

Child protection

FACTSHEET TWO

What courses are available to members of Scottish Swimming for raising awareness on child protection issues?

All members can attend the Sportcoach UK Good Practice and Child Protection Workshop. These workshops are tutored by a sportscoach UK qualified tutor and are available FREE to all members of Scottish Swimming. The workshops are very interactive and generally last 3 hours. Everyone has a chance to contribute whilst discussing burning issues on good coaching practice and child abuse. This workshop also forms the first part of training for club child protection officers (CPOs). Details of future workshops are advertised on our website and updates are frequently included in club mailings and mailings to club child protection officers.

As a parent, am I allowed to take photographs of my children when they are swimming at a gala?

Parents should speak to their club child protection officer firstly if there is an event coming up where their children are swimming. The CPO can advise the parent as to whether the facility where the event is taking place allows photography (It is important to find this out if the venue differs from the normal training venue. Club CPOs should ensure that their local authority policy allows photography within a facility before implementing the photography policy and procedures as provided within the Scottish Swimming Club Child Protection Pack). Where a photography policy is in place by both the local authority and the club, parents should request the relevant application forms to be completed in order for permission to be considered by the club. The application form requests the applicant to state their intention for use of any photos taken for example, personal use for family album. If this intention changes and the applicant wishes to alter the images in any way, for example to place them on an internet web page or submit them to a local newspaper, the applicant must seek permission beforehand from the parent/guardian(s) of any other swimmers in the photograph.

Who should be completing a disclosure application within the club environment?

Scottish Swimming is registered with the central registered body in Scotland, the clearing house for police checks for the voluntary sector in Scotland. This registration allows our member clubs to gain access to police checks on new recruits as part of a safer recruitment and selection process. The checks carried out are of the highest level available for positions which hold a high degree of contact with children and are known as enhanced disclosures. This level of check is therefore available for positions of trust where individuals will regularly care for, supervise, train or will be in sole charge of children and young people. The Protection of Children (Scotland) Act 2003 will soon render this process of checking mandatory.

Within the club environment this will effectively mean that all coaches, teachers and helpers who have the regular and close contact with swimmers, will, when joining a new club, have to complete a disclosure application as part of their induction. Existing staff should agree to and sign up to the club's code of conduct, complete a self declaration form and attend training.

When taking a group of swimmers away on a training camp or trip away how many chaperones should we have?

The planning involved when going on a trip away will vary depending on the activity, location and the size of the group involved. In accordance with guidance from SafeSportAway, a publication produced by the Amateur Swimming Association and the NSPCC the guidance given for staff to athletes is 1:10 as a minimum where athletes are aged 11 and over. For younger children and people with disabilities this ratio may have to be increased depending on the requirements of the group.

What further training is offered to the club child protection officer?

sportscotland have recently updated the club child protection officer training and as such the workshop has been reduced to 3 hours from the previous 7 hour session. The courses are again very interactive and concentrate on the role and responsibilities of the club CPO. Scottish Swimming were lucky enough to be one of the 2 governing bodies in Scotland to pilot this course and as a result now have access to a tutor who can deliver it. Details of future courses can be found on our website and updates are frequently included in club mailings and mailings to club child protection officers.

For further information on child protection policies and the resources available to you, log on to our website:

scottishswimming.com

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

SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 3: WINTER 2003/2004

Scottish swimming stars help get youngsters off to a Flying Start

More than 600 of Scotland's brightest swimming stars and almost 70 coaches descended upon the National Swimming Academy in Stirling recently to take part in the Bank of Scotland Flying Start weekend. Joined by Olympic hopeful Ian Edmond on the Saturday and Scottish Institute of Sport swimmer Mark Branch on the Sunday, the youngsters were selected by their coaches from clubs across the country.

Split into squads by geographical area, the swimmers received training on technical competence, training ability, attitude and commitment – all key elements involved in developing successful athletes.

The standards were high and the determination shown by the swimmers was a credit both to themselves and their clubs. Commenting, Youth Development Manager, Lyndsey McEwan said 'It was great to have so many clubs attend the long course weekend and very encouraging to witness



Ian Edmond at the National Swimming Academy with this year's Flying Start swimmers

the high standard of swimming and coaching being showcased at the National Swimming Academy.'

