

## Back home for Cumbernauld

After over a year of training in six venues across North Lanarkshire, Cumbernauld Swimming Club returned in January this year to their home pool, the newly refurbished Tryst Sports Centre. It now boasts a superb new state of the art electronic timing system and scoreboard.

Yet, it has been a difficult year for the club as the logistics of providing coaches and lifeguards at several venues and having difficult time slots, provided a major headache for officials. The travelling to the various venues was particularly hard on parents, swimmers and coaches alike. Despite this 2005 saw some excellent performances from club swimmers and Chief coach Danny McGowan was highly delighted when Cumbernauld finished third at the West District Inter Club competition in December.



View from the balcony during training

Many clubs across the country have had to or will have to go through similar experiences to Cumbernauld, as training facilities for clubs become more and more difficult to obtain. However, it is the spirit of the club and the hard work of its committee members, coaches, swimmers and parents, which helps them to get through these times and remain competitive. The performances of 2005 are proof of the commitment of those involved with Cumbernauld Swimming Club and the coaches and swimmers are now looking forward to an even better year in 2006.



Close up of the pool during a training session with coach Danny McGowan

## Masters on the up!

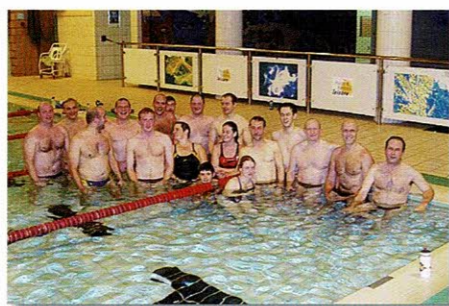
Masters swimming in Scotland is on the up - why? Because more and more people are looking for ways to keep fit and to socialise as we become more health conscious. The Masters swimming scene ticks both these boxes for anyone who takes up the sport, and the best thing about it is you don't have to be a past champion or even plan to be a future one!

Masters swimming also has an exciting social scene with the master's motto being "Fitness, Fun and Friendship". Most masters clubs arrange social nights where the swimmers get together for a meal or even just a few drinks!

John Rushworth from Perth decided to join a masters club at the age of 50. Today in Splashnews John explains why.

### Fifty, fitness and fun

In November of 2004 another birthday dawned, as did the realisation I was becoming increasingly lazy. Whilst being one of the first 1% on the net was pioneering business as well as a lot of fun, 10 plus years of keyboard tapping to dawn, forgotten meals and friends was taking its toll. So, out of shape but what to do? I hid the computer in the cupboard. Released from temptation,



Perth Masters' malaria swim

I squeezed into a new pair of Speedos. Eleven months of training, two gold's at my first event and now a qualified gym instructor - who says fifty ain't fun? New offline friends too. Thanks to fellow Masters. Getting in shape has also helped save lives - my own included - as I recently participated in a local Swim for Malaria with the Perth Masters, raising funds to buy Malaria nets.

If master's sounds fun and right up your street and you would like to take part, then all you have to do is join a swimming club near you. There are some clubs within Scotland purely dedicated to masters or other clubs have a masters section which caters for all ages and abilities. If you would like further information about masters swimming visit either [www.scottishswimming.com](http://www.scottishswimming.com) or [www.scottishmasters.co.uk](http://www.scottishmasters.co.uk)



## Warrender in Iceland!

Seventeen swimmers from Scotland's leading swimming club travelled to Reykjavik in Iceland during the February half-term week for an exciting week long training camp, competition and cultural experience.

The trip included four days of long course training using both indoor (10 lane x 50m) and outdoor (8 lane x 50m) pools. Most pools in Iceland are outdoors and so swimmers there are used to, and in fact prefer, training outdoors all year round despite sub-zero air temperatures and a severe lack of daylight in the winter months! It was a new experience for the Warrender kids, as well as their coaches but they really enjoyed breathing in fresh unpolluted air whilst training, as opposed to the chemical ridden air in pools back home.

After the four days of training, the swimmers took part in a two day competition run by Reykjavik based club KR. It was the biggest club meet in Iceland and the Warrender team performed superbly throughout to take the Top Club of the competition honours. Lewis Smith was third overall in the open boys section, with team-mate Malcolm Kerr not far behind. In the open girls category, Helen McRoberts emphasised her growing potential with second place overall. Youth Development Squad swimmer Marnie Stewart won the 13-14 girls category, whilst Ross Woolley claimed second overall in the respective boys section.

As well as the training and competing, the swimmers were also able to sample some of the sights of Iceland with visits to active geysers and the Blue Lagoon natural geothermal spa. With an invitation to return next year from the host team, the Warrender contingent are already looking forward to their next Icelandic adventure.

MELBOURNE CELEBRATION ISSUE!

# SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER — ISSUE 9: SPRING 2006



David Carry and Euan Dale making history in Melbourne

## Scotland's golden age of swimming

Over the course of six days Scottish swimmers stunned crowds at the Melbourne Sport and Aquatic Centre as well as supporters back in the UK glued to television sets or radios. Scotland's golden age of swimming had well and truly arrived.

Day one saw what many journalists called the 'mad half hour' where Scotland the Brave rang out not once, but twice, after the first two finals. Caitlin McClatchy dared to beat home favourite Libby Lenton in the 200m Freestyle and David Carry fought back to win the 400m Freestyle.

'Sensational' Saturday saw history being made with Gregor Tait winning Scotland's third swimming Gold medal in the 200m Backstroke. Kirsty Balfour broke the British Record (again!) on her way to Silver in the women's 200m Breaststroke while the men's 4x200m Freestyle squad were just edged out in an incredible race to take Silver.

On the Sunday, David Carry became the first Scottish swimmer to win two Commonwealth gold medals since David Wilkie in 1974, when he won the 400m IM. Euan Dale also provided another first by claiming Silver. This

was Scotland's first Commonwealth one-two in the pool.

On the penultimate day of swimming, Scotland's medal count continued to rise. Caitlin McClatchey and Gregor Tait secured their second Gold medals in the 400m Freestyle and 200m IM respectively. Tait also claimed Bronze in the 100m Backstroke while Kirsty Balfour won Bronze in the 100m Breaststroke.

The final day of competition saw Scotland win medal number twelve, a Bronze in the men's 4x100m Medley Relay. As well as the 12 medals, the Scottish squad also boosted 20 Scottish Records, 6 British Records, 3 Games Records and over 30 PBs.

While the city of Sydney has a total of eighty eight 50m pools, Scotland has just four. This startling statistic sums up just how momentous a task the Scottish team had competing against the most formidable swimmers in the world. Scottish Swimming congratulates all the squad and coaches involved in such an incredible display and for making swimming the most successful sport in Scottish Commonwealth Games History.

