

News Splash

September 2003

Welcome to the second issue of the swim team's newsletter and I hope you are enjoying reading it so far. Remember if you have any news items please don't hesitate to contact me and I will try to include it in the next newsletter.



Recent Competition News

ASA National Age Groups

Congratulations to COGST swimmer Michael Jamieson who had a great ASA National Age Group Championships at Ponds Forge Sheffield, winning the boys 14 years 200m breaststroke event. Michael also had two 4th places in the 100m breast and 200m individual medley. Andrew Park and Aileen Stirling also had a successful championships reaching three finals respectively. Aileen took bronze in the 400 IM, as the two Canadians who finished in front of her were not applicable. In the Youth Championships, Suzanne Robertson came 5th in the final of the 200m backstroke. Below is a list of the other swimmers who reached the finals.

Age Group	Event	Name	Place	Time
14 yrs	200 Breast	Michael Jamieson	1st	2:28.70
14 yrs	100 Breast	Michael Jamieson	4th	1:10.15
14 yrs	200 IM	Michael Jamieson	4th	2:17.90
13 yrs	400 IM	Aileen Stirling	5th	5:11.76
14/15 yrs	200 Back	Suzanne Robertson	5th	2:26.29
11 yrs	100 Back	Andrew Park	6th	1:16.44
13 yrs	200 IM	Aileen Stirling	7th	2:31.31
11 yrs	200 Back	Andrew Park	7th	2:40.12
11 yrs	200 Breast	Andrew Park	7th	3:05.74
13 yrs	200 Back	Aileen Stirling	9th	2:29.38

Well done to everyone who was swimming at the Nationals, as said before this is a great achievement for the swimmers.

Michael Jamieson is now on the British World Potential Youth Squad, a first for any member of COGST. Well done Michael

National West District Squad

As mentioned in last month's newsletter the club had nominated swimmers for this squad, and the following 9 swimmers were selected.

Laura Galbraith, Amy Punshon, Fiona O'Prey, Kirsty Muir, Chantal Carr, Suzanne Robertson, Daniel Burns, Mark Polland and Judi Humphreys.

Congratulations and well done to these swimmers this is a great achievement.

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City of Glasgow's Rebecca Cooke is on Top Form

Rebecca is swimming exceptionally well at present, which should encourage our young swimmers to believe that all the training is worth it, when they put in the effort and commitment.

Rebecca had a busy month in August attending the British Short Course Championship in Stockport, as well as taking part in the World University Games in South Korea.



British Short Course Championships

Three British Records for Rebecca Cooke at the British Short Course Championships

Congratulations to COGST swimmer Rebecca Cooke who claimed three titles as well as three British Records at the British Short Course Swimming Championships in Stockport (14-17 August 2003).

Rebecca continued to dominate the distance events when she took gold in the Women's 800m Freestyle in a new British Record time of **8:19.82**.

Rebecca broke Britain's oldest national record in the women's 400m freestyle final and her second British record in the space of 24 hours. She bettered June Croft's 1984 mark by over a second to win in **4:03.46**.

"I really wanted to get that record and I knew I was capable of doing it and it's about time it went," said Cooke.

Rebecca, already the winner of two golds and the British Records that went with them in the 400m and 800m Freestyle, made it a hat-trick of titles over the four-day meet when she came from behind to take the 400m Individual Medley event in **4:38.18**, a full second off the previous record.

Rebecca also came 3rd in the 200 IM in a time of 2:15:66 and 8th in the 200 m Free in a time of 2:02:57. As well as the British records Rebecca has also set 4 club records in the 400m and 800 m Free and the 200 m and 400 m IM.

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World University Games



And there seems to be no stopping Rebecca, who was competing in the World University Games in Daegu, South Korea. She won the 800m Freestyle on 24th August in a new World University Games Record time of **8:33.84s**.

Rebecca, who is currently a student at Glasgow University, took the gold just under two seconds ahead of Hua Chen from China with Olga Beresnyeva from the Ukraine in third.

