



Reports for SASA East District Management Meeting 19th January 2023

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Waterpolo report:

Following a busy Autumn of competitions, Clubs have returned to training after a holiday break.

Club teams are now preparing for the remainder of this season's Scottish leagues games whilst many players are also involved in a busy National Squad trials and training schedule.

DWPC hosted another successful District Development tournament at Carnegie LC for younger players just before Xmas and it's good to also see young club swimmers and ex-swimmers taking up waterpolo. Scottish WP will now follow up this format with some pop-up events of their own starting with an U15 (2009 born and younger) on 27 Jan (RCP) followed by a boys one of 29 Jan (NSA) led by Neal Rayner of Warrender.

Congratulations to District players who have all been selected for Scottish WP Under 18 girls squad for the Swim England Inter Regional competition on the weekend of 4th/5th Feb in Blackpool.

DWPC players Zara Christie and Niamh Moloney continue within their respective GB squads as they prepare for forthcoming European International competitions.

St Andrews Uni Ladies and Edinburgh Uni will restart their SUS and BUCs campaigns shortly. A very busy period beckons for all district members.

Richie Metcalfe

Waterpolo Convenor

Open Water

We have a provisional date for EDOWS this year, the 4th of June at Lochore

This will be confirmed at the OW committee meeting which takes place on the 29th January.

Kirsten Geary

Open Water Convenor

Masters Report

The British Masters Short course in October saw Ian McKay WBC 65-69 set a new Scottish Record in the 50m F/C and the Warrender Team of Ian McKay, Jason Kenney, Keith Johnston and Mark Jones set a new British Record in the men's 4x50m FC and 4x100m FC relay 240+ age group. Ian McKay also won gold in the 50 Fly. Janet McLean Carnegie 45-49 won a gold in the 400 IM and an impressive haul of four silver medals. Ruth Millar HML 25-29 came home with a silver in a competitive field in the 50m FC, and Bronze in the 50 Breast.

Our first post pandemic East District Masters took place in November, with an excellent turn out. In the team scores Silver City were top, beating Dundee into second by only 7 points and Swim IT came in a very credible third Place.

Thanks to all the officials who came along and showed their support. Always appreciated.

Fiona McEwen

Artistic Swimming

The Artistic Swimming for All competition to be hosted by East District at Carnegie Leisure Centre on 29th January 2023 has received a total of 50 entries – this is a little down on the last time we hosted it in 2019, but overall we're pleased with that level of entries. The financial projections show us coming in at a small deficit (expected to be under £50) following cost cutting measures taken on the basis of expected entry numbers. This is the only competition in Scotland which specifically includes events restricted to Masters.

competitors include those who started artistic swimming very recently as adults and those who swam from an early age.

There has been a substantial revision of rules by FINA for Artistic Swimming and SASA are hosting a conference on Saturday 21st January in Perth for all involved in the discipline in Scotland to go through these.

Lastly, both clubs participated successfully in the recent Routine Grade assessment day at Bo'ness and have swimmers entered for the Figure Grade assessment day at the beginning of February.

Lesley Bloomer
Artistic Swimming Convenor

Swimming Report

It is a busy time of year with the East District Age Groups in full flow and many regional and club events taking place.

East District Age Groups –

Round 1 took place on 26th & 27th November at Michael Wood Centre, Glenrothes. The meet was long distance events, 400m, 800m & 1500m events and was almost fully subscribed. Due to a British Interchange meet was covered by Neil Craigmile and front of house by Morag Taylor. My thanks to these people for covering so ably.

Round 2 is taking place this weekend, 21st & 22nd January at the Royal Commonwealth Pool with the 200m & 50m events. This is a change of venue due to MWC being unavailable. We shall monitor this move and discuss with the coaches whether it is successful and something they would like to continue. The 50s are HDW and 200s have finals in session 3 at the end of each day

Round 3 is at the end of March at the RCP for all 100m events and relays.

Junior Academy

This took place in September, October and December 2022. In the East 66 swimmers were invited with 60 taking up their place. This is considerably lower than in previous pre-covid years. We had 2 venues, Lasswade Leisure Centre and Deans Community School, Livingston both of which worked really well. The team managers were Colin Matthews and Joanne Dunse with lead coaches Mitchell Anderson and Martyn Walton. The programme was a blended approach with online educational content in the week prior to the pool sessions. The programme seemed to work well and swimmers appeared to enjoy the days. Colin Matthews is moving to Championship Manager for next season so we are looking for a new team manager for the Junior Academy.

Swim England National County Championships

This took place on 2nd October, the first time for 3 years. 30 swimmers, team manager, Val Peebles, lead coach Jamie Ward, District President and 2 STOs travelled down to Sheffield. In previous years the team has also competed in the Vulcans Meet but this did not run this year. Scotland East finished in 5th place in Division 1 but due to a reinstatement of a Surrey swimmer we were relegated to 6th place. Well done to all the swimmers who represented Scotland East and the team staff for an excellent result.

