

# SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER — ISSUE 6: WINTER 2005



As well as a host of volunteers across Scotland, Scottish Swimming has a dedicated team of professional staff who, in most cases, work from its headquarters at the National Swimming Academy, Stirling.

These staff work in all areas of the sport – from administrative and management support, to development work at every level of the sport – from swim teaching to elite training.

The past few months have seen a number of significant changes in the team, so we thought you might like to put some faces to names!

## Meet the team!

**Front row** (from the left): Johnny Liddell, Julie Pearson, Lorraine Campbell, Richard Gordon, Lyndsey McEwan and Ian Mason. **Second row** (from the left): Melanie Findlay, Helen Dickie, Gary Vandermeulen, Ashley Howard, Cindy Doherty and Kim Swanwick. **Third row** (from the left): Anthony Stickland, Deborah McGinniss, Byron Milton, Elaine Mackenzie and Fred Vergnoux.

<p><b>Lorraine Campbell</b> Youth Development Manager</p>	<p>Lorraine is part of the development team and her key areas of work include child protection, education, CPD and providing support to Open Water and Water Polo.</p>	<p><b>Linsey McQuillan</b> Administration Officer</p>	<p>Linsey provides admin support for the Director of Performance, national youth squads, combined district squads and the Bank of Scotland Academy. Linsey also manages the pool bookings and photo library.</p>
<p><b>Helen Dickie</b> Administration Officer</p>	<p>Helen's responsibilities include providing admin support for water polo, masters and technical officials. Helen also provides admin support on child protection and to Richard Gordon, Lorraine Campbell and Lyndsey McEwan.</p>	<p><b>Julie Pearson</b> Marketing and Communications Manager</p>	<p>Julie's role is to lead on all marketing and media activity within Scottish Swimming. This includes the awards scheme, learn to swim, sponsorship, media, website, SwimGym, the awards dinner, SplashNews and increasing membership.</p>
<p><b>Cindy Doherty</b> Administration Officer</p>	<p>Cindy provides administration support to the Board of Directors, Council, national swimming committee and national swimming events committee.</p>	<p><b>Anthony Stickland</b> High Performance Coach, British Swimming (Disability).</p>	<p>Anthony's role is to work with Scottish world class and world potential swimmers and their coaches, providing specialist coaching and advise to get more swimmers on to the international stage</p>
<p><b>Melanie Findlay</b> Administration Officer</p>	<p>Melanie's responsibilities include providing admin support for the CEO and supporting open water. In addition, Melanie's role includes the information guide, membership, maintaining our contacts list, managing the kit database, medical/Doping database and support for national events and records.</p>	<p><b>Kim Swanwick</b> Director of Performance</p>	<p>Kim provides leadership in developing, implementing and co-ordinating the strategy to take Scottish Swimming towards being the diamond in the crown of British swimming.</p>
<p><b>Richard Gordon</b> Director of Coaching and Development</p>	<p>Richard leads the development team and is responsible for planning and implementing a comprehensive teacher/coach education and development programme and working in partnership with clubs and local authorities to deliver long term athlete development.</p>	<p><b>Marilyn Sweet</b> Finance Officer</p>	<p>Marilyn provides support to the Finance Manager, dealing with day-to-day finance and matters such as processing of invoices, expense claims, payments. (Not pictured above)</p>
<p><b>Ashley Howard</b> Chief Executive</p>	<p>Ashley's role is to support the staff, Council and Board. Ashley also leads on the development and execution of vision, strategy, and planning.</p>	<p><b>Gary Vandermeulen</b> Tayside and Fife Institute of Sport Swimming Coach</p>	<p>Gary works with the swimmers and their coaches on the Area Institute programme to further develop their performances and provide a platform to move onto the Institute programme. He also works closely with clubs in the area to recruit more swimmers onto the area institute programme.</p>
<p><b>Elaine Mackenzie</b> Director of Operations</p>	<p>Elaine's role is to lead on all HR matters. Elaine also has responsibility for risk management, constitutional issues and ensuring that Scottish Swimming meets quality assurance standards.</p>	<p><b>Fred Vergnoux</b> City of Edinburgh Swimming Head Coach</p>	<p>Fred is responsible for coaching City of Edinburgh swimmers, working closely with Scottish Swimming's Director of Performance and the Institute and Area Institute coaches.</p>
<p><b>Ian Mason</b> Chairman</p>	<p>Ian is Chairman to the Scottish Swimming Board of Directors. The Board guides the work of the professional staff through their responsibility for high level strategic, legal, and financial issues. Ian works closely with Ashley, Chief Executive Officer.</p>	<p><b>Administration Officer</b> (To be appointed)</p>	<p>This role will provide support on Scottish Swimming's IT, AGM, membership and website. It will also provide general operations and marketing support.</p>
<p><b>Lyndsey McEwan</b> Youth Development Manager (Departing in March 2005, to be re-appointed ASAP)</p>	<p>As a member of the development team, Lyndsey's projects include the Club Visit project, the development of SwimGym and the Bank of Scotland Academy. Lyndsey also provides technical support for the disciplines of diving and synchronised swimming.</p>	<p><b>Work Placement Student/ Awards Admin</b> (To be appointed)</p>	<p>This role includes administration for the Scottish Swimming Awards Scheme, taking orders and ensuring stock is up to date. This role also provides general support to the Marketing and Communications Manager.</p>
<p><b>Deborah McGinniss</b> Finance Manager/Company Secretary</p>	<p>Deborah is responsible for the day to day financial management of the company. This includes managing the investment awarded by sportscotland and other external partners, set and manage budgets, administer payroll and process expense claims and invoices.</p>		