## Memories of Melbourne from the Chief Executive



"Trying to get people to believe that going to the Commonwealth Games was going to involve a lot of work, rather than a lot of rest was not easy" commented Ashley Howard, Scottish Swimming. "I think they had visions of me taking in the sights and sounds of Melbourne, turning up to the odd final and generally having a good time."

A good time was certainly had by the Chief Executive of Scottish Swimming, however, there was a lot more to it than met the eye. Even getting to watch the Scottish Swimmers was a lottery.

Howard explained, "Swimmers in Australia have a similar following to professional footballers here in the UK (without the salary!). Everyone knows who the athletes are and everyone supports them. This meant that tickets for the aquatics events were at a premium - even for those with official event accreditation. All accredited attendees had to fill in a form and fax it through to the organisers each night. At 7am the following morning we were invited to phone in to see if our application had been successful. If it wasn't successful then the phone-rounds began. It became a case of not what you know but who you know. By some stroke of very good luck and planning by **sportscotland** and the Commonwealth Games Council for Scotland, nobody missed out."

The official 'Scottish Centre' hosted by the Commonwealth Games Council for Scotland and supported by **sportscotland**

Continues page 2

Features in this issue of Splashnews include, Commonwealth Games 2006 coverage, Diving Focus and a guide to the new complaints procedure for Clubs

Scottish Swimming would like to thank the Commonwealth Games Council for Scotland for permission to use official photography. Photographs by Steve Lindridge, Ideal Images

## Memories of Melbourne from the Chief Executive

(Continued from front page)

was an excellent venue for Scots to stay and congregate. The hotel boasted of excellent rooms for press conferences, receptions, and socialising. The internet access was also fundamental for those needing to relay results and stay in touch with their colleagues back in Scotland.

The centre was a good 30 minute drive from the aquatics venue, so travelling to sessions twice a day proved time consuming. Luckily bikes were for use at the Centre, and one could take a 30 minute cycle to the sessions instead of facing the busy roads.

With all such major events, networking plays an important part of each day. "There was a tremendous opportunity to meet with key players throughout the meet, and as Scotland delivered medal after medal, the opportunities continued to grow. The Sports Minister Patricia Ferguson did a fantastic job of making herself accessible to those working in Scottish sport and of supporting our Scots, as did the First Minister, Jack McConnell."

Speaking about the competition itself, Howard was overwhelmed by the event. "The atmosphere was just incredible. In the first final, Australian Libby Lenton was due to win the first of her 7 Gold medals, a fact that had been widely publicised throughout Australia. As the race got under way, the 12,000 strong spectators really got behind their swimmers. Then, in the last 50m, as Caitlin moved up a gear, the crowd just went mad. They got louder and louder. As both girls went for the touch, there was a sharp intake of breath, as it wasn't obvious who had won. When Caitlin's name came up on the scoreboard, there was a moment of disbelief (including Caitlin herself!) followed by a deafening cheer.

Many have suggested that this event was the key moment in the success of the swimming squad, and indeed for the Scottish Team across all sports. I would agree. And when David secured Gold less than 30 minutes later, Scotland had completely won over the crowd and the event was ours."

The six days of swimming competition flew by with early morning starts and late finishes each day. "By the time we got back to the Scottish Centre and met up with the Team Scotland officials to discuss results from



Gregor Tait shows his medal with pride

swimming as well as the other sports and coordinate press interviews, it could be 3am. This was as far away from the rest and relaxation some thought I would be enjoying, but I was loving it, as I was watching our athletes and our coaches take on some of the best swimmers in the world, and win. It was also very humbling to be in touch with the squad's coaches and Team Manager, and hear of their long days, including the chaperoning of the drug testing process that took place each night after finals. I can't imagine Head Coach Chris Martin (Scottish Institute of Sport) slept more than 3 hours per night!"

Much has been said in the press on Scotland's Team Spirit, which Howard wholeheartedly supports, "The young squad of swimmers we took to Melbourne were mature way beyond their years. When the swimming competition was over, and there were opportunities to go off and unwind to some extent, many from the squad returned to the Aquatics Centre to support Monique McCarroll in the diving events. They conducted themselves professionally and I was incredibly proud to be associated with them."

With swimming now the most successful sport in Scotland's Commonwealth Games history, the squad have done more than come back with just medals, records and Personal Bests.

Howard said, "The whole profile of swimming has been raised, and in terms of the competitive nature of the sport, Scotland has been put on the map. The hard work continues with Beijing only a couple of years away and I look forward to continuing work with our partners and the Scottish Swimming staff to support athletes and coaches to ensure that they carry on enjoying their success for years to come".



## An experience of a lifetime

Gina Logan, Team Manager

**In a city which oozes sport it was an honour and privilege to be part of Scotland's Commonwealth Games Aquatics Squad. Although no two days were identical, below was not necessarily unusual:**

**0630** Up early (never a problem when the sun is shining) to get into the shower 1st - sharing a house with 20 people can make this quite a challenge. Off to the Residence Centre to get an early start with the washing machines, then it's on to answering e-mails and phone home to check up on the family.

A quick jog down to breakfast where the choice of food was out of this world -dining available 24 hrs, and you rarely had to queue. Meal times also gave me the opportunity to meet athletes/officials from other countries, and talk about different experiences in the sporting world.

**0800** Team manager's meeting in the Scottish Office. Paul Bush, our Chef de mission, welcomed the Team managers every morning, and this gave us all the chance to up-date each other on what our sport was doing that particular day. We were given feedback from media, medical, transport, and technical matters. With the success of the swim team, I had a lot of work to do with the media, arranging times for interviews and press calls.

**0900** By this time most swimmers had left to go to the pool. I made up a daily programme which was displayed in the "House" telling the swimmers where they should be and when, and what they should wear.

**0945** Arrived at the pool where all the swimmers had warmed up in time for the Heats to begin at 1000hrs. On arrival I also made a point of talking to the Scottish supporters - parents, coaches, friends, family etc.

The crowds at the Heats were unbelievable and the noise incredible. Invariably one of our swimmers would be drawn out for dope testing and I would accompany them - this could be a lengthy task - from 45mins to over 2 hours. Unfortunately I often missed some of the swimming but that is part of the job of being a team manager. The Heats

finished at midday and we made our way back to the village by official transport.

**1400** Team meeting in our "House" to discuss the Heats and what was due to happen that night. These were great for bringing everyone together and good for team morale.



