



Fund-raising pays off for Grangemouth ASC

Grangemouth Junior Age Group Meet, held on 12th February at Grangemouth Sports Complex, was a great chance for Grangemouth ASC to show off their brand new Omega timing system, which was purchased with cash raised from a £5000 Lottery Grant and other fundraising activities held by the club.

The momentum for the funding application was generated by Linda Nimmo, a Committee member who co-ordinates Grangemouth ASC's fund-raising efforts. Linda applied for the Lottery Grant by down-loading an application form from the Awards for All website (www.awardsforall.org), including a covering letter detailing the many fund-raising efforts which the club had undertaken and the money raised from these. She also explained that the clubs annual income included SASA fees, which were paid directly to SASA, this explanation was required as initially it looked as if the clubs income might exclude them from the grant. Within a couple of months of the applications, funds were offered and the club found that the lottery application was handled very efficiently.

As well as the lottery grand, club fund-raisers have done a sterling job, raising money over the last eighteen months through cake and candy stalls, raffles and tombolas, prize bingo, bonus ball competitions and

swimshop sales. The club's highly successful, twice yearly galas have also proved a useful source of income.

The smooth running of the February meet, made all the fund-raising efforts over the years seem worthwhile and the club looks forward to running more high quality meets in the years ahead, whilst encouraging it's own swimmers to greater achievements. The new timing system was certainly a hit with the swimmers, Stuart Knight said "I like competitions because I know that when you get into the final you know that you will get a medal. What I like about the timing system is that you can see your time straight away and you don't need a stopwatch"

The club would like to thank Ian Fleming (Gala Convenor), Linda Nimmo (Fundraiser) and the many others involved with the club, whose hard work and dedication has made this possible.



Back row- Stuart Knight, Neil Grant, Calum Scott
Front row- Dale Mcanish, Jenny Rogerson, Louise Scott

Warrender meet branded huge success

Warrender Bath's Annual Open Meet in April at Carnegie Leisure Centre in Dunfermline, was branded a "huge success" by Head Coach Ian Wright, attracting over 400 swimmers aged 8 to 12 years old from 25 different clubs across Scotland.

Over a thousand swims took place over the weekend; Saturday saw swimmers in the 8 to 10 years range contesting a range of events from 50m sprints to the more energy sapping 200m Freestyle, while Sunday was reserved for the 11 and 12 year olds. The new two-day format proved to be very popular with swimmers, parents and officials alike, and with a 40 per cent increase in competitors. "We are delighted with the weekend's racing, it's been a huge success for the club", commented Wright. "Last year the meet was held over one day but we had to reject a large number of entries and so this year we decided to spread it out over a full weekend in order to cater for the high demand."

Silver year for a silver city swim club

This year is an exciting year for Aberdeen Amateur Swimming Club (AASC) as they are not only celebrating their Silver Anniversary but they have also started training in the brand new pool at Robert Gordon University's new sports complex, due to the closure of the Hilton Pool where they previously trained. The swimmers are settling in well to their new surroundings, leading to faster swims and further distances being achieved, which has been reflected in successes at recent galas.

The AASC was formed in 1980 by Aberdeen City Council to address the lack of facilities for the top swimmers in the city. A professional coach, Wally Lord, was employed and at that time criteria for joining the club was to have three national times. The club had considerable success, sending swimmers to the Los Angeles Olympics in

1984, returning with two bronze medals, and the 1990 Auckland Commonwealth Games. The club is now independent and family based, providing the opportunity for swimmers from LTS to national level to enjoy swimming and fulfill their potential as swimmers. In a recent newsletter the Club President, Catherine Hunter, describes this year "as an opportunity to look forward as well as back and hopes that in another 25 years the club members will have as much to celebrate, as they have had this year."

The club are now planning many social events to celebrate 25 years and will also be involved in the Aberdeen Sports Council Fun Day and are holding an AASC Gala on 21 January 2006 at the Bon-Acc ord Baths in Aberdeen, this will be medley based and will focus on the 'all-round' swimmer.

