

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

We have been very active since the publication of our February Newsletter – particularly with the events, festivals, competitions, coaching courses and workshops organised in partnership with our clubs and Local Authority colleagues,

The whole purpose of our Newsletter is to give the sporting community in Tayside and Fife a regular update of the progress we are making together to grow the grassroots of sport and provide the ladder of opportunity for our young talented performers.

Each section provides a closer look at what has been taking place, but some of the highlights are:

- The 15 new coaches who have been admitted to our Coaching Scholarship programme
- Dundee West Girls football club's outstanding success in winning the U17 Scottish Cup at the National Youth Finals day in Stirling.
- The work we have done with scottishathletics to support the establishment of the Open Graded Grand Prix series – a new age group competition structure – with the final taking place in Dundee in August.
- **basketballscotland** and **SportTayside & Fife's** pilot Talent Development Programme at D.I.S.C, Dundee for selected Under 14 boys and girls.
- The delivery of firstclubgolf Stage 1 coaching to 103 Primary 5 children from local schools by Scotsraig Golf Club.
- The first ever Inter Regional Beginners and Intermediate Men's Artistic Gymnastics competition being hosted in Dundee.
- Tayside Primary Hockey Finals at DISC in May won by Dundee Wanderers Hockey Club Under 12's, and the Fife Primary Hockey Finals contested by 14 teams and won by Pittencrieff Primary.
- The appointment of new Rugby Club Development Officers in Angus and Fife to further boost growing the game across the region and support the work of those already delivering in Perth & Kinross and Dundee.
- The thirteen new volunteers recruited and trained by Kinross Otters swimming club to help support the work of the coaches on poolside.

Finally, we are looking forward to supporting the roll out of the governing body Academy Programmes for young up and coming performers in Tayside and Fife. The Partnership will be managing the delivery of the support programmes, such as strength and conditioning that will support the technical and tactical work being delivered by the governing bodies. We are currently working closely with the sports, the Tayside and Fife Institute of Sport, the Scottish Institute of Sport and **sportscotland** to complete the planning so that we can begin to deliver the support programmes in autumn.

Brian Samson

Partnership Manager

Coaching

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

DEVELOPING COACHING IN TAYSIDE & FIFE

Scholarship Programme 2007-08

During the last three months, **SportTayside & Fife** have agreed long-term development programmes with fifteen coaches and inducted eight individuals to the Scholarship Programme. Four sports will benefit from the support: Basketball, Gymnastics, Rugby and Swimming. An informal interview process is now being used to identify Continuous Personal Development Needs (CPD).

CPD Scholarship Programmes - February-May 07

Basketball

Fiona Lynn –
Level 2/UKCC Level 2
additional component
Alistair Vannet –
Level 2/UKCC Level 2
additional component

Gymnastics

Donna Crowther –
Pre-School Tutor Level
1/2/Judging
Pamela Bowie –
Judging/First
Aid/Women's Artistic
Add-on
Rebecca Simpson –
Chorography
Stephen O'Rourke –
Performance
Trampoline

Rugby

Chris Reekie –
UKCC Level 2
Ed Richardson –
Level 2/Strength &
Conditioning/Agility &
Speed
James Keenan –
Foundation & Level 1
Fordyce Davidson –
Foundation & Level 1

Swimming

David Haig –
ASA Level 1
Mark Laing –
UKCC Level 3
Gillian Burnett –
UKCC Level 3
Drew Burnett –
UKCC Level 3
Fiona Dodds –
UKCC Level 3

Would you like to improve your coaching?

For more information on the 2007-08 Scholarship Programme, please contact me using the contact details with this newsletter or visit our website for further details.

SportTayside & Fife Education Programme 2007-08

Medication in Sport May 23 2007

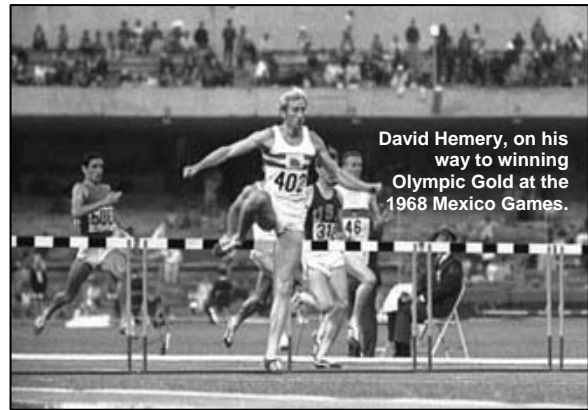
As part of the Biomedicine series of workshops for 2007, in conjunction with HEAL Physiotherapy & Sports Medicine Centre, a *Medication in Sport* workshop was delivered by Dr. Alan Dawson, at High School of Dundee Mayfield Sports Centre on Wednesday, May 23rd. The workshop informed athletes, coaches and parents on the status of prohibited classes of substances and examples of permitted medication in sport. The workshop was attended by 16 delegates and set-out to inform the audience of who are liable to be tested, during or out-with competition. The workshop outcome provided information, allowing athletes, coaches and parents to take responsibility to check the status of all medications and supplements.

