

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

I am delighted to be able to introduce the second of our Partnership newsletters to update you on our recent progress and outline some of the exciting developments ahead.

Planning for Sport

Our Partnership sits across local, regional and national organisations and therefore it is important that we take a planned approach to developing sport within Tayside & Fife to maximise our effectiveness and make a positive impact. We are therefore taking a lead role in this process to ensure selected Scottish Governing Bodies of Sport's national strategies are filtered through to local level and the sports move forward in a co-ordinated manner in line with the rest of Scotland.

We are currently writing a strategic framework for the Partnership and each of our sport specific and coaching team are undertaking a similar exercise for each sport in order to:

- Strengthen the infrastructure of sport in Tayside & Fife
- Increase participation in sport leading to lifelong involvement
- Improve performances of our developing athletes to achieve national standards or Area Institute of Sport level

Whilst the regional team will concentrate on Coaches, Officials, Volunteers, Clubs, Facilities and sport specific Player Improvement Programmes we will work in partnership with local partners to provide more participation opportunities at local level in our priority sports (Athletics, Basketball, Clubgolf, Gymnastics, Hockey, Rugby, Swimming and Girl's & Women's Football).

Over the coming few months, the regional team will be consulting with sporting communities through development groups and regional associations on how we hope to work with you for the next three years. If you would like to get involved in this process, I would urge you to contact the team directly.

Player Improvement Programmes

Coming soon! Some of our sports will be launching new Player Improvement Programmes to support our developing athletes at regional level. This programme aims to enhance the current provision within the sport and support the athlete / player development pathway in partnership with clubs, coaches and parents.

Farewell

On a personal note, I will be moving on to take up post as the Area Manager of the Tayside and Fife Institute of Sport in September. I have worked with the **SportTayside & Fife** Partnership for four years and I would like to thank all who have worked with me and supported me throughout my time here. I'd like to wish the new management and the Partnership well and look forward to continuing the good partnership working between both organisations.

Catriona Semple

Acting Regional Manager

Athletics

Alasdair Donaldson
Athletics Development Manager
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DEVELOPING ATHLETICS IN TAYSIDE & FIFE

Sport Tayside & Fife Championships Imminent

Sunday 3rd September sees the first **SportTayside & Fife** Combined Events Championships being held at Caird Park, Dundee. The event was previously known as the Tayside Combined Events Championships. These Championships are open to anyone and consist of Triathlon competitions for Under 11s and Pentathlon competitions for Under 13 to Seniors.

Sunday 17th September sees the Track and Field Championships taking place. This event is open to anyone born, living or studying in Tayside & Fife. The event caters for athletes from Under 11s to Seniors. Entries close on September 6th so if you have not got your entry in yet and would like to compete then contact Alasdair Donaldson on the details below.



If you have not entered either of these events yourself then it would be great to see as many people as possible there to support the athletes; entry is free to spectators and action gets underway at 10:30am and runs until 4pm on both days.

Left: Action from last years sprint hurdles

Tayside Athletes of the Year Nominations

At this year's Tayside & Fife Championships there will be Athlete of the Year awards made for Angus, Dundee and Perth & Kinross. These awards are possible thanks to the generous support of the START fund. Nominations should be sent to Alasdair Donaldson.

New Regional Squad Structure

We are currently working with **scottishathletics** on a new Regional Squad format which will be rolled out across Scotland and there will be a Tayside & Fife regional squad operating from this winter onwards. The exact details of the squad will be finalised in Mid-October; keep an eye on the Scottish Athletics website for further news: www.scottishathletics.org.uk

Local Athletics Partnerships

Local Athletics Partnerships have now been set up for both Tayside & Fife. These aim to aid the development of athletics across the region by bringing together Clubs, Active Schools, Local Authority Sports Development, Scottish Athletics and **SportTayside & Fife** to work in partnership. By sharing resources, experience and expertise across the region it is hoped that athletics will become a stronger, more enjoyable and fulfilling sport for all.

Coach Education and Development

Through consultation with coaches, teachers, the **SportTayside & Fife** Club/Coach Development Manager and **scottishathletics** we plan to run a comprehensive Coach Education programme for athletics within the Region. This will look to address everyone's needs, whether it is through providing NGB courses or CPD workshops.

Coach Scholarships are also available to assist with the costs of coach education for coaches operating at Level 2 and above. For further information please contact the **SportTayside & Fife** Club/Coach Development Manager on: 01382 431 852, or at: derek.welch@dundeecity.gov.uk

AAA Championship Success

Tayside & Fife's top athletes travelled to Manchester on 15th & 16th July to contest the AAA Senior Championships. The top local performance of the weekend came from Gemma Nicol (Dunfermline & West Fife) who, at only 19, claimed her first AAA senior medal with silver in the 400m, recording a personal best of 53.46secs.

There was further success for Tayside & Fife's finest at the AAA Under 20 & Under 23 Championships the following weekend. Graeme Oudney (Pitreavie) ran a fine race to claim silver in the Under 23 800m while Fife ACs Noni Mordi picked up bronze in the Under 20 Triple Jump and Gemma Nicol gained her second AAA medal in as many weeks with bronze in the Under 23 400m.

