

NEW SEASON? - RIGHT IN AT THE DEEP END

After a Successful End of Season, It's Back to Hard Work

With the Commonwealth Games looming large in the first half of next year, the CES squad has wasted no time in getting back into some hard work. The new season has kicked off with a three-week camp, split as one week of multi-activities at home followed by a two week intensive camp in Calella, Spain.

The end of last season produced good results. During the World trials in Manchester in March, two CES swimmers qualified for the summer international competitions, and three swimmers made the Commonwealth Team during the Scottish Nationals event, held in Glasgow in June.

Kirsty Balfour competed at the 2005 world championships in Montreal in July after her success in the 100 breaststroke at the world trials in Manchester. Her new personal best time of 1:08.66 secured her a spot in the Great Britain team. Kirsty also won the 200 breaststroke in Manchester and as a result of her time of 2:28.40 in Irvine at the end of a British national camp, swam this event as well in Montreal. Kirsty has made the Commonwealth team, and will represent Scotland in March 2006 in Melbourne.

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Dates For Your Diary

November 5: ED Championships
November 11-13: World Cup Durban
January 14-15: SASA Short Course Champs
February 4-5: ED Age Group Champs
March 4-5: ED Age Group Champs
March 15-26: Commonwealth Games
March 30 – Apr 2: SASA Age Group Champs
May 20-21: Edinburgh International

Alena Popchanka



The 2003 World Champion, Alena Popchanka, is now training with CES. After attending the CES camp in Canet in February 2005 where she met the squad for the first time, Alena arrived in Edinburgh in March, and trained with CES for the French National Championships, the Mare Nostrum Tour and her last meet of the season, the Vittel Cup. In May she took part in the British national camp with the 4 x 200 women's group, and had a great training camp with strong girls, especially with Melanie Marshall. Alena commented, "I have raced Mel in the past, and training with her during this camp was a great experience. I'm grateful that coach Ben Titley invited me. I'm also happy because I could train with Caitlin [MacClatchey] - she raced with my club in France but we never trained together."

Alena, two times European Champion, three times Olympian, 2003 World Champion and two times Olympic finalist in Athens, brings her unique experience of swimming to CES and has made her decision regarding her future in Edinburgh. "This season is a transition year as decided together with my coach after the Olympic Games last summer. I'll be training full time again in September, and I would like to stay in Edinburgh for this three year cycle. I like the town even if I haven't had much time to visit it yet, and the squad is very nice to me. There are some fast swimmers in the group and I will enjoy training hard with them".

We wish Alena the best for the rest of her season, and of course we are looking forward to have her joining CES in September.

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On the men's side, Kris Gilchrist secured a ticket to the 2005 World University Games, and he represented Great Britain in Turkey in the 100 and 200 breaststroke, and the 4x100 medley relay. Kris swam a fast 1.02:60 in this relay, the team taking 5th place, and he made the B final in the 200 breaststroke. He improved his qualification time from Manchester again during the Scottish Nationals in Glasgow in June, winning the race in 2.13:52. Kris also won the 200 IM in 2.03:72, another Commonwealth Games nomination time.

Dave Leith swam a qualification time for the Commonwealth Games in the 50 fly at the Scottish Nationals in June, with a personal best of 24:59. Dave will be working towards the sprint events for the Commonwealth Games.

"All CES swimmers had a positive cycle", said Head Coach Fred Vergnoux. "The challenge was to race fast under training. The camp in Canet in February gave them a taste of what is going to happen in the future, and they handled the work really well going into the Scottish Nationals. They opened their minds to my way of coaching, and are willing to train hard. I can say that the group in general swam well at the Scottish trials and at the British trials and I'm sure this summer was a great step for CES

"CES team members finished the 2004/2005 season strongly and all swam personal best times either in Glasgow during the Scottish Trials, or in Sheffield during the British Trials for the Commonwealth Games.

"The 2005/2006 season starts with a three week camp in September. The first week is a multi-activities camp in Edinburgh and the following 2 weeks will be in Calella, Spain, where the swimmers will set up their technical base for the season. The main focus this season will be the Commonwealth Games in Melbourne in March 2006, followed by the European championships in July in Budapest."



Kris Gilchrist, GB Representative at World Student Games

Sept Camp

Stop press

a couple of snaps have found their way back from the September camp.

Looks like David Leith enjoyed the canoeing but wasn't so keen on being a member of the class of '72.



EDITORIAL:

RCP Refurbishment

News of the refurbishment of the Royal Commonwealth Pool was received with mixed feelings by CES. It is, of course, excellent news that positive investment is being put into swimming, and this can only be for the long term benefit of the sport. However, we were initially concerned that the closure date of "some time in 2007" announced in the press would coincide with the run-in to the Olympic Games 2008. We have since been assured that the closure will not interfere with our preparations for the Games, and that the programme will be able to continue uninterrupted.

Concern has also been expressed about the cost of hire of the pool facilities. There are currently no national events at the Royal Commonwealth Pool because its hire rates are well above those at Tollcross in Glasgow, and other venues in Scotland. If the hire rates are not brought into line with the going rate for facility hire, then the investment has to be questioned as little use will be made of the facilities for one of the main purposes for what it is intended. The Royal Commonwealth Pool is the premier competition centre in Scotland's capital city. It must therefore be accessible as such, and not only as a recreational and community facility.

Edinburgh's role as a capital city in the European environment means that it must look to hosting sporting events commensurate with its status.