

The North American Scottish Games Association is dedicated to the promotion and understanding of Scottish Athletics.

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EVENTS EXPLANATION:

3. **HAMMER:** The light (16 lb.) and heavy (22 lb.) hammers thrown for distance grew out of local strength contests held at the village smithy in which sledge hammers were thrown. The rectangular heads on these "working" hammers often broke so a switch to a ball of the same weight was approved. The style used is the thrower faces away from the area to be thrown, with his feet firmly planted (often with the aid of spikes) behind a 4 foot 6 inch "TRIG". The thrower usually takes the hammer three times around his head and releases it. No turns of the feet are allowed. He must not step beyond the trig with his follow through. In modern modification, a chain or wire was added to replace the cane or hickory stick and more recently turning the feet within a seven foot circle was allowed to create the Olympic Hammer Throw. However, that is not the Scottish Hammer Throw.

4. **CABER:** The Caber is a log thrown for accuracy by flipping it on its far end so that the end held by the thrower is pointing away from him. It usually weighs from ninety to one hundred and twenty pounds, although some weigh over one hundred and fifty pounds, and it is usually from eighteen to twenty feet long. This event is prevalent in Germany, Scandinavia and several other countries as well as Scotland, and probably never served any utilitarian purpose although it has been said they were thrown to cross streams and creeks during warfare. This and other stories of its practical use are possible but a more likely story is that it was a feat of skill and strength contested by the braw lads.

STEROIDS: The N.A.S.G.A. thoroughly supports the views of the Scottish Games Association which has denounced the practice of some athletes to use Anabolic Steroids to build strength and size in order to gain an advantage over a competitor. Practice and hard work should be the only means to success in the Games, not a reliance on artificial strength, induced by drugs.

RECORDS: It is desirable both from the athletes point of view and from the spectators point of view that ground records be listed in Games programs. With such a reference point, a spectator is much more likely to enjoy a good performance than if he has nothing to judge by. Most spectators have never seen a Highland Game or have seen very few and are not knowledgeable in Scottish Athletics. We should help them understand and enjoy the Games as much as possible. It may also be desirable to list U. S. National Records and possibly World (or Scottish) bests. This information is available in each NASGA NEWS-LETTER.

Furthermore, as the S.G.A. advises, whenever a grounds record is broken an additional purse should be awarded to the athlete who is responsible. This will create further incentive for the athletes and add excitement to the competition.

SCORING: Except in certain Games with numerous athletes of high caliber it seems desirable to have a uniform scoring system. A system of 6-4-3-2-1 has been accepted by Dunedin, Delco, Bath, Charleston, and Alexandria to name a few.

CABER: In some games much time is wasted, Cabers are destroyed and spectators become bored by the continuous cutting of the Caber. Furthermore, the athletes who continue to toss, often are exhausted for the following events. It may be a good idea to throw the Caber (cutting it as necessary) until at least one competitor turns it. When all throwers have had their three attempts at this length the pole should be cut once more to an agreed upon length and the remaining competitors take three more attempts. Places should be determined first by the quality of the turned throws and then by the judges' discretion as to form or best attempt which didn't turn. A competent judge is essential in this method of scoring.

NASGA: The NASGA held its first meeting at Grandfather Mountain Games and it was agreed that the NASGA represent the athletes in upcoming Games. Specifically NASGA is interested in working towards a more realistic prize system and distribution of same including travelling expenses to more distant Games (many competitors travel over a thousand miles to compete at a single Games).