

# Adaptation?

Gary Vandermeulen asks if your swimmers have anything to learn from the killer whale...



I read an interesting story in the newspaper recently. A group of captive killer whales, presumably the 'performing' type, had learned to find an additional food source. They adapted to their environment.

Why is this significant? In the wild, Killer Whales, are very organised hunters. They find their prey and pursue it in a similar way that wolves do. However marine biologists have discovered there are two types of Killer Whales – fish eaters and mammal eaters. These animals have spent hundreds of thousands of years adapting to their environment and they have found they are successful at hunting two different types of food – fish or seals. It is so well understood in nature that seals (mammals) are not stressed at all when a fisheating type whale is close by. "And" you might ask? Well the fish eating whales in captivity are eating sea gulls!

One clever whale found that when he regurgitated his fish supper on the surface of his pool the sea gulls would land on the water and eat. After presumably some length of time of observation, a whale decided to have a go at a seagull and voila, adaptation. Soon through observation he had taught some of the other captive mates to do the same trick.

The significance is this: have you, by chance, found a way to coach more effectively in your situation? If you have, do you keep on doing it? Maybe training to your swimmers a chore and you spontaneously tried something different? If you must find a way to suit your situation and you discover something interesting and motivational don't make it a 'oneoff!'. Your ability to adapt will make

adaptation for your swimmers more likely.

I suggest the first thing you must do is take stock of everything you have at your disposal. All equipment, all time available, all space including land and pool, and all personnel. From that list you should be able to discover something new and exciting. Your logic should be: to find out how you can

**"Make it fun, make it challenging, and stop counting meters and start filling up your time at the pool with nonstop action!"**

increase the work load of your athletes by doing something fun. Next you must find out what is working out of the things you try. Observe the behaviour of your swimmers when you try something new. Is it fun and is it hard enough

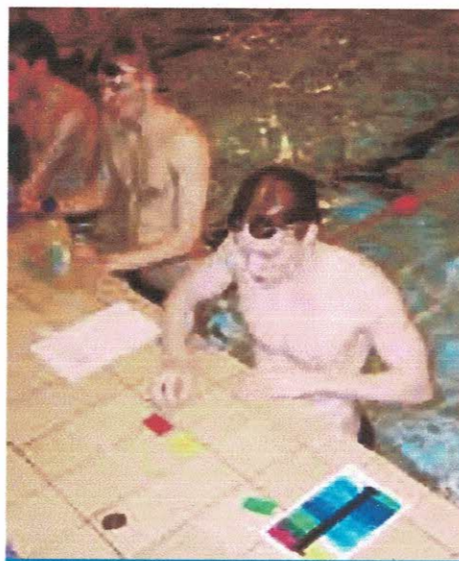
to call it equivalent to a typical training set? If you included your swimmers in your list of personnel then you are really thinking. Swimmers are a tremendous asset to tap into. You should make up a game, put some rings on the bottom of the pool, remove the lane lines, put in a different lane line, use your fins differently, your pullbuoys differently, basically think 'new' or 'different'. Then go with what you think is right. Then make small changes to make it better. You have now created a hard training session that your swimmers will ask for!

For example, the Tayside & Fife squad trains on a Tuesday morning in a 20m pool. I noticed the width lane line on the deck (a fat line with thick polyethylene floats) and I put it in across the pool widthwise. And also

Gary Vandermeulen is the Tayside and Fife Area Institute of Sport's High Performance Swim Coach



across the lane lines that were in already. I asked the swimmers to swim under this fat lane line because it was now at 10m. I then saw that the same was the case in both directions, a swimmer always had to swim farther than 10m to get under the fat lane line. I no longer had to ask swimmers to go past 10m off the wall...they had to or they ran into the fat lane line (which is very soft so it worked well). Now we have at least one set each session with this line in. These swimmers' turns are getting awesome!



One of Gary's ideas to keep high intensity training interesting is his Race Pace Game. It involves a laminated board, a piece to represent each swimmer and a snakes and ladders incentive for each swimmer to find and maintain their highest tempo.