One of the highlights of the weekend was the stroke demonstrations by Ian Edmond and Mark Branch. World Silver Medalist, Edmond, powered through the water, while coach Chris Jones pointed out the key characteristics of a good stroke and areas you should look to target for improvement. For Kirsteen McDonald of Hearts and Andrew Wilson of Dunoon, the day got even better, when they raced Edmond over 50m!

It was Scottish Institute of Sport swimmer, Mark Branch's turn the next day to demonstrate good practice, with his coach Sandy Blackwood commenting on areas to focus on.

Both swimmers stayed after their demonstrations to answer questions from the youngsters and sign autographs.

SplashNews issue 3

This is the third issue of SplashNews, Scottish Swimming's Membership newsletter, published three times per year direct to our 17,000+ members. Highlights of this issue are an interview with Ian Edmond, a look ahead to the Olympic trials and some great tips in the SplashZone.

SCOTTISH SWIMMING



Edmond looks ahead to a big year

With the 2004 Olympic Games being held later this year, there's a lot to look forward to for Scotland swimming star Ian Edmond (pictured above). SplashNews caught up with Ian to find out more about one of our sports best medal prospects.

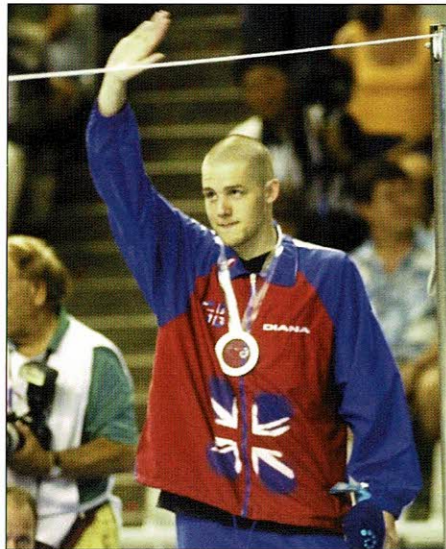
"It started in 2000" said the 26 year old City of Edinburgh swimmer, referring to his decision to defer his medicine studies at Edinburgh University to concentrate on training. This was the first signal of an athlete with total commitment and one vision – Athens.

Under the watchful eye of Coach Tim Jones, Ian has been steadily building on his results and breaking some more records on the way. "The 10th FINA World Championships in Barcelona was always going to be a big milestone for me and achieving silver in the 200m breaststroke was a major personal breakthrough"

He continued "The minimum yardage training programme in place at GB is really working for me, where you have a continuous run into the main meet." Ian believes this programme developed by Bill Sweetenham, GB Performance Director, was central to his success in Barcelona last July.

Of course, being a successful athlete takes much more than simply sticking to the training schedules, which see Ian swimming between 60,000 and 80,000 metres in the pool each week. "You have to have the mental toughness and edge to perform at this level. To remain focused

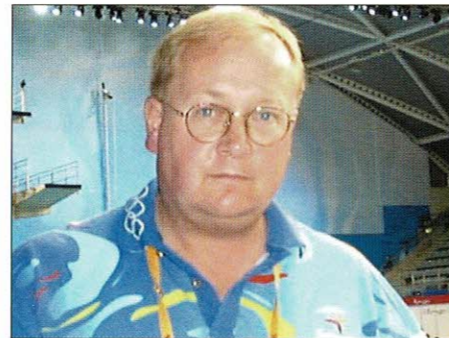
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Chief Executive leaves Scottish Swimming

Paul Bush is leaving Scottish Swimming after five and a half years to take up a new post as International Sports Programme Manager with Event Scotland and is confident that the sport is well positioned for a successful future on all fronts. Key achievements over the last five years include:

- Project management of the sport's bid for the development and move to the National Swimming Academy at University of Stirling.
- Development of a professional staffing infrastructure to service a growing membership base with enhanced membership benefits and sound child protection procedures.
- Strong financial management, which has turned around the sport's financial status from a position of deficit, to the accrual of significant financial reserves and the generation of a high percentage of its own annual income, making swimming one of Scotland's most financially robust sports governing bodies. This has been complemented with improved corporate governance.
- The launch of the Bank of Scotland Learn to Swim Programme and National Swimming Award as part of the bid for swimming entitlement for all school children by the age of 10.
- Establishing stronger and more positive links with key partners: **sportscotland**, Scottish Institute of Sport, Commonwealth Games Council for Scotland and British Swimming as well as attracting and retaining commercial sponsors.
- In the pool results have also been on the up with 2003 being yet another record-breaking year.