National Coaching Network

The National Coaching Network gathered in Pitlochry on May 2nd & 3rd, consisting of: **SportTayside & Fife**, Scottish Governing Body and Local Authority representatives. The National Coaching Network is a **sportscotland** initiative designed to promote greater use of sound coaching practices, with the group creating a culture of working co-operatively in the exchange of ideas and knowledge across Scotland.

A series of workshops was delivered to update the delegates on the UK Coaching Model that will guide the development of strategic, operational and delivery systems for coaching policy and practice in the UK.

The thirty-strong team of officers and managers also enjoyed a day with David Hemery, 400m Hurdles Olympic Gold Medallist at the 1968 Mexico Games in a time of 48.12 sec., which would guarantee a place in the Olympic final today! In 1972 he was silver and a bronze medallist, but called time on a distinguished career, and continued in athletics as a coach and consultant in the UK and America.



Regional Club Development Group

A Regional Club Development Group has been established, with the view to supporting Partnership Club Accreditation Schemes. Minimum criteria for club schemes has been produced, creating further clarity on what criteria is absolutely essential and what is desirable good practice. Further recommendations have highlighted matters relating to equity, player/coaching pathways and Child Protection.

Forthcoming SportTayside & Fife Courses and Workshops

SportTayside & Fife Workshop Series 2007

Course: Psychology for Parents and Children with Psychologist, Katie Sinnott
Date/Time: Wednesday 20th June 6.50 for 7pm-8pm
Venue: High School of Dundee, Mayfield Sports Centre, Dundee
Cost: £8.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

SportTayside & Fife Workshop Series 2007

Course: Nutrition & Hydration with Dr. Declan Fields
Date/Time: Wednesday 11th July 6.50 for 7pm-8.30pm
Venue: High School of Dundee, Mayfield Sports Centre, Dundee
Cost: £10.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

SportTayside & Fife Workshop Series 2007

Course: Warm Up/Cool Down/Massage with Lesley Dawson and Lynne Miller
Date/Time: September 6.50 for 7-9pm (Call for further details)
Venue: High School of Dundee, Mayfield Sports Centre, Dundee
Cost: £10.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

For more course and workshop information, please go to **www.SportTayside-Fife.co.uk**. If you would like to submit any coaching information for the next newsletter, I would be grateful if the material reached me by **Monday 13th August**

Athletics

Alasdair Donaldson
Athletics Development Manager
E-mail: alasdair.donaldson@dundeecity.gov.uk

DEVELOPING ATHLETICS IN TAYSIDE & FIFE

scottishathletics Grand Prix Final

Over the last year **SportTayside & Fife** have been working closely with scottishathletics and meeting promoters across the country to look at the implementation of a new competition structure. The first step in this process has been the inauguration of an Open Graded Grand Prix series aimed at bringing together the best athletes in the country for higher standard and more meaningful competition. The aim: raising the standard of athletics across Scotland. The events are open to all athletes who are in the Under 17, Under 20 and Senior age-groups.

The series has already begun with meetings in Grangemouth and Meadowbank. The series will then take in Linwood and Scotstoun before moving to **Dundee** for the Final on August 25th. £14,000 stands to be won across the meetings with a top individual prize of £1000 for the athlete who records the performance which ranks highest in the UK senior rankings at the end of the year.



The series already looks to have captured the imagination of Tayside & Fife's top athletes with many recording notable performances in the first two meetings. For full reports on the progress of the region's athletes please visit the results section of our website where you will see a report on each event: <http://www.sporttayside-fife.co.uk/athletics/results.html>

The final in Dundee will see the athletes come together to fight it out for the chance to be crowned the Grand Prix Champion in their event. At the same time there will still be the opportunity to race against each other and record personal best performances. Athletes do not have to qualify for the final it is open to all. The final will be preceded by an Under 11 Run, Jump & Throw Triathlon Challenge which again is open to all. For further information about the Grand Prix Final or the Triathlon Challenge please contact Alasdair Donaldson (details above).