Another example. In the small team in Canada that I coached, we had a rope which hung over the pool which was used as a rope swing in public times. We created a game called 'worlds toughest goldfish'. The swimmers would climb the rope over the pool, dive down from the top of the rope, swim underwater to the end of the pool and then sprint back, all timed. It was really hard, and the boys loved it. So every once in a while, for a tough set, we'd do it, or when it was asked for. This made the chin-ups in our circuit much more meaningful because they knew it would help them at the goldfish game. It also made them very strong.

After you have found something that works, stick with it. Adaptations in fitness takes time so if you decide to scull with fins on the hands, you will have to do this regularly to see if it makes a difference. (By the way, I tried the fins on the hands, it isn't much use...one for the scrap heap)

If a Killer Whale can figure out how to get a more varied diet then you can too!

Coaching is both art and science. Go on, make it fun, make it challenging, and stop counting meters and start filling up your time at the pool with nonstop action! Two hours of hard work is still two hours of hard work...and if you get 100% attendance in the meantime that's even better.

SCOTTISH swimming everyone can swim!

# SplashNews

SCOTTISH SWIMMING'S MEMBERSHIP NEWSLETTER – ISSUE 12: SPRING 2007



## Kids make a splash with Kellogg's Swim Active



Over 200 children from 15 schools across East Dunbartonshire were introduced to mini water polo recently, thanks to the Kellogg's Swim Active initiative.

The children were playing in a mini-tournament with teams (2 teams of 7 from each school) from five different areas (Milngavie & Bearsden, Kirkintilloch, Lenzie, Milton of Campsie and Bishopbriggs) competing in games which are 2 x 8 minutes long. At the end of the week long sessions, the three top teams were invited to compete in a final, taking place in June.

Kellogg's, working in partnership with Scottish Swimming, Sportsmatch and East Dunbartonshire Council, have contributed towards a total investment of £23,000 for the project, the aims of which are three fold:

1. To introduce mini polo to primary school children who take part in the schools swimming programme in the East Dunbartonshire Council area.
2. To develop and pilot Scottish Swimming's PoloSkills programme that introduces children to the basic skills required to play the game of Water Polo.

3. To implement Scottish Swimming's PoloSkills programme throughout other areas of Scotland

There are also two important barriers that this project is trying to address:

The first is to help young people who have difficulty in learning to swim. The objective is to use mini polo as an alternative vehicle (to traditional methods) to encourage more young people to learn to swim. The second is to encourage more young people, in a recognised socially deprived area of the UK to take up water polo and/or swimming.

Speaking at the event, David Walker, Swimming Development Officer for East Dunbartonshire Council, said, "This has been a great opportunity to promote the exciting sport of water polo to so many children in East Dunbartonshire through Kellogg's Swim Active and Scottish Swimming. The games have been very close and there has been a real positive sporting attitude between all

## Aquaskills



Aquaskills is Scottish Swimming's new programme which has been established to continue the development of a young athlete as they progress from Scottish Swimming's Learn to Swim (LTS) programme to the next stage of the swimmer pathway for their chosen discipline; swimming, diving and water polo\*. Its main aim is to promote all of the Aquatic Disciplines Scottish Swimming represents, in turn providing children with the option of staying within a sport in the water.

Splash and Splash will be the public 'faces' of the Aquaskills programme

The target market for Aquaskills is all swimming providers: 32 local authorities, private health clubs, private swim schools, swimming clubs and primary and secondary schools. Aquaskills comes with teacher resources as well as certificates and badges to recognise and reward young athletes in their progression through the programme.

### Keep an eye out for the Aquaskills launch Summer 07

\*SynchroSkills is currently not being produced as they are following the ASA skill level programme

our players. We are all looking forward to the finals in June which promise to be really exciting!"