Paul Bush

Scottish Swimming Chairman Ian Mason said: "We wish Paul well in his new post. Under his leadership Scottish Swimming is now well placed to successfully overtake the challenges facing the sport in the coming years. Paul leaves a strong team who will be totally focussed on ensuring the sport's continued success".

Commenting on his departure Paul Bush said: "I have thoroughly enjoyed my time as Chief Executive of Scottish Swimming and would like to thank the Board, professional staff, athletes, coaches and hundreds of volunteers for their support and for making the last five years so enjoyable. I am confident that the sport is in a healthy position to continue to move forward and I will watch its progress with great interest.

"However I am delighted to have been offered the opportunity to work with Event Scotland, which will extend my involvement across Scottish sport. I am looking forward to this exciting new challenge, helping to attract sports events to Scotland and putting the country firmly on the international sporting map."

The Scottish Swimming Board has begun their search for a new Chief Executive.

Continued from front cover

on your end goal, you have to consider how you will cope with each stage of the journey, keeping setbacks in perspective and ensure that success doesn't put you into a comfort zone." Working closely with Edinburgh University Sports Psychologist, Bill Hughes, Ian continues to challenge his approaches to training, competing and his future in the sport.

The future is where Ian's eyes stay firmly focused and the next big challenge will be in Sheffield in April. "The Olympic trials are the next step on the road to Athens and I obviously hope to perform well. Being in that Olympic team and hopefully getting a medal is what I've been training for over the past four years."

As one of our most successful athletes in the sport, Ian is obviously a great role model to the young swimmers coming up through the ranks, so SplashNews asked Ian what advice he would give youngsters. "Working on your technique can sometimes be a bit boring, but it's so important to get the technique right when you are young, as it is difficult to change it as you get older. Most of all however, just enjoy it! Whether you're training or competing, you'll go a lot further when you enjoy it."



HELEN MURRAY

Presidential change

It's been another successful year for Scottish swimming and SplashNews caught up with outgoing President, Blair Prentice to ask what the highlights of the year were for him. "Hosting the European Junior Swimming and Diving Championships last year were particularly special" said Blair and continued "above all I was impressed with the enthusiasm and commitment shown through-out the clubs from our members and volunteers at the various events I attended".

Helen Murray, incoming President of Scottish Swimming is looking forward to the year with similar enthusiasm. "I have been involved in swimming since my first competitive race in 1949 and have worked in a number of different capacities within the sport since then." said Helen. "It's an exciting time for swimming, with the Olympic Games later this year, where we should have a strong presence. I am also looking forward to watching some of our disciplines take big steps ahead such as water polo and diving".



BLAIR PRENTICE

Is your club ready for



swiMARK is a club development resource pack designed to maximise the efficiency of swimming clubs affiliated to Scottish Swimming. The pack consists of four progressive levels, swiMARK Basic through to swiMARK Gold. The pack contains specific modules for the club to work on, for example, club management and administration, volunteer and staff development, child protection, coach development and swimmer development. Further information and support is available from Scottish Swimming for any of the module topics.

If your club decide to apply for swiMARK the first task is to complete a register of intent, a club audit and a SWOT analysis. Scottish Swimming will then assess this work before allowing your club to progress with their application.

Currently seven clubs have passed basic swiMARK, City of Dundee, Granttown on Spey, Bridge of Don, Aberdeen ASC, Stirling ASC, Rutherglen SC and Arbroath St Thomas ASC. It is hoped that these successful clubs will

progress to achieve swiMARK Bronze in the near future.

The benefits of your club achieving swiMARK are:

- Quality assurance assessed by NGB, can be used in advertising to attract new members
- Clearer roles of members of committee
- Clearer operating structure
- Promotes clubs to plan long term by designing a strategic development plan
- Encourages clubs to maintain and attract volunteers
- Encourages clubs to communicate more effectively with their members, parents, and other organisations
- Ensures your club is up-to-date with all Scottish Swimming policies, for example, child protection.

If your club is looking for further information on swiMARK visit scottishswimming.com or contact Lyndsey McEwan at Scottish Swimming.

Club audit

Scottish Swimming recently sent a questionnaire to all affiliated clubs to provide a channel for feedback on a number of different areas, including membership numbers, volunteers and coaching.