Coach Education

In March two Coach Education courses took place across Tayside & Fife and both ran at full capacity. The first course was a Children in Athletics course run at Dundee High School's Mayfield Sports Centre. Special thanks has to go out to the staff at Mayfield who were able to accommodate the course after a frantic phone call the day before after the original venue was ruled out due to a fire. This course is ideal for people leading games-based activities with children 8-13 years old using soft athletics equipment. It helps candidates devise game-like activities that are fun, safe and promote skill development. A further Children in Athletics Course is due to run at Perth Grammar School on Saturday 2nd June.



The second course was a Level 1 Course which took place at Cowdenbeath Leisure Centre. The Level 1 Course is the first step on the coaching ladder and gives new coaches the chance to work alongside more experienced coaches back in the club/community environment.

A Level 2 Course is due to run over the weekend of June 9th & 10th at Pitreavie and is also at full capacity showing that the enthusiasm is out there for coaches to progress their skills and help athletes move on to the next level.

It would not be possible to put on any of these courses without the co-operation of the Local Authorities who provide the facilities in which these courses take place.

If you would like to get involved in coaching then please get in contact with myself. For further information about coaching courses please see our website:

<http://www.sporttayside-fife.co.uk/trainingcourses.html>

star:track Summer Camps

star:track Summer Holiday camps will run across Tayside and Fife this year. These camps give children the chance to come along and try out athletics and focus on introductory activities allowing the participants the opportunity to try every type of athletic activity, be it running, jumping, throwing or hurdling. The Camps this year will be:

Angus

Lawside Leisure Centre, Forfar	10 th – 12 th July	1:00 – 4:00pm
Montrose Sports Centre	17 th – 19 th July	1:00 – 4:00pm
Arbroath Leisure Centre	7 th – 9 th August	1:00 – 4:00pm

For further details contact Laura Ross on (01307) 474 243

Dundee

Caird Park Athletics Stadium	25 th – 27 th July	10:00am – 2:30pm
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For further details contact the booking office on (01382) 432 345

Fife

Dalgety Bay Leisure Centre	23 rd – 27 th July	10:00am – 12:00pm
Queen Anne High School, Dunfermline	23 rd – 27 th July	1:00pm – 3:00pm
Madras College, St Andrews	9 th – 13 th July	1:00pm – 3:00pm

For further details please contact Bill Hogg on (01383) 314 641

star:track is part of a UK wide programme. Each of the organisers has put forward strong funding applications to uk:athletics to help support the camps and ensure that sustainable development opportunities exist for the children if they want to get more involved with athletics. This year the three Local Authorities have gained a combined total of over **£4000** towards the camps and the development of Run, Jump & Throw clubs for the participants to progress to if they wish.



Perth & Kinross are also running Holiday Programmes. Athletics and hockey will be combined for one week:

Perth Grammar School	16 th – 20 th July	9:30am – 4pm
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For further details and other course info please contact Jane Cusine on (01738) 637 129.

Street Athletics Hits Dundee



Street Athletics, an event which was the brainchild of Linford Christie and Darren Campbell, is coming to Dundee for the first time this summer. They started the programme five years ago in Manchester's Moss Side District (where Campbell grew up) and it has gone from strength to strength ever since. On 13th July both Christie and Campbell (pictured left) will be in Dundee to get people off the streets and into sport. The event is open to anyone under the age of 20; there is no need for any previous athletic experience. People turn up on the day and run 60m as fast as they can.

The Dundee winners will qualify for the Scottish Final where they will receive a free pair of trainers and the chance to become the Scottish Street Athletics Champion, a prize which will bring with it a year's kit contract with Reebok. There will be many other activities on the day in Dundee's City Centre with a DJ zone where people can have a go at creating their own music as well as dancing, street football and much more.

Basketball

Chris Dodds
Basketball Development Manager
E-mail: chris.dodds@dundeecity.gov.uk

DEVELOPING BASKETBALL IN TAYSIDE & FIFE

[basketballscotland / SportTayside & Fife Talent Development Programme \(Boys & Girls\)](#)

basketballscotland and **SportTayside & Fife** have been running a pilot Talent Development Programme at D.I.S.C, Dundee for selected Under 14 boys and girls (born 1993 onwards).

