

Alford Otters secure block funding

Alford Otters recently secured £1500.00, kindly donated by the Karen Teale Memorial Bike Run Committee. Many of the club's swimmers and parents rode the 27-mile course to help boost the funds for this popular event which donates to local charities and good causes. The money will now be used to purchase starting blocks which the club were in need of.



Alford Otters swimmers and officials

This donation is another positive move forward for the club, who only recently moved to competitive club status, affiliating with the North District in April 2005. Originally a youth club in the water for young people, Alford Otters began to make the transition to competitive club in January 2005. They were lucky enough to be able to do this through the passion and dedication from a solid committee, two keen and qualified club coaches – Lynn Alderton and Lynne Walster – and some extremely supportive parents.

To ensure the club remains as a competitive club within the rural community of Alford, they have taken the decision to work towards achieving SwiMark, Scottish Swimmings club and swim school development programme. South Aberdeenshire Swimming Head Coach and Swimming Development officer for Aberdeenshire Council Gary Paterson is also an enthusiastic supporter of the Alford Otters: "this is a club on a mission. Trying to provide the opportunity for those interested in swimming is extremely challenging, and within an area as geographically complex as Aberdeenshire this challenge is magnified. However, the volunteers at Alford have demonstrated that with the enthusiasm and cooperation, anything can be achieved." If you would like further information on Alford Otters or advice on how to become a competitive club, please contact Lynn Alderton, on 01975 562519.



The start Midnight! Swimmers and supporters

Inverclyde take a midnight swim

Inverclyde Masters Swimming Club and Amateur Swimming Club held their annual overnight swim, commencing on the evening of Saturday 20th August, running through the night into Sunday morning. This event was to help raise funds for both Greenock's Ardgowan Hospice, which provides care and support for terminally ill patients and their families, and the clubs.

Inverclyde Masters entered two teams who had swum in the event last year, giving them an advantage over the ASC senior team, who had never participated before. The evening was blessed with fine weather and each team was able to successfully complete the event, with team 'A' from the masters squad covering 27 miles, 1430 yards in just 12 hours, and not far behind them was the ASC senior team with a

impressive distance of 26 miles, 990 yards setting themselves a good target to beat for next years event.

The event took place at the club's local outdoor swimming pool in Gourrock, with twenty three swimmers participating. While the swimmers worked hard in the pool, supporters rallied round enjoying a barbeque feast. The event raised just over £1500.00 in total, with the funds being split equally between the swimming clubs and Ardgowan Hospital.

The clubs are planning to run the same event next year on the 2nd or 3rd weekend in August. If you are interested in completing your own midnight swim, contact Alistair Black, President of Inverclyde Masters Swimming Club, on 01475 637522.



Elite disabled competitors have made good use of the National Swimming Academy

Award for the Robertson Trust Swimming Pool

The Robertson Trust Swimming Pool, part of the National Swimming Academy based at the University of Stirling, has gained an award for accessibility from the International Paralympic Committee and the International Association for Sports and Leisure Facilities. The IPC/IAKS jury noted "The pool provides high-quality access for both disabled members of the public and the elite disabled competitors, going well beyond the requirements of any building code".

The award was made by Sir Philip Craven, President of the International Paralympic Committee at the 19th IAKS Conference held in Cologne in November 2005.

The National Swimming Academy is one of three High Performance Centres in Britain for disabled swimmers. The squad trains for between 10 and 20 hours per week and squad members include Jim Anderson MBE and Mhairi Love, both of whom were medallists at the the Paralympic Games in Athens in 2004.

The squad is currently training towards the World Championships in Durban in December 2006. Their National Coach, Anthony Stickland, is based at the National Swimming Academy and he is delighted with the recognition from the IPC/IAKS. He noted, "We have everything we need at the University. Facilities and services are very good and staff are very responsive to the needs of our international swimmers."

The University recently awarded sports scholarships to two disabled swimmers, Angela McCowan, GB Internationalist and Captain of the Scottish Disability National Squad, and Charlotte Henshaw, World Class Potential squad member and former world record holder for SB6 50m breaststroke.

SplashNews

SCOTTISH SWIMMING
everyone can swim!