Water Polo in Scotland has previously been strong with many players representing the GB team, however, over the past 10 years there has been a steady decline in the activity with a fall in the number of clubs and a decline in the number of players. There is now recognition that there needs to be a focus on developing the sport at a grass roots level. East Dunbartonshire have recently used water polo as part of their Learn to Swim programme in an attempt to encourage more young people to take up the sport.

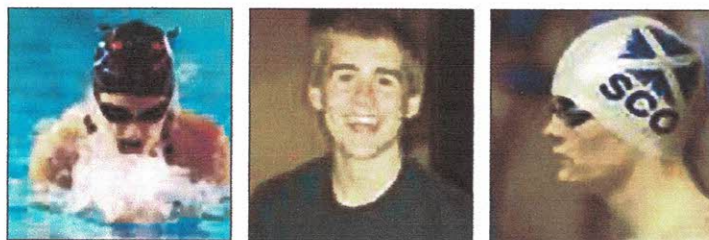
This issue of Splashnews includes dedicated pages for STOs, synchro and disability swimming, our regular volunteer info page and a full round-up on the recent successes of our elite swimmers, as well as some faces to watch out for on the podium in future. And there's another great coaching article from Gary Vandermeulen to wrap it all up. Enjoy!

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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".



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## Performance update



Robyn Matthews Jonathan Greig Daniel Scott

### Trio of Scots heading for European Junior Championships

Congratulations to Robyn Matthews (City of Edinburgh Swimming), Jonathan Greig (City of Aberdeen Swim Team) and Daniel Scott (Glenrothes) on their selection to the British Swimming Team competing at the European Junior Championships in Antwerp later this year.

The hard work put in by all three swimmers and their respective coaches, Fred Vergnoux, Eileen Adams and Dave McLean all paid off at the British Championships & Trials held at the end of March, where all three achieved times worthy of selection.

The Championships take place in Antwerp, Belgium from 18th to 22nd July 2007, inclusive.

### Ellis and Scott nominated for Youth Olympics

Lucy Ellis and Douglas Scott are among an elite squad of 16 young swimmers nominated to the British Olympic Association for consideration to the European Youth Olympic Festival team.



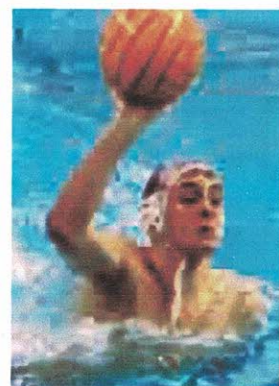
Lucy Ellis

Ellis (Dunedin Swim Team) and Scott (East Kilbride) both achieved selection times at the British Championships in Manchester held last month, but will have to wait until next month before hearing whether they have made the team.



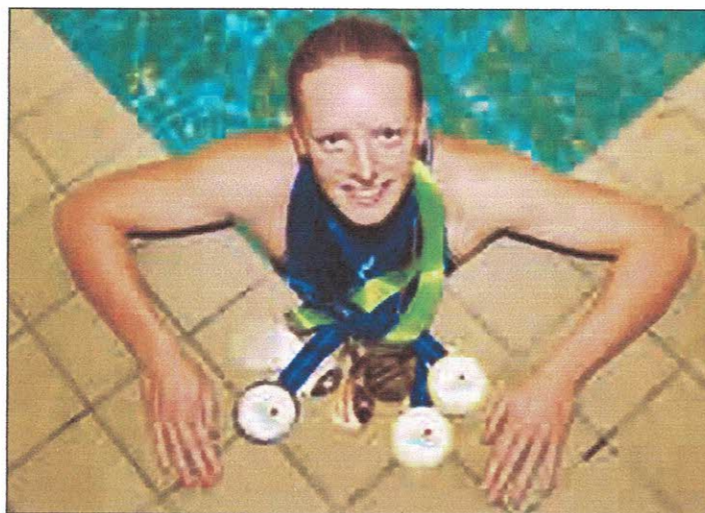
Douglas Scott

The European Youth Olympic Festival takes place from 21-28 July in the Serbian capital of Belgrade. Swimming is one of 11 sports at the Festival, and will take place at the Tasmajdan Sports Centre on 23rd, 24th, 26th and 27th July.