Rebecca won the 400m title, on the 26th August in a time of **4:11.23s**, taking her second title of the Games, again holding off the challenge of the Chinese swimmer, Hua Chen.

Rebecca took bronze in the 400m individual medley on the 28th August in a time of **4:48.59**. Yana Klochkova (Ukraine) the 400IM world record holder took gold with Maiko Fujino (Japan) in the silver medal position.

Rebecca finished the Games in style, winning the 1500m title in a new World University Games and British Record time of **16:14.70**

In recognition of her success at the games Rebecca was asked to carry the flag for the British Team, at the closing ceremony of the University Games, which was a huge honour.

Rebecca has now set 4 of our club records, which are also British records – but it will mean they will be very hard to beat. So there is a challenge for our up and coming swimmers!!

Open Water Swimming

The discipline of Open Water Swimming covers all races held out with a swimming pool. This includes, lochs, rivers, estuaries and the sea. Distances vary from 500 metres to 25km with races of around 5km being the most common. "Straight line" races are held over courses between two geographical locations, such as the ends of a loch, while "circuit" races involve completing one or more laps of a course marked out with buoys.

In Scotland the "Open Water Season" runs from June to September with events held most weekends. While water temperatures are low in Scotland relative to other countries where the sport is more common, the conditions are not as harsh as most people imagine. Nevertheless, the safety of competitors is of primary importance and all events take place with safety boats and canoes in attendance, often with one allocated to each swimmer. At international level, the sport is developing rapidly and it is hoped that some open water events will soon be included in the Olympics.

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SCOTTISH OPEN WATER SWIMMERS DOMINATE MEDAL POSITIONS IN BELGIAN INTERNATIONAL EVENT

The Scottish open water swimming team, which included 3 City of Glasgow swimmers, continued its run of success when it took five of the six medal positions at the 81st International Damme-Brugge race in Belgium last month.

In a field of 39 swimmers in the women's race, a leading pack of six quickly pulled clear and stayed together until the closing stages. After more than an hour of racing, a second separated first and second places with **Susan Black (City of Glasgow)** managing to touch out fellow Scot, Carol Thain (Hearts) in a time of 65 minutes and 6 seconds.

There was further success in the men's event with **City of Glasgow pair James Leitch and Jamie Forrest** swimming into second and third position respectively in a field of 63. It was a particularly good performance from 15-year-old Forrest who has dominated junior events in Britain this summer. His performance in Brugge saw him overtake a number of experienced senior swimmers.

ASA OPEN WATER NATIONAL AGE-GROUP CHAMPIONSHIPS

The ASA open water age-group championships took place at Nottingham's National Water Sports Centre on Saturday 30th August 2003. The championships comprise a 1500 m race for 13-14 year-old swimmers, a 1750 m race for 15-16 year swimmers and a 2000 m. race for the oldest 17-24 category. City of Glasgow again had three swimmers at this meet: Jamie Forrest, Craig Forrest and Jamie Logan.

Jamie Forrest (City of Glasgow) led the 15-16 years event from the 500m mark onwards and went on to take the gold medal comfortably, while **Jamie Logan** narrowly missed out on a medal in a close finish.

In the 17 – 24 year old race **Craig Forrest** finished hard to come through the field into 5th. Position. SASA West District Team finished 2nd in the team event.

Meet Dates

Winter League (Helensburgh): **27th September**

West District (Dunoon): **4/5th October**

Alloa Graded Meet: **18th/19th October**

Winter League (Drumchapel): **25th October**

West District Long Course Open (East Kilbride): **1st/2nd November**

Mitchell Trophy (Aberdeen): **8th/9th November**

North Ayrshire Graded Meet: **16th November**

M & B Graded Meet: **22nd/23rd November**

} swimmers to do only one of these meets.

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Lost and Found

John Officer has kindly volunteered to take on the task of recording lost and found property. Anyone who has misplaced equipment should contact John and likewise if any equipment is found then please hand it in to John (or any member of the committee), as it is too expensive to replace.