The programme Head Coach is Russel Kesson of Perth Phoenix, who has recently been appointed as the National Under 14 Boys Head Coach by **basketballscotland**. Russel has two young developing coaches assisting him at these sessions, Ally Vannet of Dundee Sharks and Fiona Lynn of Menzieshill Madsons, as part of the coach mentoring scheme.

Unlike previous development squads, this new programme incorporates the new Long Term Player Development principles and is more fundamentals based rather than competition based. The programme athletes are:

Boys

Neil Archibald
Paul Reid
David Thow
Cameron Dalgliesh
Cameron McClay
Sean Moore
David Lynn
Jake Warrington
Jack Hunter
Aaron Thomson
David McArtney

School

Menzieshill HS
Arbroath HS
Grove Academy
Arbroath HS
Inverkeithing HS
Inverkeithing HS
Menzieshill HS
CS of Auchterarder
Grove Academy
Dunfermline HS
Monifieth HS

Girls

Katy Brown
Corrie Tadden-Paterson
Rachel Cathro
Lisa Mackie
Jade Beaton
Laura Adam
Kirsten Duncan
Sally Boni
Robyn Lee
Emma McLaren
Natalie Kerr

School

Kinross HS
Menzieshill HS
Menzieshill HS
CS of Auchterarder
Arbroath HS
Arbroath HS
Chapelark PS
Forfar Academy
Forfar Academy
CS of Auchterarder
CS of Auchterarder

The programme incorporates the RAF Careers Under 14 Development Tournament at DISC on Saturday 26th and Sunday 27th May, with the squad training sessions running up until Monday 11th June 2007, also at DISC.

Tayside Primary School Basketball Development Squads (Boys & Girls)

Congratulations are due to the coaches and players in the Tayside Girls Squad who won the National Primary School Inter Area Tournament at Meadowmill, Tranent on Sunday 13th May 2007. This is the first time that a team from Tayside has won at the Under 12 age category.

The girls qualified for the final after a nail biting overtime win over favourites Edinburgh, and lifted the trophy after an equally exciting 14-12 victory over hosts East Lothian in the final.

The boy's team also had a fantastic tournament, thrashing Central in the 3rd / 4th place play off after narrowly losing to Edinburgh Boys in what was effectively the semi final.

Girls Coaches Robin Paterson, and Caitlyn Tadden-Paterson, and Boys' Coaches Steve Rose and Scott Finlayson all did a tremendous job and received huge thanks for coaching the teams.

Tayside & Fife Players Receive National Team Recognition

Several players from schools and clubs across Tayside & Fife have received well earned recognition by being named in **basketballscotland** National Team squads. The players have been training with the squads the majority of the season and our congratulations go to them.

Under 18 Boys

Daniel Sutherland
Josh Perera

Blairgowrie HS / Arbroath Musketeers
Grove Academy / Arbroath Musketeers

Under 16 Boys	Scott Walker Alan McArtney Calum Nicol	Monifieth HS / Dundee Sharks Monifieth HS / Dundee Sharks Queen Anne HS / Dunf Reign + Edinburgh Kings
Under 16 Girls	Kathryn Taylor	Monifieth HS / Dundee Sharks + Edin Kool Kats
Under 15 Boys (Development Squad)	Euan Small Dale Grieve	Arbroath HS / Arbroath Musketeers Arbroath HS / Arbroath Musketeers
Under 14 Boys (Development Squad)	Neil Archibald Paul Reid	Menziesshill HS / Arbroath Musketeers Arbroath HS / Arbroath Musketeers

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

The Senior Men's League has been won by Dundee Sharks, completing back to back league championships in the process. The men's league this season has been one of the most keenly contested for years, with Frews Madsons, Perth Phoenix, University of Dundee and NCR Nationals all having strong sides. University of Abertay and the two new men's teams, Montrose Ravens and Warriors (who are a second team from University of Abertay) put in some great performances in what was many players first competitive league basketball experience.

The Women's League is almost completed too, with last season's league winner's Dundee Sharks having a photo finish with Arbroath Musketeers. Perth Phoenix will finish third in the league followed by University of Dundee Women, who unfortunately were unable to complete their fixtures due to exams.



This season's Cup Finals take place on Sunday 3rd June 2007 at DISC, Dundee when Arbroath Musketeers will face last years winners Dundee Sharks in the Women's Cup Final. The Men's Cup Final, which precedes the Women's game, will see Frews Madsons play the winners of the Perth Phoenix/Dunfermline Steel semi final.