### Campbell sets his sights on European Championship Qualification

Congratulations were also forthcoming for Alasdair Campbell (Dunfermline Waterpolo Club) who was selected for the Great Britain team competing in the European Youth Championships Qualification Tournament in Kranj, Slovenia.



### Balfour's World Silver secures ticket to Beijing

Kirsty Balfour's fantastic silver medal in the World Championships in Melbourne has secured her place in the GB Olympic squad heading for Beijing next year.

Balfour's great performances over the past 12 months were recognised at the Splash Awards 2007 where she won Female Swimmer of the Year. She also received her British Olympic Association's 2006 Olympic Athlete of the Year Trophy for Aquatics at the same event. The British Swimming Board selected Kirsty for this award after her extremely successful 2006, where her Gold medal winning performance at the European Championships (50m) helped Britain to the Top Team Trophy.

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## Officials news

### GB Officials Training

British Swimming has decided that the training of all Technical Officials would come under the British Swimming banner.

The new GB Referee training commenced at the beginning of this year with the first set of examinations due to take place on Monday 12th November 2007. This is being done to provide a common training package for all officials throughout the whole of Great Britain.

### New GB Officials Training Program

- The present SASA Club Timekeeper Course will be taken on verbatim by all associations as the basic entry level for Technical Officials.
- Judge Level 1 – this covers the duties of Timekeeper and Chief Timekeeper, Inspector and Chief Inspector of turns.
- Judge Level 2 – this covers Stroke / Finish Judge and theory for starters.
- Judge Level 2S – additional practical module for those wishing to become a qualified starter.

For the three judge levels the criteria for courses, arranged by each District, will be when sufficient candidates have applied – it is anticipated that candidates would not have to wait more than 6 months for a course (i.e. a minimum of two per year as at present)

Workbooks for Judge Level 1, 2 & 2S are presently being written and it's hoped that full implementation will take place from the 1st March 2008.

### Technical Officials with Existing SASA Qualifications

1. There will be no change to an existing SASA Timekeeper – but this will not, at present, be recognised as a British Swimming qualification.
2. An existing SASA Judge will have a British Swimming Judge Level 2 qualification.
3. An existing SASA Starter will have a British Swimming Judge Level 2S qualification.
4. An existing SASA Referee will have a British Swimming Referee qualification.

### Licensing of Officials

SASA officials are advised that there will be no charge in Scotland to be in the Licensing scheme. Anyone registering with British Swimming direct will be charged £10.00. Further information will be advised on how to register in Scotland in due course.

### Scottish National Open Swimming Championships

Application forms for Technical Officials wishing to officiate at the above event from the 28th June – 1st July 2007 can be downloaded from the downloads section of the Scottish Swimming website. Closing date for applications is Saturday 16th June 2007. Contact details for Tom Mills are on the form.

### UK Schools Games

These are taking place in Coventry at the end of August. The following officials have been selected to officiate at this event: Ralph Payne (East), Susan Coe, (Midland), Jim Buchan (North), Janice Morgan (West).

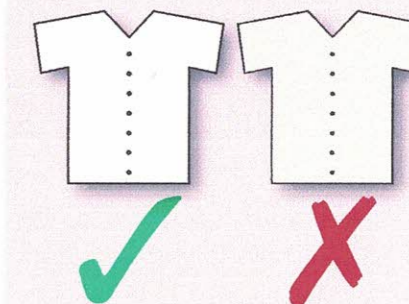
## Poolside Uniform

As a reminder to all Technical officials the SASA Poolside Uniform for all competitive swimming events is:

**Men:** White open-necked short sleeved shirt, white trousers, white poolside shoes and white socks

**Women:** White dress or white blouse and skirt or trousers, white poolside shoes

Please note that "white" means "white" – not cream, not beige, not khaki nor any similar off-white shades.