Relay Boys Lead the Way at Celtic Games

Tayside & Fife's best Under 18 athletes headed to Waterford (Ireland) as part of a Scottish team for a match against their Celtic counterparts on 12th August. The Scottish team brought home the overall team title to round off a successful day. The highlight was the triumph of an Under 18 men's 4x100m team made up entirely of Tayside & Fife athletes and led by regional squad coach Dave Combe (Dundee HH). Chris Lavery (Dundee HH), Bob Mitchell (Dundee HH), Connor Hill (Fife AC) and Ryan Oswald combined to take 1st in an excellent 42.41seconds. Oswald had earlier sealed a fine sprint double, winning the 100m and 200m. The region was also represented by: Lisa Glover and Ian Hendry (both Fife AC), Craig Robinson and Megan Frail (both Pitreavie) and Ryan Knight and Nicola Campbell (both Dundee HH).

Celtic Cup Proves a Big Hit

Thousands of fans witnessed a memorable night of athletics at Grangemouth Stadium on 18th August as Scotland won the inaugural Celtic Cup ahead of Ireland and Wales. A number of local athletes took part in this innovative new competition, representing Scotland, the Scottish Development Team or as guests. Gemma Nicol produced one of the performances of the night with a fantastic 400m race to score a clear victory. Dundee's Graeme Oudney finished second in the 600m race but won the match, as the race victor was a guest American, to take the \$1000 prize. Nick Smith also won the match race, in the 100m, again finishing second, this time to Darren Campbell who was running his last ever race. Nick was one of three Pitreavie athletes in the 100m, along with Ryan Oswald and Jamie Coull. Local representation was completed by Stacey Downie (Pitreavie) in the 100m and 200m and Noni Mordi, who was part of the new "team" triple jump.

National Junior Record for Noni

The Scottish Senior Championships took place on July 12th and 13th at Glasgow's Scotstoun Stadium. Noni Mordi, still a junior, was the star performer claiming the Triple Jump gold and then adding silver in the Long Jump. Noni's gold medal winning performance broke her own Scottish Junior Record with a leap of 12.81m. This was also a Championship Best Performance and the longest jump ever achieved by a Scot of any age in Scotland. In total Tayside & Fife's athletes brought home a total of 13 medals, with an amazing nine gold!

Scottish Schools

This year's Scottish Schools Championships produced the usual raft of fine performances by Tayside & Fife's athletes who brought home a total of 10 gold, 16 silver and 15 bronze medals. Pick of the bunch was Craig Robinson (Woodmill High) who won the Under 14 800m and High Jump titles; he also produced Championship Best performances in both events!

Emma Dawson Scores National Pentathlon Record

In late May Emma Dawson (Perth Strathtay), a former gymnast, caught the eye as an athlete in winning the U13 girls pentathlon at the Scottish Multi-Events Championships with 2624 points, a new Scottish record by 137 points, and won the competition by an amazing 501 points. Emma is pictured right with Chris Baillie and his Commonwealth silver medal.



Basketball

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DEVELOPING BASKETBALL IN TAYSIDE & FIFE

basketballscotland Regional Review Implementation

The regional review, which was signed off by **basketballscotland** membership at their AGM in September 2005, has recently gone through a nationwide consultation period and is now ready for implementation. The main recommendation is that the region basketball associations are re-aligned to match the Scottish Institute of Sports regions, which means Tayside joining forces with Fife. This also dovetails with the recent changes to **SportTayside**, who welcomed Fife as a partner in April 2006. The regional basketball associations will also change their names to Regional Basketball Partnerships.

basketballscotland has altered its policy on development grants from September 2006 and under the new rules, Regional Basketball Partnerships will be able to access more money for developing basketball, supporting underage leagues and the training of new and existing coaches and officials. All clubs and regional associations have been consulted throughout this project and full details are available from the **basketballscotland** website.

The **basketballtayside** AGM is being held at 7:15pm on **Monday 18th September 2006** at The Inch Studio, Bells Sports Centre, Hay Street, Perth PH1 5HS where more details of how these changes affect basketball in this area will be announced.

Season 2006/07 - Senior Men's and Women's Leagues and Cups

The Senior Leagues and Cups will re-commence in October 2006 with Dundee Sharks Basketball Club looking to defend both the Men's and Women's League titles. Entries to the leagues and cups will be accepted by the Committee up to and including at the AGM.



basketballtayside

Full details are available at www.basketballtayside.org.uk

Tayside & Fife Under 16 and Under 14 Central Venue Development Leagues

Proposals for Tayside & Fife U16 and U14 Central Venue Development Leagues (CVDL's) for boys and girls have been circulated to all Tayside & Fife Clubs and key contacts.

The leagues, which will run on Sundays at the twin court facilities of either D.I.S.C. or Mayfield Sports Centres in Dundee, will be the ideal opportunity for developing clubs in the area to have competitive fixtures against other clubs but still in a controlled and developmental environment. It will also be a good environment to train and encourage new or inexperienced basketball officials.

For further details or to register your club's entry for U16 or U14 Boys and Girls basketball CVDL's please contact me.