Scottish National Short Course meet took place in December at the Royal Commonwealth Pool with many East District swimmers taking part.

National League Championships final took place at Tollcross, Glasgow in December with 4 leagues running at the same time in 2 short course pools. The overall winners Division A were City of Glasgow, Warrender 2nd and East Lothian Swim Team 5th.

Ian Wright, National Coach is working on the Competition Framework which hopefully will be completed soon so 'notes of interest' for competition dates for the next season 2023/24 will be available. There are several other documents that the national swimming committee are working on at present and will be issued shortly.

Joanna Maguire

East District Swimming Convenor

Lothian Report

As we are now into a new year I would just like to take a moment and reflect on how we, as a Region, delivered so much to our members over the past year to ensure there were diverse meets laid on to hit all manner of swimmer who are just shy of East District participation and I can only thank everyone involved in allowing the Region to achieve this vital role within our District.

The Lothian Region ran its Annual Graded meet in November which saw it achieve pre-COVID levels of entry. We have 322 swimmers enter. This saw us oversubscribed and unfortunately had to make cuts.

This saw a very busy meet on the day and my thanks go to the dedicated wee band of volunteers we have that kept things running smoothly. We also saw some large PBs and happy smiles from swimmers and coaches – we re-introduced medals for this meet and 'too fast' medals for those who swam over the allotted fastest race time.

As we are now into another year this saw us open our Lothian meets with our Junior Graded meet which is a heats and finals event for younger swimmers and those who would have never experienced this set up.

We had 163 swimmers attend and some massive PBs as you would expect from our grassroots swimmers. By the end of the afternoon finals there were some very tired but happy swimmers and the medals were gratefully received.

With feedback from coaches on both these meets we find that they are hitting the correct levels and pitched to allow those swimmers who always seems to miss out at other competitions the chance to experience heats and finals and all that these entail both in and out of the water.

We are keenly aware of the financial constraints on everyone at every level of life and with this in mind we agreed to keep all our meets at the same costings as in previous years and any shortfall would be covered from our funds for 2023.

We are again looking at running a distance meet under the banner of Lothian Region but we do have several clubs happy to help with volunteers etc so that our small but dedicated committee are not overstretched by running this additional meet for the benefit of swimmers. We will also be looking at inviting the other regions to participate should they wish.

We have many swimmers who have and will participate in the East District Age Groups 2022/23 and we wish them well with good swims and experiences.

Susan Liddle

Lothian Region Convenor

Fife Report

Our most recent league swimming event took place in September 2022 and was well attended by clubs and officials. This completed the league programme for 2022 with the novice leagues in particular closely contested. Summary results as follows:

Novice leagues

Girls' competition

1st Carnegie 173 pts
2nd Burntisland 160 pts
3rd Cupar 157 pts

Boys' competition

1st Carnegie SC 128 pts
2nd Burntisland 100 pts
3rd Cupar 92 pts

Fife Leagues

Girls' competition

1st Carnegie 277 pts
2nd Glenrothes 192 pts
3rd Cupar 156 pts

Boys' competition

1st Carnegie SC 155 pts
2nd Fins 124 pts
=3rd Glenrothes & Cupar 99 pts

With no further swimming competitions planned until March, we have kept our swimmers active by scheduling two area squad training days with the second one taking place at Cupar pool on 29 January. Each squad day features land training, pool work and an education session, led by David Haig and caters for 30 swimmers at a time. Club coaches also attend as a development opportunity and have greatly enjoyed the learning opportunities offered.

Fife clubs are also getting good support from FSLT and Lee Cunninghame in particular with a number of SSTQ courses now planned at times that are more suitable to club swimmers and working parents. A level 1 coaching course is at the planning stage.

Andy Maguire, our RSDM attended a recent FRC meeting and engaged club reps in useful discussions around 1) welfare, protection and avoiding sanctions and 2) the performance access agreement setting out what pool time is available for performance swimmers in FSLT pools.

Finally, a key area to progress is improving our technical officer capacity, with very few judges from Fife clubs having reached the signing off stage since we returned to competition. We have, however, some individuals noting interest in AOE and meet management training.

Andra Laird

FRC convenor.

Borders Region Report

Starting on a positive note, we had an excellent 2022-23 Border Relays event at Kelso pool on Sun 15 Jan. Unfortunately, only 5 of the 6 Borders clubs could 'field' a team but even so, we all had a great time and are very grateful to Duncan for joining us and compering the event. Eyemouth won the overall trophy with Hawick not far behind. Once the formal inter-club relay events were completed, we merged all the entrants into 4 x mixed club, mixed age group teams and ran a number of fun events to allow the swimmers to get to know each other and encourage an overall Borders team ethos. It was also an opportunity for the older

swimmers, nominated as Team Captains, to demonstrate their leadership and management skills. Initial feedback has been extremely positive so we will now need to consider whether this remains as a 'bolt-on' to another meet or whether we run a dedicated composite relay meet. Watch this space!

BEST swimmers had a great time at the National League final and the relaxed, fun atmosphere led to some excellent PBs so thank you to Lindsay and the team for organising it.