Would all club STO convenors / organisers please ensure that your officials are aware of this SASA Regulation (STO 10.0). If they turn up at events and do not conform to this uniform regulation they may be asked to leave the poolside.

Please also ensure that your officials are aware that they must display their current SASA membership badge and their current STO badge whilst on Poolside.

### Exchange Visits

The following officials have been selected to represent SASA at the following respective events:

- British Masters – Campbell Abercrombie
- ASA National Age Groups - Dave McDonald
- ASA National Youth Championships – Jim Buchan
- ASA Masters – David Downie
- Welsh Regional Nationals – Alison Findlayson

### STO Seminar

The National STO Seminar will be held at the Dewars Ice Rink at Perth on Sunday 30th September at 10.30 a.m. Please make a date in your diary to attend this event to find out more about STO Training and Licensing of Officials.

## CONGRATULATIONS:



Blair Prentice



Barbara Murdoch



Elizabeth Bowman

Blair Prentice and Barbara Murdoch have been selected as officials for next year's FINA World Championships, being held in Manchester.

Congratulations go to Elizabeth Bowman who has been selected as a judge to go to the Synchronised Swimming Europa Cup in Rome at the end of May (31st May – 3rd June). Elizabeth has also been selected for the European Synchronised Swimming Junior Championships to be held in Calella, Spain on 25th – 29th July.

**STOP PRESS!** Liz Stewart (Renfrew Baths) has been appointed to FINA Masters list no 7.

# Synchro Focus

A closer look at an aquatic discipline which offers participants the perfect blend of athleticism and self-expression.



## 2006/2007 Scottish Synchronised Swimming Academy



Synchro Academy participants

The 2006/2007 Scottish Synchronised Swimming Academy got off to a great start last year with over 40 girls from all six clubs nominated to attend. Based over four training days the focus is to develop both land and water skills. It is open to all current junior swimmers (up to and including 18yrs) and any younger swimmers. The first day was held at Elderslie Leisure Centre last November, with all Scottish Synchro clubs represented.

The second Academy day was held on the 17th March in Buckie; Phyllis McLean Synchro Head Coach of Ren96 was delighted at such a fantastic turnout, "The swimmers at the Academy have been enjoying the 'creative process', which has been an exciting and a somewhat puzzling experience for all involved. Swimmers have been learning choreography through dance programs and have been learning to move, amaze, entertain, communicate, and inspire themselves and the coaches! This has been achieved through the help of dance instructor Kate Scott. The creative program has been helping coaches and swimmers learn the skills necessary to assist with routines both on dry land and in the pool environment."

Swimmers and coaches alike are looking forward to the two remaining academy sessions, the first being at Bo'ness Leisure Centre on 26th May and the second at Stirling University on 29th September.

**Any swimmers wishing to attend the Academy Programme or are looking for more information please contact [Jemima Coates](mailto:Jemima.Coates@scottishswimming.com) on 01786 466520 or alternatively email [info@scottishswimming.com](mailto:info@scottishswimming.com).**

### Scottish Synchronised Swimming Clubs

|               |  |
|---------------|--|
| <b>East:</b>  | Dunfermline Synchronised SC<br>Edinburgh Synchronised SC |
| <b>West:</b>  | Clydebank ASC<br>Ren 96 Synchronised Swimming Section    |
| <b>North:</b> | Nairn Synchronised SC<br>Elgin Synchronised SC           |

For information and contact details for any of these Synchronised Swimming Clubs please contact:  
[info@scottishswimming.com](mailto:info@scottishswimming.com)

## Nairn Synchronised Swimmer attends GB Junior Selection Trials

The first open GB Junior Selection trials under the new Synchronised Swimming National Performance Director Biz Price where held in Oxford on 16th December 2006. Attending the trials from Scotland was 14yr old Caryn Stubbs representing Nairn Synchronised Swimming Club, training under the leadership of Coaches Win and Pauline McFadyen.



Caryn Stubbs

"The GB trials were held in Oxford on the 16th December 2006, I travelled down the day before with my parents. I was the only one from Scotland and I didn't know any of the other girls, but I met this girl who was also on her own and we paired up for the day.