Full details of the Men's and Women's Leagues are available at www.basketballtayside.org.uk

Tayside & Fife Under 16 Central Venue Development Leagues

The inaugural Tayside & Fife U16 Central Venue Development Leagues had their final round of fixtures in May at Mayfield SC in Dundee and Carnegie LC in Dunfermline. This new league has proved a huge success, with ten boy's teams and five girl's teams involved. Our thanks go to the host venues and the volunteers who assisted and contributed to make the playing opportunities happen for the young players.

The Development Leagues also provided a friendly, controlled environment for developing young and/or inexperienced coaches, referees and table officials too, and we have attracted new officials into the game which is very welcome indeed. The format is intended to be repeated next season, with expansion in to an Under 14 league for boys and girls as well. Format of the leagues will be dependant on the number of entries. The final league positions for 2006-07 were:

	Boys' Division "A"	Boys' Division "B"	Girls' Division
1 st)	Dunfermline Reign	Glenrothes Raptors	Arbroath Musketeers
2 nd)	Arbroath Musketeers	Montrose Ravens	Menziesshill Madsons
3 rd)	Perth Phoenix	Menziesshill Madsons	Perth Phoenix
4 th)	Grampian Flyers	Perth & Kinross Dev Squad	Kirkcaldy Bulldogs
5 th)	Dundee Sharks	Dunfermline Steel	Monifieth HS Girls

For further details or to register your club's entry for U16 or U14 Boys and Girls basketball CVDL's for next season (2007-08) please contact me.

The next quarterly SportTayside & Fife Basketball newsletter will be published at the end of August 2007.

clubgolf

Martin Ritchie
Clubgolf Regional Manager

DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

Stage 1 coaching at Scotsraig Golf Club

The month of May saw Scotsraig Golf Club begin delivering Stage 1 coaching with children from local schools. A total of 103 Primary 5 children from the schools of Tayport, Newport, Wormit and Balmerino each received an introduction to golf during school time in April through the adaptive game first **clubgolf**. The sessions in schools were delivered by three Golf Coaching students from Elmwood College who also happen to be members at Scotsraig. The sessions were a great success with the class teachers commenting on how much the children had enjoyed the coaching they received. Each child was given the opportunity to apply to attend **clubgolf** Stage 1 coaching at the club which teaches the fundamental skills of the game using real golf equipment on a developmental basis. The club were inundated with applications to attend the coaching sessions, which are delivered by members of the club who are PGA Level 1 qualified coaches, and a total of 21 children are now attending on a weekly basis. The initiative has proved a great success with 20% of the children attending coaching at the golf club from insight into the game from school well done to all involved.



Children at Scotsraig Golf Club

More Level 1 volunteers coaches trained

Fourteen volunteers from the golf clubs of Camperdown, Crail and Dunning attended PGA Level 1 training on the 19th & 20th of May. The two day assessed course is designed to provide volunteers with the ability to coach youngsters the basic skills of putting, chipping, pitching, bunker play and full swing in a fun and safe environment.

In addition each of the clubs has also successfully adopted a child protection policy through the Scottish Golf Union in readiness for coaching junior golfers. As a result of this work each of the clubs is committed to introducing youngsters to the game by linking with local schools. This will provide children with an opportunity to receive coaching at the golf club, following

school activity using the modified game first**clubgolf**. Each of the clubs will put in place a series of coaching sessions in order for the local children to be coached through Stage 1 of the **clubgolf** development programme. Well done to all the volunteers who successfully completed the Level 1 qualification and good luck with your coaching in the coming months!

Spaces still available at professional events

There are still spaces available for clubs and community groups to attend many of the high profile professional golf events at which **clubgolf** will be present. These are a great opportunity for children to come and watch the best players in the world battle it out on some of Scotland's finest courses. In addition to this there will be the opportunity for the group of children to receive some coaching and there maybe the possibility to meet a top professional. There are also a limited number of tee times at Gleneagles on the Wee Course for clubs which deliver the **clubgolf** coaching programme to juniors. Details are as follows:

Event	Venue	Dates available	Contact
Open championship	Carnoustie	21st & 22 nd July	Martin Ritchie 07917165699
Johnny Walker Championship	Gleneagles	30 th August – 2 nd September	SGU 01382 549500
Wee Course tee times	Gleneagles	Limited Sunday availability	SGU 01382 549500

Venues wanted

This year **clubgolf** would like to hold regional volunteer golf days to thank the volunteers for their commitment and support of the programme. If your club like to host the event please contact the **clubgolf** Regional Manager. The event is likely to be held sometime in September and it is a good way of publicising your golf club whilst generating some money for the club.

