), 200 I.M. (2:10.15, 4th), 1500 freestyle (16:08.75, 5th), 200 butterfly (2:06.82, 6th) and 200 breaststroke (2:25.62), this latter performance claiming the bronze medal. In addition, Lewis was delighted to learn that his 200 butterfly time was a new Scottish Junior record, knocking half a second off the previous time held by City of Aberdeen's Martin Leel.

Daniel competed in the Boys 17-18 years section and swam well against tough opposition to place 5th in the 400 freestyle (4:02.51), followed by a PB of 1:57.44 in the 200 freestyle and finally take 6th in the 1500 freestyle (15:56.01).



Andrew Hunter (Millfield) made the team for Lisbon

Five Scots named in squad for European Junior Championships

Five of Scotland's top young swimmers have been included in the 30- strong British squad to compete in this summer's European Junior Championships in Portugal.

North Ayrshire's Mark Branch has been selected and will be joined by fellow Scots Lorna Smith, Scott Houston (both Ren 96), Daniel Ritchie (Warrender) and Andrew Hunter (Millfield) to compete against Europe's leading 15- 16 year old boys and girls.

The swimmers earned selection to the Lisbon-bound squad at the British Championships (Long Course) in Sheffield in April, while their senior counterparts competed for their place on the British Olympic team.

The team, deemed to be the next generation of this country's elite swimmers, have impressed British Swimming's World Class Potential Director John Atkinson.

"We have a large team," said Atkinson, "and we will be hoping to follow on from the good results gained at the Australian Age Group Championships that we attended earlier this year.

"On average we have won around five medals per Junior Championships since their inception in 1967. Our goal must be to improve on that average but there will be some strong competition from the likes of Russia, Germany and Hungary as they all have outstanding records at this event."

QUESTIONS & ANSWERS...



TODD COOPER, TEAM GB

Stirling's Todd Cooper has a big year to look forward to as he prepares for the Olympic Games in Athens this August. Qualifying for the British team in April was never going to be a walkover, but Todd rose to the challenge and set a new British record in the 100m fly while he was at it! SplashNews caught up with Todd to find out more about one of our country's top swimmers...

- Q.** When did you learn to swim and how long have you been competing?
- A.** I learned to swim when I was 9 and I enjoyed it so much I joined a club, almost 11 years ago now.
- Q.** What other sports did you play when you were younger?
- A.** I played loads of different sports at schools – athletics, cricket, football, rugby, volleyball and of course swimming!
- Q.** What tips would you give to younger swimmers, keen on taking up competitive swimming?
- A.** Commitment, focus and developing your technique are all important when you decide to swim competitively, but most of all, you've got to enjoy it!
- Q.** What was your first big break in swimming?
- A.** Being inducted into the Scottish Institute of Sport.
- Q.** Who is your ultimate role model in sport and why?
- A.** Steve Redgrave – his relentless pursuit of his dreams and goals is really inspirational.

- Q.** What is your nickname?
- A.** Take your pick – Toddy or Coop mostly, although some people do call me Cowboy because of the way I walk!
- Q.** If you were on Stars in their Eyes, who would you be?
- A.** Bob Dylan ('who?' cries the younger generation of swimmers!) or Radiohead's Thom Yorke.

These are a few of my favourite things...

Car: Classic MG, BMW Z3, Mini Cooper Music:

Bob Dylan, Massive Attack, Radiohead, Beatles Holiday spot:

Thailand or Arizona Piece of clothing: Sunglasses, Watch TV Show: Simpsons, The Office, The Young Ones Animal: Meercats Food: Indian Colour: Blue



1. Which Scottish swimmer set a new Commonwealth record at the British Olympic trials?
A. Ian Edmond B. Gregor Tait C. Graeme Smith
2. How many metres are you allowed to swim underwater from a breaststroke start or turn?
A. 10 metres B. 8 metres C. No limit
3. What do the five rings in the Olympic Games logo represent?
A. No. of sports in first Olympics B. No. of continents in the world C. Nothing more than a good design
4. Which country will host the European Junior Championships in July this year?
A. Portugal B. Spain C. Italy
5. Which public figure brought water polo into the spotlight recently, having been selected for a Scottish University's team?
A. David Sneddon B. Prince William C. Prince Harry

back 2 skool

Answers Page 6

WATER POLO FOCUS

East Dunbartonshire WPC: Three years old and on the up!