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 8: WINTER 2005

21 in aquatics squad for Commonwealth Games

Scottish Swimming congratulates the 21 aquatic athletes named in the 166- strong squad, chosen to represent Scotland at the Commonwealth Games in Melbourne next year.

Included in the line up are Commonwealth silver medallist Gregor Tait (City of Cardiff), World Championship bronze medallist Caitlin McClatchey (Loughborough University) and Olympian Todd Cooper (Stirling).

Also named in the aquatics squad are Paralympic medallist Lara Ferguson (Incas) and the sole diving platform specialist, Monique McCarroll of Southampton.

Following the announcement, Chief Executive, Ashley Howard, said, "To get 21 athletes in the squad for the Games is a remarkable achievement. I congratulate the athletes and



Lorna Smith of City of Glasgow Swim Team pictured at the official Commonwealth Games team announcement at Murrayfield on 3rd November 2005

their coaches for producing such inspiring results over the course of this year. We know that Melbourne will be tough but our athletes will have the best possible preparation in the coming months and will rise to the challenge. We wish them all a successful Games."

Scotland had set its tightest selection criteria ever in order to produce a squad packed with serious medal contenders and swimmers had to clock a top eight Commonwealth time in order to secure their ticket to Melbourne.



Those making the grade are as follows:

| NAME | CLUB |
|--------------------|------------------------------|
| Kirsty Balfour | City of Edinburgh Swimming |
| Fiona Booth | Warrender Baths Club |
| Kerry Buchan | South Aberdeenshire Squad |
| Lara Ferguson | Incas |
| Stephanie Hill | Nova Centurion SC |
| Caitlin McClatchey | Northampton SC |
| Hannah Miley | Garioch ASC |
| Lorna Smith | City of Glasgow Swim Team |
| David Carry | City of Aberdeen Swim Team |
| Ross Clark | City of Dundee Swimming Club |
| Todd Cooper | Stirling Swimming |

Note: Some of these athletes belong to both a club and a squad.

| NAME | CLUB |
|-------------------|----------------------------|
| Euan Dale | Loughborough University |
| Kris Gilchrist | City of Edinburgh Swimming |
| Craig Houston | Stirling Swimming |
| Andrew Hunter | Stirling Swimming |
| Chris Jones | City of Southampton SC |
| Robert Lee | Stirling Swimming |
| David Leith | City of Edinburgh Swimming |
| Robbie Renwick | City of Aberdeen Swim Team |
| Gregor Tait | City of Cardiff |
| Diving | |
| Monique McCarroll | Southampton Diving Academy |

ELITE UPDATE

FINA World Long Course Championships

Olympian Caitlin McClatchey claimed the first British medal at the World Championships held 17-31 July. McClatchey won bronze in the 400m Freestyle on the opening day of the event, in Montreal; in the same city her uncle won an Olympic medal in 1976.

The Loughborough University swimmer, one of four Scots on the British team at the Championships, finished ahead of Canada's Brittany Reimer to finish third in a time of 4:07.25, over three seconds up on her time in the heats. France's Olympic Champion Laure Manaudou and Japan's Ai Shibata picked up gold (4:06.44) and silver (4:06.74) respectively.

McClatchey's performance at the World Championships is a fitting reward to her rise in British and World swimming over the past year, making a huge breakthrough last year when she was one of eight Scots included in the British team for the Olympic Games, competing in the 4 x 200m Freestyle.



Caitlin McClatchey

McClatchey also made the final of the 4 x 200m Freestyle team however missed out on a podium spot, finishing fourth with a time of 7:59.04.

Other Swimmers to participate at the Championships were Gregor Tait (City of Cardiff) who progressed to the semi-final of the 200m breaststroke, narrowly missing out on a place in the final by 0.06 seconds. Also, City of Edinburgh's Kirsty Balfour failed to qualify for the 200m and 100m Breaststroke semi final when she finished in 20th (2:32.93) and 21st (1:10.32) position respectively.

Features in this issue of SplashNews include the launch of our New Learn to Swim programme and Scottish Swimming Awards, our new Headline objectives 2005/2006 and a round up of all our Youth, Junior and Senior swimming events!

News on the progress of Scotland's best swimmers

European Youth Olympics

Ren 96's Stuart Houston set a new Scottish National Age Group record in the final of the 200m Butterfly at the European Youth Olympic Festival held in Lignano, Italy (4-8 July).