Perth & Kinross Basketball Development Squads (Boys & Girls)

Boys and girls living in Perth & Kinross who were born on or after 1st January 1992 (Under 15s), or younger players (born 1993 or 1994), attending Secondary Schools in Perth & Kinross are invited to the squad trial on **Sunday 10th September 2006** in the **Games Hall, Perth Academy** from **1:00pm-3:00pm**. Players selected will train on Mondays from 5:30pm –7:30pm during term time at Perth Academy, starting on 11th September.

The development squads also form the start of a pathway to participation in the Under-16 Cadet National League squad of Perth Phoenix Basketball Club.

Perth & Kinross, in association with P & K Leisure and Perth Phoenix also operate squad training for children from P5 – P7 at Bells Sports Centre, Perth on Mondays between 5:00pm - 6:00pm.

Any enquiries to the squad co-ordinator, Douglas Bader at: douglas@dbader.freereserve.co.uk or Tel 01250 875694

Dundee Basketball Development Squads (Boys & Girls)

Boys and girls living in Dundee who were born on or after 1st January 1992 (Under 15s), or younger players (born 1993 or 1994), attending Secondary Schools in Dundee are invited to the squad trial on **Thursday 21st and Thursday 28th September 2006** in the **Games Hall, Mayfield Sports Centre, Arbroath Road, Dundee** from **6:00pm-8:00pm**. Players selected will train on Thursdays from 6:00pm –8:00pm at Mayfield Sports Centre, starting after the October holidays.

Any enquiries to the Dundee basketball co-ordinator, Barry Lowrie, Tel 01382 438896 or e-mail barry.lowrie@dundeecity.gov.uk

Both Dundee and Perth & Kinross Development squads will have training in fundamentals and team skills and will be given opportunities for competition. Players will also have the chance to take part in regional team trials and inter-regional competitions organised by **basketballscotland**.

Tayside & Fife Players Gain International Honours

Congratulations are due to three Tayside & Fife players who represented Scotland in European National Team Youth competitions during the summer.

Vaughan Wilson (Monifieth HS and Arbroath Musketeers) was part of the team which won a Silver medal at the FIBA Europe U-16 Men's Promotions Cup in Andorra.

Arbroath Musketeer's guard Daniel Sutherland (Blairgowrie HS) and centre Andrew Glascodine (Aberdeen) were members of the team which competed in the Scottish Junior Men's Team at the FIBA Europe U-18 Division "B" Championship in Sibiu, Romania included This was the first time Scottish Junior team had played in the higher division for a decade, having competed in the Promotions Cup in previous years.

Basketball Needs You! More Referees and Table Officials Required

More and more children and adults across Tayside & Fife are now playing basketball, which means that there is a demand for more games and competitions. The Tayside & Fife Development Leagues, Senior and the National League are all experiencing an increase in playing numbers, but now require more referees and table officials. Without referees and table officials we cannot play any competitive games, only friendlies. Most basketball players already have a basic knowledge of the rules so, with a little bit of training, are in an ideal position to contribute to officiating youth or schools games.

If you fancy giving refereeing or table officiating a try, **SportTayside & Fife** run **basketballscotland** accredited courses which will give you basic skills and knowledge to let you get started. Mentoring opportunities and support from experienced officials is also available after the course.



If you wish to register your interest, please contact me.

The next quarterly ST&F basketball newsletter will be published at the end of November 2006.



Clubgolf

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DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

Club Update

This summer the clubgolf programme has taken place at seven golf clubs in the Tayside & Fife region. They are: Aberdour, Canmore, Tulliallan, Muthill, Scotsraig, Dunnikier Park and The St. Andrews Links Junior Golf Association. Over 300 children have accessed coaching through the clubgolf programme in the Tayside & Fife region. Next year, it is perceived that another 15 clubs in the region will be ready to deliver the first stage of the clubgolf coaching programme. Each club will link to local schools to provide opportunities for children to receive coaching at the clubs facilities throughout the summer months. In addition to this every child who is invited to attend coaching at a golf club will have received golf in school through the modified game firstclubgolf.

Regional Strategy & Local Action Plans Update

The regional strategy for Tayside & Fife is almost complete with some minor amendments required before the document can be signed off. This document will be the framework for the delivery of the Clubgolf programme throughout the region. From this document four separate local action plans will drive the delivery of the aims set out in the regional strategy. At present three of the four action plans are completed and underway. The action plans detail delivery in the following areas:

- Outcomes for golf within schools at Primary 5 through the Firstclubgolf programme
- Coaching delivered within golf clubs
- Club development
- Coach Education
- Facility access

Clubgolf at The Johnnie Walker Championship

Hundreds children visited the clubgolf activity area at the tournament held at Gleneagles between the 22nd and 25th of June. The activity area situated within the tented village of the tournament provided school groups, clubs and members of the general public to experience small golf sessions, which are replicated throughout the country at facilities delivering the clubgolf programme.

PGA professionals were also in attendance in the activity area, to provide children and adults alike the chance to have an individual lesson in one of the practice nets.



However, the highlight of the week was the guest appearances of Scottish stars Colin Montgomery and Alistair Forsyth. Both players spent time with youngsters passing on some coaching tips, signing autographs and posing for pictures.