Looking forward, we are still planning on running Border Champs and kicking off the Border League in the next few months so hope that all 6 Borders clubs will be able to participate.

More good news is that we believe that work to renovate Peebles pool after the fire should have begun this week (w/c 16 Jan) and is due to finish in late Mar/Early Apr. The general feeling is that the timescale is optimistic but we are keeping fingers crossed because not having their own pool has, understandably, impacted Peebles ASC membership numbers.

On a less positive note, other clubs are still struggling to fill key committee roles. Kelso and Eyemouth still have no Chairperson although Kelso are quietly optimistic that they have someone interested, whilst Duns and Hawick are understood to be running with the bare minimum of support. The knock-on effect is that the BRSC is also still without a Convenor and meetings are now poorly attended. We are receiving excellent support from Andy Maguire who is providing valuable advice and will attend future meetings so hope that this is only a short-term problem.

We are also still struggling for STOs and only have 2 judges within the Borders so feel permanently embarrassed when we can't provide STOs to support meets run by other clubs. Sally Swinney and Carole Macdonald are supporting us with timekeeper courses and a steady drumbeat of reminders to parents that their support is required. There does seem to be some interest which gives some hope but it will take time.

From a coaching perspective, we seem to have interest in running a Level 1 course in the Borders in the coming months, supported by Andy Maguire. However, we are also aware of the balancing act between encouraging parents to coach and encouraging them to help on the dry side. We'll never get the balance perfect so will take whatever help we're offered!

Best wishes to all for the forthcoming meets.

David Payne

Former Borders Region Convenor

STO Report

East District Members have been successful in the recent Referee and Recorder examinations held in November 2022. Bryan Walkinshaw, TN, and Ian Peebles, TT, passing the Referee examination with highly creditable marks. We hope to identify an appropriate opportunity for their poolside assessments soon. I would wish to record my thanks to Jo Maguire who led on the exam preparation of the candidates and their success is due in no small part to her hard work, commitment of time, and encouragement to the candidates.

Bradley Mitchell, WB, undertook the Recorder examination in November again achieving a high mark and passing with ease.

The deadline for the 2023 referee training programme is 31 January and we hope to have candidates commencing their training shortly after this.

Previously reported plans for training have not been achieved due to illness. Alternative activities are being planned the first of which is a Stroke judge workshop during the Round 2 of the Age Groups.

Notification has been received from the British Swimming - Swimming Officials Group (BS SOG) and National Swimming Technical Officials committee (NSTOC) that World Aquatics

published their revised rules for swimming, covering 2023 – 2025 on 3rd January 2023. British Swimming, Swim England, Swim Wales, and Scottish Swimming have agreed a unified date for implementation of the new rules of 10th March 2023. Broadly the amendments are the consolidation of best practice and current interpretations into the rules.

We await training material from the BS SOG following which workshops will be held to cascade the relevant amendments to officials.

NSTOC has been made aware of concerns regarding the use of menstrual sportswear in competition and the impact of FINA BL 8.2 permitting the use of one swimsuit. While the matter is dealt with by the national swimming committee the NSTOC had provided a guidance statement to Referees regarding this matter. Items will be considered as a device in terms of SW10.8. Due to the potential prevalence of the items, it is deemed superfluous to enforce the certificate of exemption process. If reported as an infraction, then discrete enquiry should establish the facts and no swimmer should be disqualified for using menstrual swimwear for its intended purpose.

The NSTOC has issued a statement regarding uniform for officials.

“In response to a number of queries, the Scottish National STO committee is currently reviewing and reconsidering in detail the STO uniform requirements for competitive events in Scotland. This could involve a change to STO procedures and we expect to consider and present options for consideration at the STO seminar in the autumn of this year, when any changes will be put forward to be voted on.

In the meantime, the STO committee has agreed the following;

For Level 1 and 2 events, the default dress code is as specified in STO 10.1 and 10.2. However, the Gala Organiser may specify a deviation from this code provided sufficient notice is given to officials. Subject to agreement by the Gala Organiser, there can also be a degree of flexibility in what is worn, however the need to present a professional image in support of the athletes should be borne in mind.

For Level 3 and 4 events, STO 10.3 applies.”

Alistair Shields.

STO Convener

Diving report

Edinburgh is pleased to welcome a new head coach, Nigel Mills, who has joined us from Dubai while Becky Gallantree is on maternity leave. Nigel has embedded himself fully in the club and is training the EDC Elite squad.

This year three new young Scots were selected for the Swim England Z camp, making a total of five divers from East Districts across the two year programme. Congratulations on the selection. We also have one diver selected for the Y camp programme.

Scottish National and Open Championship were hosted at the Royal Commonwealth Pool in November 2022, and were a resounding success attracting both excellent Scottish and international talent. In addition, the excellent SASA Levels events have been running in recent weeks. Competitions coming up – Armada (Plymouth), G star (Sheffield), Elites (Plymouth).

Kenton D'Mellow

Diving Convenor