This was Houston's, the only Scot to be selected to compete as part of the sixteen-strong British team, first multi-sports competition, which is considered to be a breeding ground of Britain's sporting starts of the future.

European Junior Championships

Scotland's swimmers returned with two silver medals and six finals under their belt at the European Junior Championships held in Budapest, 14 - 17 July. Six Scots competed as part of the 29-strong Great Britain team over the four day championships.

City of Glasgow's Hannah Miley opened the medal count for the six Scots on the first day of the championships, swimming a new Scottish record time, within the Commonwealth Games nomination times, in the 400m Individual Medley to win silver (4:47.47).



Hannah Miley

City of Aberdeen's Robbie Renwick followed suit on the second day, winning silver in the 400m freestyle and achieving the Commonwealth Games nomination time, with a time of 3:55.18. Renwick featured in two further finals in the Championships, finishing fifth in the 200m Freestyle (1:52.40) and fifth again in the 4 x 200m Freestyle (7:35.12/ 1:51.79).



Robbie Renwick

Warrender Bath's Lewis Smith finished fifth in the 400m Individual Medley (4:27.72), while Ren 96's Mark Branch finished eighth in the 200m Breaststroke (2:18.28).

City of Dundee's Ross Clarke swam a personal best time of 29.33 in the heats of the 50m Breaststroke, but missed on a place in the finals, with a slower time in the semi-finals.

INAS-FID World Championships

Rebecca Lee returned from the INAS-FID World Championships in the Czech Republic (9th - 11th September 2005) with an array of medals, helping secure the overall Championship title for the Great British Team.

As female team captain, Rebecca led from the front winning 3 Gold medals in Relay

events (4 x 50m freestyle and 4 x 50m medley relay). She was also part of the foursome who won silver medals for the 4 x 100m medley relay.

As well as securing team medals, Rebecca also picked up two individual bronze medals for the 100m freestyle and 50m butterfly and was crowned most outstanding British female swimmer of the competition. Rebecca swims for Incas club and is coached by Garrie Roberts,

The International Sports Federation for Persons with Intellectual Disability (INAS-FID) and the International Paralympic Committee (IPC) continue to work together to include athletes with learning disability in the next Paralympic Games in Beijing in 2008.

DSE National SC Championships

The 26-strong Scottish squad finished 2nd overall at the DSE National SC Championships in Sheffield on the 22nd - 23rd October.

Kenny Cairns led the way with an outstanding 3 World Records in the 50m, 100m and 200m freestyle. Kenny swims in the S3 class and is a member of Port of Glasgow Otters. Another World Record went to Jim Anderson in the 100m freestyle in the S2 class.

Not to be outdone by her male colleagues, Katie Haining of C.O.A.S.T, Aberdeen, broke two British Records in the 50m and 100m freestyle events for the S7 class.

The meet also saw the welcome return from injury of Lara Ferguson. Lara swam three personal best times, beating her old rival Sarah Bailey in the Breaststroke. Lara now goes on to represent Scotland at next years Commonwealth Games in Melbourne.

Glasgow Disabled Athlete of the Year.

Rebecca, 15, is a member of the City of Glasgow Swim Team and last year won a gold medal at the Junior Commonwealth Games in Australia, while Clydebank-born Veronica, 19, won four golds at the Special Olympics in Glasgow this summer, adding to the five she took at the Cardiff Special Olympics in 2001.

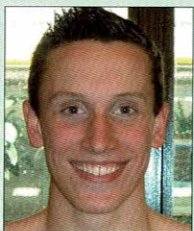
Mid-November saw Caitlin McClatchey receive the prestigious Sunday Times University Student Sportswoman of the Year award. Caitlin (Loughborough University) claimed a brilliant Bronze medal in the 400m Freestyle on the opening day of the World Championships in Montreal back in July. This was a particularly poignant for Caitlin, as Montreal was the venue for her Uncle Alan's Olympic medal, back in 1976.



Rebecca Hillis

the Scottish award. Lewis has already enjoyed considerable success in swimming having represented Great Britain at the European Junior Championships 2005. He brought home Bronze and Silver National Age Championship medals from Australia and was the youngest male to make it to the Olympic trials final last year.