## Commonwealth success for young Scottish swimmers

Scotland's Commonwealth Youth swimmers returned from Bendigo in December with an amazing thirty medals; every member of the team winning at least one medal.

### Day one

Paisley teenager Lorna Smith (City of Glasgow) kicked off the medal haul, securing gold in the Women's 100m Backstroke in a time of 1:04.73. South Aberdeenshire's Gemma Sutherland picked up bronze in the event, finishing in 1:05.48.

Ren 96's Mark Branch won gold in the Men's 200m Breaststroke (2:20.32), which was quickly followed by Warrender Bath's Lewis Smith winning silver in the 400m Individual Medley (4:36.91).

Hannah Miley (South Aberdeenshire) secured Scotland's fifth medal on day one, winning silver in the Women's 400m Individual Medley (4:59.18). Fellow club mate Kerry Buchan won silver in the Women's 200m Breaststroke (2:35.14). Stirling's Andy Hunter picked up bronze in the 200m Freestyle in a time of 1:53.80.

The Men's and Women's 4 x 100m Freestyle relay squad finished off the day with bronze medals. Lorna Smith, Hannah Miley, Gemma Sutherland and Tayside's Jenni Kilgallon finished just behind in a time of 3:58.63.

City of Aberdeen's Robbie Renwick, Warrender Bath's Malcolm Kerr, Ren 96's Scott Houston and Andy Hunter finished third in a time of 3:36.56.

### Day two

Scotland added 21 medals to their haul over the following two days, with new swimmers adding to the tally. Ren 96's Rebecca Hillis won her first medal of the Games, winning gold in the Women's 50m Breaststroke (34.45), while Scott Houston picked up his



**Back Row** (left to right) Eileen Adams (City Of Aberdeen) Robbie Renwick (City of Aberdeen), Lewis Smith (Warrender BC), Malcolm Kerr (Warrender BC), Scott Houston (Stirling Swimming), Andrew Hunter (Stirling Swimming) and coach Sandy Blackwood (Ren 96). **Middle Row** (left to right) Louise Pate (Heart of Midlothian), Kerry Buchan (South Aberdeenshire), Charles Mills (Ren 96) and Mark Branch (Ren 96). **Front Row** (left to right) Hannah Miley (South Aberdeenshire), Jenni Kilgallon (Tayside), Gemma Sutherland (South Aberdeenshire), Lorna Smith (City of Glasgow) and Rebecca Hillis (Ren 96).

first individual medal in the Men's 200m Backstroke, winning silver (2:07.83).

Lorna Smith claimed her third medal of the Games in the Women's 200m Backstroke, winning silver in a time of 2:18.56, while Gemma Sutherland won bronze in 2:19.45.

Jenni Kilgallon won her first individual event medal, winning silver in the Women's 100m Freestyle (58:52).

More success followed in the Men's and Women's 4 x 100m Medley Relay events, with both squads picking up Bronze medals in times of 3:55.07 and 4:20.24 respectively. The men's relay squad saw Mark Branch replacing Robbie Renwick from the previous day's team. Kerry Buchan (South Aberdeenshire) and Louise Pate (Heart of Midlothian) replaced Hannah Miley and Gemma Sutherland in the Women's squad.

### Day Three

Kerry Buchan opened the winning on day three, securing gold in the Women's 100m Breaststroke (1:11.85). Fellow Scot,

Rebecca Hillis, took silver in 1:12.49.

Charles Mills (Ren 96) and Warrender Bath's Malcolm Kerr won gold (2:05.27) and silver (2:06.01) respectively in the Men's 200m Butterfly.