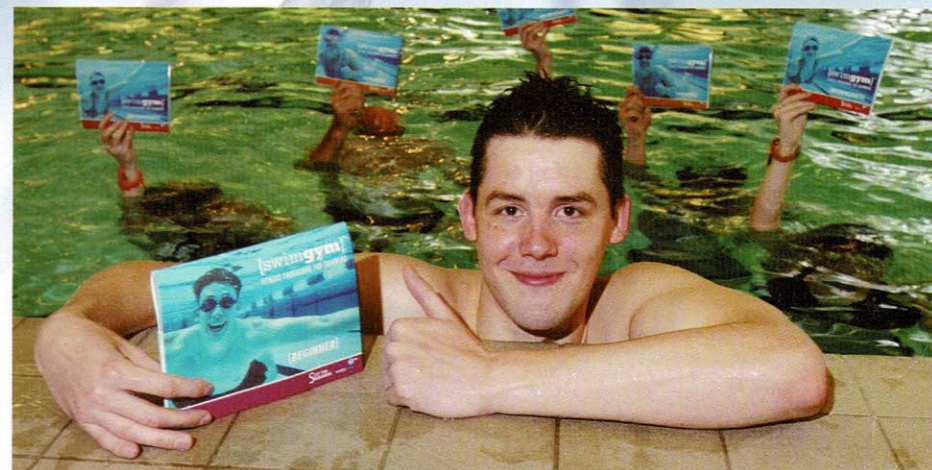


Aberdeen Amateur Swimming Club

The picture above shows the Club's competitive swimmers wearing their limited Edition 25th Anniversary shirts, which were provided by new club sponsor Faroe Petroleum plc and through funds raised by a Skipathon Fundraiser by the swimmers. If you would like to either be included in the celebrations or if you wish to find out more about the club, please contact the club secretary on 01224 317631.

SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 7: SUMMER 2005



Ian Edmond (with his team of human submarines) at the SwimGym™ launch

Get results in the pool with SwimGym™

Scottish Swimming launched SwimGym™, a new fitness product, designed specifically for the recreational swimmer to give them a more structured and exciting workout in the pool, on Tuesday 17th May.

Supported by a £40k funding package from the Scottish Executive's Healthy Living initiative, Scottish Swimming developed SwimGym™ to support the thousands of people across the country who use swimming as a means to get fit and take a break from their busy lifestyles, but feel they could get more from their time in the pool.

Available in three different levels – beginner, intermediate and advanced – SwimGym™ includes ten progressive swimming schedules, kept within a wallet, containing lots of useful tips and advice on improving the experience in the pool and general well being.

Each schedule is waterproof, which brings an end to memorising workouts and the frustration at losing count of the lengths achieved in a session.

Current World Silver medallist, Ian Edmond, who retired from the sport after the Olympic Games, was on hand to give some advice to swimmers at the launch in Edinburgh's Royal

"Swimming is great activity and now that I've retired from competition, I'm no different from anyone else. I still need a focus to keep me coming back in the pool. It's through a focused swimming programme like SwimGym™ with measured progress and results that this can be achieved.

"Now that I'm back at University, it's difficult to find set times to do swimming and I'm sure other people have this dilemma. With SwimGym™, I won't need to be part of a club or other organised activity – I can do the workout when it suits me. The fact that there are three levels also means that you don't have to be a strong swimmer to benefit from the programme."

Scottish Swimming's Chief Executive, Ashley Howard, added "Swimming is an activity that can be enjoyed by people of all ages and abilities. We are delighted that the Scottish Executive supports our idea and we believe SwimGym™ will make a positive difference to peoples experience in the pool.

"This is our first step into the recreational market and is an important stage in the development of our activity as a governing body."

Launched within weeks of MORI research being published, which highlighted swimming as the most popular participation sport in the UK, SwimGym™ is available to purchase for just £9 on the Scottish Swimming website – www.scottishswimming.com.

Everyone can swim!

2012

Scottish Swimming launches new vision

Scottish Swimming has launched its vision for the future 2012 – to ensure that every single person in Scotland has access to quality swimming programmes, regardless of age or ability. The vision sees a shift towards a more inclusive, inviting approach to the work of Scottish Swimming and focuses on increasing the quality of participation and performance in swimming.

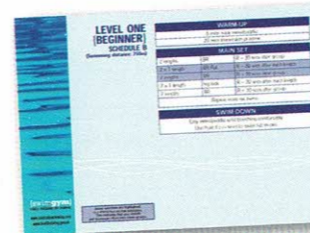
A clear strategy had been developed to demonstrate our approach to achieving the vision and includes two key elements: our long term goals, as well as our organisation's identity – what it is we represent.

The high level goals for 2012* are:

Development: Through the principles of long term athlete development, deliver:

- Scottish Swimming Learn to Swim in 30 Local Authorities
- Aqua Skills (bridge between swimming lessons and club swimming) in 20 Local Authorities and 80 clubs
- SwiMark (quality mark for Local Authorities and clubs) in 20 Local Authorities and 80 clubs
- UKCC (United Kingdom Coaching Certificate) certification to 2,100 Teachers and 480 Coaches

CONTINUED ON PAGE 2 ...



Commonwealth Pool and says SwimGym™ is exactly what is needed for lifestyle swimmers.

One of the swim schedules

Features in this issue of Splashnews include: an update of Scottish Swimming's vision and strategy, a chance to win a SwimGym™ pack, and a technical tip from the top.

Scottish Swimming launches new vision (continued)

High level goals for 2012 (continued)

Performance: Achieve excellence at all levels, resulting in

- Eight Scots attaining top a 15 in the world (two per nation**), measured at the time of the 2008 and 20012 Great Britain Olympic team selections

Corporate development:

- Accomplish an annual turnover of £2 million.