Gina Logan

**1430** Arranged for a sick swimmer to leave the village as a precaution against others getting the "bug". No quarantine arrangements in the village so asked parents to collect the swimmer and agreed to keep in touch with them by phone. Swimmers asked to do a press conference so accompany them to the Scottish Office - leave them there as they are all able to cope with this on their own. When not at a press conference swimmers use this time to relax.

I email morning results back to SASA and retrieve the washing. I also have to go to the Sports information desk to find out about video coverage of the Games on behalf of one of the coaches.

**1700** Back to the Scottish office to collect some kit that has been delivered for the team, and also finalist certificates, which were presented at team meetings.

**1800** Arrive at the pool and collect morning's results and get start sheets. Meet our liaison Rob and he checks that we are up-to-date with everything that is happening.

**1900** What a night! Caitlin gets Gold in the 400m Free and I go off to dope testing with her. As we wait for her to swim down we see Gregor get Bronze in the 100m Backstroke, then Kirsty wins Silver in the 100m Breaststroke. And when we are in the dope testing waiting area, Gregor wins Gold in the 200IM and we hear the bagpipes. By the time everyone had swum down, dealt with the media and had their dope tests, it was 10.30pm and we had to ask for an official car to take us back to the village.

## Commonwealth Games through a lens BY BILL BLACK

Melbourne was my second Games as a photographer, and it proved to be the most exciting. Everyone involved in the Games had to have accreditation to get access to the areas where they worked. Security arrangements were tight but improved in efficiency as the Games progressed. I had a week to sort out my accreditation and find my way around Melbourne and the MSAC (Melbourne Sports and Aquatic Centre) which ensured I was well prepared from the start. There were two categories of photographer - those in designated positions and the "pool" photographers who were free to roam around the venue. The latter were all from big agencies whose only restriction was to keep out of the way of the TV people who had top priority. The big agencies also had reserved positions with dedicated phone lines in the photo seating area. High-tech was the order of the day with some photographers using transmitters on their cameras to send images as soon as they were captured. I thought my gear was heavy but was minimal compared to the range of cameras, lenses, wi-fi equipment and laptops on display.

I was staying at St Kilda Beach, which was convenient for the MSAC using the tram/light rail system. My day started at 0630 to make sure I was at the pool an hour and a half before the heats session started at 1000.

Some days travel was difficult when events such as Triathlon and Road Cycling caused disruption of the public transport when roads were closed off. After the morning heats I spent the afternoon in the Press Centre transferring images from my cameras to my laptop or attended synchronised swimming events. Then it was back to the pool for the evening session. By the time I had packed up my gear and headed home it was getting late and I did not get to bed until after midnight.

The first night of swimming finals got the adrenaline going. Some races were so exciting to watch it was difficult to concentrate on taking photographs. When Caitlin won her first Gold medal I was sitting beside a young French Canadian photographer who took quite a shine to newly crowned Champion. He kept telling me Caitlin was wonderful! When David Carry won the second gold on the first finals session Australians were asking "Where did they come from?"

The swimming just got better and better as the week progressed and it was only after the Games had ended that it hit me how tired I was! But I wouldn't have missed it for the world. I owe thanks to Elaine Mackenzie and Kirsten Baker at Scottish Swimming, Katriona Bush at sportscotland, and Ken Black for making it all happen for me.



Kirsty Balfour on her way to Silver

**2300** A very excited group made their weary way to the dining hall to grab some food. I then went back to the Scottish office to e-mail the evening results back to Scotland, collect mail for any of the swimmers/staff, and deal with any media appointments set up for the next day e.g. Hannah Miley was asked to have lunch with Jack McConnell; Caitlin to have lunch with Prince Edward.

**2400** Called in at the medical centre to report on a swimmer who wanted an appointment. Back to the house and

tidied up our common room and made sure everyone was OK. And so to bed and look forward to the next day.

**The success of the swimming team made my job much more demanding than it would normally have been, BUT, I was more than delighted to deal with this - to me it was added bonus on what was a fantastic experience. It really was a great privilege to work with and be "mum" to such a group of talented young people.**

# The big picture



Our medal winners deserved some time to relax after the aquatics competition finished in Melbourne. Below is a full summary of how all of our fabulous Scottish swimmers performed.

| Name               | Coach         | Club                       | Medals won   | Games Records (No.) | British Records (No.) | Scottish Records (No.) | Finals reached | Semi Finals reached | Personal bests (No.) |
|--------------------|---------------|----------------------------|--|---------------------|-----------------------|------------------------|----------------|---------------------|----------------------|
| Andrew Hunter      | Chris Martin  | Stirling Swimming          | Silver 4x200 Free  |                     |                       | 1                      | 1              |                     | 1                    |
| Caitlin McClatchey | Ben Tittley   | Loughborough               | Gold 200 Free<br>Gold 400 Free                                     | 1                   | 1                     | 2                      | 3              |                     | 2                    |
| Chris Jones        | Alan Ayles    | City of Southampton        | Bronze 4x100 Med (competed in heat)                                |                     |                       | 1                      | 1              |                     | 1                    |
| Craig Houston      | Chris Martin  | Stirling Swimming          | Bronze 4x100 Med   |                     |                       | 3                      | 2              | 2                   | 1                    |
| David Carry        | Ian Turner    | City of Aberdeen Swim Team | Gold 400 Free<br>Silver 4x200 Free<br>Gold 400 IM                  | 1                   | 1                     | 5                      | 5              |                     | 4                    |
| David Leith        | Fred Vergnoux | City of Edinburgh Swimming |  |                     |                       |                        |                | 1                   |                      |
| Euan Dale          | Ian Turner    | Loughborough               | Silver 4x200 Free<br>Silver 400 IM                                 |                     |                       | 1                      | 2              |                     | 2                    |
| Fiona Booth        | Ian Wright    | Warrender Baths Club       |  |                     |                       |                        |                | 1                   |                      |
| Gregor Tait        | Dave Haller   | City of Cardiff            | Gold 200 Back<br>Bronze 100 Back<br>Gold 200 IM<br>Bronze 4x100Med | 1                   | 1                     | 3                      | 4              | 1                   | 2                    |
| Hannah Miley       | Patrick Miley | Garioch ASC                |  |                     |                       |                        | 2              | 1                   | 2                    |
| Kerry Buchan       | Gary Paterson | South Aberdeenshire Squad  |  |                     |                       |                        | 2              | 2                   | 1                    |
| Kirsty Balfour     | Fred Vergnoux | City of Edinburgh Swimming | Silver 200 Brs<br>Bronze 100 Brs                                   |                     | 3                     | 4                      | 3              | 1                   | 5                    |
| Kris Gilchrist     | Fred Vergnoux | City of Edinburgh Swimming | Bronze 4x100 Med   |                     |                       | 2                      | 3              | 1                   | 4                    |
| Lorna Smith        | Steve Hill    | City of Glasgow Swim Team  |  |                     |                       |                        | 1              |                     |                      |
| Robbie Renwick     | Eileen Adams  | City of Aberdeen Swim Team | Silver 4x200 Free  |                     |                       | 2                      | 3              |                     | 1                    |
| Robert Lee         | Chris Martin  | Stirling Swimming          |  |                     |                       |                        | 1              |                     |                      |
| Ross Clark         | Heather Albin | City of Dundee Swimming    |  |                     |                       | 3                      | 1              | 2                   | 4                    |
| Stephanie Hill     | Bill Furniss  | Nova Centurion SC          |  |                     |                       |                        | 1              | 2                   |                      |
| Todd Cooper        | Chris Martin  | Stirling Swimming          | Bronze 4x100 Med   |                     |                       | 4                      | 4              | 2                   | 2                    |