Andrew Hunter won gold in the Men's 400m Freestyle (3:57.63), while Robbie Renwick secured bronze in 4:00.76

Lorna Smith was on top form again, securing gold in the Women's 200m Individual Medley (2:20.76), with Gemma Sutherland taking bronze in 2:21.61. Gemma went on to win another bronze in the Women's 50m Backstroke (30.92).

Jenni Kilgallon won her second silver of the Games in the Women's 50m Freestyle (26.74), while Mark Branch secured bronze in the Men's 100m Breaststroke in a time of 1:06.07

Scott Houston also picked up bronze in the Men's 50m Backstroke in a time of 28.06, while Hannah Miley secured Scotland's sixth bronze of the day in the Women's 200m Butterfly (2:19.47)

Scotland had more success in the relays, with the men's 4 x 200m Freestyle relay squad, comprising Houston, Smith, Renwick and Hunter winning silver (7:48.42).

Features in this issue of SplashNews include: a behind the scenes look at national events, a chance to win some Bank of Scotland goodies and an introduction to Scottish Swimming's professional staff.



Glasgow's Tollcross Pool has been the scene of some of Scottish Swimming's biggest events in recent years



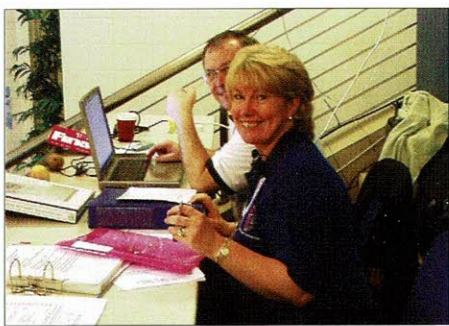
## National events – behind the scenes

Successfully run events are the result of a countless number of hours spent organising every detail, from entry and results management to co-ordinating the officiating. *SplashNews* caught up with some of the people involved in this to give you a unique insight into the running and organising of our national events.

As National Events Convener, Margaret Riach leads up the team with the overall responsibility of organising and running national events. With many years involvement in events, Margaret's team begin their preparations three to four months prior to the actual event.

The national events organising committee meets usually two to three times prior to each event to discuss the running of events. After the first meeting her team of six managers are set into action. A team of volunteers, who work relentlessly to make these events happen, also assist each manager.

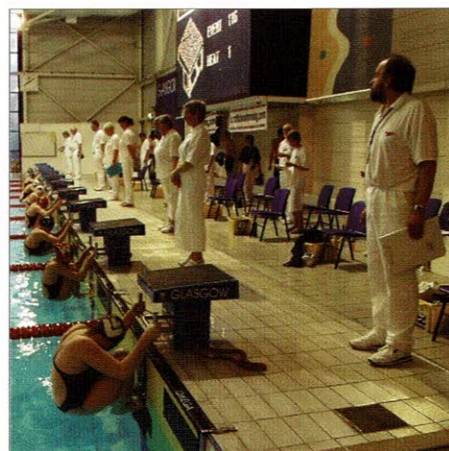
Scottish Swimming's Cindy Doherty provides the administration support behind these events, dealing with areas such as invitations to VIPs, booking accommodation, ordering medals and recalling cups; all of which are essential to each event.



Margaret Riach

### Wet side

Headed up by Catherine Black, who has just retired in January 2005, the wetside team is responsible for organising all warm up sessions, marshalling swimmers for their races and for the presentation of medals. They are also responsible for sorting out of cups to be presented during the meet. This, of course, takes a considerable amount of their time, especially during the summer Nationals.



The STO team prepares to manage one of many race starts

### Swimming Technical Officials

The STO Manager, Barbara Murdoch, is responsible for inviting technical officials to attend the event. Each District STO convener is sent a letter of invitation and are then asked to pass on this letter to their District Technical Officials. A closing date is usually set around one month prior to the Meet. The STO Manager then sets about coordinating officials for set duties over the meet. As many as ninety Technical Officials from across the country may be included in this team, particularly over the six day meet.

### Dry side

The dry side team is led by Janice Cameron, with responsibilities including the smooth running of the front desk. Janice and her team are the first point of contact for teams and visitors coming into the venue. Among their many responsibilities are the distribution of the results and start sheets to coaches

and the public and selling the programmes during the meet. Shona Anderson has the unenviable task of photocopying and collating all results and start sheets for each session.

### Commentary

The commentating team, led by Duncan McKinnell, delivers information on swimmers throughout each race; the arduous job of gathering these details involves the commentators sifting through many sets of results. They also provide the music for all the presentations.