The new vision and strategy for Scottish Swimming was developed following a national consultation with members, clubs and partners to review our existing vision and what our priorities should be for the future. The feedback from consultation has led to our aims to take advantage of our unique inclusive sport, as well as to develop quality programmes and services. The key messages from consultation have also been translated into a new look and feel for Scottish Swimming, including a new logo for the organisation and its disciplines, which will be rolled out over the coming year.

The vision and strategy has been launched one year ahead of the launch of Scottish Swimming's new corporate plan, which will provide a more detailed account of how the organisation will approach achieving the vision from 2006 to 2012.

Scottish Swimming's vision, strategy and corporate plan are anchored by three critical

plans: Sport 21 (the national strategy for sport), sportsScotland's corporate plan and The Scottish Executive's strategy for Healthy Living.

These plans allow us to consider the wider context when developing our headline areas of work. Our headline annual targets stem from the high level goals identified in our strategy and are set annually to keep the team at Scottish Swimming as focused as possible to achieve the vision.

A brochure has been produced to provide more detail on our vision and strategy, as well as our current headline targets for 2004 - 05.

If you would like to receive a copy of Scottish Swimming's vision and strategy brochure, please contact Scottish Swimming by telephone on 01786 466520 or by email to info@scottishswimming.com.

An electronic version of the brochure is available to download from the Scottish Swimming website, in the downloads library.

**These goals may be revised for the reprint in November 2005 as we are finalising background research*

***The ranking of swimmers is based upon the best two swimmers in an event from each nation. This relates to the number of swimmers selected for Olympic Games and World Championships, where the entry for each nation is limited to two entries.*

Royal Commonwealth Pool. Michael won silver in his event and is pictured presenting his sister with the medal.

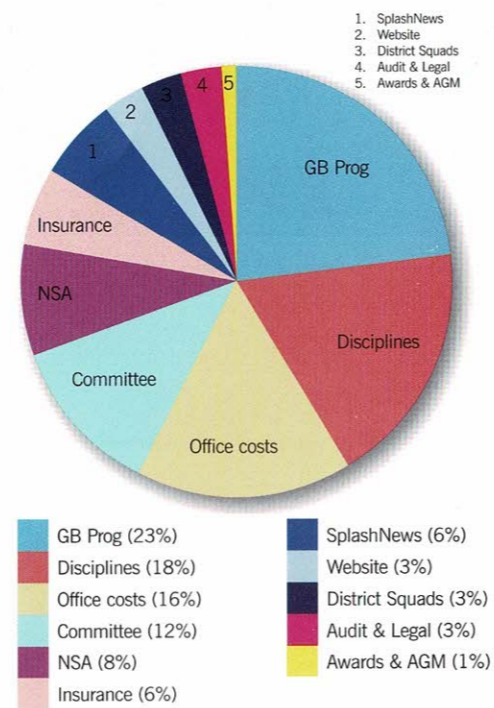
Following the medal presentations, it was time for Taylor to be in the spotlight, as he took his first dive in Edinburgh. The youngsters were given a treat as they watched the Olympic medallist in action, diving from the 10m platform, providing a spectacle for the whole venue, as swimmers in the adjoining pool stopped to watch.

Australian Commonwealth gold medallist, Shannon Roy, who was recently appointed National Diving Development Officer/ Coach, was delighted with the support and impact that Leon had on the day.

"Leon is a fantastic ambassador for diving. We are delighted that he took time out of his training to come to Scotland and provide that inspiration for the youngsters. Diving in Scotland is growing in popularity and as we continue activity like this, strengthening our links with British Diving, we'll raise the

Membership – where does your money go annually?

Each club renews their membership annually with Scottish Swimming, paying a monetary fee and in return Scottish Swimming provides these clubs with the support and advice they need. The pie chart pictured here details where exactly your money goes when you pay your membership fee.



Leon and the Edinburgh Diving Club

profile and performance of the sport across the country."

Edinburgh Diving Club coach, Mary Sless, added: "Having performed so well at the Shipley Novice Championships earlier this month, our young divers were absolutely thrilled to be presented with their trophy by Leon who is one of their heroes."

Tait lands top Scottish Swimming award

Commonwealth silver medallist Gregor Tait picked up the top award at the annual Scottish Swimming Awards Dinner on Saturday 26 February in Glasgow in recognition of his outstanding performances during 2004.



Gregor Tait with Patricia Ferguson MSP, Minister for Tourism, Culture and Sport

The Athens Olympic finalist was presented the Nancy Riach Memorial Medal by Patricia Ferguson MSP, Minister for Tourism, Culture and Sport, as the person who has done the most to enhance the prestige of Scottish Swimming, in all its disciplines, over the past twelve months.

Having set a new Commonwealth record in the 200m Backstroke at the British Olympic trials in April last year and making the finals of the event in Athens, the City of Cardiff swimmer was an obvious choice for the award.