A more detailed version of this spreadsheet is available to download from [www.scottishswimming.com](http://www.scottishswimming.com)

# DIVING FOCUS



## The idiots guide to diving

### EVENTS:

#### Springboard Events

Springboards have come along way over the last few decades. Beginning with a not so "springy" plank of wood with heshen matting, they have evolved to the most up to date and technologically enhanced aluminium Duraflex boards. The newer style of springboard has been designed to give the most flexibility and even has small holes in the end to allow for water drainage and less air resistance. They are set at 1 metre and 3 metres above the surface of the water within any competition.

#### Platform Events

Platforms or firm-boards are generally made of concrete and can be covered with a variety of non slip surfaces. These can be set at 1 metre, 3 metres, 5 metres, 7.5 metres and 10 metres. Competitions can only take place from 5, 7.5, and 10 metre platforms. In all major senior competitions dives must be taken from the 10m platform.

#### Entry Positions:

Divers can either enter the water head first or feet first, in all cases the diver's body must be straight with feet together and toes

pointed. If the diver is entering the water head first, the arms are extended above the head, and if they are entering the water feet first, the arms must be at their sides. Entry into the water must be as near to vertical as possible. Divers can either take running or standing take offs.

#### Body Positions:

Once the diver leaves the board there are four different body positions which they can adopt:

|                  |   |
|------------------|---|
| <b>Straight:</b> | The body is not bent at the hips or the knees                   |
| <b>Pike:</b>     | The body is bent at the hips but not at the knees               |
| <b>Tuck:</b>     | The body is bunched up tightly with the hands on the lower legs |
| <b>Free:</b>     | This is a combination of at least two of the other positions    |

#### Types of Dives:

There are 6 different groups of platform and springboard dives. The first four types involve rotating in different directions relative to the board and the starting position, while the fifth group includes any dive with a twist and a sixth group involves an arm stand starting position on the platform.

**Forward Group:** Forward take off (diver faces the water) with forward rotation. Dives in this group vary from the simple front dive to the difficult forward four and one-half somersaults.



**Backward Group:** Backward take off (diver has back to the water) with backward rotation i.e. the direction of rotation is away from the board.

**Reverse Group:** Forward take off and rotates backwards towards the board.

**Inward Group:** Backward take off and rotates forward towards the board.

**Twisting Group:** Any of the above dives with a twist is included in this group. There are four types of twisting dive: forward, backward, reverse and inward. Because of the many possible combinations this group includes more dives than any other.

**Armstand Group:** In platform diving, there is a sixth, unique group of dives called "armstands". Here, the diver assumes a handstand position on the edge of the platform before executing the dive.

## GET INVOLVED!

### Diving activities in your area

**Ayr:** Contact: Peter Smith, 07917412138 [petersmith@wightcablenorth.net](mailto:petersmith@wightcablenorth.net)

**Dundee:** Contact: Lynne Meldrum, [lynne.meldrum@dundeeccity.gov.uk](mailto:lynne.meldrum@dundeeccity.gov.uk) or contact Olympia Leisure Centre for details

*Watch out for other new areas to be introduced!*

## Diving facts

- The sport of diving as we know it today has been developed from Gymnastics rather than swimming.
- Divers must have beauty and grace as well as strength and agility.
- The first recorded diving championship held in the UK was the 1889 Championships of Scotland
- Early competitions included plain platform diving, however this later progressed to include somersaults and/or twists.
- The 1904 Olympics saw the start of spring board diving. High board diving began in 1906 at the supplementary Olympic Games in Athens.
- Women's diving was included in the Olympics for the first time in 1912.

Head Coach Jennie McColl. The young divers performed superbly to admiring gasps and applause.

The launch also included a "come and try" session where children and adults alike were asked to give it a go. They gamely tried some basic moves under the supervision of club level coaches, getting first hand experience of the exciting sport of diving.

If you would like further information about Aberdeen Diving Club please call **Anne-Marie Jones on 01224 749282** or alternatively email: [info@scottishswimming.com](mailto:info@scottishswimming.com)

| Scottish Diving Clubs |                       |
|-----------------------|-----------------------|
| East                  | Edinburgh Diving Club |
| North                 | Aberdeen Dive Club    |

## Aberdeen open for diving!!

Blankets of snow covered the centre of Aberdeen, as a group of highly enthusiastic young divers tucked, piked and somersaulted their way into a new era with the launch of the first Diving Club in the city for over 20 years. Held at Bon Accord Baths in March the club was officially launched by Lord Provost John Reynolds OSTJ, with an enthusiastic and supportive speech, declaring Aberdeen open for Diving!

Spectators were then treated to an animated demonstration of poolside jumps and skills from the clubs 18 members, before being guided through some of the more complex dives from the boards by

# Complaints / appeals process

## FACTSHEET

Scottish Swimming has introduced a new process for dealing with grievances at club level and complaints/appeals at national level. All grievances and complaints/appeals must be documented on the correct form and will only be heard if the documentation is completed correctly, the correct timeframe is adhered to and the correct fee is paid.

### Is your complaint worth pursuing?

It should be appreciated that complaints require a lengthy process and significant time and emotional commitment from start to finish. We ask that complainants consider whether they are prepared for this rough and often dissatisfying pursuit.