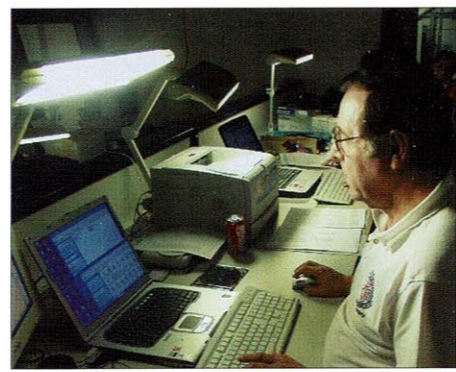
### Treasurer

The Meet Treasurer, Pearl Punshon, controls all of the financial matters surrounding National Events. The treasurer also doubles up as doping control manager and is responsible for organising chaperones for the swimmers, should they be called for testing. She is also responsible for organising the children who collect baskets and for the 'runners' who distribute the results within the pool.

### Entries Secretary

As Entries Secretary, John Bruce, is involved in the design of entry forms and discs to send out to clubs noting an interest in entering. John then processes all the entries, identifying all acceptances, reserves and rejected swims for competitor notification.

On the day, John works with the results management team to ensure all lines of communication within the venue are working, circulating results, processing results into word format and also posting them on a live internet system.



Peter Lee uploads the results on to the website

## The Scottish Swimming/ Scottish Institute of Sport partnership

### How do the Institute Coach and Scottish Swimming work together?

#### A brief history

Scottish Swimming and the Scottish Institute of Sport (the Institute) have been working together in partnership for five years. The two organisations boast a close relationship, facilitated by the Scottish Swimming headquarters and the base of the Institute Coach being one and the same.

Over the years, Scottish Swimming has made several changes to its technical structure. The Institute, while always maintaining its coach led focus on "creating winners", has responded positively to these changes, fine tuning the role of the Institute Coach to support the evolving roles of the Scottish Swimming technical staff.

Over the past five years, the Scottish Swimming technical structure has come a long way:

### 1999

Scottish Swimming held one technical staff member, the Director of Swimming. The Director of Swimming focused on the development of all disciplines, while the Institute Coach focused on all key performance issues, ensuring the continuity of performance swimmers and supporting the performance of our top junior and senior athletes. The Institute Coach also ensured the build of the National Swimming Academy and travelled throughout Scotland to bolster the level of junior coaching and development.

### 2001

Scottish Swimming recruited a Director of Technical Services (DTS) to replace the Director of Swimming. The DTS took on the roles of club and coach development, along with the responsibility for all scheduling and Commonwealth Games issues. At this stage, the Institute Coach focused primarily on the top junior and senior swimmers and their coaches, while keeping an eye on emerging talent.

### 2002

Scottish Swimming appointed a National Youth Coach (NYC) to take the lead on supporting junior swimmers and their coaches. The Institute Coach further narrowed his remit to focus on the senior swimmers in order to support the NYC remit.

### 2003

Scottish Swimming recruited a Director of Performance (DP) to replace the DTS. The DP remit was to take the leadership on all areas of performance and scheduling, including top junior and senior swimmers.

### 2004

The DP left the organisation and the Institute Coach temporarily covered all areas of performance. Which brings us to today ...

### 2005

In January 2005, Scottish Swimming recruited Kim Swanwick to the post of Director of Performance. The entire Scottish Swimming technical structure was reviewed and once again, the Institute Coach remit was changed. While the DP and the Institute Coach will be working closely together, the roles and responsibilities for each post have been agreed as follows:

- The DP will take on leadership of the swimmer pathway, the juniors, the GB programme management, and Performance Coach Development.
- The Institute Coach will take on leadership of the seniors, integration with the juniors, and the role of Head Coach for the Commonwealth Games 2006.



Olympian Todd Cooper pictured with Institute Coach Chris Martin (far right) analysing his stroke technique

## Support to deliver results

The Institute programme complements the work of Scottish Swimming by integrating disciplines like strength and conditioning with sports science and medicine, coaching and performance analysis.

This integrated approach has seen the Institute swimmers undertaking a month long altitude camp in Mexico. Chris Martin took a group of swimmers to the training camp in January, where in addition to the training, they benefitted from nutritional advice to maximise the impact and recovery from the high altitude training.

An exercise physiologist was also on hand to test and detect any adverse physiological effects brought on by potential stresses throughout the month.

Performance analysis was also included to record training sessions before and after the trip to measure improvements in the athletes training capacity and stroke technique.

In addition to this support, the Institutes Performance Lifestyle team support the athletes in organising time away from employment and study, a service that visibly reduces anxiety in the water.