At the Glasgow Sports Person of the Year Awards held in early November, Rebecca Hillis was awarded the Thales Optronics Glasgow Young Sportsperson of the year while Veronica Allison received the award for



Lewis Smith

Swimmers enjoy awards success

October and November have been a time of celebration for a number of our swimmers who have seen their commitment and dedication to the sport recognised at awards ceremonies both north and south of the Border.

In October Lewis Smith fought off stiff competition from across Scotland to be crowned the regional OCS Young Sportsperson 2005. The 17-year old swimmer from Warrender Baths Club in Edinburgh was one of three outstanding youngsters short-listed for

'Everyone can swim!' conference success

NEW LEARN TO SWIM PROGRAMME LAUNCHED

Monday 24th October saw 70 delegates, representing local authorities, private swim schools and Scottish Swimming partners, attend the 'everyone can swim!' Conference, part of the official launch of Scottish Swimming's new Learn to Swim Programme.



Chief Executive Ashley Howard introduced the event

Held at The Tolbooth near Stirling Castle, delegates heard presentations which detailed the Scottish Swimming Swimmer Pathway and were introduced to the key programmes designed to support it: Learn to Swim and Swimming Awards, Teacher/Coach Education, SwiMark (the Club and Local Authority Swimming Accreditation Scheme) and the Performance Plan 2005 - 2014.

The new Learn to Swim Programme follows an extensive, independent review of existing resource materials using focus groups made up of swimming teachers, coaches, Swimming Development Officers, parents and swimmers themselves from across Scotland. The result is a fun and exciting three-stage programme

made up of Adult & Child, Learn to Swim and National Swimming Awards for schools, which rewards children for their achievements and efforts and helps motivate them to progress to the next level.

Chief Executive of Scottish Swimming, Ashley Howard, said, 'Our overall vision is to ensure that every single person in Scotland

has access to quality swimming programmes, regardless of age or ability. The content of the 'everyone can swim!' conference echoes that philosophy and feedback from all delegates has been extremely positive. The new Programme lays the foundations for the skills and good habits, which will help ensure a strategy for lifelong participation in the sport, whether recreational or competitive.'

Scottish Swimming's new Learn to Swim Programme works towards achieving the vision described in the physical activity strategy for Scotland, as issued by the Scottish Executive. The programme is also supported by the Institute of Sport and Recreation Management (ISRM).



Much of the afternoon was spent debating the issues raised in workshops



The conference was well attended by over 70 sports and swimming professionals

New look awards scheme launched!

The "everyone can swim!" conference also saw the launch of the new Scottish Swimming Awards. The seventy delegates attending the conference were the first group to be introduced to the two new characters, Splish and Splash, the children who love the water!

Splish and Splash will be featured within all eight levels of the Scottish Swimming Learn to Swim programme as well as on the awards scheme certificates and supporting merchandise. They are in addition to our already well loved Adult and Child characters - Tadpole, Frog, Duckling, Otter, Cygnet and Swan. Due to their popularity these

characters have stayed the same but gained a new, fun and child friendly look!

Scottish Swimming Awards have also re-introduced personal survival awards with four challenging grades to achieve. The skills required for these awards will help equip the swimmer to survive in emergency situations and give them more confidence in and around water. Also reintroduced is the disability award, previously known as the beaver award. This has been developed in partnership with Scottish Disability Sport's Chairman Richard Brickley.

The Marathon awards have been replaced with SwimGym™ endurance awards, in conjunction with Scottish Swimming's new fitness product for the recreational swimmer, SwimGym™. Within this range individuals are able to complete a half marathon (21km), a full marathon (42km) and a super marathon (100km); a log card is available to record the swims and a certificate is awarded on completion of the specified marathon.

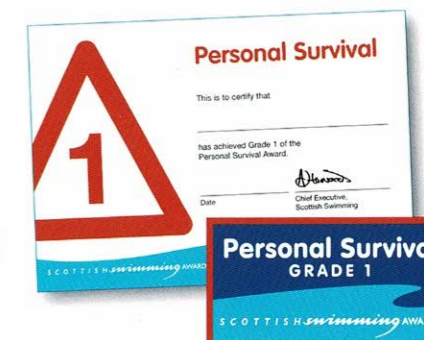
The Scottish Swimming Awards were first introduced in 1970 with the aim of



Splish and Splash are the new Learn to Swim mascots

promoting incentives for people of all ages to learn swimming skills. Today, as well as providing incentives, the awards also offer a personalised service for customers and Scottish Swimming Awards will continue to improve this through the introduction of an Online Shop in December 2005.