We have had an excellent response to the questionnaire to date, and will be getting in touch with those clubs that haven't yet responded to get their feedback.

The results of the questionnaire will be available soon on www.scottishswimming.com and it hoped that they will form a better understanding of the areas of work that Scottish Swimming can support within clubs.

Easter swim school around the corner

Scottish Swimming are proud to announce that Swim School will be running again this Easter. We have four courses on offer for those looking to progress their teaching and coaching skills:

ASA Level 1 Certificate for Teaching (Swimming) – Candidates should be 16 years of age. Successful completing of this course allows the candidate to assist in the teaching of basic skills to groups of 4 participants initially, with progression to a max of 6 with experience, whilst under the supervision of a Level 2 Teacher.

ASA Level 1 Certificate for Teaching (Water Polo) – Candidates should be 16 years of age. Successful completion will allow the ability to assist in the teaching of basic skills and small sided games to a maximum of 8 participants.

ASA Lane Coach – Candidates should have the ASA Level 1 Certificate for Teaching (Swimming) or have gained exemption from it. Age is therefore 16 years. Successfully completing this course will be able to coach a lane of up to 6 swimmers, normally under the supervision of an ASA Club Coach.

ASA Level 2 Certificate for Teaching (Swimming) Units 1-4 – Successful completion of this course will allow the candidate to teach/coach groups of up to 12 participants on basic skills for the non swimmer through to skills required for development of pre competition swimmers. The level 2 teacher can also organise and supervise the Level 1 Assistant.

At Swim School we offer free swimming lessons to swimmers ranging in ability from the Beginner to Improver, Developer and lastly Club swimmer. Swimmers should be 5 yrs and above. Any clubs interesting in finding out more about the Swim School should contact Helen Dickie at Scottish Swimming on 01786 466 520 or email info@scottishswimming.com

SUPER SQUIRREL SAYS

It's been a busy few months, getting the Bank of Scotland National Swimming Award out to schools. Since I last spoke to you, many children across the country have been working towards achieving it and they'll soon be receiving their badge and certificates to prove it!

Have you achieved the award? Ask your school if they run the programme or email me for some more details. It's a really fun way to learn basic swimming skills and how to enjoy your time at the pool safely.

Remember – if you have any questions or just want to get in touch, email or write to me at the address on the back cover.

Keep swimming and stay safe!



info@scottishswimming.com

TIP FROM THE TOP

ALASTAIR JOHNSON
NATIONAL YOUTH COACH

Swimming is basically a symmetrical sport where the left side mirrors the right side. Most other sports such as football, tennis, cricket etc are not symmetrical as they tend to have a dominant left or right side. It is therefore critical that young and senior swimmers have excellent balance and swim with symmetry in their strokes and skills. For example, the laws of breaststroke state that the kick must be symmetrical, and thus it is important that swimmers have the same range of movement and flexibility in both legs, knees and ankles.

I want you to imagine that this law is now applied to all strokes! Can you swim with symmetry and balance?

- All arm actions to be equal and mirror the other side
- All kicking to be equal and mirror the other side
- Breathing patterns to be symmetrical. Try breathing to both sides with a regular pattern such as 1 breath per 3 or 5 hand entries
- Turn both ways. For example – turn to the left side on butterfly on lap 1 and then turn to the right side on lap 2
- Swim clockwise in the morning and anti-clockwise in the afternoon
- Swim short distances with eyes half closed (please ensure that you are not close to anyone else or the walls for safety reasons)
- Practice your juggling skills with a ball or object

Training tips, competitions, news and information for Scotland's younger swimmers

- Practice swimming in front of a mirror. Check whether you have perfect balance and symmetry

Once you have mastered the above then extend the same law to other activities such as kicking a ball (use both legs), eating soup (use weaker hand), catching a ball (use weaker hand) etc. All these exercises will develop a greater feel for the correct movement patterns and improve spatial awareness.

Practice these new skills along with my earlier tips of stroke counting and streamlining. Have FUN and you can let me know how you get on by emailing me at a.johnson@scottishswimming.com.

YOUNGSTERS GET INTO SYNC!

The Bank of Scotland Flying Start programme for synchronised swimming was held earlier this year in Glasgow and proved a hit with swimmers and coaches alike.

Almost twenty girls descended upon North Woodside Pool to take part in the programme, designed as an introduction to the basic snychro strokes and figures, sculling head first and feet first up the pool and finishing the day with a short sequence of the strokes and figures they'd learnt, with a music accompaniment.