## Anderson awarded top honours

Three-time Paralympian Jim Anderson has been recognised for his outstanding achievements and services to the sport of swimming by collecting two top awards.

Jim was the only Scottish swimmer to be awarded an MBE in the Queen's New Year honours list and joins other Scottish swimmers, such as Alison Sheppard, who was also awarded an MBE in 2003. In another boost, Jim was awarded BBC Scotland's Sports Personality of the Year, beating off rivals, who included golfer Colin Montgomerie, to win the much coveted prize.

The Broxburn swimmer returned from Athens with four gold medals, including one in the 200m Freestyle, where he also smashed the World record by a phenomenal 13 seconds. Having competed at the top of the sport for more than twelve years, Jim is a fantastic ambassador for our sport and is already preparing for his next event, the Danish Open on 11-13 March.





sportscotland

to invest £640,000  
in swimming

We are delighted to announce that Scottish Swimming has been awarded £640,000 for this financial year. sportscotland's funding is solely committed towards investing in the strategic areas outlined in our Business Plan 2001-06 and Investment Application 2004/05. This funding is paramount to our success as a governing body, as the money is ring-fenced towards staffing and administration costs, child protection, club development, coaching network and medal success.

## COMPETITION

### Win a Bank of Scotland goody bag!

Scottish Swimming has teamed up with Learn to Swim and Academy sponsor Bank of Scotland to offer five lucky readers the chance to win a goody bag, including a chamois, water bottle and cap. All you need to do to enter is answer the following question:

How long has Bank of Scotland sponsored Scottish Swimming?

- A: 6 years
- B: 10 years
- C: 5 years

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

Closing Date: 31 March 2005



## Haddington ASC show exchange trips work

Haddington ASC enjoys a twinning arrangement with French club A.L Serres'castet and as SplashNews finds out, the relationship is stronger than ever twenty-three years on.

SplashNews caught up with committee member and visit co-ordinator, Eileen Hawkins, to find out how it all started and about the positive influence it's had on their swimmers' motivation and on swimmer retention.

The town of Haddington was already twinned with a town abroad, but initial approaches to their local swimming club proved fruitless. It wasn't until 1982, when the secretary for A.L Serres'castet was on holiday in Scotland, that the arrangement was made. The French club secretary visited the post office in Haddington, East Lothian, to enquire about the local swimming club and by sheer co-incidence the person she spoke to that day was one of the club's coaches. The rest you might say is history.

A team of nine committed volunteers undertake the organisation of the tri-annual exchange, which begins nine months prior to leaving. The tasks of organising transport, accommodation and getting

the group of 40 ready for the trip lie with this team. The exchange group normally comprises children aged from 12 to 16 years old, who are accompanied by two coaches and five helpers from the club.

Although the average cost to the clubs for each visit is between £4 - £5000, Haddington ASC has managed to sustain this partnership for over two decades through fundraising and support from local businesses and swimmers' families.

The benefits to the club from these exchanges are clear to see. In addition to providing an opportunity for swimmers to compete in a foreign country and build strong friendships with their French counterparts, the club has also found their membership gaining too. Swimmers at Haddington ASC remain on average two years longer than other clubs not offering this kind of opportunity.

The French club have lots to shout about too, having been awarded best Open Water swimming club in their country and best club in their district!

If you would like to find out more about twinning with a swimming club in another country, here's a useful website resource to help out - www.lgib.gov.uk

1. How many medals did Scotland's swimmers win at the Commonwealth Youth Games in Bendigo?

- A. 27 B. 32 C. 30

2. Where were the European Short Course Championships held in December 2004?

- A. Budapest B. Venice C. Vienna

3. Which of the four competitive strokes usually yields the slowest times?

- A. Backstroke B. Butterfly C. Breaststroke

4. Which kick is used when swimming backstroke?

- A. Flutter Kick B. Dolphin Kick C. Scissor Kick

5. How many Waterpolo players are in the water from each team at a time?

- A. 7 B. 6 C. 10

back  
skool

Answers  
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## NEW RECRUITS

Meet the latest members of Scottish Swimming's professional staff team

### National Diving Development Officer/Coach

Australian Commonwealth gold medallist (1998) Shannon Roy joined Scottish Swimming in January as National Diving Development Officer/Coach.

This role will see Shannon working closely with partners Aberdeen City Council, Dundee, Edinburgh Leisure and South Ayrshire to attract more people of all ages into the sport and to establish development programmes that will identify and nurture talent across the country.

The diving development programmes will also benefit from an award of £4,000 from the sponsorship scheme, sportsmatch, which is matching pound for pound an investment from an anonymous donor. The money will help Shannon to get more children involved in the sport.