Colin Montgomery with some of the children at Gleneagles

Angus Girls in Golf Day

The 3rd Angus Girls in Golf day was held on the 3rd of July at Monifieth Golf Club. This year the event had its biggest turn out with over 40 girls in attendance. The event is aimed at encouraging and attracting more girls to take up the game and also to encourage new friendships with current girl golfers throughout Angus.



At the event the girls took part in various activities such as skills challenges, a rules quiz, a round of golf and a lesson from the club professional. Organiser of the event, Ann Hunter was delighted to see so many girls from different clubs attend the event and make new friends.

Fife Festival

During the month of July, Fife Active Schools held a Tri-Golf festival for Primary 5 children at the Fife Institute of Sport. A total of 14 schools attended the festival whereby the children take part in various team games on a rotational basis.

The two winning schools (Anstruther & Caskie Berrans) received a half day of golf at Cluny Clays Golf Centre. However, no child went home empty handed as everyone received some golf goodies.



How Can I Get Involved?

Clubgolf are continually seeking to identify clubs and individuals to get involved with the programme. If you would like to know more about what the programme entails and how you can go about getting involved please contact the Clubgolf Regional Manager for more information.

Coaching Brochure

If you are interested in becoming a Level 1 volunteer coach and would like to know more about how to become one. Please contact the Clubgolf Regional Manager to receive your golf coach education brochure

If you wish to submit any information for the next newsletter please do so by **Monday 13th November**



Gymnastics

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DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

Creation of Tayside & Fife Area Squad programme

Through positive partnerships with performance clubs operating within Tayside & Fife a new Tayside and Fife area squad programme is to be implemented in October this year. The squad will be coached by a High Performance Coach who will be assisted by senior coaching staff to deliver a comprehensive programme to ten Gymnasts on a monthly basis. The programme will initially run with the agreed set criteria however, the implementation of the Regional Academy programme will be the future direction of the squad. The squad will be managed and supported by the **SportTayside & Fife** Gymnastics Development Manager.

Physical Literacy – Pre-school

A focused positive partnership with Sports Development Team in Angus and **SportTayside & Fife** has resulted in the forthcoming delivery of a pre-school assistant course. The course will run on 10 - 12 November in the Saltire Leisure Centre in Arbroath.

The course will cover all practical and theory session relating to the delivery of the fundamentals to pre – school children.

Judging Workshop

SportTayside and Fife will be holding a parent/coach judging workshop which will be delivered by a fully qualified brevet judge on the Saturday 23 September at the Lynch Sports Centre in Dundee.

The objective of this workshop is to introduce judging in a basic format, so that candidates gain an understanding of the subject matter. It is envisaged that the delivery of this workshop will encourage candidates to attend the forthcoming floor and vault judging course to be run by Scottish Gymnastics. Dates for the judging course will be notified at the workshop.

Scholarship Programme

Currently a comprehensive coach education programme is provided by the National Governing Body, Scottish Gymnastics. However, it is hoped that a fully comprehensive CPD programme targeting education staff will be on offer through an effective partnership with Scottish Gymnastics, **SportTayside & Fife** and all education providers.

SportTayside and Fife also offer guidance and financial support to individuals wishing to personally develop their coaching skills. The scholarship programme that is currently operating within Tayside and Fife has been conducive to the development of many coaches who reside within the local areas.

UK School Games

The UK School Games is a multi-sport event for the most talented teenagers across the UK. The inaugural event will be staged between the 7th and 11th of September 2006 in Glasgow.

The games will feature 1000 athletes competing in five sports in the first year of which gymnastics is one. In each sport both male and females will participate in a single age group selected by their sports. Each of the five sports will be combined into four-day Games in an

environment designed to replicate the feel of the Olympic and Paralympic Games with an opening ceremony and competitor's village. The following Scottish National Squad Gymnasts have been selected to represent their home nation in these games:

Girls selection

Brogan Archibald – Perth
Lauren Beck - Cumbernauld
Charlotte Griffin – Fife Network
Samantha Murray- Fife Network
Megan Slater - Zodiak

Boys selection

Steven Brunsyeels Glasgow
Byron Curruthers - Largs
Liam Davie – Glasgow
Grant Isdale – Falkirk
Steven Sneddon - Falkirk



The selected girls and boys are currently honing their skills, within their home clubs, in preparation for this prestigious event and are keen to emulate previous successes attained by the Commonwealth Squad Team members in Australia.

DGC2K Podium Success

Three local Dundee Gymnasts competed in the Heathrow Invitational competition in June 2006.



The girls have been honing their gymnastics skills on a weekly basis in preparation for this special event. The gymnasts and their coaches were delighted to achieve their goals and be recognised for their hard work and dedication to the sport.

The medal presentation resulted in Kirsty Cambell attaining first position on floor and overall Silver medal position. Jordan Archibald attained first on vault and overall Bronze medal position. This running success was followed by Hannah Killcullen who was placed in overall sixth position.

The girls are coached by Beate Petersen and Tess Inglis from DGC2K Performance Club and are members of Dundee Performance Squad programme and the Scottish National Performance and Regional Squad programme.

This is a fantastic result for these young Dundee Gymnasts and a testament to the quality of Gymnastics coaching staff in Dundee.

If you require further information on any of the above topics, please do not hesitate to contact me.