We were given numbers and then asked to do some interpretative dance to show different movements. We then made up our own short routine to include sharp and soft movements, which I enjoyed. At the end I did right and left leg splits and box splits to show my flexibility.

Next we did a warm up for our figures; I had only known about the figures three weeks before hand and did extra training with my coaches Pauline and Win to get them right.

We learnt a short routine on the land that was fast and included boosts, double and single ballet legs, crane and split walk outs. We then swam the routine in threes while the judges watched us; it was good fun.

I'm disappointed at not being accepted but really enjoyed the whole day and feel that having the chance to go has given my confidence a boost. I'm working at improving my leg and upper body strength and hope to go to the National Age Groups in 2007, as they suggested."

## Clydesdale Bank Announces Sporting Ambassadors for Glasgow 2014

Kirsty Balfour and Andrew Lindsay were among three world-class sports Ambassadors that will work with the Bank to engage the whole of Scotland in the bid.

Lindsay is one of Britain's most successful disability swimmers having competed in three Paralympic Games - winning the 100m Backstroke gold in Sydney in 2000 in the S7 category and then successfully defending his title four years later in Athens.

"Disability sport is an integral part of a Commonwealth Games and I know that Glasgow would do a brilliant job creating awareness for the disability events that will take place in 2014," said Lindsey.

"I am proud to be a Clydesdale Bank Ambassador for Glasgow's 2014 bid and will use this opportunity to continue to spread the message about disability sport."



Kirsty Balfour, Andrew Lindsay, Yvonne Murray

## Channel record attempt

Scottish Swimming Open Water has selected a ladies relay team from the Scottish Open Water Development Squad which plan to swim the English Channel this summer. The team, comprising of Sinead Doherty (City of Glasgow), Shawn Kiddie (City of Dundee), Jennifer Davis (Carnegie), Lynn Duncan (Peebles), Jo-Ann McGarvey (REN) and Susan Black (City of Glasgow).

Duncan and McGarvey were joint winners in the Scottish Open Water Grand Prix last year, whilst Black was third. Davis was the Junior Grand Prix prize winner. Doherty was the British Open Water Champion in 2005 and Kiddie is the record holder for several Open Water swims. This very strong team will attempt to break the world record of 8 hours 40mins that was broken last year by Spain.

The swim will take place between 12-19th July, depending on the weather, and will be ratified by the Channel Swimming Association.

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## Is there anybody out there?

Scottish Swimming in collaboration with Scottish Disability Sport is currently undertaking an audit of disability swimming in Scotland. We are looking for swimmers with a disability, whether physical, intellectual or sensory, who are competing within mainstream swimming clubs. If your club has not already received the disability swimming questionnaire one should be winging its way there shortly. In the meantime, if you are a coach, club secretary, swimmer or parent please feel free to contact Paul Wilson, Disability Swimming Development Officer, at [p.wilson@scottishswimming.com](mailto:p.wilson@scottishswimming.com) with any information.

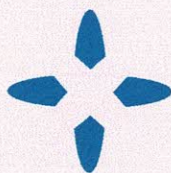
Alternatively if you are aware of any disability clubs or learn to swim programmes operating outside of Scottish Swimming or SDS please drop us a line. In order to develop disability swimming in Scotland we need more accurate figures on the number of swimmers, coaches and volunteers involved across the board.

## Scottish Nationals

The Scottish National Open Championships, taking place 28 June – 1 July, takes a small step forward towards the provision of a higher calibre of competitive opportunity for swimmers with a disability in Scotland.

The development sees the introduction of one additional event, coupled with the utilisation of a points system for the first time. There will now be three events for both male and female swimmers, with entry for ten swimmers in each event.

Individuals will be invited by Scottish Swimming and Scottish Disability Sport to participate in this prominent competition. Not only will this allow the showcasing of World Champions and Paralympians it will also offer an opportunity for emerging stars to hit qualifying times for British Swimming's World Class Programmes.