The successes of Scotland's disability swimmers in 2004 were also celebrated, with quadruple Paralympic gold medallist Jim Anderson being awarded Male Disability Swimmer of the Year. The Broxburn ASC swimmer smashed the 200m Backstroke world record by 13 seconds at the Games and currently holds nine world records. Port Glasgow's Maggie McEleny was awarded Female Disability Swimmer of the Year for her performances at the Paralympic Games, which saw her win a gold and two silver medals.

Emerging swimming talent was also celebrated, with City of Glasgow's Lorna Smith picking up the W G Todd Prize and Cup as junior swimmer of the year. The sixteen year old from Paisley secured her first place on a British team last year and went on to win two bronze medals at the European Junior Championships. She capped her year with a tremendous medal haul for the Scottish swimming squad at the Commonwealth Youth Games in Bendigo, where she returned with two gold, one silver and two bronze medals.

A host of Scottish Swimming's stars attended the dinner, including Olympians Alison Sheppard, Ian Edmond and Graeme Smith, along with Paralympians, Mhairi Love, Andrew Lindsay and Lara Ferguson, to toast the successes of the year. Awards were presented in recognition for outstanding performances in the other aquatic disciplines, along with the invaluable contribution of volunteers to Scottish Swimming and coaches at every level.

Other winners

J Y Coutts Award	Ross Elder.
The John and Margaret Bell Award	David Bennet (Edinburgh Diving Club).
Dennis Sullivan Memorial Trophy	Susan Black (City of Glasgow).
Senior Water Polo Player of the Year	Dougie Campbell (Dunfermline WPC).
Junior Water Polo Player of the Year	Ross Johnstone (Warrender WPC)
Volunteer of the Year: East	Brian Greenyer (Warrender Water Polo Club, Edinburgh)
Volunteer of the Year: Midland	Jeanette Patterson (Dundee Arnhall)
Volunteer of the Year: North	Jean Miller (Westhill District ASC)
Volunteer of the Year: West	Alex Beaton (Kirkintilloch & Kilsyth)
British Swimming Coaches and Teacher's Association (BSCTA) Scottish Coach of the Year	Gary Vandermeulen (Tayside & Fife Institute Coach) Tim Jones (formerly City of Edinburgh) Chris Martin (Scottish Institute of Sport Coach, Stirling Swimming Coach)
BSCTA Scottish Junior Coach of the Year:	Patrick Miley (Garioch ASC)
BSCTA Scottish Development Coach of the Year:	Ian Wright (Warrender Baths)

Membership discounts at Intercontinental Hotels

Scottish Swimming has teamed up with Intercontinental Hotels to offer all our members an exceptional deal. Choose from one of the three chains within the Intercontinental brand: Crowne Plaza® Hotels & Resorts, Holiday Inn® Hotels & Resorts and Holiday Inn Express® from just £38 per room per night including breakfast.

To take advantage of this exciting offer, please call: 0870 400 8135 and quote "Exclusive Rate".

For further information and full terms and conditions of this offer please visit the downloads section of the Scottish Swimming website.

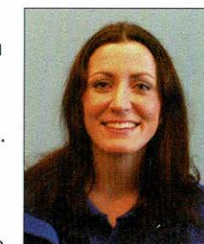
Scottish open water swimming coach

Scottish Swimming has appointed South African Amanda Smerczak as the National Open Water Swimming coach. Smerczak takes over from Eian Prentice who coached the national squads during the 2003 and 2004 seasons.

Smerczak is an accomplished former swimmer, who has competed in many open water events in addition to achievements in the pool. Her coaching career began at Haupt Swimming in South Africa where she coached children from primary school age to adult triathletes.

She then moved to Scotland where she first started to coach with Aberdeen Dolphins before moving to Edinburgh and working with Stewart Melville College and Edinburgh Leisure. She was then appointed Area Head coach for the East Region for the Scottish Swimming Academy program and is now the Graduate Swim Coach at Stirling University. As part of the graduate program, she is currently studying for a postgraduate degree in sports studies.

Amanda has already taken charge of one squad training session. "I'm delighted to be involved in advancing open water swimming in Scotland", says Amanda, "the squad are really enthusiastic and I'm sure we'll be able to build on the successes of recent years".



Amanda Smerczak, National Open Water Swimming coach.

Olympic star dives into the capital

British Olympic silver medallist Leon Taylor was in Edinburgh on 26 & 27 March to meet young divers from across Scotland who had competed in the novice diving leagues earlier in the month, providing some coaching and tips on getting to the top of the sport.

The Athens' synchronised diving star was on hand throughout the event at the Royal Commonwealth Pool to judge and also give advice to the coaches of the young divers as well as presenting the young divers with their medals from the Shipley Novice Awards.

There was a special presentation to Michael Weir who had competed in the 12 to 13 age group. He had decided before competing to dedicate any medal he won to his sister Michelle, who was meant to have competed in the girls 10 to 11 age range, however was unable to participate as she was involved in a hit and run outside of the

End of an Era for three Scottish Olympians

Scottish swimming saw the end of an era this year when three of its top swimmers retired from the sport. The three swimmers - Alison Sheppard MBE, Graeme Smith and Ian Edmond - decided to call it a day after impressive careers at the pinnacle of the sport.