For a full list of the products available please visit the awards section at www.scottishswimming.com, alternatively contact our new Sales and Marketing Officer, Emma Sunderland, on either 01786 466535 or email her at awards@scottishswimming.com.



Personal survival awards have been re-introduced

All of the character artwork has been updated



Swim for malaria! Will you join 1 million people swimming to fight malaria?

Scottish Swimming are supporting World Swim for Malaria, a global initiative to unite the swimming community to raise money to fight malaria. The aim is to have 1 million people swimming on (more or less) the same day. There are already more than 200,000 people involved. Such a global swim event has never happened before.

The reason behind the swim? Malaria is the single largest disease killer of children. The equivalent of seven jumbo jets full of children dies each day from malaria. That's a child dying every 30 seconds, less than the time it takes most of us to swim 50 metres. The aim is to make a difference very simply: by swimming and raising funds to buy millions of £3 mosquito nets. 100% of funds raised will be used for mosquito nets.

Could you and your club join in? Participation is easy. There is no fixed number of people that must be involved in an individual swim, or fixed distance you have to swim or minimum amount of money you have to raise. If you can't swim on 3rd December 2005, you can swim on a different day instead. You organise your swims as best suits you.

To register your swim, please go to the website www.WorldSwimForMalaria.com. Select British Swimming' from the drop down menu

The idea behind this global swim is very simple: If we don't swim, we don't save lives. Let's swim.



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".

Alternatively, visit:

www.ichotels.com/exclusive.

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

www.scottishswimming.com



SwimGym™ is Scottish Swimming's new fitness product, designed with the recreational swimmer in mind, providing them with a more structured and exciting workout in the pool. Each pack includes 10 waterproof progressive swimming schedules which are kept in a water resistant wallet, containing stroke tips and advice for easy use of the product, and with three levels, SwimGym™ caters for the beginner swimmer through to the most advanced.

SwimGym™ provides a fitness programme that people can tailor to their needs and time commitments, unlike classes or clubs, which are more fixed. The programme has also been designed for people to take straight into the pool for their workout, so no need to memorise!

SwimGym™ can be purchased at Scottish Swimmings online shop – www.scottishswimming.com or alternatively contact Emma Sunderland on 01786 466520, for more information. Scottish Swimming can also offer your place of work corporate rates!



COMPETITION

Win SwimGym™!

We have one of each level – beginner, intermediate and advanced – to give away. All you need to do is answer the following question:

How many schedules are included in each level of SwimGym™?

A. 25 B. 5 C. 10

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

ADVERTISEMENT

Vintage pool safety poster – remember this?

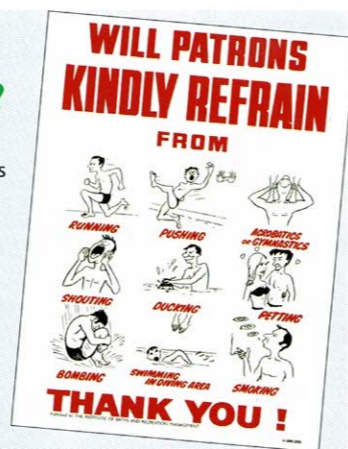
The iconic "will patrons kindly refrain from" poster is etched on the memories of generations of swimmers, listing a multitude of offences which the all-powerful lifeguards would clamp down on with a piercing whistle and a pointed finger.

Produced by the Institute of Sport and Recreation Management this special edition is printed A2 (42 x 60 cm) in size on high quality art paper and finished with a gloss UV varnish for added effect.

Priced at just £9.50 inclusive of VAT (+ £3 P&P), this is an opportunity to own a classic symbol of an era which has long passed. To order your poster, visit www.isrm.co.uk or call 01509 226474.

AS SEEN ON BIG BROTHER 6!

Ideal Xmas gift!



Please note that this product is NOT intended for use as a pool safety poster.

IS NO NEWS GOOD NEWS?