We strongly suggest that if your complaint is of a personal nature, that you consider leaving the issue. However, if your complaint falls into one of the following categories, then do consider going through the procedure:

1. Child Protection
2. Safety
3. Significant Financial Loss to Member / Club

### If I've decided to pursue my complaint what should I do?

**NEXT STEPS?** We recommend that you:

1. Speak to the club secretary to advise him/her of the nature of your complaint and request a copy of the club's "Grievance Procedure".
2. Address your complaint in writing (using the correct form) to the appropriate person detailing the matter(s) with which the complainant is dissatisfied and the reason for their dissatisfaction.

Adhere to the timeframe detailed within the clubs procedures. If your complaint falls out with the detailed procedure, but you have been managing the complaint with the club informally since the incident in question, then highlight the steps you have taken to

date within the relevant section of the form. If you have not been managing the complaint informally, and you are out with the outlined timeframe, do not proceed with your complaint. In this case, the club is under no obligation to undergo their procedure.

### Should Scottish Swimming be involved at this stage?

No, all complaints, unless of a child protection nature, should be addressed by following the club's "Grievance Procedure". Only after this process has been fully exhausted, should you contact Scottish Swimming to pursue an appeal if you are unhappy with the outcome of the hearing at club level.

### Does your club have a "Complaints and Grievance Procedure"?

Yes, please note that all clubs affiliated to Scottish Swimming must operate the Company grievance procedure and identify the company complaints and appeals procedure that can be used if satisfaction is not achieved through use of the club grievance procedure.

What if the committee members are related / have a conflict of interest with the complainant / person being complained about?

We would strongly recommend that you review the people selected to manage complaints and proactively identify any conflicts of interest. We then recommend that you request any committee member /interested party withdraw from all proceedings. This ensures the process will be fair for everyone involved, and protects the club from accusations of a biased outcome.

### DO YOUR BIT!

Campaign postcards and postboxes will be available at various retail outlets and sporting venues and events across Scotland. Alternatively, people can complete their own postcard and post it to: Back Scotland's Bid, 26 Dunedin Street, Edinburgh, EH7 5JG.

number of medals a country wins increases.

In addition, hosting the games is a fantastic opportunity to show millions of people across the world that Scotland is a modern, ambitious and dynamic nation, capable of staging an international event.

Glasgow has submitted a strong bid but faces competition from Abuja in Nigeria and Halifax, Nova Scotia. The final decision on who will be awarded the 2014 Games will be made in November 2007.

Demonstrating enthusiasm from the country's elite athletes, as well as our future stars, will enhance Scotland's bid.

## Call to action for Scotland's athletes



Minister for Tourism, Culture and Sport Patricia Ferguson is urging Scotland's sports men and women to back Scotland's bid to host the 2014 Commonwealth Games.

Several personalities from the sporting world have already pledged their support to the campaign including Shirley Robertson, Chris Hoy, Liz McColgan and Yvonne Murray.

Ms Ferguson said: "Scotland may be a small country, but we have big ambitions and the Commonwealth Games will showcase a modern, vibrant Scotland to billions of people across the globe.

"As the drive to bring the Games to Scotland gathers pace we need our sports men and women to back the bid, promote the bid and talk up Scotland whenever they get the chance. With your help we can win this bid for Scotland so get on to the website!"

### People can pledge their support in three ways:

- By registering at [www.glasgow2014.com](http://www.glasgow2014.com)
- By texting 'bid' to 61611
- By completing and returning a campaign postcard

Hosting the 2014 Commonwealth Games in Glasgow will bring substantial economic benefits to both the city and the country, including regeneration of transport, housing and the environment.

New and renovated sporting facilities will give Scotland a platform to promote healthy living and sport throughout the country. It will also offer Scotland's sports men and women a chance to shine - results from previous games show that when held on home territory, the

Back Scotland's Bid for the 2014 Commonwealth Games



Richard Gordon



Fred Vergnoux



Shannon Roy



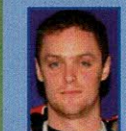
Gary Vandermeulen



Melanie Findlay



Linsey McQuillan



Robert Lee



Anthony Stickland



Gordon Glasgow

## Meet the team!

LEFT TO RIGHT. Back Row: Ally Whike; Elaine Mackenzie; Jemima Coates; Kirsten Baker; Ailsa Campbell; Helen Dickie. Front row: Lorraine Campbell; Julie Aitken; Emma Sunderland; Ashley Howard; Jacqueline Birrell; Marilyn Sweet; Deborah McGinnis

|   |  |   |  |
|---|--|---|--|
| <b>Ashley Howard</b><br>Chief Executive   | Ashley's role is to support the staff, Council and Board. Ashley also leads on the development and execution of vision, strategy, and planning.  | <b>Ally Whike</b><br>Director of Performance  | Ally provides leadership in developing, implementing and co-ordinating the strategy to take Scottish Swimming towards being the diamond in the crown of British swimming.  |
| <b>Linsey McQuillan</b><br>Administration Officer (Performance)                     | 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.  | <b>Fred Vergnoux</b><br>City of Edinburgh Swimming Head Coach                           | Fred is responsible for coaching City of Edinburgh Swimming swimmers, working closely with Scottish Swimming's Director of Performance and the Institute and Area Institute coaches.   |
| <b>Gary Vandermeulen</b><br>Tayside and Fife Institute of Sport Swimming Coach      | 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.   | <b>Gordon Glasgow</b><br>East of Scotland Institute of Sport Swimming Programme Manager | Gordon 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. |
| <b>Robert Lee</b><br>West of Scotland Institute of Sport Swimming Programme Manager | Robert 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.   | <b>Richard Gordon</b><br>Director of Coaching & Development                             | 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.                                  |
| <b>Lorraine Campbell</b><br>Swimming Youth Development Manager                      | Lorraine is part of the development team and her key areas of work include child protection, education, review of learn to swim and awards project, CPD and providing support to Open Water and Water Polo.  | <b>Jemima Coates</b><br>Swimming Youth Development Manager                              | As a member of the development team, projects include the SwimMark, the implementation of Learn to Swim and supporting the SwimGym team. This post also provides support for the discipline synchronised swimming.   |
| <b>Helen Dickie</b><br>Administration Officer (Development)                         | Helen is the Administrator for the Development Team. Helen's focus is on the set up of Teacher/Coach Licensing and Education. Helen leads on the Membership Process for the Association including the Integra membership database. Helen provides admin support for the Technical Officials Committee and new Child Protection Officers. | <b>Shannon Roy</b><br>National Diving Development Officer/ Coach                        | Shannon is responsible for coaching the Senior team and overseeing the other national squads and squad members. He is also responsible for the development of diving across Scotland to recruit divers, educate coaches, and delivering possibilities for diving to grow.                    |
| <b>Elaine Mackenzie</b><br>Director of Operations                                   | 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.   | <b>Jacqueline Birrell</b><br>Administration Officer                                     | Jacqueline provides administration support to the Board of Directors, Council, national swimming committee, national swimming events committee and Scottish records.   |
| <b>Julie Aitken</b><br>Administration Officer                                       | This role will provide support on Scottish Swimming's Awards dinner, AGM, membership and website. It will also provide general operations, and support on marketing, diving & synchro.   | <b>Ailsa Campbell</b><br>Administration Officer   | Ailsa leads on the admin duties in relation to club Child Protection recruitment policies and procedures. Ailsa also manages all IT related issues within Scottish Swimming, leads on the admin of weekly mailings, water polo and kit.  |
| <b>Melanie Findlay</b><br>Administration Officer                                    | Melanie's responsibilities include providing admin support for the CEO and supporting open water and Masters. In addition, Melanie's role includes the information guide, membership, maintaining our contacts list, medical/Doping database and support for national events.  | <b>Anthony Stickland</b><br>High Performance Coach, British Swimming (Disability)       | Anthony's role is to work with Scottish world class performance and world potential swimmers and their coaches, providing specialist coaching and advise to get more swimmers on to the international stage  |
| <b>Deborah McGinnis</b><br>Finance Manager/ Company Secretary                       | 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.   | <b>Marilyn Sweet</b><br>Finance Officer   | Marilyn provides support to the Finance Manager, dealing with day-to-day finance and matters such as processing of invoices, expense claims, payments  |
| <b>Kirsten Baker</b><br>Marketing & Communications Manager                          | Kirsten's role is to lead on all marketing and media activity within Scottish Swimming. This includes the review of the awards scheme, sponsorship, media, website, SwimGym, the awards dinner, SplashNews and increasing membership.  | <b>Emma Sunderland</b><br>Sales & Marketing Officer                                     | Emma's 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.  |