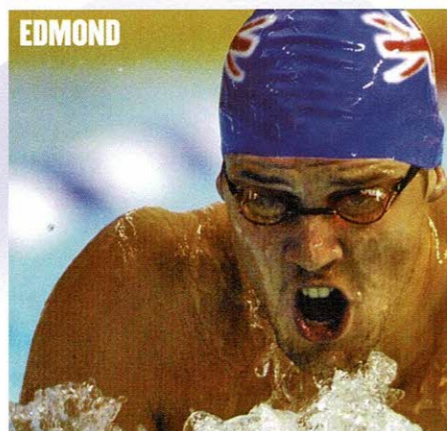
SHEPPARD

World silver medallist Ian Edmond was next to announce his retirement to return to his medical studies at the University of Edinburgh. The 26-year-old City of Edinburgh swimmer, rates the high point of his seven year senior career as the World Championships in 2003, where he won silver in the 200m Breaststroke.

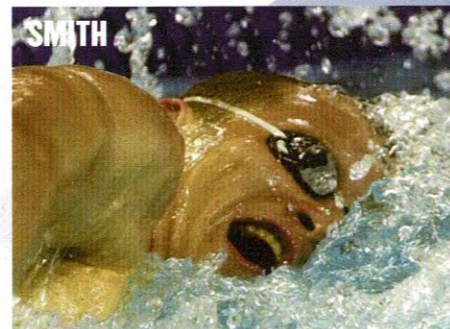
He later added a European gold to his collection, adding to his memorable career, which also saw him smash David Wilkie's 100m Breaststroke record, set at the Montreal Olympics in 1976 and go onto break Wilkie's 25 year standing 200m Breaststroke record.

Commonwealth gold medallist Alison Sheppard MBE announced her retirement from a swimming career that spanned a record five Olympic Games. The 32 year Milngavie and Bearsden swimmer confirmed her retirement on her return from the New York leg of the FINA Swimming World Cup. During her 24 year swimming career, Sheppard won 16 medals on the Commonwealth, World and European stages, which are ranked amongst her many achievements in the sport.

Sheppard has now completed an intensive course in personal training and will be looking to apply her vast experience of training and performance in swimming to her new role as personal trainer.



EDMOND



SMITH

Olympic and Commonwealth medallist Graeme Smith was the third Scot to announce his retirement to return to his Business Economics studies at Manchester University. The Falkirk-born swimmer stepped down from his 15 year career that has seen him earn medals at every major world swimming meet.

An Olympic bronze medal in the 1500m Freestyle in Atlanta in 1996, along with a Commonwealth silver medal in the same event and a bronze medal in the 400m Freestyle in 2002 count among the 29-year old's many achievements. Combined with his silver and bronze medals in the 2001 World Championships, Smith has a wealth of experience and will continue to contribute to the sport, through his role as athlete liaison officer for British Swimming.

1. Which fitness product did Scottish Swimming launch in May?
a) SwimGym™ b) SwimStudio c) SwimExercise
2. Which medal did Leon Taylor win at the Athens Olympics 2004?
a) Gold b) Silver c) Bronze
3. How many events did Jim Anderson win at the Danish Open Championships?
a) Eight b) Three c) Five
4. How many disability categories are there in total?
a) Fourteen b) Twenty c) Ten
5. How much funding did Grangemouth ASC receive from the Lottery?
a) £5000 b) £50,000 c) £500,000

back skool

Answers
Page 6

COMPETITION

Win SwimGym™

Scottish Swimming recently launched SwimGym™, a new fitness product, which is designed for the recreational swimmer, to give them a more structured and exciting workout in the pool. We have one of each level - beginner, intermediate and advanced - to give away. All you need to do is answer the following question:

How much is SwimGym™ to purchase from the Scottish Swimming Online Shop (www.scottishswimming.com)?

A. £9.00 plus £1.00 p&p
B. £15.00 plus £5.00 p&p
C. £5.00 plus £1.00 p&p

Answers should be submitted, along with your name and address, to Scottish Swimming by calling 01786 466520 or by emailing info@scottishswimming.com.

Closing date: 31 August 2005

The coach's role in the psychological preparation of the swimmer

By Kim Swanwick, Director of Performance

Gloria Balague Ph.D raised points that should influence the different ways in which we should deal with the key stages of a swimmers development, at a conference in 2003.

The emphasis tends to shift too quickly from enjoying learning and the swimming to demands for better performance. Interviews with swimmers found they enjoyed learning something new, the coach telling them when they have done something well and recognising when they had done well with others in the first years of competitive swimming.