East Dunbartonshire Water Polo Club has been celebrating a successful year, which has seen their grassroots membership steadily grow and performances on the up as well.

Founded in 2001, the club has forged strong links with the local authority, concentrating on juniors and the development of the sport by providing a clear pathway for children leaving 'Learn to Swim' to move to the very successful Mini Polo, and then to the competitive club.

In February 2004, East Dunbartonshire visited Belfast for an Invitational tournament run by Grads WPC. Their U17's took top slot in the tightly contested tournament, with the U14s finishing third in their respective age group.

The club and local authority are building on the success of the two events they organised



East Dunbartonshire WPC juniors work on their skills

last year and are playing hosts to the West Cup Final between Hamilton and Renfrew on the 6th June. A three Nations tournament will be held on the 12th and 13th June at the club's pool and they look forward to showing all visiting teams from Ireland and England their very own brand of hospitality to ensure they all want to come back.

The club continues to grow and looks forward to further developing the young talent in the West of Scotland.

Scots enjoy success in Portugal

Ermesinde International Tournament, Porto, Portugal: 9 – 11 April 2004

Scotland's senior men's water polo squad secured three wins and a draw when they traveled to Portugal recently for the Ermesinde International Tournament.

Portobello brother's Fraser and Neilson Rutherford picked up player of the match awards for Scotland's first two wins of the tournament against the Basque Region (9-8) and Switzerland (8-7), both scoring last minute goals in each game respectively.

Six and a half hours later and Scotland were back in the water, continuing their successful run to overcome Ireland 7-6.

Outstanding marking by Giles Gilhooly and Neilson Rutherford suppressed the Irish defence and a strong overall team performance ensured victory. David Flemming (Portobello) and Bruce Elder (Penguins) picked up a joint player of the match award.

A third match that evening proved more of a challenge for Scotland, who put up a fight, but eventually lost to Portugal 6-8.

Jamie McIlquham (Lancaster) collected the player of the match award.

Picking themselves up from the previous evening's match, Scotland went on to draw against a strong North Portugal team the next day, finishing 8-8, having been 5-8 down going into the last period. Portobello's Giles Gilhooly picked up the player of the match award.

A strong and mostly successful performance from Scotland saw them finish second place overall in the tournament.

Scotland Senior Men's Water Polo Squad

Giles Gilhooly (Captain), Ramon Valvona, David Flemming, Neilson Rutherford, Fraser Rutherford, Darryl Johnston, Ben Johnstone (all Portobello), Callum Fraser (Dunfermline), Steven Dunbar (Hamilton), Bruce Elder (Penguins), Jamie McIlquham (Lancaster), Paul Gregory (Rotherham), Alex Buirski (Bristol)

Senior Men's National Coach: Andy Gilhooly

Flying Start looks to the future of Scottish water polo

The National Swimming Academy played host to the 2004 Water Polo Bank of Scotland Flying Start programme on Sunday 7th March when a varied programme was delivered to eighteen boisterous youngsters by Alan Donaldson (Dunfermline WP) and David Walker (East Dunbartonshire WP).



The youngsters enjoyed a mix of coaching and competition

As the kids arrived at the NSA, they were shown footage of Water Polo matches to give them a feel of what they would be trying to achieve throughout the day. This succeeded in making the children even more excited and looking forward to getting into the pool, following their brief theory session.

During the pool session, the coaches had the children performing many drills and exposed them to game situations, which proved handy during the finale match that was to follow later in the afternoon.

After all the hard work, by players and coaches alike, it was time for fun and the group was split into two teams for a game.

This "friendly" game gave the kids a chance to show off the skills they had learned throughout the day and by this time many parents had arrived and were cheering their children on.

Coaches Alan and David arranged a match between their two clubs, Dunfermline and East Dunbartonshire respectively to round the day off. Many of the children who had been participating in Flying Start stayed behind with their parents to watch a "proper" match.

This was an ideal showcase opportunity for Water Polo and I hope that it generated interest and that some of the training day kids find their way to the local clubs.



Scotland's Paralympians (L-R) Front: Andrew Lindsay, Jim Anderson, Kenny Cairns, Maggie McEleny. Back: Mhairi Love, Lara Ferguson, Anthony Stickland (coach).