## A guide to teacher and coach licensing in Scotland

Scottish Swimming introduced licensing for swimming teachers and aquatic coaches on 1 March 2006. The purpose of this guide is to outline the key features of teacher and coach licensing in Scotland.

### The Process

Licensing is not mandatory – it is something that Scottish Swimming recommends employers, including clubs, adopt. It is the best way that swimming teachers and coaches can demonstrate that they are competent, up to date and committed to continuous improvement.

- 1 If you are an existing qualified teacher/coach, you will be invited by SASA to apply for a license at the level at which you are currently certificated.
- 2 If you pass a qualification, SASA will invite you, by sending you an application form, to apply for a license at the level at which you have just gained your certificate.
- 3 Upon receipt of the application, SASA will process your information and it is expected we will be able to respond with feedback within 3 weeks.
- 4 If a licence is granted, it will either be a probationary licence i.e. you have achieved the mandatory requirements only, or a full licence i.e. you have achieved both the mandatory and elective requirements.
- 5 A licence lasts for three years.
- 6 You will be sent a reminder to renew your licence by Scottish Swimming six months before the end of your current licence period.
- 7 If a license is not granted, you will receive a letter explaining why it has not been granted and what needs to be done to achieve a license at the level at which you are certificated.

- 8 Once licenced, you will be able to demonstrate to your current and future employers the following benefits:

### The Cost

Teacher and Coach licensing will be free to those teachers and coaches in membership of SASA, Institute of Swimming (IOS) and the British Swimming Coaches and Teachers Association (BSCTA), otherwise the cost will be £45.

### ASA vs SASA Licence

There are only two differences between the licences issued by the ASA and Scottish Swimming:

- 1 Police checks in relation to child protection procedures are slightly different in England and Wales compared to Scotland. Currently a check processed by the Criminal Records Bureau in England does not satisfy the Protection of Children (Scotland) Act 2003.
- 2 The judicial processes are different in England and Wales compared to Scotland.

### Probationary Licence

On the first occasion, Teachers or Coaches will be able to gain either a probationary licence (i.e. meet all the mandatory criteria) with three years to upgrade to a full licence (i.e. meet all the mandatory criteria and required electives). A probationary licence will only be granted for one three year period,

## The Benefits

The benefits of licensing are that it:

- ✓ Provides proof of competence.
- ✓ A summary statement of qualifications and experience.
- ✓ Provides some protection for children through Disclosure Scotland checks.
- ✓ Helps to promote high standards for teaching and coaching.
- ✓ Provides a framework for continuous improvement and CPD.
- ✓ Assists employers and clubs in the selection of teachers and coaches.
- ✓ Provides for a separation of qualified and unqualified staff.
- ✓ Acts as a catalyst for implementing change.
- ✓ Commits the holder to uphold the code of ethics in swimming
- ✓ Provides external credibility for the profession and for the governing bodies of swimming.
- ✓ Is part of a regulated and developing career structure.

after which only a full licence must be applied for.

### Communication

Information on licensing was sent by Scottish Swimming to current SASA, IOS members in Scotland, BSCTA members in Scotland, all SASA affiliated clubs and all local authorities in Scotland at the beginning of March. Information can also be downloaded from the Scottish Swimming website ([www.scottishswimming.org](http://www.scottishswimming.org)). If you have any questions, please contact:

**Lorraine Campbell, Scottish Swimming**  
**Phone: 01786 466520**  
**Email: [l.campbell@scottishswimming.com](mailto:l.campbell@scottishswimming.com)**

# SWIMMARK RELAUNCHED

## SCOTTISH SWIMMING'S CLUB AND SWIM SCHOOL DEVELOPMENT PROGRAMME

In 2001 Scottish Swimming launched SwiMark, their new exciting opportunity for clubs to gain accreditation from Scotland's governing body for swimming, however due to recent changes within Scottish Swimming's Learn to Swim programme, UKCC and the recent introduction of the Long Term Athlete Development programme, Scottish Swimming have now revised and relaunched this product. Over the past 12 months the programme has been amended and improved to include areas such as management, athlete development and teacher/coach education. SwiMark can now also be applied to swim schools, either within a local authority, club or privately run.

Based around Long Term Athlete Development the aim of SwiMark is to provide a nationally recognised process that helps clubs and swim schools:

- Develop their services based on good practice
- To achieve improved swimmers, teachers/coaches, and more motivated volunteers

- To demonstrate they are "safe, effective and child friendly"
- Are "fit for purpose" to receive public support

SwiMark can benefit clubs and swim schools by giving them greater access to Scottish Swimming and resources, providing a process for identifying key education/training needs and increased promotional opportunities and assistance for planning for the future. To achieve accreditation clubs and swim schools must undergo the six stage process set out by Scottish Swimming.