Commenting, Head Coach, Morag Shaw said "Most of the girls came along today, as they fancied trying something new and different. The feedback has been really positive and we hope to get them along to our next event for synchronized swimming – the Inter District event at Bellshill Swimming Pool.

- Q1. Janet Evans' 400 freestyle long course record splits were 59.9, 102.2, 102.5, 100.4 – True or false?
- Q2. What is the most complicated movement skill in swimming?
A. Back to breast turn • B. Backstroke start
C. Butterfly stroke • D. Flat racing dive
- Q3. Where will the 2010 Commonwealth Games be held?
A. New Delhi, Irdia • B. London • C. Leith • D. Montreal
- Q4. Who were Ollie, Syd and Mille at the 2000 Sydney Olympic Games?
A. The youngest athletes • B. The organisers • C. Volunteers • D. The official mascots
- Q5. How many times has the Royal Commonwealth Pool in Edinburgh hosted the Commonwealth Games?
A. Never • B. Once • C. Twice • D. Five times

back 2 skool

Answers Page 6



COMPETITION

Win a signed bodyskin

Scottish Swimming has joined forces with Speedo, official sponsors of the National Swimming Team, to offer you the chance to win a Speedo bodyskin – signed by Alison Sheppard MBE. To be in with a chance of winning, simply answer the question below:

In which event did Alison Sheppard win a gold medal in at the 2002 Commonwealth Games?

- A. 50m freestyle B. 50m backstroke C. 1500m freestyle

To enter the competition, email your answer, along with your name and address, plus the name of your swimming club to info@scottishswimming.com or send your answers to Scottish Swimming, National Swimming Academy, University of Stirling, Stirling, FK9 4LA. The closing date for entries is 30th April 2004. Only one entry per person.

Glasgow swimmer honoured



Rebecca Cooke was named Glasgow Sportsperson of the Year at a dinner recently hosted by Glasgow City Council. The British long course 1500m freestyle record holder and Bronze 800m World Championships medallist was well deserving of the prize.

On receiving the award Rebecca said, "It's a fantastic honour to be given this award. When I look at the names of the previous winners on the trophy I feel really proud to have joined them. I hope I can go on and achieve more in the coming year".



Rebecca Cooke shows off her achievements

City of Glasgow Swim team has had a very successful year and are at present ranked 11th in the United Kingdom and second, only to Edinburgh City Swim Team, in Scotland.

Nutrition for successful swimming

Start exercising with full energy (glycogen) stores

Just like a car engine, if you only fill the tank half full, you will either have to stop half way or slow down to conserve your fuel! Bananas and cereal bars are great sources of energy, but remember not to eat for around half an hour before you get in the pool.

Get the balance right

Eating the right kind of food in the right proportions will help you perform at your best. Aim for five portions of fruit and vegetables a day, along with some carbohydrates such as bread, pasta and potatoes.

Water Polo – give it a try!

National Swimming Academy, Stirling
Sunday 7th March

Places are available for interested players/swimmers if born in 1989 or after.

For further information on this event, please contact the Scottish Swimming office on 01786 466520 or email info@scottishswimming.com

Itinerary for the day

- 0930hrs arrival
- 1000 – 1100 sports hall
- 1200 – 1600 pool sessions
- 1600hrs - depart



ALISTAIR JOHNSON'S ELITE UPDATE

OLYMPIC TRIALS PREVIEW

The Olympic Trials are taking place over five days at Sheffield in April. Scotland has the biggest group of swimmers that have a realistic chance of making the team than we have had for many years.

Commonwealth Champion Alison Sheppard MBE now back training in Scotland, will start as favourite in the 50m freestyle. Alison has been racing fast and consistently well all season both in the USA and at the World Cups and is looking to make it her fifth Olympics in a row. Amazing! Look out for Alison in the 100m free as well, as she was the fastest Brit in that event last year.

Scotland's newly crowned European Short Course Champion and World Long Course Medallist Ian Edmond starts as strong favourite to take a 200m breaststroke spot. Ian from the City of Edinburgh Club has been in devastating form all season and is determined to make the team.

Fellow team mate Gregor Tait was ranked number 12 in the world in 2003, and has high hopes of making the tough Olympic qualifying standards. Gregor, fresh from setting records at the European Short Course, will hope to achieve selection for the 100m and 200m backstroke and the 4 x 100m medley relay.