If you wish to submit any information for the next newsletter please do so by Monday 13th November

Girls/Women's

Football

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DEVELOPING GIRLS / WOMEN'S FOOTBALL IN TAYSIDE

Two more clubs sign up for SFA Quality Mark Scheme

Arbroath Inchcape FC and St.Johnstone Girls FC have both signed up to participate in the SFA's Club Development scheme, Quality Mark. Both clubs are well established within Tayside and are very excited about the prospects of developing their clubs further. They will be offered a host of benefits including professional officer support, grants towards coach education training, and free places on First Aid and Child Protection courses as they work towards attaining their first level on the Scheme.

If your club would like more information on the SFA Quality Scheme and the benefits your club could receive please contact me.

Angus and Dundee ready to launch new Local Area Squads

This autumn Angus and Dundee will launch the first ever Girls Football Local Area Squads. The U13 squads will be run through Angus Council and Dundee City Council Football Development Programmes and will target players who are just below Tayside Development Squad level. Trials have been organised in both areas with information sent out to schools and clubs to nominate players.

Trial dates are as follows:

Angus:	Arbroath Sports Centre	22 nd & 29 th August	4:00pm – 6:00pm
Angus:	Forfar Academy	22 nd & 29 th August	4:00pm – 6:00pm
Dundee:	Dawson Park	14 th September	5:20pm – 6:50pm
Dundee:	Dawson Park	20 th September	5:20pm – 6:50pm

If you would like more information on the Local Area Squads or would like to request a player nomination form please contact Gemma Fay.

Development Squad Trials Underway

The first block of the 2006 / 2007 Tayside Development Squad commences on Thursday 31st August. At present, trials are underway to select U13, U15, and U17 squads. Once again the level of players attending has risen, showing the increase development across the region. We are delighted to welcome new coach, Joe Meldrum, into the programme, who will become Head coach of the U17's. Joe is a well-respected coach who works within the Angus Council Football Development Programme. With the majority of coaches returning for this season the line up for age groups is as follows:

U13 Head Coach - Nicky Murray, Assistant Coach - Debbie Johnston
 U15 Head Coach – Tony Murray
 U17 Head Coach – Joe Meldrum, Assistant Coach – Fay Hughes
 All ages – Goalkeeping coach – Wayne Henderson

East Region Squad To kick-off in Perth

As a result of the regionalisation that has taken place within Scottish Football over the last year, this August will see the introduction of a new East Region Squad that will replace the existing Elite Squad Programme. The East Region Squad will cater for players within the Tayside & Fife Area and will operate at U15 and U19 age groups. The Squad will have access to high quality coaching and physiotherapy as well as regular Sport Science support. This will provide all budding young players an opportunity to develop themselves into top athletes with the best support in the region available to them.

Tayside Starlets make break through to National Squad

The Scottish U15 National Team head to Germany on August 12th to take part in a friendly tournament, including a match against the mighty Germans. Within the squad will be four girls flying the flag for Tayside. Current Elite Squad players Lucie Cook, Lisa Evans (St.Johnstone GFC), Tammy Harkin and Kim Thompson (Dundee West FC) have all been selected to represent Scotland. This will be the first time the girls will have represented Scotland in an official tournament and we wish the all the very best!

Inaugural Coach Development Days to take place across East Region

In an effort to offer continual development opportunities to the region's coaches, three Coach Development Days have been organised throughout the East Region. The first day took place in Fife on August 13th in Cowdenbeath and was a great success, focusing on the theme of "Developing Creative Players". The remaining days will allow coaches in other areas of the region to explore the components of this theme in depth. The details are as follows:

Area	Venue	Date	Time	Theme	Contact
Angus & Dundee	D.I.S.C, Dundee	Saturday September 23 rd 2006	10:00am – 3:00pm	Developing Creative Players	Mark Munro - Mark.Munro@scottishfa.co.uk
Perth & Kinross	Kilgraston School, Bridge of Earn	Sunday September 10 th 2006	10:00am – 3:00pm	Developing Creative Players	Mark Munro - Mark.Munro@scottishfa.co.uk

For information on SFA courses, or generic sports courses available in the region please contact **SportTayside & Fife**.

If you wish to submit any information for the next newsletter please do so by **Monday 13th November**

Hockey

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DEVELOPING HOCKEY IN TAYSIDE & FIFE

Youth Forum

Midlands Youth Commission is to hold a Youth Forum on Monday 4 September at Mayfield Sports Complex (High School Of Dundee) from 6:30 to 9pm. The evening has been organised to let clubs, individuals and organisations input their views and opinions on hockey in Tayside & Fife. There is no set agenda for the night and club reps do not need to submit reports.

Midlands Under 14 Club/School League

The successful pilot of the U14 league last year has enabled Midlands Youth Committee (MYC) to access funding through SHU youth development. This funding has allowed for a co-ordinator to be employed to help organise and run the league. Midlands Youth Committee will also provide assistance when they can on the day. Funding has also been made available for teams travelling to the leagues. The leagues will commence on Saturday 9 September at Dundee International Sports Complex (D.I.S.C.) from 9.30 to 11.30am.