The coach needs to recognise 3 stages of swimmer development;

1. **Development:** coach should focus on recognising the swimmers efforts and achievement of learning, which develops into the recognition of dedication.
2. **Enthusiasm:** coach needs to be interested in the swimmers need to be enthusiastic and developing the swimmers' respect because of the coaches' knowledge and ability to aid the swimmers learning experience, not through fear!
3. **Respect desire for performance:** swimmer respects coaches desire for perfecting performance when the first two stages are achieved, becoming more obsessive, meaning that there is little else that they wish to dedicate their efforts toward.

The coach must be motivated, but not more than the swimmer is to achieve performance. The coach is there to support development not to demand it.

Swimmers with a high level of talent and a lower level of motivation MUST be motivated from within, as the outside influence of the coach may reduce or eliminate the desire to compete, when the focus is inconsistent with the swimmers understanding of why they want to swim and compete. The motivation must come from the swimmers' desire growing and this TAKES TIME.

Positive reinforcement can create a negative effect when the swimmer receives it in a negative situation. Focusing on a swimmer in front of a group can be humiliating for the swimmer, as it makes them stand out from the others, so the positive reinforcement is seen in a negative way. It can also create pressure within a group because the swimmer has been separated from the group.

It's important to pick the right comment at the right time in the right situation to motivate. Sometimes it is better to say nothing, as the time and situation is wrong and the effect will be negative. Say less at a more appropriate time to get a much better effect.

The coach needs to understand the individual and group dynamics

With older, more experienced swimmers, get the group to decide how they will progress. They'll accept the direction and feel good about achieving the goals they set as a group, rather than working on goals they feel are forced on them.

There should be less focus upon who won more or who competed best with younger swimmers. This can be determined by a team vote as well as a coach decision.

Rewards for effort during training must focus on the effort towards achieving the outcome, rather than focusing on simply working hard. Effort alone does not achieve results - it's the right balance between the direction of the learning and the focus on the detail.

Verbal and non-verbal communications of the coach must match.

Everything communicates and the coach must be aware of the messages they are sending out and also receiving from the swimmers.

The coach must show confidence in the swimmer, in their ability to understand and to learn and apply learning.

Near to competition, the focus should shift to what the swimmer does well, leaving faults aside, as it won't achieve any further gains and will only focus the swimmer on how many faults they have. This will weaken the swimmers self belief. FIND the elements that the swimmer can be successful at.

Coaches over estimate their positive feedback and under estimate the amount of negative feedback.

Swimmers should not be criticised for trying - they often fail because they are afraid of failing. They end up with a focus on



swimming not to fail, rather than swimming to win.

The coach needs to find what distracts the swimmer, the outside influences on the swimmer and what they are thinking when they swim. It's important to reinforce what is best to focus on and how to do this positively. It's also important to develop phrases that the swimmers and the coach can use to understand the sensations they feel, both physical and mental, such as cutting through the water, sliding and similar.

The coach needs to give strategies to stay in control, particularly when the race plan is changed due to a change in the pattern of how the events unfold.

The coach also gets nervous!

When a coach is nervous they generally give out too much information. The coach therefore needs to develop strategies to keep functional control of this and consider:

1. A strategy to identify the best way to support the swimmer
2. Identifying one focus for each individual swimmer
3. How best to relate and implement this for the swimmer

The coach needs to have a model to make this work. Each swimmer responds differently to stress. Recognise this and develop a coaching approach and coping techniques for the swimmer to manage the stress.

Stress response is a learnt response, which means that it can be changed. The perfectionist will always over analyse and deflate themselves, so it is important to get them to redefine success. Give them a better range of achievements on which to assess the achievement of success. Train flexibility in reacting to changing conditions and to expect the unexpected.

To read the more detailed article, visit www.scottishswimming.com and go to the coaching section in the downloads library.

DISABILITY FOCUS

Scottish swimmers shine in Africa and Denmark

Paralympic gold medallist Jim Anderson MBE won gold in three events at the Danish Open Championships held 11-13 March 2005. The Broxburn swimmer was competing as part of an eleven strong British team. He collected gold for the 200m Freestyle, 50m Backstroke and 50m Freestyle and achieved a silver medal in the 100m Freestyle.

Port Glasgow Otter's Kenny Cairns also performed well, winning two gold medals in the 100m and 200m Freestyle and a personal best time in the former event.

Fellow club mate and Paralympian Maggi McEleney also struck gold, winning three medals in the 150m Individual Medley, 200m Freestyle and 50m Breaststroke. Both Kenny and Maggi picked up silver for the 50m Freestyle event.

The following day at the South African Open Championships saw Scottish Paralympian's Andrew Lindsey (INCAS) and Mhairi Love (Stirling) leave for home soil with a collection of gold, silver and bronze medals.

Lindsey picked up gold in the 100m Backstroke, 200m Individual Medley and 4x100m Medley Relay, breaking South African Championship records in all three events. He also picked up silver for the 1500m freestyle and a bronze for the 400m Freestyle.