SplashNews review

Scottish Swimming would like to undertake a review of SplashNews and would appreciate your assistance and feedback.

We're looking to file opinion on the newsletter's content, style, frequency, delivery method etc. so we may ensure its continuous development and relevance for both our market and our membership.

We are not, at this stage, requesting the completion of a questionnaire, but if you have any strong views on SplashNews in its current format or have ideas for its future style, please let us know them by contacting Kirsten Baker by telephone on 01786 466533 or by email, k.baker@scottishswimming.com.

The sort of information we would like to know includes:

- Do you enjoy receiving SplashNews?
- Would you prefer to receive a newsletter by email or post?
- Is the content relevant?
- What would you like to see included in future editions?
- Issue frequency – Too often? Too infrequent? Just right?
- Number of pages – Too many? Too few? Just right?
- Would you miss SplashNews if it was no longer printed?

The list is not exhaustive so please let us know what you like and dislike, what you would change and what you would keep.

This is the last edition of SplashNews for 2005. The next issue would be due in February 2006 so we'd be grateful to have any feedback by Friday 6th January 2006.

Thank you!

SplashNews is published by: Scottish Swimming, National Swimming Academy, University of Stirling, Stirling FK9 4LA Tel: 01786 466520 Fax: 01786 466521 info@scottishswimming.com www.scottishswimming.com Scottish Swimming's vision: "To ensure every single person in Scotland has access to quality swimming programmes, regardless of age or ability".



SCOTTISH SWIMMING 2006 AWARDS DINNER

And the winner is...

The time has come to celebrate another landmark year!

Come, join us for an evening to applaud and acknowledge the performances and commitment throughout the sport in this last year. The evening will include accolades for successes and achievements across our sport, remarkable coaching and the devotion of all volunteers, without whom we wouldn't have a sport.

MACDONALD CARDRONA HOTEL, PEEBLES
Saturday 25th February 2006

Tickets: £39.50 per person

The price includes:

- Pre-dinner reception
- Three course meal
- Entertainment

BOOK YOUR PLACE NOW FOR A MEMORABLE EVENING!

Information and booking: www.scottishswimming.com

Or contact Juliana Aitken at Scottish Swimming
Tel: 01786 466528 or Email: j.aitken@scottishswimming.com

HEADLINE TARGETS 2005/06

Our vision: To ensure that every single person in Scotland has access to quality swimming programmes, regardless of age or ability.

Development

- Implement the revised Learn To Swim programme with 10 swim schools
- Implement the revised SwiMark with 20 clubs and swim schools
- Launch UKCC and accredited teacher/coach education in Scotland
- Support each discipline in producing a development plan covering the period of 2006–2012

Performance

- Deliver 3 Coach Days, bringing in ~50 regular coaches for discussion and development
- Achieve a selection rate of swimmers entering the Institute of Sport from Area Institutes of 70%*
- Win 5 medals at the Commonwealth Games*

*Targets shared with the Institute Network

Corporate development

- Secure approval and funding for the launch of our 2006–2012 Corporate Plan
- Secure funding from sportscotland for the 2006–2007 Annual Plan
- Achieve SwimGym™ revenue of £24k
- Issue membership cards by the 31st of May 2006
- Launch a communication project with the aim of improving customer satisfaction
- Increase membership through Healthy Living (150 members) and Swim Schools (4 new affiliations)

SCOTTISH swimming
everyone can swim!

SYNCHRO FOCUS



Synchro facts

- Synchronised swimming is a form of 'ballet' performed in and under water and accompanied by music. It became popular in the 1920's and was considered a demonstration sport in 1952, 1956 and 1968, becoming an official event at the 1984 Los Angeles Olympic Games.
- Synchronised swimming's first major competition was the 1973 World Swimming Championships.
- Synchronised swimming is an exciting aquatic sport as it needs the strength and power of a speed swimmer and the grace and technique of a dancer.
- Synchronised swimming is for young male and female swimmers, however the majority of participants within the sport are female.
- Synchronised swimming is a sport currently represented at both Olympic and Commonwealth Games. Scotland do not have a team for the Commonwealth Games 2006, however teams to watch in Melbourne will be Canada, England, Australia and New Zealand.
- Top teams currently in the world are Russia, Japan, Spain, USA and Canada.