Items for Sale

Items for sale: No second hand goods on offer this month!

However Julie/Cathie have plenty of new goods in stock, pick up a price list from your pool notice board.

Time Trials

The following are dates for time trials - September 28th: October 26th: November 30th. Details of the swims available will be posted on the notice boards. Remember you are only allowed to swim a maximum of 3 events and warm up starts at 4 pm prompt.

Time trials are run for the benefit of the children and it is essential that parents volunteer to help out. If parents offered to time keep once a year then it would not be the same folk giving up their time every month. You do not need to be an official timekeeper to help and you may find that you enjoy it and want to do a timekeeping course to allow you to participate in the many competitions throughout the year. Anyone interested should contact John Officer or Tom Punshon. But you will never know unless you give it a try!! Julie Somerville would gratefully welcome any help with the swim shop during time trials and any volunteers should contact Julie or Cathy Robertson at the office 0141 2

Awards Night

This year's awards night will take place on the 24th October 2003 at 7.30 pm

We are using a new venue this year: St Andrew's Church, St Andrew's Square
(Behind the Saltmarket)

More details to follow later.

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THOUGHTS FROM THE BOSS

FOR THE SWIMMERS - taken from an article by Eric Lazzari

Our Head Coach Steve Hill remembered reading this article and thought that it would benefit our swimmers to read part of it and take note of the points made in it.

*“A couple of weeks ago, I had the opportunity to work at a USA Swimming Catch-the-Spirit Camp. In the session I facilitated, entitled “Practice Preparation”, I asked swimmers and coaches in attendance to list the things that you should bring to practice every day. As a group, we came up with quite a long list covering everything from goggles to a friend. We all found out that there are many things that go into having a successful and productive practice”. Here is a list of Coach Eric’s **Top Five Tips for Successful Practice.***



★ BE AT PRACTICE ON TIME ★

Often missing even the first few minutes of practice can have a negative effect on the entire practice session. **You may miss valuable instructions and feel like you are playing catch-up the entire practice.** If you are late, you will miss part of the warm-up and then your body will not be ready when it comes time for the main set. The beginning of practice is a time where swimmers have the opportunity to work on new skills and stroke modification and we want our swimmers to be able to take advantage of all opportunities presented to them. **In order to set yourself up for a great practice, make sure you arrive early enough to be ready to get in the water at the scheduled start of practice.**

★ BRING ALL YOUR EQUIPMENT ★

All of the equipment our swimmers have in their bag serves a specific purpose. Some days we will use multiple pieces of equipment, other days we will not use any at all. **When we are using equipment, its purpose has been designed into the workout and if you do not have the proper equipment with you, the goal of the set may not be met.** Included in the equipment you bring to practice every day is two

water bottles that should be filled and ready to go at the start of practice.

★ HAVE A GOAL ★

Every practice, have a goal for something that you want to accomplish. Maybe it will be to not breathe into any of your turns, or to make sure your head position is correct ...it can be anything that you need to work on. **Committing to a goal before practice will give you the focus you need to practice championship habits.** Try to set goals for each week of practice and each set of practice as well. **The little successes of achieving daily goals add up to big successes at the end of the season.**

★ CONSISTENCY IS THE KEY TO SUCCESS ★

There are few things that are absolutes in life, but one of the things that is almost certain with swimming is that those athletes who come to practice every day are usually the ones who improve the most during the course of the season. This is because they are practicing the same skills every day, which makes them into championship habits. In taking a day or days off, skills learned one day may be gone the next. Taking several days off negates improvements in fitness levels. **Coming to practice and working hard on a consistent**

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basis are the surest ways to make sure you improve.