Graeme Smith from Stockport Metro will be looking to emulate his 1996 performance in Atlanta where he placed third in the 1500m freestyle. His career has picked up tremendously over the past two years, and he will no doubt look forward to renewing rivalry against the Welsh wizard David Davies. It will be Graeme's third Olympics if he makes the team for Athens.

Kirsty Balfour from the City of Edinburgh Club is ranked number two in Great Britain in the 200m breaststroke and will be hoping to go one better and make the team. Kirsty was in superlative form at the European Short Course Championships where she smashed the British record in the 200m breaststroke.

Other swimmers ranked in the GB top 6 include Karen Nisbet (200m freestyle), Caitlin McClatchey (400m freestyle), David Caryl (200m freestyle and 400m freestyle), Andrew Hunter (400m freestyle), Robert Lee (100m breaststroke), Todd Cooper (100m butterfly) and Euan Dale (400m medley).

The trials also double up as sudden death trials for the European Junior Championships which will be held in Portugal in July. Scotland is looking to improve on the 2003 performances when we won one bronze medal and three swimmers made the team.

OPEN WATER FOCUS

TWO SUCCESS STORIES FROM A SPORT ON THE UP!



Susan Black and Carol Thain battle it out for the lead pursued by a group of four including Claire and Laura McGarvey

Scottish success in Belgium

The Scottish open water swimming team continued its run of success recently when it took five of the six medal positions at the 81st International Damme-Brugge race in Belgium. The team were originally scheduled to compete in the 5 km and 10 km events at the Dutch open championships on the preceding two days. However, these were cancelled due to poor water conditions at the canal site in the north of the Netherlands. This left the squad with an unexpected opportunity to do some additional training in preparation for the 5 km event in Northern Belgium which is held in the canal linking the town of Damme with the outskirts of Brugge.

In a field of 39 swimmers in the women's race, a leading pack of six quickly pulled clear and stayed together until the closing stages. After more than an hour of racing, a second separated first and second places with Susan Black (City of Glasgow) managing to touch out Carol Thain (Hearts) in a time of 65 minutes and 6 seconds. Claire McGarvey (REN 96) was a mere six seconds behind taking third place while her sister Laura secured fifth position 15 seconds off the winning time.

There was further success in the men's event with City of Glasgow pair James Leitch and Jamie Forrest swimming into second and third position respectively in a field of 63.

It was a particularly good performance from 15 year old Forrest who dominated junior events in Britain last summer. His performance in Brugge saw him overtake a number of experienced senior swimmers.

Team manager, Brian Bain, was delighted with the performance, "the team were disappointed when they learned that their race schedule was to be curtailed to the single event" he said, "but the performance in Brugge made up for that and confirms the strength in depth which Scotland has established in the last two years particularly in the women's events."



The Scottish Open Water Swimming Team returning with their Trophies from Brugge. Left to Right James Leitch, Jamie Forrest, Susan Black, Claire McGarvey, Laura McGarvey and Carol Thain

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



Scotland's medal winners at the ASA Open Water Age-Group Championships

SCOTLAND 5
ENGLAND 1

It's a score line that Scottish football fans dream about but for the present we'll probably have to rely on Scotland's open water swimmers to deliver this sort of result! The score represents the number of titles won by the respective countries at the 2003 ASA open water age-group championships at Nottingham's National Water Sports Centre. The championships comprised of a 1500 metre race for 13-14 year-old swimmers, a 1750 metre race for 15-16 year swimmers and a 2000 metre race for the oldest 17-24 category.

The youngest category saw a convincing win for Jo-Ann McGarvey (REN 96) while Callum Prentice (Fauldhouse Penguins) had to battle all the way to win the boy's gold medal with less than a second to spare. The boy's 15-16 event saw further success as Jamie Forrest (City of Glasgow) won the title with Chris Smith (Warrender) collecting the silver. However, the Scots greatest success was reserved for the oldest age category where they had a clean sweep of the medals in the women's event with Claire McGarvey (REN 96), Laura McGarvey (REN 96) and Carol Thain (Hearts) winning gold, silver and bronze respectively. The medal tally was extended further when John Owen (Hearts) took the 17-24 year men's title with Derek McGown (East Kilbride) collecting the silver.