SCOTTISH DISABILITY  
SPORT

## Classification

Scottish Disability Sport National Championships for Physically Disabled & Visually Impaired Swimmers recently took place in Glenrothes. For the first time swimmers with a physical disability were offered the chance to obtain a nationally recognised classification in Scotland. Classification is calculated using a points system to determine a swimmers functional mobility, looking at range of movement, co-ordination, flexibility etc... It also highlights any stroke exemptions which may apply to the individual swimmer. Having the classification system allows swimmers to compete against others with comparable disabilities, therefore allowing competition to focus on swimming ability.

In recent years Scottish swimmers have been dependant on invitations to classification at DSE events held at Ponds Forge. With

decreasing opportunities at these events it was clear that something should be offered at SDS events here in Scotland. Consequently, a team of classifiers were invited up from England and Wales, and were able to classify six swimmers over the course of two days. The swimmers, two each from Fife, Lothian and the West of Scotland, now hold the required classification for entry to DSE, ASA, SASA and WASA events. Obviously, this is critical for progression within their sport.

Although viewed as a platform from which to build, this is still a significant development for disability swimming in Scotland. The vision for the future is to provide classification at the earliest opportunity for all young swimmers with a disability. This is paramount in the identification of talent and in helping to realise the true potential of Scotland's up and coming swimmers.

## Open Water – Grand Prix series 2007

With the inclusion of Open Water events in the Olympic Programme, the sport is becoming more and more popular and as a result of this, Scottish Swimming are again hosting its own Open Water Grand Prix series this year. The events are held at various locations throughout Scotland and are open to competent swimmers (able to compete in Open Water) 12 years and over (as at 31 December 2007).

All 4 District Open Water Championships and the Scottish Lochore and Loch Rannoch events will contain Grand Prix qualifying events. Points will be awarded for all qualifying finishers, and the total points from each swimmer's best 4 events counted.

The top five swimmers in each category

will receive prize money. Last year's Junior winners were Martin Kerr (City of Glasgow) and Jennifer Davis (Carnegie) - £50 each, while the top senior prizes went to James Leitch (City of Glasgow) - £200, with a tie between Lynn Duncan (Peebles) and Jo-Ann McGarvey (REN 96) - each taking £162.50, in the Women's events.

Details of the events and venues will be on the website and entry forms can be obtained from [elspeth.black@corriganblack.com](mailto:elspeth.black@corriganblack.com).

Points are awarded as follows 1st place 25; 2nd place 20; 3rd place 15; 4th place 10; 5th place 8; 6th place 6; 7th place 4; all other finishers 2.

## We're here to help - get in touch!

### Paul Wilson

Disability Swimming Development Officer  
[p.wilson@scottishswimming.com](mailto:p.wilson@scottishswimming.com)

If you would like to learn more about the disability swimming work that Scottish Swimming undertakes at all levels, then get in touch with Paul Wilson. Paul is a recent addition to the development team, with a main focus on disability swimming. Paul works closely with Scottish Disability Sport and GB Disability Swimming to provide a seamless pathway from Learn to Swim through to World Class Programmes.



## Volunteer!

### Update of Volunteer Development Strategy

The consultation for the Volunteer Development Strategy is now underway. The volunteer questionnaire was launched at the end of December 2006 and we have had over 260 responses. This was a fantastic response where a lot of valuable information was given, examples of which are below.

There was a relatively equal gender balance in the returns with a wide range of volunteer roles represented, from committee members, teachers/coaches, technical officials, event managers, CPOs, and programme sellers.

As most people would expect the top motivation for volunteering is because their child / children are involved in the sport. The 2nd and 3rd motivations, possibly again unsurprisingly, for individuals to give up their time for volunteering in aquatics are:

- They enjoy it

- They like to help others

Training is shown to be a key issue for a lot of volunteers, either with the lack of it, especially in their local area, or not knowing what is available. Education calendars are now being advertised on the website but there is still a lot of work to be done in this area.