STAY POSITIVE AND SMILE



The two most important things you can bring to practice every day are a positive attitude and a smile. Even if you have had the worst day ever, try to force a smile onto your face and you will probably feel better. And remember, a

positive attitude is infectious ... if you have a positive attitude and smile, it is likely your teammates and coach will also. If you feel that you are going to say something negative during practice, go underwater and yell it. **Avoid the phrase, "I can't" because you can** and the coaches do not ask you to do anything you are not capable of. **Take adversity and difficult tasks and look at them as a challenge that you can overcome.**

Steve suggests that all the swimmers read the last section at least twice!!!

FOR THE PARENTS - Taken from an article by Michael Brooks an American swimming coach.

Teaching Values

You Are The Key To Your Child's Swimming

A parent's attitude towards swimming, the programme, the coach and their child's participation, is key towards the child's attitude and success. The young swimmer takes cues from his/her parents. If the parent shows by word, deed, facial expression etc, that they do not value swimming, that they don't appreciate driving to practice or sitting in the gallery during meets; that "*it's not going to matter*" if the child skips practice; that morning sessions are optional and that the child would be better off with more sleep; then the chances are high that the child will lack commitment, have little success, then lose interest in swimming.

Support your child's interest in swimming by being positively interested.

Allow Your Swimmer To Be Resilient

Failure and facing that failure, doesn't cause kids to melt. Failure isn't such an evil thing that parents should try to shield their kids from it. Allow them to fail, and then teach them to get up off the canvas and try harder to succeed the next time. **If parents are continually sheltering their swimmers from the storm, cushioning**

every fall, making excuses for them, finding someone else to blame, the children never learn that they are responsible both for their failures and for their successes. Allow them to stand on their own, and you will be helping them immeasurably down the road.

Teach Them To Dream Big

If you try to temper your child's dreams, if you teach them to settle for the ordinary, you may indeed save them from many a heartache and many a failure, but you also rob them of the opportunity of achieving great things, and the opportunity to plumb their depths and realise their potential. Winning big means failing many times along the way. Each failure hurts, but these temporary setbacks create the strength for the final push. To fail is necessary for improvement, development, motivation, feedback and long-term success.

What Success Is

Only one swimmer can win the race. **Often in the younger age groups, the winner will be the one who has bloomed early, not necessarily the swimmer with the most talent or the most potential to succeed in senior swimming.** It is expected that every parent wants their child to succeed, wants

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their child to have a good learning and valuable experience with swimming. Every child can succeed – only make sure you define success correctly; being the best you can be; striving for improvement in every aspect of swimming – this leads to lasting success. ...and lasting enjoyment.

Work, Work, Work

Persistence and work ethic are the most important qualities leading to a success in swimming and everything else. If work ethic is not created and cultivated when a swimmer is young, it is likely it will never appear. Love for and pride in hard work must be inculcated early on, and again parents and coaches have much influence in creating this attitude.

Burnout Is Over-Rated

So many times parents and kids will say, *“I don’t want to commit to swimming because I don’t want to get burned out”* But for every one case of **burnout** caused by a swimmer spending too much time in the water and working too hard, we will see a hundred cases of **pre-emptive burnout**: in order not to be burned out

the swimmer comes to practice only when they feel like it, doesn’t work out very hard, skips team meets regularly and generally makes no commitment to the programme or to the sport. **Not surprisingly, the swimmer swims slow, makes little or no improvement and sees her formerly slower competitors whiz past.** Then we wonder why they *“just can’t get jazzed up about swimming”*

Sitting On The Fence And Remaining Luke Warm On Principle Has Nothing To Recommend It

Discipline and commitment are good things, not things we should downplay, hide, apologise for, or worst of all - stop demanding because it may be unpopular. **If you want to enjoy swimming even more, commit more of yourself and swim fast.** You do not become excited about an activity you don’t do well in.

Home and Pool must Dovetail

Traits of discipline, respect, high expectations and commitment at home directly relate to the child’s characteristics at practices and meets. This is yet another area where family support is crucial to the success of the swimmer.