With five golds, three silvers and a bronze from the six events, this is possibly Scottish Open Water Swimming's best performance to-date. There was further success in the team event contested by English counties and Scottish and Welsh districts. The winning team was SASA East District who finished ahead of SASA West District with Northumberland and Durham in third place.

The events also included the ASA masters championships where Scotland's three representatives Janet McLean (INCAS), Andrea Gellan (INCAS) and Brian Bain (Silver City Blues) each won their respective categories.

Forfar goes French!

Members of Forfar ASC (Forfar Falcons) competed in the club's first friendly international gala by joining forces with Forfar Twinning group and travelling to their twin town of Chabanais, France last year. The trip took months of planning, with advice being sought from other local clubs who had previous experience in taking swim squads abroad.

All organised with the Challenge Trophy, an International licence from SASA and specially printed team tops, the group of 25 swimmers, 12 adult club members and a few parents/grandparents set off by bus from Forfar on the Saturday morning. After a stopover at a Holiday Inn in Lille, the group continued their journey and arrived in Chabanais early on the Sunday evening. It was an action packed week whilst staying with the host families and participating in the general activities organised by the Twinning Association. Activities included a superb afternoon of horseriding, a day at La Rochelle beach followed by an evening meal in a local fish restaurant and a soirée with entertainment from La Banda de Chabanais.

Tuesday morning saw the Scottish swimmers enjoy an outdoor training session in the local pool at Chabanais, accompanied by some of the French competitors. Some swimmers

tried out their diving skills on the high dive boards! The friendly competition took place on the Thursday afternoon and saw swimmers from teaching level to the more serious competitors enjoy a fun competition. Forfar Falcons did the needful and managed to bring the Challenge Trophy home with them ... here's hoping the French will pay us a return visit to Scotland in order that they may have another chance to win the challenge!

After the event, Forfar presented each of their French competitors with one of their specially printed team tops and the French presented all swimmers with a certificate to mark the occasion.

The trip took much organisation and the club did quite a bit of fundraising to help keep the cost to swimmers affordable to all. The club are grateful to anyone who helped with the fundraising efforts and to Forfar Roof Truss Ltd and Forfar Fire Brigade for their kind sponsorship. A huge thank you must also go out to club president, Bob McKenzie and his



wife Lorna (the group's fluent French speaker and saviour on many occasions!!) They both played very key roles in seeing this venture come to fruition and I can safely speak for all involved in saying that it was a HUGE success. Forfar Falcons would also like to thank the Twinning Association for supporting the visit – the club certainly gave them a challenge with the greatest numbers yet on any exchange visit.

Angie Mackenzie
Membership Secretary, Forfar ASC

Record breaking time for Scots disability swimmers

Scotland's swimmers showed what they were made of at their outing to the British National Short Course Championships by smashing five world records and two European records.

Veteran Kenny Cairns led the way, breaking the first world record of the championships, closely followed by Jim Anderson. Working his way through world record titles in the 50m backstroke, 100m backstroke, 50m freestyle and the 200m freestyle, it was a great day for the swimmer.

Lara Ferguson made sure the winning didn't stop there, by breaking two European records in the 100m freestyle and the 50m freestyle. With a number of other swimmers achieving their personal best, it was a great week for the Scottish team.

More Scottish swimmers competed at the W.A.S.A. Open meet at Swansea and yet more fantastic results were achieved. Scottish Swimmer of the Year, Mhairi Love – the first non-paralympian to win the award – broke her first world record.

After only six months in the High Performance Centre at Stirling University, Mhairi recorded the first 200m of the 400m freestyle as a world record time and then went on to finish 2nd to the world record holder of the 400m. Building on this result, Mhairi went on to finish 1st in the 100m freestyle event and



Lara Ferguson in full flow



2003 British Championships. Jim Anderson (left) pictured with his gold medal from the Mens 100m Backstroke Multi-Disability.

2nd in the 50m freestyle.

It's an exciting time for disability swimming in Scotland and the results are already being rewarded. We now have three new World Class Potential swimmers – Angela McGowan, Mhairi Love and Garry Brown – who are on the British Swimming Potential programme.

Anthony Stickland
High Performance Coach, GB Disabilities

Back to skool answers: Q1. False (59.9, 1.02.2, 1.02.2, 1.01.3, 1.00.4) • Q2. Back to breast turn Q3. New Delhi Q4. The mascots Q5. Twice (1970 & 1986)