This information is being used for further consultation with groups to bring out trends and issues of volunteering within Scottish Aquatics.

I would like to thank all those who took the time to complete the questionnaire and to keep an eye out for the Volunteer Development Strategy coming out later in the year.

*Eilidh McCall, Volunteer Development Manager*

### Volunteer courses/resources

#### Running Sports

Running Sports courses will soon be available for your club. They aim to help sports volunteers to run their clubs as effectively as possible, by addressing key issues such as volunteer management, finances, partnerships and development planning. Four courses that will be available are:

- Developing Partnerships with Clubs and Schools
- Valuing Your Sport Volunteers
- Funding for Your Club
- A Club for All

The courses will be piloted within swimming by mid 2007 before being rolled out nationally. For further information on these courses please contact Eilidh McCall on [e.mccall@scottishswimming.com](mailto:e.mccall@scottishswimming.com) or call 01786 466520.

#### Education Calendars

Education calendars for ASA Helper, Level 1 Teacher and level 2 Teacher courses are now available on the website as follows:

[www.scottishswimming.com](http://www.scottishswimming.com) under the 'downloads' section in 'coaching and education'

#### VOLUNTEER OPPORTUNITIES

##### ■ Ferry ASC

Coaches/Assistant Coaches/Teachers Required (Sundays 3-4.30pm and Mondays 5-7.30pm to assist with coaching of a growing swim club with around 40 swimmers). Qualifications: (preferred) Level 1 or 2 Teachers or Club Coach plus a relevant rescue qualification, but those with a strong background in swimming will be considered. Contact: Mrs Louise Norman. Telephone: 0131 331 4976 Email: [lmn@conventus.co.uk](mailto:lmn@conventus.co.uk)

##### ■ East District Minute Secretary

For the above vacancy please contact Colin Kennedy, East District President. email: [colin.kennedy22@btinternet.com](mailto:colin.kennedy22@btinternet.com)

##### ■ Tain ASC

Coaches wanted for Tain ASC. Mon to Fri 4pm – 6pm. Please contact Denis MacDonald 01862 832207 or email [senid48@aol.com](mailto:senid48@aol.com)

If you would like to post any volunteer opportunities in the next edition of Splash News please contact Eilidh McCall, Volunteer Development Manager on [e.mccall@scottishswimming.com](mailto:e.mccall@scottishswimming.com)

## Volunteer blog

Meet the volunteers on the ground!



Alan Thomson (right) pictured with the Bluefins

|      |                       |
|------|-----------------------|
| Name | Alan Thomson          |
| Club | Forres Bluefins A.S.C |
| Role | Head Coach            |

#### How did you get involved in volunteering?

Initially because of my children. Both are competitive swimmers, and it's escalated from there.

#### What do you enjoy most about your role?

Working with the kids/young people. They show a great deal of dedication in the sport. I enjoy sharing their success, and it's nice to see a big grin on their faces when they come out of the pool. It makes it all worth while.

#### How long have you been volunteering?

As a coach, since 1993. I was helping out with the club a couple of years before that.

#### If you were a superhero what one would you be and why?

The 6 million dollar man: gives me super sensors to be able to keep one step ahead of the swimmers.

#### If you could change one thing in the world what would it be?

I would change people to be happy with their lot, and to stop imposing their ideas on others.

### Balforn Swimming Initiative

Are you a qualified swimming coach or do you have the desire to become one?

The Balforn Swimming Initiative is currently seeking a swimming coach to become part of a vibrant new community project based at Balforn H.S.

#### What is on offer?

- Opportunities to coach junior swimmers
- Competitive rates of pay
- Learn to Swim teaching opportunities
- Mentoring support from highly qualified coaches
- Access to Education & Development courses

If you would like more information please do not hesitate to contact Ben O'Connell or Brad Hay at: [ActiveStirling@01786432323](mailto:ActiveStirling@01786432323) or email [occonnellb@activestirling.org.uk](mailto:occonnellb@activestirling.org.uk)