Stirling swimmer Mhairi Love had an open wound but didn't let this affect her performance and went on to win gold in the 100m, 200m and 400m Freestyle, also picking up silver for the 50m Freestyle.

Disability events

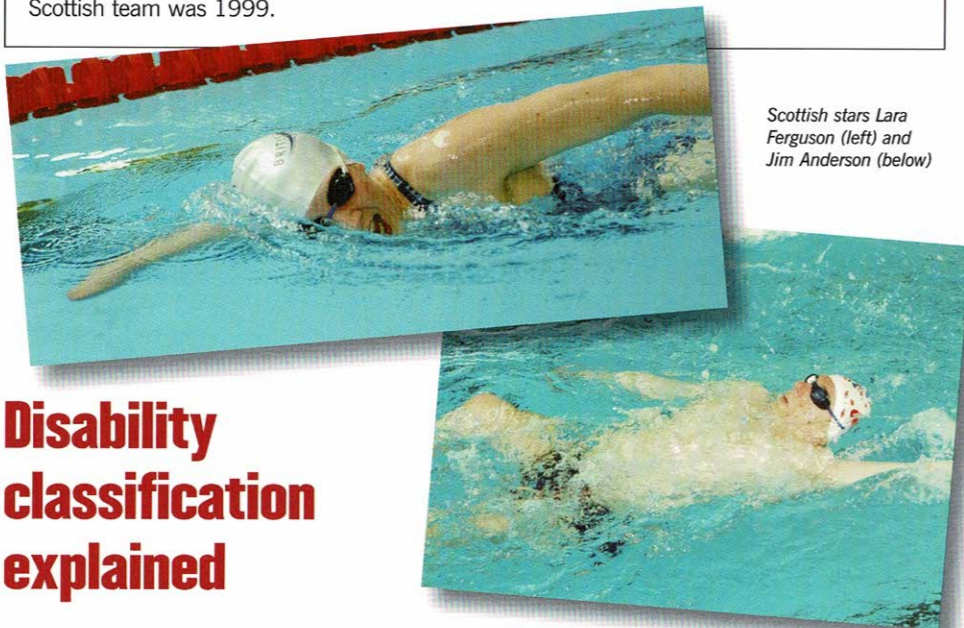
The next big events for our disabled swimmers are:

- German Open Meet (June 24th-26th)
- Scottish Championships Nationals (June 27th-28th)

Scottish disability juniors take the title at 2005 DSE Champs!

The 2005 DSE National Junior Championships held at Sheffield in March saw some outstanding swimming from the Scottish team, with Kirsten Taylor (St Thomas's S.C.) leading the way with a new British junior record in the 50m Freestyle (35.92).

Kirsten was part of a twenty-four strong squad of Scottish swimmers competing at the championships, resulting in a massive 88 personal best times being achieved. Kevin Gregor (Bucksburn ASC) had some outstanding swims, attaining 6 personal best times. This was a great achievement for the swimmers, as the last time this title was taken by a Scottish team was 1999.



Scottish stars Lara Ferguson (left) and Jim Anderson (below)

Disability classification explained

In competitive sport for people with disabilities, the term CLASSIFICATION is used to describe how the participants are evaluated on their disability, making sure competition is fair and they are competing against athletes with the same degree of disability. The classification system is also an essential part of the rules that govern disabled swimming.

A classification team consisting of a medical representative and a technical representative will decide the athletes classification. The athlete completes a medical bench test and water test, points being given for each test. The classification that an athlete receives will not stay the same throughout their career, and will be reviewed dependent on the development of the athlete.

There are six disability groups recognised by the Paralympics: amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual disability and a group which includes all those that do not fit into the aforementioned groups (les autres). Each group is split into numbers ranging from 1 to 14; with 1 to 10 relating to swimmers with physical disabilities, 11 to 13 for swimmers with a visual disability and 14 is allocated to swimmers with an intellectual disability. The prefix S denotes the class for freestyle, backstroke and butterfly, while class SB is for breaststroke and SM for individual medley. Each athlete will compete in a different classification for each event. The table (right) displays the classifications and details which Scottish Swimmers are in each.

Classification	Description	Swimmers
S1	Most severe disability	
S2	Severe Cerebral Palsy where all limbs are affected	Jim Anderson MBE: Athens 2004 gained 4 gold medals
S3	Spinal injury	Kenny Cairns: competed at 5 Paralympic games, medalling at all of them
S4	Spina Bifida	Allan Gray
S5	Spinal Injury	Maggi McEleney (also SB3 & SM4)
S6	Spinal Injury	Mhairi Love
S7		Andrew Lindsay, Katie Haining
S8		Chris Nizetich
S9	Forearm or lower forearm missing	Lara Ferguson, Angela McCowan, and Chris Bauer
S10	Brittle Bones, Deformed hips, amputees below knees, mild forms of Cerebral Palsy (Paul Noble: now retired however competed at 5 Paralympics, Sean Fraser
S11	Blind: These swimmers wear blackout goggles	
S12	Partially sighted	Kirsten Taylor, Lyndsay Hands and Kevin McGregor
S13	Partially sighted, however have more vision than S12	Chris Skinazi
S14	Learning Difficulties judged by swimmers IQ	Murray Dingwell, Rebecca Lee, Tracy Wickham
S15	Deaf	

Success at Easter Swim School 2005

There was something for everyone at Scottish Swimming's Easter Swim School 2005, from the trainee teacher to elite coach, making for an exciting and fun filled atmosphere around the National Swimming Academy in Stirling.