OTHER IMPORTANT NEWS

CHILD PROTECTION POLICY WITHIN THE CITY OF GLASGOW SWIM TEAM

City of Glasgow Swim Team has recently appointed a Child Protection Officer (CPO) in line with current changes in legislation. The CPO has overall responsibility to commit the club to Child Protection Policy and to promote and implement these procedures and policies in association with Scottish Swimming.

Our Child Protection Officer is Kirsty Reid (RGN.ONC. BSc), a parent of a swimmer in National Age Group. Kirsty has been a trained nurse for 25 years, 15 of these years were spent in Accident & Emergency Kirsty is now a School Nurse. She has attended several Child Protection courses through the school, and has been involved in counselling and child protection in that area. She has recently attended two Child Protection courses run by Scottish Swimming, and has come through all the required police checks in order to be able to carry out the duties of C.P.O. within this club.

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Club Child Protection Policy Statement

We, the club, believe that Good Practice at City of Glasgow Swimming Club is as follows:

1. The welfare of children is everyone's responsibility, particularly when it comes to protecting children from abuse. Everyone in swimming – Administrator, Club Official, coach, parent, friend, children themselves, everyone – can help.

Children and young people have a lot to gain from swimming. Their natural sense of fun and spontaneity can blossom in sporting environments. Swimming provides an excellent opportunity for children to learn new skills, become more confident and maximise their own unique potential. The club will place the needs of the child first and winning and competitions second.

2. The underlying principles with respect of Child Protection are:

- The child's welfare is the first consideration
- All children, regardless of age, any disability they have, gender, racial origin, religious belief and sexual identity have a right to be protected from abuse.
- Children and young people must be treated with integrity and respect.
- Children and young people programmes and competitions will be relevant to their ages and stages of development.

3. We are committed to following the current Scottish Swimming guidelines, taken from ASFGB's Child Protection in Swimming Procedures and Guidelines.

4. The Club:

- Aims to create an enjoyable environment, where young people have the right to be safe, secure and free from threat.
- Acknowledges that young people have the right to be treated with respect and for their concerns to be listened to and acted upon.
- Will aim to ensure that junior members have specific programmes designated for them, with adequate supervision.
- Is committed to ensuring coaches hold up to date coaching qualifications and complete a Club Registration Form, sign a Code of Conduct and complete an Individual Declaration Form in relation to Child Protection.
- Provides clear, comprehensive, easily understood procedures for dealing with:
 - Allegations of abuse
 - Requests for help and support on a confidential basis
- Is committed to an equitable recruitment selection policy for coaches
- Will always emphasise fair play.

5. City of Glasgow Swim Team's Child Protection Officer is: Mrs Kirsty Reid
Tel No: 0141 639 8799

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The Role of a Club Child Protection Officer

The Child Protection Officer (CPO) is expected to fulfil the following tasks:

- Ensure all persons working with children and young people at the Club are fully aware of what is required of them within the protocols of the Policy / Code of Good Practice.
- Conduct the administrative work associated with processing information on new coaches / organisers.
- Liaise closely with Club youth coaches, ensuring that agreed procedures for the prevention of risks are followed.
- Counsel / advise the Club on matters of policy relating to Child Protection
- Advise / circulate details of opportunities for youth coaches to undertake training
- Act as the contact person on matters relating to Child Protection at the Club.

Club Child Protection Officers Action Process where abuse is alleged or disclosed. The CPO will take details of the allegation / suspicion / concern by completing an **Incident Record Form**.

1. The CPO may consult with an appropriate Child Protection professional:

Local Social Work Department: Newlands Centre
Adult and Child Unit
871 Springfield Road
Glasgow
G31 4HZ

Local Police: Shettleston Road
0141 532 4800

2. The CPO will inform Scottish Swimming of any Disclosure(s) within 48 hours of taking details.

Remember: The task of deciding whether or not abuse has occurred rests with professional agencies

The Scottish Swimming contact for Child Protection advice and support is Paul Bush, Chief Executive. All cases must be reported to Mr Bush within 48 hours. Tel. No: 01786 466520