Scottish synchronised swimming clubs

| | |
|---------------|--|
| East: | Dunfermline Synchronised SC Edinburgh Synchronised SC |
| West: | Clydebank ASC Ren 96 Synchronised Swimming Section |
| North: | Nairn Synchronised SC Elgin Synchronised SC |

For information and contact details for any of these synchronised swimming clubs please contact info@scottishswimming.com

Nairn leave Drumchapel with Gold!

At the 2005 Scottish Synchronised Swimming National and Age Group Championships, Nairn Synchronised SC walked away with Gold from the senior team event, with a score of 70.000. They were closely followed by Clydebank ASC with a score of 66.251. The championships were held in June over two days, at Drumchapel Swimming Pool and saw teams from Scotland and England compete in both Senior and Junior events.

In the 12 years & under figure event, Rachel Wimberly, Edinburgh Synchronised ASC, finished 2nd overall with a score of 55.705.

Clydebank ASC Alex Porteous was Scotland's first placed swimmer in the 13, 14 & 15 years figure event, coming 6th overall with a score of 56.004.

The 13, 14 and 15 years solo event saw Caryn Stubbs (Nairn Synchronised ASC) as the highest placed Scottish swimmer, in 6th position overall with a score of 58.426.

The junior figures and junior solo events saw Louise Fleming, Edinburgh Synchronised ASC,

finish in 2nd place in both events, with a score of 60.082 and 62.791 respectively.



Nairn celebrate their success

The senior competition was a tough fight between Trafford Synchronised SC and Nairn Synchronised SC with the latter finishing in second place in both the senior technical solo and duet. Nicky Cramb competed in the solo, with a score of 71.330 and Pauline McFadyen and Yvette Main represented Nairn in the duet event, with a score of 72.501.

The 12 and under duet was a good result for Gemma and Rachel Wimberly (Edinburgh Synchronised ASC) finishing in 2nd place, with a score of 55.118. Their team mates Hannah Gilhooly and Nyssa Richardson finishing just behind in 4th place.

The next synchronised swimming event in our calendar year is the Scottish Club Championships, which are being held in Buckie Leisure Centre on 26th November 2005.

SYNCHRONISED SWIMMING EVENTS

| | |
|---------------------------------------|--|
| Figures: Solo | 'Figures' are the set movements which form the basis of Synchro. These are done individually without music and unless otherwise stipulated will be completed in a stationary position. |
| Technical: Solo, Duet and Team | Within this event swimmers are required to perform routines which include specified figures or elements in a set order within a short period of time. These routines are completed to music. They are scored on execution and overall impression. |
| Free: Solo, Duet and Team | Within this event swimmers are able to perform a routine which includes anything they wish which displays their interpretation of the music. These routines are scored on technical merit and artist impression. The harder the routine, the higher the score. |

Scottish synchronised swimming Academy Programme

Scottish synchronised swimming is looking forward to running the first day of the 2005/2006 Academy Programme at Buckie Swimming Pool. The Academy Programme will be held over three training days focusing on the development of both land and water based skills. It will be open to all current junior swimmers (up to and including 18yrs) and any younger swimmers wishing to pursue the new ASA Skill Level Awards* for the purpose of competitive swimming at club, district and National level.

Synchronised swimming previously ran the "Flying Start" programme around 3/4 years ago, but this was only to encourage swimmers who had not taken up the sport, however, the aim of this academy is to develop the skills of our current swimmers, encourage greater interaction between the swimmer and the coach and to provide opportunities for coach development. Through the academy the committee and Scottish Swimming hope to raise the current standards of synchronised

swimming and as a result have a greater representation at national level, with the aim of being able to form a national squad.

All synchronised swimming clubs wishing to nominate swimmers for the academy programme must provide one coach from their club to attend all training days. Clubs wishing to send more than one coach are encouraged to do so.

The first academy day commences at 0930am on the 10th December 2005, with the following training days held on the 28th January 2006 at The Glasgow Nautical College, with the final day being held at Bo'ness Leisure Pool on the 22nd April 2006. Assessment day will take place on 23rd April 2006.

Any swimmers wishing to attend the Academy Programme or are looking for more information please contact 01786 466520 alternatively email info@scottishswimming.com.