With numerous national and international titles under his belt, including World Championship bronze in 1998, Shannon brings extensive knowledge and experience of diving as both an athlete and a coach.

Shannon joins Scottish Swimming from the South Australia Sports Institute, where he

was one of only sixteen people across the entire country to be awarded a coaching scholarship. As Assistant Head Coach at the Institute, he was responsible for coaching the elite squad, developing athlete programmes and recruitment.

During this time, he also worked as Acting Talent Identification Coordinator/ Coach for Diving South Australia, which saw him work with schools, clubs and other sports, including gymnastics to identify and recruit talent to diving.

Shannon is looking forward to getting started. "Diving has a huge potential in Scotland and there's been a lot more interest in the sport after Britain won silver in the synchronised diving at the Olympic Games.

I'm looking forward to working with the local authorities of Aberdeen, Dundee, Edinburgh and South Ayrshire to build the foundations of this up and coming sport and encourage more people to take part" he said.



Shannon Roy

### Director of Performance

Kim Swanwick has been appointed by Scottish Swimming as Director of Performance and joined the governing body in January.

Swanwick joins Scottish Swimming from the High Performance Centre at the University of Pretoria in South Africa, where he was responsible for testing and monitoring high performance athletes and advising coaches.

This role included working closely with the South African Olympic Swimming Team. The men's relay squad went on to win gold in Athens this year.

In addition to his extensive knowledge in exercise physiology, Swanwick also brings fifteen years of International coaching experience to the role.

Commonwealth gold medallist Zoe Baker and World silver medallist Fraser Walker (formerly Warrender Baths) are just two of the swimmers coached by Swanwick, who counts over 30 World, Commonwealth, European, British and Scottish records amongst his achievements as a coach.

Swanick returns to Scotland after ten years, which have seen him coach in New Zealand and work with their national swimming squad before his move to South Africa.

His appointment comes at a time when swimming is on a high, after the Commonwealth Youth swimmers returned from Australia with 30 medals, with every swimmer in the squad winning at least one medal.

"Swimming is strong in Scotland as the recent performance of our Youth swimmers demonstrate. There are some extremely talented swimmers and coaches at all levels and we need to ensure the right structures, support and ethos is in place to take more swimmers to the top of our sport.

I am looking forward to working with the team at Scottish Swimming, our swimmers, coaches and clubs to build an even brighter future for our sport" said Swanwick.



Kim Swanwick

### City of Edinburgh Swimming Coach

Scottish Swimming and City of Edinburgh Swimming appointed Frederic Vergnoux as Head Coach at City of Edinburgh Swimming (CES) who started in January.

Vergnoux joined CES from France, where he has coached the country's number one swimming club, CS Clichy 92, for the past two years.

Olympic relay medallist Darian Townsend is amongst Vergnoux' prodigies, having coached the South African to his first final in the 2003 World Championships that led to the 4 x 100m Freestyle gold in Athens.

During his time at CS Clichy 92, Vergnoux was also national coach for Belarus and sights the career progression of double Athens Olympic finalist Alena Popchanka's as one of his top achievements as a world class swimming coach.

In a swimming career spanning 16 years, which has also seen him compete at national level in France, Vergnoux has worked closely on the development and performance of swimmers from the age of 9 years old. His most recent experience puts him in a strong position to further enhance the results of the Edinburgh club.

Vergnoux is looking forward to building on the success of CES. "I am very pleased to be joining CES. I look forward to working with the local Edinburgh clubs and swimmers, the CES executive, the Area Institute Coach, the Institute Coach, and the Scottish Swimming Director of Performance. Working in collaboration with our partners to bolster the swimmer pathway in the East will be critical to building on the excellent progress to date at CES".

The CES programme and coaching post is funded by sportscotland and the City of Edinburgh Council.