Under 16 / 18 Inter district Squads

The SHU has changed the timing of the U16/18 inter district competitions meaning that this year, both Boys and Girls competitions will be held in November at Peffermill, Edinburgh. Trials and training have been organised for both the boys and girls squads on the following dates:

U18 Boys	DISC	Wednesdays	5.30pm – 7.00pm
U16 Boys	DISC	Wednesdays	5.30pm – 7.00pm
U18 Girls	Strathallan, Perth & Kinross	Tuesdays	5.00pm – 7.00pm
U16 Girls	Strathallan, Perth & Kinross	Tuesdays	5.00pm – 7.00pm

Local Scottish Players

A number of local junior players have successfully represented their country at Under 16, 18 and 21 levels respectively. Midlands clubs have many players achieving national recognition and this has highlighted the amount of good work being undertaken by local clubs.

U16	Ben Harper (MHC), Ross Glashan, (DWHC), Blair Wynd (MHC), Sam McCluskey (DWHC) Helen Summersgill (P&K)
U18	Michael Ross (PHC), Paul Martin (MHC), Connor McCartney (DWHC), Michael Cahia (Strathallan) Nicola Martin (DWHC), Emma Reid (PHC), Becky Ward (DWHC)
U21	Ross Stott (DWHC), Gavin Byers (MHC), John Prosser (MHC) Leigh Fawcett (BGHC) Nikki Kidd (BGHC)

Club Development

Harris Hockey Club:

The club have been updating their policies and procedures in the last two months along with developing a three year development plan. They have been working closely with the **SportTayside & Fife** Hockey DO and have submitted their evidence to obtain the affiliation level of ClubDundee.

Kinross Men's Hockey Club:

The youth section of the club has grown over the last year and with ever increasing demands being placed on the volunteers the club decided to develop its bank of coaches. The club will

look to place four potential coaches on SHU courses in 2006 to help with the development of both their youth and adults sections. This is one many actions that the club is progressing in line with their development plan.

Education & Training

SHU level 1, Friday 22nd to Sunday 24th September, Inverclyde, Largs
 National Teacher In-service, Friday 29th September 2006, Peffermill, Edinburgh
 SHU Hockey Leaders, Sunday 1st October 2006, Kirkcaldy High Community Use School

Scholarship Programme

If you are interested in developing your personnel levels of coaching and increasing your knowledge and understanding in coaching hockey there are opportunities for you to access the **SportTayside & Fife** scholarship programme. The programme has been designed to develop and support aspiring coaches in Tayside & Fife to reach their highest potential.

Regional Player Improvement Programme

A new programme is currently being developed in partnership with **sportscotland**, SHU and **SportTayside & Fife**. The programme will replace the former IMPACT programme for boys and girls in Tayside. Start date has still not been finalised, however it is likely to be before Christmas, updates will be available when more information is confirmed.

Club Training Information

<u>Team Name</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>	<u>Contact</u>
Perthshire H.C	Craigclowan	Mon 11	6.30 - 8pm	Stephen Pedgrift
	Auchterarder	Mon 18 Sept	6 - 7.30pm	- 07834 867968
Blairgowrie H.C.	JJ Cooper	Monday	6.30 - 8pm	Susan Whiteford – 01250 874304
Kinross H.C. (M)	KGV Kinross	Tuesday	7 - 9pm	Ken Chick – 01577 863043
Kinross H.C. (W)	KGV Kinross	Wednesday	6.30 - 8pm	Helen Davidson – 07760 491867
Carnegie H.C.	HMS Caledonia	Tuesday	7 - 9pm	Keith Foster – 07802 428304
		Thursday	8.30 - 9.30pm	
Madras H.C.	St. Andrews Uni	Thursday	7- 8.30pm	Dave Godfrey – 07731 900254
Menzieshill H.C. (M)	D.I.S.C.	Tuesday	8.30 - 10pm	Harry Byers – 07958 679276
		Thursday	7 - 8.30pm	
Wanderers H.C.	D.I.S.C.	Wednesday	7 - 8.30pm	Ben Gibson – 0780 3513797
Harris H.C. (M)	D.I.S.C.	Monday	8.30 - 10pm	Johnny Lothian – 07966 485622
Bonargrass Grove H.C. (W)	D.I.S.C.	Tuesday	7 - 8.30pm	Pauline Stott – 07742 117747
		Thursday	8.30 - 10pm	
Monarchs H.C. (M)	Arbroath S.C.	Wednesday	7.15 - 8.45pm	Andrew McArtney - 07740 839383
Brechin Ladies H.C.	Arbroath S.C.	Tuesday	7.45 - 8.45pm	Carly Baillie – 07946 441637
Forfar (Juniors)	Forfar Acad.	Wednesday	6.30 - 8.30pm	Anne Calendar - (Forfar Academy)

Sport Development Contacts

Fife	Bill Hogg	bill.hogg@fife.gov.uk
Angus	Colin Knight	knightc@angus.gov.uk
Dundee	Alex Knight	alex.knight@dundeecity.gov.uk
Perth & Kinross	Caroline Ness	CNess@balhousie.pkc.sch.uk

If you wish to submit any information for the next newsletter please do so by **Monday 13th November**

Swimming

Heather Albin
Swimming Development Manager
E-mail heather.albin@dundeeccity.gov.uk

DEVELOPING SWIMMING IN TAYSIDE & FIFE

Heather Albin appointed as Swimming Development Manager for Tayside & Fife

On the 10th July 2006 I took up the new post of Swimming Development Manager with **SportTayside & Fife**. At this time, I feel that I should give you an insight into my background within swimming.