* The ASA skill level awards are the new grading system that synchronised swimmers will be assessed on as of Jan 06. Each skill has criteria that a swimmer must pass before they can proceed to the next level. There are five skill levels.



Diving coaches are often faced with the task of helping a diver figure out which hand they should grab for entry, which leg they should lift in a hurdle, and which way they should twist for twisting dives. There is no set way to determine any of these things; however the following points and suggestions should help make that process a little easier.

Divers are not all the same

It is vitally important that coaches realise that each diver is different, and the method you may use to find something specific for one diver may not work for another diver.

The method used for finding a hand grab, a hurdle leg, or a twisting direction must allow for flexibility and freedom. Coaches need to have a starting point or a base method if you will. Remember, it will need to feel comfortable for the diver so be willing to accept anything different from your "norm".

Left or right?

Start with finding out whether the diver is right or left handed, and if they are right or left leg dominant. Generally, there is a relatively strong correlation between dominant sides and how divers grab, hurdle, and twist. For example if a diver kicks a ball with their right foot, they are more likely to lift their right leg into a hurdle. The reason being for this is that their left leg is used primarily as their "stability leg" for kicking, hence their "stability leg" for hurdling. It is also directly related to the hip flexion for maximum force upwards for kicking and hurdling. Remember the up lift of the hurdle leg results in down force of the springboard.

The grab

Generally the dominant hand is the lead hand of the grab. This allows for a strong lead into the water. The less dominant hand is used as back up, and added support. For example a right handed person would grab their right hand with the left and the right hand would be the lead hand into the water.

By Shannon Roy

National Diving Development Officer/Coach



The hurdle

As mentioned before, the dominant leg is generally the lift leg of the hurdle. This is the leg that can create the most coordinated and controlled power and force upwards, which relates directly to the amount of downward force into the board. The non dominant leg is the base, or stable, leg. This base leg also acts as a pushing leg, but more so as a "stability" leg for the up drive of the hurdle leg.

The twist

Most of the time a diver will twist in the opposite direction to their dominant side. For example a right handed person should twist to the left. The reason for this being that the dominant side is the power side and the power side will be the side that is most effective coming across the body. Think of throwing a ball; right handed people throw across their body to the left, turning the hips to the left, and rotating their trunk to the left. Therefore the power comes from the right side and across the body to the left.

Coaches Development Days 2006

Why not come along to Scottish Swimming's Coaching Development days where you can meet other coaches from around Scotland, gain information about new coaching and training developments, and listen to special guest speakers from the Swimming world.

The next coach development day is Thursday 12 January 2006, at Tollcross Leisure Centre, Glasgow. If you are unable to attend, we have another on Wednesday 29 March and Wednesday 28 June.

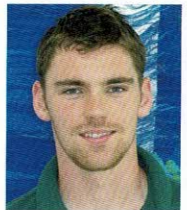
For your convenience we have scheduled these for one day before the Scottish Championships, and all will be held at Tollcross Leisure Centre.

Lookout for further information within your monthly club mailing or alternatively contact Linsey McQuillan on 01786 466520 or email info@scottishswimming.com.

We look forward to seeing you there!

New addition to coaching staff

Scottish Swimming is pleased to announce that Ciaran O'Brian has been appointed as Assistant Swimming Coach at the Scottish Institute of Sport, working alongside Chris Martin. Ciaran will work with swimmers from the Central Scotland Institute of Sport, as well as the Stirling High Performance Swim Team.



Ciaran O'Brian

As a swimmer O'Brian progressed to the Scottish Youth and Junior Elite squads, spending most of his competitive career training with Ren96. His coaching career began in 2002 when he started teaching at the National Swimming Academy while studying for his masters degree.

Ciaran is also one of only ten individuals recently accepted onto the UK Elite Sports Coach programme, where he had to attend a gruelling two day selection process to gain a much sought after place.

O'Brian feels very fortunate to be involved with Swimming at this moment in time and says, "A lot of positive changes have taken place in Scottish swimming over the last 10 years and I am very pleased to be part of the Institute programme at this exciting time. It is my hope that the Elite coach programme will play a part in helping me make a positive contribution to the process of helping Scotland's swimmers reach the next level in the coming 10 years."