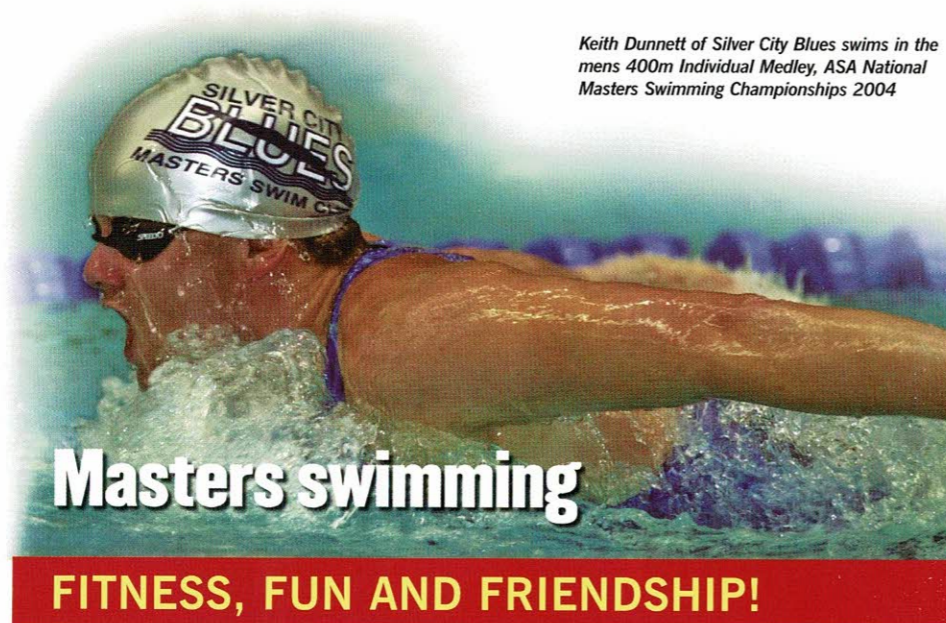
Fred Vergnoux



# MASTERS FOCUS

## Facts about Masters

- Mark Spitz' winning time in the 100m Butterfly in 1972 Munich Olympics would only just get him in the medals in the World Masters 45 + age group today.
- Masters was first introduced in the USA in the 70s by ex-elite Swimmers.



Keith Dunnett of Silver City Blues swims in the mens 400m Individual Medley, ASA National Masters Swimming Championships 2004

## Masters swimming – stay informed

There's lots of information on masters swimming on the Scottish Swimming website and we aim to keep building on this. Visit [scottishswimming.com](http://scottishswimming.com) for a calendar or events, meet information and much more. If you can't find something you're looking for, why not get in touch with the Scottish Swimming office? Call 01786 466520 or email [info@scottishswimming.com](mailto:info@scottishswimming.com)

Masters swimming in Scotland is on the up. As we become more health conscious, looking for exciting new ways to keep fit and have fun at the same time, masters swimming is fulfilling these needs and more.

To be part of masters swimming, you need to join a swimming club first. In doing so, you gain access to masters and competitions throughout Scotland. Check out our website [www.scottishswimming.com](http://www.scottishswimming.com) for more information.

You can take part at any level. You can also choose to just train for fitness or to

compete. Competitions are open to all registered masters swimmers and there are no qualifying times for most events (unless you are looking at European or World events), so all swimming members can enter.

The Masters' social scene is also very good. The motto for masters is "Fitness, Fun and Friendship" and to most, the fun and friendship elements are just as important as the swimming itself.

So, if you would like to be part of it and become a master's swimmer, then contact the Scottish Swimming office.

## Scottish Swimming Consults on Future Vision and Strategy

Scottish Swimming has undertaken a national consultation on our future vision and strategy to provide a clear direction for our sport. This process reviewed our current vision and invited feedback for the future.

Over the past three months, members have been invited to participate in consultation sessions across the country, including sessions at the District AGMs and at the National Swimming Academy.

During the sessions, we split into small groups to complete three tasks:

- Describing our future vision – so clear we asked each group to draw a picture of it!
- Identifying our strategies – what we should represent and what our six year goals should be.
- Writing our tagline – summing up our vision and strategy with a snappy tagline!

We also sent out questionnaires to a representative sample of our members, inviting feedback on our current activities and priorities, along with gathering ideas for the future.

Our partners were also very much part of this exciting process and we have received valuable input from the Scottish Executive, **sportscotland**, Scottish Institute of Sport, local authorities and our sponsors, to name but a few.

There are some very strong themes coming through from the consultation sessions. The magnitude of responses and participation in the sessions shows that we have a very passionate and committed swimming community in Scotland!

We are currently analysing the feedback received to provide two clear choices for our

future vision and strategy. The choices will be posted on the Scottish Swimming website to provide members and partners with a final opportunity to provide feedback.

The recommended vision and strategy will be presented to the Scottish Swimming Board on 20 March 2005 for approval. Scottish Swimming's new vision and strategy will then be launched this summer.



SplashNews is **YOUR** newsletter. If there's an area of aquatic sport you want to see more on, then let us know. Or, if your club has an interesting story or great photo that epitomises what you do, then send it in, and we'll share it with the whole of Scotland. We're waiting to hear from you – be part of it!

