



SWIM WALES

News Update



COUNTDOWN TO LONDON OLYMPICS BEGINS



With the London 2012 Olympic countdown approaching 1,000 days (Saturday 31st October), the aquatic disciplines remain on course in their preparations for the first home Olympic Games since 1948.

British Swimming sent a total of 49 athletes to represent swimming, diving and synchronised swimming at the 2008 Beijing Olympics. All three teams returned having made their mark on the international scene and their desire to repeat this feat in front of a home crowd is key to the preparations currently taking place.

British Swimming Chief Executive David Sparkes has enjoyed seeing the country and the aquatic sports build towards the London Olympics, but highlights the importance of not only producing results in the pool but also capitalising on legacy programmes.

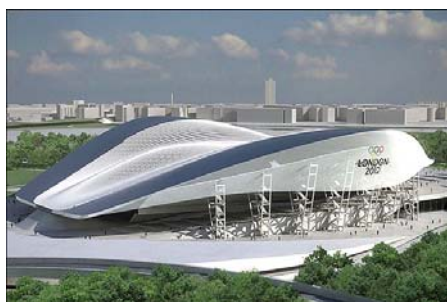
“As the London Aquatics Centre begins to dominate the London

skyline the reality of how close we now are to the London Olympics becomes clearer,” Sparkes said.

“Preparations for all of our sports are right on track to build on the success that the aquatics team enjoyed in Beijing and our legacy programme is also taking shape.

“We are confident that we will not only see British success in the pool but we will also see swimming moving to a new level with more people swimming more often and having more fun in the pool.”

At the 2008 Games, the swimming team won six medals which boosted them to sixth in the swim



ming medal table and helped Team GB reach fourth in the overall medal table.

As the sport now looks towards the London Olympics, National Performance Director Michael Scott knows that his team needs to focus on their upcoming key events in order to challenge for success in 2012.

Since Beijing, British Swimming has opened five British Gas Intensive Training Centres that give athletes access to not only the necessary 50m pool time but also to world class coaches and sports science and medical staff. The sport has also made key appointments to develop the coaching and support staff network.

“There have been significant changes in our processes and programmes since Beijing,” Scott added. “Year one has seen us develop these and year two will see us build upon them.



A USA squad featuring an impressive nine Olympic and 10 World Champions will take on Britain's elite as part of a European Select team.

In addition to Michael Phelps, the most successful Olympic swimmer of all time, the USA team has thrown down the gauntlet with the likes of Ryan Lochte, Aaron Peirsol, Rebecca Soni and Ariana Kukors set to feature in the head to head with a combined team from Great Britain, Germany and Italy.

The British Gas Duel in the Pool will be held at the Man

chester Aquatics Centre on 18-19 December. The event provides a unique opportunity for fans to see the world's great est swimmers going head to head for supremacy in the pool.

Both teams will include up to 18 men and 18 women with British Swimming, Germany and Italy sending a team of six men and six women each for the short course (25m) meet.

Tickets for the British Gas Duel in the Pool are selling fast and people wishing to see the mouth watering prospect of a European Select team take on Michael Phelps and Co from the USA should book now.

To book tickets please visit www.duelinthepool.com

100% ME

UPDATE

Official British Swimming Doping Newsletter

Issue: 10

November 09

WADA NEWS!!

BANNED SUBSTANCES

WADA have just informed us that as from 1st January 2010 PSEUDOEPHEDRINE will be reintroduced to the Prohibited List in the stimulant category which can result in a sanction of a warning up to a 2-year

TO AVOID TESTING POSITIVE FOR A BANNED SUBSTANCE REMEMBER:

- ✓ Check all medications carefully against the prohibited list before use
- ✓ Inform your doctor or pharmacist about the rules under which you compete.

ban in cases of anti-doping rule violations. Pseudoephedrine was on the banned list until 2003 and was subsequently put onto WADA's Monitoring Programme in 2004. The monitoring programme includes substances that are not prohibited in sport but are monitored in order to detect patterns of misuse. Results of the monitoring over the past five years indicated a clear abuse of this substance with high concentrations in a number of sports and regions. Pseudoephedrine can be found in products such as Actifed, Benylin 4-flu and Sudafed 24.

IF YOU ARE SUFFERING FROM A COLD PLEASE MAKE CERTAIN YOU READ THE LABEL, PARTICULARLY WHEN BUYING THE MEDICATION OFF THE SHELF WHERE THERE IS NOT NORMALLY A PHARMACIST TO HELP YOU.

WHERE THERE IS A PHARMACIST - EXPLAIN YOU ARE A TOP ATHLETE AND CANNOT TAKE MEDICATION THAT CONTAINS PSEUDOEPHEDRINE.

MESSAGE FOR ALL ASTHMA SUFFERERS

WADA have changed the status of SALBUTAMOL and SALMETEROL beta-2 agonists.

Under the 2010 list, their use by inhalation will no longer require a Therapeutic Use Exemption (TUE).

BE AWARE your specimens will still be tested for these substances and those of you on ADAMS will have to declare them on the system as you do injections and Beclomethasone -but not until 1st January 2010

Until then you are required to have a TUE if on the testing programme. Those not on ADAMS should declare it on the 100% ME web site—details of how this should be done will be notified nearer the end of the year. **WARNING—please note you are allowed under 1,000 nanograms per millilitre in your system when tested if it is above this you could receive a positive test result.**

We are also pleased to note that 88 research proposals were received from 22 countries, with 34 being selected for funding by WADA's Scientific Committee. These projects will help advance anti-doping research in areas such as the detection of blood manipulations, the development of new technologies of detection and the implementation of further means for detecting a number of substances and methods currently abused by athletes or potentially interesting to cheaters.

WHEREABOUTS / ADAMS

For the October/December period we have 88 swimmers, 34 disability swimmers, 13 divers and 2 synchronised swimmers on ADAMS. Can I remind you all that not only your one hour testing slot has to be entered but also your night residence and all of your training times. It is noted that some of you have only entered one training period a day, I am sure that this is not correct and that you do in fact train in the morning and evening.

As an athlete, YOU are SOLELY responsible for your own actions. If you break the anti-doping rules of sport – even unwittingly – you could face up to LIFETIME BAN. For this reason it is vital that you understand what the Code is about and what it means to you.

REMEMBER THAT TESTING CAN TAKE PLACE OUTSIDE OF YOUR 1 HOUR SLOT but if you cannot be found you will not encounter a strike. However, if you are there when they do a test outside the one hour you must agree to the test, failure to do this could result in a ban.

STRIKES can consist of either a failure to file or a failure to be at the given place in your one hour slot. 3 strike and you receive a ban of 1 year.

We have at the moment 8 athletes on one strike 4 from swimming, 2 from diving and 2 from disability. We have one other that we are questioning which could result in 5 from swimming. Strikes will stay with you for 18 months.

BRITISH
Swimming

Do You Have a Story to Tell?

Swim Wales is always on the lookout for interesting stories about our members that we can circulate to the local and national media and press.

Do you know someone who has overcome adversity to swim with your club? Or perhaps you have a set of swimming twins? If you can think of anything that might be of interest, please email julie.ma@welshasa.co.uk. We will forward your stories to the Sports Council and who knows, you may be on television, in a newspaper or on a website!