



RHODESIA/MASHONALAND SWIMMING COACHES ASSOCIATION

(Registered at the G.P.O. as a newspaper)

No. 56 1970

# BULLETIN FOR COACHES



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## RHODESIA/MASHONALAND SWIMMING COACHES ASSOCIATION

(Founded 1963)

P.O. Box H.G. 112, Highlands, Rhodesia

Officers for 1969/70:

CHAIRMAN: Rev. H. Ross, S.J. SECRETARY: P. Cartwright. TREASURER: B. Bridal. EXECUTIVE:  
T. Connell, A. D. L. George. Mrs. E. Barbour.

Convenors:

CLINICS: T. Connell. TEACHERS CERTIFICATE: Mrs. E. Barbour. PROFICIENCY AWARDS: Mrs.  
E. Barbour. BULLETIN FOR COACHES: A. D. L. George.

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RHODESIA/MASHONALAND SWIMMING COACHES ASSOCIATION.

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JULY 1970.

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QUESTIONNAIRE FOR SWIMMERS  
A CONSIDERATION OF "AGE GROUP" SWIMMING -  
FORPES CARLILE, COACH, PUDE, N.S.W. AUSTRALIA.

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EDITORIAL.

THE NEW SEASON:

Our new Swimming Convenor, Mr. Jim Hosty, has a tremendous responsibility in promoting the activities of swimming. The standard of swimming has levelled out in Mashonaland mainly in the Junior sections, also as a crowd pleaser; some say its the fact we have too many galas over the season. Well, maybe the answer is that our new Convenor must not be afraid to experiment, thus showing his own individual initiative, and not tread the weary path of his predecessor.

One bright suggestion from this Bulletin was to have LEAGUE conducted on a Postal Result basis. Thus, given a week to conclude, league programmes could be distributed to not only Clubs, but Schools as well, inviting entries from all its swimmers, but only submitting the two fastest times for consideration. The size of the pool will have to be determined, and it suggested two sizes - 25 yards and 33.1/3 yards as most suitable. Club Officials, under the supervision of one or two certified Board Officials could be present to record results and officiate. This idea should foster swimming by bringing in more swimmers, avoiding the difficulties sometimes experienced at Club selection, and lastly, reduce the costs of hiring the City pool.

The Mashonaland Team Trials could also be reduced by eliminating HEATS and working on best times recorded, and the Mashonaland Sub-Teen Championship and Under-10's could be used as fillers.

Perhaps our Swimming Convenor could have closer liaison with the Clubs and this Association, by attending their Committee meetings and hearing what other viewpoints are available to make this new era one of abounding enthusiasm and success. In the words of James Allen, which to me are so true:

" In all human affairs there are efforts,  
and there are results, and the strength  
of the effort is the measure of the result.  
CHANCE is not. "



### VISITING COACH:

We have been informed that PETER DALAND, Southern California University, Los Angeles, U.S.A., has accepted an invitation to visit Rhodesia during late September/October. This indeed is a great scoop and R.A.S.A. along with the Sport Foundation are to be complimented for bringing out this great Coach, well respected in the world of swimming. As Peter's stay will be a matter of weeks rather than months, it is hoped that R.A.S.A. will arrange a programme more suitable for Coaches to attend say, evening lectures on all aspects of swimming and coaching. Bert Olding, Scarborough Swim Club, Ontario, who attended the clinic and convention at the Swimming Hall of Fame, Fort Lauderdale, Florida, U.S.A., along with 215 other coaches from Spain, Puerto Rica, Jamaica, Mexico and Canada, made these observations and comments about Peter Daland. :

" A very academic, decisive, confident and wise man. By his views on training one can understand Peter's educational status. With his detailed training programme and his opinions on land conditioning, he further enhances our views on the success of the American coach. Perhaps the method he uses to improve the somersault turn is very much worth practicing ourselves. Standing in shallow water a few feet away from the wall and jumping into a somersault.

Peter's opinion on sprint swimmers as compared to middle distance swimmers was very informative, and well worth listening to. It was all very sound information. "

Well, on behalf of all coaches, we extend to you, Peter, and your good wife, a hearty welcome to Rhodesia, and may you enjoy our wonderful country and its sights as much as we will the pleasure of your company.

### ORITUARY:

All swimmers and administrators of Rhodesian swimming will mourn the passing of REVIS BARKER.

Bevis was known to your Editor for the past twelve years, and he was a man devoted to the sport of swimming. His unselfish dedication and efforts have done much for swimmer and administrator in accomplishing the aims and objectives of a sport he so loved.

To his family, who shared his love of his sport, we offer on behalf of this Association our very heartfelt sympathies.