## Land training for swimming

The success of the South African Freestyle relay team at the Olympics was inspiring and the crowning of many years of dedicated and focused work by the swimmers. They demonstrated relentless preparation, of which strength was a major component.

Scottish Swimming's new Director of Performance, Kim Swanwick was involved in preparing those South African swimmers and talks to *SplashNews* about the lessons every swimmer can take from this.

### Strength

Strength is an essential quality for swimming, particularly for those swimmers who compete in 50m and 100m events, where there is a real correlation between strength and speed. Sprinters are typically stronger than distance swimmers and may spend more time developing strength on land. At collegiate age and older, they may train as much as 40% of workout time on this aspect of training.

### Overcoming drag

Swimming is also dominated by the requirement to overcome drag. The drag in water depends on the athlete's body weight and the speed that they swim at, with a greater body mass creating more drag. Resistance increases three times for the doubling of speed, so the faster the swimmer is, the greater the resistance. Therefore, heavier swimmers need to have more strength both on dry land and in water to achieve the same maximum swimming velocity. The key to fast swimming is the power to weight ratio.

### Honing technical abilities

Fast swimmers must possess excellent technical abilities as well as technical equipment (swim suits) to minimise drag. This means that elite level sprinters need to increase the level of strength, if they wish to swim faster than sub-elite level swimmers. Swimmers with lower performances can increase their performances even with small increase in strength parameters. The gains made by improving strength and coordination greatly outweigh the effect of the technical suits available for sub-elite swimmers.

### Kick and pull effect

Different swimmers can be stronger or weaker on land but have the same performance and strength in the water, due to the contribution of kick and pull to full body swimming being different. Even if swimmers have the same maximum velocity, they can be very different and relative parameters that reveal individual peculiarities are important. For elite level sprinters, the strength of the kick has a higher correlation with maximum swimming velocity than the strength of the pull. This means that elite level sprinters should pay more attention to increasing the kicking strength.

Some swimmers are very good kickers and pullers, but when they do full body swimming, they lose strength. This is because the level of co-ordination is insufficient to allow the best use of the individual strengths. In this case, swimmers need to reduce kicking and pulling separately and increase straight swimming workloads and would also benefit from activities on land that improve coordination and control. Increase separated leg or arm work when the level of coordination is good enough to make use of the increased strengths. Some swimmers are pretty strong on land but can't transfer their strength to the water. In this case, swimmers should pay more attention to utilising strength potential in the water by doing exercises that develop strength in the water, such as swimming with resistance (against waves, sea swimming, with equipment such as drag suits and against restrainers such as tethered swimmers).

Each stroke has a different strength profile relating to the drag resistance it creates and the movement patterns required. For that reason, high level swimmers will have very individualised programs.

2005 | EASTER

# SWIM SCHOOL

Scottish Swimming is running its annual Easter Swim School from Saturday 2 April until Sunday 17 April 2005. If you are looking to improve on your teaching or coaching skills then Easter Swim School could be exactly what you need.

We are running a variety of courses, which will lead to:

ASA Level 2 Certificate (Swimming), Units 1-4	Saturday 2– Saturday 9 April
ASA Unit 4 only	Saturday 2 – Sunday 10 April
ASA Club Coach	Friday 8 – Friday 15 April
ASA Coach	Thursday 7 – Tuesday 12 April <small>(Only those registered on the ASA Coach Programme will receive an invite to attend this course)</small>

If you are interested in any of the courses above, please contact Helen Dickie at the Scottish Swimming office for an information pack on 01786 466520 or by email [h.dickie@scottishswimming.com](mailto:h.dickie@scottishswimming.com). Please remember to include your address details when using email.

**NOTE:** Courses are run on an intensive basis and require a large degree of commitment throughout their duration, so please consider this prior to requesting the information. Accommodation packages will be available and costs will be included in the overall price.

## CLUBS

- Would you like some extra training time?
- Would you like to try out the facilities at the National Swimming Academy?

Then why not apply for your club to support this year's Easter Swim School? For more information, please contact Lorraine Campbell at Scottish Swimming on 01786 466520 / 07730 661789, or email [l.campbell@scottishswimming.com](mailto:l.campbell@scottishswimming.com)

Initially however, the aim must be to improve the ability to maintain good swimming technique by using a generalised program that allows the balanced development of strength required for this purpose.

Additionally, as the chest muscles do a great deal of work in all swimming strokes, it is more important to concentrate on muscles of the back and the rotator cuff to ensure that the development of strength is balanced. This will reduce to potential for developing swimming related injuries. Leg work should develop the technique basis that will improve posture and range of motion initially. This will improve the general strength of the mechanism and allow greater strength gains to be achieved as the program develops.

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

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