Six Scots selected for Paralympics

Swimming received a further boost last month when it was announced that six Scots have been included in the 34 strong British Paralympic Team competing in Athens this September.

Port Glasgow's Kenny Cairns MBE is looking forward to his fifth Paralympics, having qualified in the (S3) 100m Freestyle. He will be looking to build on an impressive career to date which has seen him win one gold, four silver and one bronze medal on the Olympic Stage.

Fellow team mate and Sydney gold medalist, Maggie McEleny MBE also qualified for the British team in SB3 50m Breaststroke event. As Britain's flag bearer at the Sydney Games, Maggie already has two gold, three silver and four bronze medals in her collection.

Sydney gold medalist and world record holder Andrew Lindsay (INCAS, Fife) secured his place for his third Olympics in the S7 100m Backstroke and will be joined by fellow team mate Lara Ferguson who qualified in the (S9) 100m Backstroke for her third Paralympics.

Jim Anderson (Broxburn) proved he is also in good shape for Athens by setting a world record in the S2 200m Freestyle at the Paralympic trials, safely securing his place on the team.



Mhairi Love is preparing for her first Paralympics

Stirling's Mhairi Love qualified for the team in the (S6) 400m Freestyle and is looking forward to her first Paralympics, having only taken up swimming two years ago. Mhairi gained further recognition of her talent and potential when she was officially inducted into the Scottish Institute of Sport, only days later.

The rest of the Paralympic team for Athens

James Crisp (Nova Centurion); Jody Cundy (Hatfield); Gareth Duke (Torfaen); Graham Edmunds (Swim Swansea); David Hill (Kelly College); Sascha Kindred (Stretford Swim); Dervis Konuralp (Greenwich Meridian); Callum Lawson (Mansfield Nova Centurion); Darren Leach (Royal Tunbridge Wells Monsoon); Giles Long (Barnet Copthall); Dave Roberts (Swim Swansea); Anthony Stephens (Somerset/Bridgwater); Matthew Walker (Marple); Robert Welbourn (Deepings); Marc Woods (Manchester Aquatics); Sarah Bailey (Stretford); Elaine Barrett (Out to Swim); Claire Cashmore (Wyre Forest); Jeanette Chippington (Slough & Eton Dolphins); Jenny Coughlin (St Helens); Janet Fenton (Stalybridge); Rhiannon Henry (Swim Swansea); Jemma Houghton (Greenwich Meridian); Elizabeth Johnson (Swim Swansea); Natalie Jones (Colchester Phoenix); Nyree Lewis (Stretford); Danielle Watts (City of Oxford); Fran Williamson (Colchester Phoenix);

ELITE UPDATE

Swimmers put on a show at Speedo Scottish Nationals

Scotland's top swimmers converged on Tollcross in March for the Speedo Scottish Nationals. The short course championships provided an opportunity for our senior swimmers to get rid of some of the winter cobwebs and sharpen their racing skills in preparation for the Olympic trials, which were held the following month.

The occasion was suitably marked with BBC Scotland filming each day to put together a 50 minute highlights package of the event – the first time Scottish swimming had been on television for over fifteen years.

Whilst some of our swimmers, notably Ian Edmond and Alison Sheppard chose not to compete in their main events, most of our local stars were out showcasing their talents and providing inspiration for our next generation of young athletes. The inclusion of a programme of afternoon development events enabled our youth swimmers to compete over some longer distance events and a series of heats, semi-finals and finals in the 50m sprints.

Many of the swimmers began further tapering their training following this event, in preparation for the British Olympic Trials in Sheffield – read more on front page.



Hannah Miley is interviewed by the BBC's Alison Walker



COMPETITION

Win a Speedo kit bag

Scottish Swimming has teamed up with official sponsors, Speedo, to offer you the chance to win a Speedo kit bag. Simply answer the question below to be in with a chance of winning:

Which new costume design did Speedo recently launch to give swimmers the edge in the forthcoming Olympic Games?

A. Sharkskin SSII

B. Fastskin FSII

C. Whaleskin WSII

Email your answers to info@scottishswimming.com or send them in the post to Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA. Closing date for entries August 31 2004.

Back to skool answers:

1: Gregor Tait. 2: No limit – you are only allowed one pull and kick, but are not limited to actual metres underwater. 3: No. of continents. 4: Portugal 5. Prince William

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