SwiMark is currently only developed for swimming clubs and swim schools however in the near future Scottish Swimming are looking to introduce DiveMark, PoloMark and SynchroMark.

If your club or swim school are interested in finding out more about SwiMark or the other aquatic discipline schemes please contact Jemima Coates at Scottish Swimming on 01786 466520 or alternatively email [info@scottishswimming.com](mailto:info@scottishswimming.com).

| Clubs undergoing the new 2005 system are:      |                   |
|--|-------------------|
| South Aberdeenshire Squad (SAS)                | Aberdeenshire     |
| Westhill                                       | Aberdeenshire     |
| Stonehaven                                     | Aberdeenshire     |
| Alford Otters                                  | Aberdeenshire     |
| Banchory Beavers                               | Aberdeenshire     |
| Aberdeen ASC                                   | City of Aberdeen  |
| Bridge of Don                                  | City of Aberdeen  |
| Cumbernauld                                    | North Lanarkshire |
| Motherwell and Wishaw                          | North Lanarkshire |
| Nairn  | Highland          |
| Highland Swim Team                             | Highlands         |
| Inverclyde                                     | Inverclyde        |
| St Thomas ASC                                  | Angus             |
| Menzies & Whitehill Swimming & Water Polo Club | City of Dundee    |
| City of Dundee ASC                             | City of Dundee    |
| Dundee Arnhall                                 | City of Dundee    |
| Warrender Baths Club                           | City of Edinburgh |

| Current SwiMark Clubs accredited under the original 2001 system are: |                  |
|--|------------------|
| St Thomas ASC  | Angus            |
| Rutherglen ASC   | City of Glasgow  |
| Aberdeen ASC   | City of Aberdeen |
| Bridge of Don  | City of Aberdeen |
| City of Dundee ASC   | City of Dundee   |
| Grantown ASC   | Highlands        |
| Stirling ASC   | Stirling         |



## Visa Paralympic World Cup

Disability swimmers from Scotland have been selected for the Visa Paralympic World Cup being held in Manchester on and between 4th and 7th May 2006.

The four Scots – James Anderson (Broxburn Swimming Club/Stirling Swimming), Mhairi Love (Blantyre Swimming Club/Stirling Swimming), Andrew Lindsay (Incas/Stirling Swimming) and reserve swimmer Katie Haining (City of Aberdeen Swim Team) will be amongst the 15-strong GB squad.

James, Mhairi and Andrew all train at the High Performance Centre/National Swimming Academy at Stirling University and are all ranked within the Top 3 in the World in their events. Within their own classifications, James and Mhairi will swim the 50m Freestyle while Andrew will swim both the 50m Freestyle and the 100m Backstroke. On top of this they will all swim in the Multi-Disability events of 50m and 100m

Freestyle, where the winner will be the swimmer who swims closest to the World Record in their classification.

Anthony Strickland, British Disability Swimming Coach said, "All swimmers attending this World Cup event are ranked in the World top eight, ensuring World Class competition. Katie Haining has been selected by Fast Track in recognition of the outstanding improvements she has achieved during the last two years, so although she is not yet on the World Class Programme, we have great hopes for her future, especially now that Eileen Adams, Head Coach of City of Aberdeen Swim Team, has taken Katie under her wing. Watch this space!"

## Open water back in the Olympics

In the first Olympics of the modern era there were no 'pool' swimming events, that came later. This doesn't mean there were no swimming events at all. In fact there were four events ranging from 100 metres to 1200 metres and they were all held in the sea.

Since those early days, pool swimming has become the dominant form of the sport to the point where many people in Britain think it caters for all competitive swimming. This is about to change.

In two years time Beijing will host an aquatic version of the marathon and open water will be back in the Olympic swimming programme. The 10 Km races for men and women are each set to be contested by 25 endurance athletes.

Will any of Scotland's current stars be in the starting line-up? Well maybe. Last year Scottish swimmers won the



majority of the medals in the British Championships. This included a clean sweep in the women's 5 Km and a week later the team travelled to the French Championships and took the top four places. Jamie Forrest and John Owen also competed in British teams last year and now have a new impetus to their training.

With Open Water back in focus it's inevitable that participation will rise at all levels and anyone can get involved in the new challenge. The stereotypical image of an open water swimmer covering themselves in goose grease as they set out on a solo challenge in freezing conditions bears little resemblance to the modern

sport, which gives distance swimmers a chance to extend their range of events.

There are lots of open water events held in Scotland over the summer months and swimmers also travel to races in England and abroad.

If you want a new challenge or are perhaps looking for a different route to the Olympics, then maybe you should give it a go. Open Water has its own newsletter with details of forthcoming events.

**If you want a copy contact Melanie Findlay at Scottish Swimming ([m.findlay@scottishswimming.com](mailto:m.findlay@scottishswimming.com)).**



## Awards Dinner 2006

Volunteers, coaches, committee members, club representatives, staff and stars of swimming past and present, all converged on The MacDonald Cardrona Hotel, Peebles for the Annual Awards dinner on Saturday 25th February.

The event was again hosted by Ian Turner, with awards presented in recognition for outstanding performances in all aquatic

### The award winners were:

|  |  |
|--|--|
| <b>J Y Coutts Award</b><br><i>(Outstanding services to Scottish Swimming)</i>  | Peter Lee (Cardenden ASC)  |
| <b>The John and Margaret Bell Award</b><br><i>(The person who has contributed the most to enhance or uphold the prestige of Scottish Diving during the year)</i> | Malcolm Taylor (City of Edinburgh).  |
| <b>W G Todd Prize and Cup</b><br><i>(Junior Athlete of the Year)</i>   | Hannah Miley (Garioch ASC)   |
| <b>Volunteers of the Year:</b><br><i>For the volunteer who has made the most significant contribution to the sport in each of Scottish Swimming's Districts.</i> | East: Joanna Maguire (Heart of Midlothian ASC)<br>Midland: Alyson Buchan (Aberfeldy Sharks)<br>North: Norma Shand (Dyce (Aberdeen) ASC)<br>West: Anthony Clare (Bo'ness ASC) |
| <b>The Dennis Sullivan Memorial Trophy</b><br><i>(Outstanding performances in open water events)</i>   | Sinead Doherty (City of Glasgow)   |
| <b>Nancy Riach Memorial Medal</b><br><i>The person who has contributed the most to enhance or uphold the prestige of Scottish Swimming during the year:</i>      | Caitlin McClatchey (Northampton SC)  |