Starting off the school were the 2 ASA Level 2 Certificate of Teaching (Swimming) courses. The approach was a little experimental with great results. There were 18 candidates in total, each course having an assigned tutor but with everyone coming together for the theory sessions and the tutors taking it in turn to deliver specific topics. The duo of Margaret Dougal (Edinburgh) and Rosemary Fletcher-Turk (Macclesfield) proved a winning combination with positive feedback from all involved.

A treat for the level 2 teachers came with the arrival of the ASA Coach and ASA Club Coach candidates. Having all three courses running together at one stage was a terrific opportunity to demonstrate the future education possibilities available. Bill Furniss led the ASA Coach candidates through their 6 day campaign with the 6 Scottish coaches happy to be taking part on home soil under the watchful eye of Chris Martin, Scottish Institute of Sport High Performance coach, who had volunteered his swimmers to take part in the pool sessions.



ASA Club Coach, the last course to finish was tutored by Alan Lynn (former SASA Director of Technical Services) who was thrilled to see his swimmers from Stirling ASC being put through their paces by the future ASA Club Coaches.

Our thanks goes to all the swimmers, coaches, candidates, tutors and staff who helped make this years Swim School a great success!

Freestyle turns revisited

By Gary VanderMeulen, Tayside and Fife Institute of Sport Swimming Coach

Freestyle turns can become your swimmers' greatest strength. Divide your turn into phases:

- 1 Swim up
- 2 Arm action
- 3 Leg action
- 4 The plant
- 5 Push off
- 6 Swim out

15m out of every length is involved with the process of 'turning' rather than 'swimming', 7.5m either side of the wall. So it is important that you execute each phase of your turn expertly.

1 Swim up

- Actively look for the wall, just outside the flags. Remember not to lift your head to do this.
- Take your last breath two or three strokes before the wall.
- After that last breath your total concentration should be on 'nailing' the turn.
- Never breathe on your last stroke into a turn. With practice, breath holding into and out of the turn will get easier.

2 Arm action

- You need to be able to turn on either arm.
- In the arm action into the wall, your second last stroke stays at your side and your last stroke will follow a normal stroke pattern.
- Your head follows your arm down into a tuck.
- The last stroke will then meet up with your second last stroke which is still at your side.
- Your two arms now STAY in the same position at your sides, while your body flips over them.
- Your arms help your flip over while remaining in basically the same position.
- Once your legs get onto the wall, your hands will still be together waiting for your push off and over your head in a tight streamlined position.
- It's important to get your arms into a tight streamline quickly so that all of the force created by your push-off the wall has as little resistance as possible.

3 Leg action

- The quicker the flip of the legs onto the wall the faster your turn.
- Immediately as the head tucks with the last arm stroke, a very quick dolphin kick is initiated to flip.
- Tuck the forehead towards the knees after the dolphin kick.
- The arms should push against the water in an upward scull and you will drive your feet towards the wall.
- You should continue to be looking at your knees until your feet are on the wall.
- The feet should be planted on the wall from about 45 to 90 degrees in relation to the surface.

4 The plant

- The plant of the feet on the wall should be at exactly the same depth as where your outstretched arms are.
- The point where you touch the wall should be exactly the spot that you will push off.
- You should get an exact plant on the wall so you can get a strong push towards a straight line and no time will be wasted adjusting position.
- The legs should be bent at the knees for the push off.

5 Push off

- Swimmers must squeeze their ears before pushing off.
- Slight adjustments using arms and legs to get that straight line off the wall is normal
- Swimmers need to feel their speed after the push off and begin to add a kick to maintain speed.
- In the sprint events an earlier kick might be helpful but you should experiment with different strategies to find the best suited for each race.
- Depending on dolphin kicking ability, you may add it to push off kick.
- Many swimmers now use dolphin kick to complement their turns and this is another area that you should experiment.

6 Swim out

- Whilst the kick is gradually accelerating to maintain speed off the wall, the first arm stroke is also added to maintain this speed.
- If a dolphin kick is used off the wall the transition to a flutter kick should be just before the start of the first arm stroke.
- When the catch of the first arm stroke is made, it is important to make sure the remaining streamlining arm is still against your ear.
- As this first arm stroke finishes its pull, you will break the surface with your head.
- This stroke should be very strong to break through surface tension.
- The second arm stroke should not include a breath as a breathing stroke slows down your tempo.