I have been active in Sports Development for 6 years, working as Swimming Development Officer for Dundee City Council since 2000, during this time I was responsible for the development of Aquatics citywide. Within my new role I will lead the development of swimming in Tayside & Fife with a key focus on Clubs, Coaches, Volunteers, Facilities and Athletes below the Area Institute of Sport level.

At present I am looking to produce a strategic plan for swimming within the Region that will be formed and implemented through working closely with Scottish Swimming, Gary Vandermeulen (TFIS Performance Swimming Coach) and the all local partners.

Coach Education and Development

Currently Tayside & Fife organise and run Scottish Governing Body courses throughout the year.

It is hoped that through consultation with teachers and coaches, and with the assistance of the **SportTayside & Fife** Club/Coach Development Manager, we can run a comprehensive Coach Education programme for swimming within the Region. Hopefully this will address everyone's needs, whether it is through providing SGB courses or CPD workshops. Please contact me if you would like information or assistance in identifying the appropriate training.

SportTayside & Fife support a Coach Scholarship programme for coaches who wish to further develop their skills. The scholarship offers support for coaches operating at Level 2 and above. For further information on how to access funding please contact Derek Welch at **SportTayside & Fife**.

Athlete education for swimmers under Area Institute level is also being looked at. Sessions will be set up on topics that will assist swimmers with their future development.

Club Development

The Scottish Governing Body Swimmark programme will assist Clubs with their development and planning for the future. It is hoped that clubs can be encouraged to sign up to this programme with assistance being provided at a local and regional level to support them through this process.

With the appointment of the new Volunteer Development Officer at Scottish Swimming, we will be working closely with Clubs to identify what they need volunteers for and how we can target various organisations to attract volunteers into swimming.

Please contact me if you wish to arrange for me to visit your Club.

As it comes to the end of the swimming season, swimmers from Tayside & Fife have been busy competing at National and International meets. Results are summarised as follows:

European Juniors

TFIS athlete, Andrew Rodgie from Carnegie, coached by Gilbert Kirkwood competed for Great Britain at the European Junior Championships. He gained PB times in the 200m Bst to make his first International final, gaining another PB while finishing 7th.

Scottish National Long Course

The Scottish National Open Championship incorporating Girls 13 Under and Boys 14 Under events took place 29 June – 2 July. Results for Tayside & Fife swimmers are as follows:

Womens Open events

Karen Rigby, Mairi Stewart, Shona Booth Tayside and Kathryn Johnstone Carnegie all made finals.

Mens Open Events

Andrew Rodgie Carnegie – 2nd 200mBst

Ross Clark Tayside and Daniel Scott Glenrothes both made several finals

Girls 13 & Under

Blaine Small, Glenrothes – 3rd 100 Fly

N Whyte, Fins – 2nd 100 Bk

Boys 14 & Under

Callum Shaw, Carnegie – 1st 100m Bk, 200 Fc and 200 Bk

Peter Stewart, Tayside – 2nd 100 Bst and 1st 200 Bst

ASA Age Groups – Sheffield - July

Callum Shaw - Carnegie, Joe Lipworth and Jamie Wilmhurst - Tayside both reached finals in their main events.

ASA Youth and Open Championships – August

Swimmers from Glenrothes, Carnegie and Tayside competed at the ASA Youth and Open Championships. Results were as follows:

Daniel Scott, Glenrothes was 2nd in the 50m Fc and 2nd in the 100Fly in the 15/16 age group

Andrew Rodgie, Carnegie took silver in the 17/18 age group 100m Bst

Ross Clark, Tayside won the Open 50 bst in a new Scottish Record and took Bronze in the open 100m Bst

Judith Kilgallon, Tayside took silver in the girls 16/17 years 50m Fc

Karen Rigby, Tayside, reached the final of the Womens open 50 Fly 6th and made semi finals of the 100 Fly as did Mairi Stewart, Tayside in the 50 Fc

Kathryn Johnstone, Carnegie, Shona Booth, and Ashley Williamson, Tayside all made a final in their main events

Regional Squads 2006 – 2007

The Regional Squad Programme is run throughout Scotland, with each Squad attending three one day training sessions. Dates for Tayside & Fife are:

- ❖ Fife Squad at the FIPRE: 28 October, 25 November and 10 February
- ❖ Tayside Squad at Dundee College Campus, Gardyne Road: 16 September, 16 December and 3 March

Local Area Squads

At present there are local Area Squads running in Angus, Dundee and Perth & Kinross. These squads were set up to bridge the gap from Club into District programmes. The Squads now sit under the Scottish Swimming Regional Programme with qualifying times set under those of the Bronze times as outlined in the Scottish Swimming Performance Plan 2005 - 2012

If you wish to submit any information for the next newsletter please do so by **Monday 13th November**



Coaching

Derek Welch
Club/Coach Development Manager
E-mail: derek.welch@dundeecity.gov.uk

DEVELOPING COACHING IN TAYSIDE & FIFE

CoachingTayside & Fife Scholarship Programme

Working with our partners, the following Tayside and Fife coaches have been awarded scholarship funding.