|   |                                 |
|---|---------------------------------|
| <b>Players who have done the most to enhance or uphold the prestige of Scottish water polo during the year.</b> |                                 |
| <b>Senior Water Polo Player of the Year:</b>  | David Stewart (Dunfermline WPC) |
| <b>Junior Water Polo Player of the Year:</b>  | Julia Mackay (Dunfermline WPC)  |

|   |                                    |
|---|------------------------------------|
| <b>Disability</b>                             |                                    |
| <b>Male Disability Swimmer of the Year:</b>   | Kenny Cairns (Port Glasgow Otters) |
| <b>Female Disability Swimmer of the Year:</b> | Lara Ferguson (INCAS SC)           |

|  |   |
|--|---|
| <b>British Swimming Coaches and Teacher's Association (BSCTA):</b> |   |
| <b>Scottish Coach of the Year:</b>                                 | Chris Martin (Scottish Institute of Sport Coach, Stirling Swimming Coach) |
| <b>Scottish Junior Coach of the Year:</b>                          | Eileen Adams (City of Aberdeen Swim Team)                                 |
| <b>Scottish Development Coach of the Year:</b>                     | Ian Wright (Warrender Baths Club)   |
| <b>Lifetime Coaching Award:</b>                                    | Danny McGowan (Cumbernauld ASC)   |

disciplines, along with the invaluable contribution of volunteers and coaches.

Over the course of the evening guests had the opportunity to win a case of champagne in the raffle, bid for a day's sailing experience on 'The Drum' in the auction and were also entertained by funnyman Eric Davidson, (winner of prestigious Wit's Dinner Award 2005).

The evening ended with a fantastic fireworks finale in the hotel grounds.



Ashley Howard and Danny McGowan



Frank Clements and Hannah Miley

## Records tumble for Scottish Masters

On Friday 21st and Saturday 22nd April, no fewer than 6 World, 7 European, 8 British and 15 Scottish records were broken at the Scottish National Masters Championships at Tollcross Park Leisure Centre in Glasgow.

The 6 World Records fell to one very special lady, 90 year old Willy van Rysel. Swimming for London club Spencer, van Rysel established new marks in the 100m and 200m Backstroke as well as the 100m 200m 400m and 800m Freestyle.

With the highest ever number of entries to the event (235 individual participants, 83 relay teams and 65 Masters Clubs), all age groups were well contested, and Aberdeen's Silver City Blues took the accolade of overall Club Champions for an impressive 10th year in succession.

The considerable increase in numbers has been welcomed by Scottish Swimming's Masters Committee who continue to encourage improved health through participation, through all age groups of swimming.

As well as Willy van Rysel in the 90-94 age groups, Alison Sheppard made a successful return to swimming breaking the European Record in her age group for the 50m Freestyle, while the elder statesman of the event was Alex Sutherland from Inverness enjoying competition in the 80-84 age group.

## Scottish 5 Km Championships, Tollcross

City of Edinburgh swimmers dominated the open categories at the Scottish 5Km Championships at Tollcross in February, when they won 5 of the 6 medals available.

John Owen was in excellent form to take the gold medal in the men's event in 54 minutes 30.41 seconds. This is the fastest time recorded for the event by a Scottish swimmer and is believed to be the second fastest by a Briton. Owen's club mate, Robert Lang, took the silver medal in 56 minutes 2.06 seconds with the bronze going to British International open water swimmer Jamie Forrest (City of Glasgow).

Owen, a member of the Scottish open water squad, will now compete in the British 5Km Championship at Sheffield in April with improved hopes of making the British team for the 2006 European and World Open Water Swimming Championships. Should he retain the title he won last year and make a half second improvement on his Tollcross time to dip under the 54 minutes 30 second selection time, he will meet the selection criteria.

In the women's race, City of Edinburgh took a clean sweep of the medals through Alena Popchanka, Megan Gilchrist and Robyn Matthews. Popchanka, who competes for France, had a winning time of 59 minutes 5.61 seconds which is the fastest time recorded for a woman in a Scottish event. Gilchrist finished only 10 seconds behind in 59 minutes 15.36 seconds taking more than two minutes off the previous best by a Scottish woman.

| Age Group  | Male Winner   | Club                    | Female Winner    | Club                    |
|------------|---------------|-------------------------|------------------|-------------------------|
| 12 & under | Mark Deans    | City of Glasgow ST      | Elizabeth Hughes | City of Aberdeen ST     |
| 13-14      | Cameron Smith | Haddington & District   | Marnie Stewart   | Warrender Baths Club    |
| 15-16      | Calum McGhee  | Cumbernauld ASC         | Helen McRoberts  | Warrender Baths Club    |
| 17-19      | Ross Douglas  | Cumbernauld ASC         | Catriona Quirie  | Thurso ASC              |
| 20-29      | ---           | ---                     | Judith Jeffrey   | Glasgow Western Masters |
| 30-39      | Keith Dunnett | Silver City Blues       | ---              | ---                     |
| 40-49      | Brian Bain    | Silver City Blues       | Barbara Thomson  | Glasgow Western Masters |
| 50-59      | Robert Wilmot | Ren 96                  | Daphne McCulloch | Glasgow Western Masters |
| Over 60    | Hugh Cullen   | Glasgow Western Masters | ---              | ---                     |

Gilchrist's time at Tollcross was 15 seconds faster than the equivalent women's standard for the two championships and 45 seconds inside that for the European Open Water Junior Championships. Gilchrist has yet to compete out with the pool so it is yet to be seen whether she will be tempted to add open water to her pool programme especially in light of the introduction of the discipline in the Beijing Olympics.

The 5Km Championships also attracted an entry of 76 swimmers for the category events which were swum with up to four swimmers in a lane. Winners in the individual categories were:



### Competition!

Fancy getting your hands on some official Commonwealth Games 2006 Merchandise? We have a water bottle and cap to give away, to win, just answer the following question:

**Q. Who won Scotland's first Gold in the pool?**  
a) David Carry b) Kirsty Balfour c) Caitlin McClatchy

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

SCOTTISH swimming  
everyone can swim!

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**Scottish Swimming's vision:** "To ensure every single person in Scotland has access to quality swimming programmes, regardless of age or ability".

sportscotland speedo

## Coaches Development Days 2006

Why not come along to Scottish Swimming's Coach 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.

Join us to hear about Age and Senior Swimming in Japan, Coach/Swimmer Development in Hungary, the Commonwealth Games and many more exciting topics.

We have re-scheduled these days to take place at the weekends. The next Coach Development days are as follows:

**Sunday 14th May 2006**  
Forthbank Leisure Stadium, Stirling

**Sunday 18th June 2006**  
Royal Hotel, Bridge of Allan

Look out 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!**