Athletics

£390 was awarded to athletics coach, Ivor McGill, Dundee to undertake a series of courses to progress the UKA Level 2 (core) and events module. The courses will take place at Clatto Park, Peterhead and Grangemouth during September and December 2006. **CoachingTayside & Fife** have worked in partnership with Alasdair Donaldson (**SportTayside & Fife** Athletics DM), Dundee City Sports Council and Scottish Athletics, to provide the most flexible funding package, allowing the coach to progress and combine particular educational requirements.

Gymnastics

Just over £370 was awarded to Scott Harper of Dunfermline, Fife to attend the Women's Artistic High Performance Coach Course at Lilleshall NSC. Isabel Walton has also been awarded just over £116 to cover the Club Judge course to be held at Lasswade Gymnastics Facility, Mid Lothian, during August. Both awards will cover course fees and travel.

Would you like to be part of the Scholarship Programme?

For more information or to get involved, please contact myself or any of the or any of the Sports Specific Development Managers.

CoachingTayside & Fife Education Programme 2006

FUNDamentals Workshop

On Sunday, July 2nd, a 'Fundamentals' workshop was organised in conjunction with Perthshire Rugby Club at Bell's Sports Centre, Perth. The tutor was Gil Stevenson, Principal of Fife Institute of Physical and Recreational Education and sportscoach UK tutor and trainer. Fundamental movement skills are the foundation of the ABC's of athleticism, which are Agility, Balance, Co-ordination and Speed. They should be practiced and mastered prior to the introduction of sport specific activity. The development of these skills, have been found to contribute significantly to future achievements. The workshop was identified as a priority by the club, to strengthen links with local schools and enhance the knowledge of club coaches. A practically based day was divided into two sessions. Candidates participated in a fun dynamic warm-up, with the afternoon providing an opportunity for candidates to lead sessions. Fifteen junior rugby players, sourced through the rugby club, aged between 10-12 year old took part. Eighteen coaches attended along with twelve club coaches, two Youth Development Officers from Dundee Sports Development Section along with four Active Schools Co-ordinators from the region. The feedback from the workshop has been excellent and we hope further workshops of this calibre can be programmed in other sections of the Partnership.

First Aid for Sport Course

A First Aid for Sport course was conducted on Thursday June 28th at Next Generation Clubs, Monifieth. Twenty candidates completed training in 'Emergency First Aid Procedures for Sports Coaches'. If you require First Aid training, please contact me.

Forthcoming courses and workshops

Athletics (Perth & Kinross)

14/15th October

Level 3/4-Mentoring Athletics Course, Bells Sports Centre, Perth

Contact: Anne Stewart, Scottish Athletics.

Tel: 0870 145 1511 E-mail: anne.stewart@scottishathletics.org.uk

Badminton (Fife)

23rd September

Badminton Leaders Award, Cupar Sports Centre, Fife

October/November

Badminton Instructors Award, Venue-TBC

For both course contact: Bill Hogg, Sports Development Officer.

Tel: 01383 314 641 E-mail: bill.hogg@fife.gov.uk

Child Protection (Angus)

21st September

Child Protection-Children 1st in Safe Hands, Arbroath Sports Centre

Contact: Angus Council Sports Services on 01307 475 366

Football (Tayside & Fife)

For football information in your area contact:

Angus: Stevie Baxter, Football Development Officer.

Tel: 01307 475 361 E-mail: baxters@angus.gov.uk

Dundee: Kevin Lee, Football Development Officer.

Tel: 01382 432 334 E-mail: kevin.lee@dundeecity.gov.uk

Fife: Davie Honeyman, Community Development Officer Tel: 01383 314 644

or Gordon Forrest, Youth Development Officer Tel: 01383 314 6438

Perth & Kinross: Atholl Henderson, Community Development Officer.

Tel: 01738 459 095 E-mail: atholl@saints10.freerserve.co.uk

Gymnastics (Fife)

12/19/26 November & 3/10 December

Club Coach (General), Dunfermline High School

Contact: Jackie Archibald, **SportTayside & Fife** Gymnastics Development Manager

Tel: 01382 431 852 E-mail: jackie.archibald@dundeecity.gov.uk or contact Bill Hogg,

Development Officer. Tel: 01383 314 641 E-mail: bill.hogg@fife.gov.uk

Hockey (Fife)

1st October

Hockey Leaders Course

Contact Bill Hogg, Sports Development Officer.

Tel: 01383 314 641 E-mail: bill.hogg@fife.gov.uk

Swimming Courses (Tayside & Fife)

For swimming information in your area contact:

Dundee - Heather Albin, **SportTayside & Fife** Swimming Development Manager

Tel: 01382 431 852 E-mail: heather.albin@dundeecity.gov.uk

Fife - Daryl Keddie, Kirkland High School, Methil Tel: 01333 592 406

Perth & Kinross - Caroline Wright, Development Officer, Tel: 01738 637 129

E-mail: cwright@balhousie.pkc.sch.uk

A new **CoachingTayside & Fife** Education & Training Programme Brochure is now available. If you would like to receive a copy on a regular basis, please contact us.

If you wish to submit any information for the next newsletter please do so by **Monday 13th November**