Venues are sought after to host Level 1 coach education courses. These courses are held over weekends between January and April and require the following facilities:

- Areas for practising bunker play, putting and full shots
- A private area indoors which will be quiet for theory work for up to 16 people

If you can accommodate please contact the Regional Manager

For further information or updates, please visit our website at **www.SportTayside-Fife.co.uk**. Any information for inclusion in the next newsletter should be submitted by **Monday 13th August**.

Girls/Women's

Football

Gemma Fay

Girls/Women's Football Development Officer

E-mail: gemma.fay@dundeecity.gov.uk

DEVELOPING GIRLS / WOMEN'S FOOTBALL IN TAYSIDE

Dundee West Girls Lift Scottish Cup!

It turned out to be lucky number 13 for Dundee West Girls as they lifted the U17 Scottish Cup at the National Youth Finals day in Stirling on May 13th.

The final saw them pitted against the conquerors of St. Johnstone Girls in the semi-final, FC Kilmarnock. The final, which saw the Dundee team boast two current U17 internationalists, was a nail biting affair with the scores level at 2-2 after 90 minutes, with goals from Vivien Leith and Kimberley Thompson for Dundee West. The game went into extra time and eventually penalties, where Dundee West turned out jubilant victors with a 4-3 score line.



Pictured Above: Scottish U17 Champions Dundee West Girls U17's, with Coach Norrie Low

Unfortunately, it proved not so lucky for Arbroath Inchcape, as they went down 6-0 to Hibs Girls FC in the U13 Scottish Cup. However, it was a proud day for the East of Scotland Girls League as it boasted finalists in two out of the three finals. Well done to all involved!

Perth Grammar Make History at National Women's Day



Pictured Above: Scottish Schools FA U15 Champions Perth Grammar with Coach Siobhan Penman

Perth Grammar School U15 Girls team made history as they lifted the Scottish Schools FA U15 Shield for the first time in the School's history. Sunday 20th May saw Perth Grammar take on reigning champions, Mintlaw Academy at McDiarmid Park, Perth.

After an exciting and entertaining match, which saw both teams play with 100% commitment, Perth Grammar triumphed by 3 goals to 1.

The result was in doubt right up until the final whistle but the Perth Grammar girls held on for a deserved victory.

A big congratulation to all at the School for the fantastic achievement!

Regional Squad comes to and end for the season as U15 head off to Camp

The East Region Squad came to an end on Friday 18th May as the season winds to a close. The first year of the East Region U15 & U19 Squads has proved highly successful, with very positive feedback from players, parents and coaches alike. The highlight of the year has been the selection of a number of East Region athletes into national squads at U15, U17 and U19 level. This has been a credit to the programme and is down in no short way to the efforts of squad and club coaches alike.

The U15's will have to wait a little while longer for their break as they head off to the inaugural U15 National Camp, at Tulliallan from June 1st – 3rd. This three day experience will pit the East Region against the five other regions in Scotland as well as a number of theory session on becoming and elite athlete. With a 23 strong squad, the girls will gain valuable experience and exposure to National team coaches.

Area, Development and Regional Squad selections under way

The selection process is under for next season's area, development and regional squads. Trials took place in May for the U13 Angus and Dundee Area Squads, with an excellent standard on display. After consultation between coaches, the following squads were selected for Dundee. Training will commence in August 2007. Please note Angus Area Squad selection will be announced at a later date;

Dundee U13 Area Squad;

Chantelle Coutie (Celtic Tayside), Megan Gromar(Dundee United SC), Cali Low (Invergowrie Girls), Ailsa Luke, (Celtic Tayside), Taylor Flynn (Celtic Tayside), Alix Johnson (Celtic Tayside), Jenna Culloch, Carly Ritchie (Dundee United SC), Jodie Donnagn (Dundee United SC), Heather Royal (Dundee United SC), Nathalie Gromar (Dundee United SC), Chloe Deuchars, (Celtic Tayside), Aimee Sturrock (Celtic Tayside), Lindsay Dunbar (Dundee United SC), Alannah Stewart (Celtic Tayside), Ellie Scanlan (Invergowrie Girls).

Trials are currently being held for Development and Regional U15 & U19 Squads. The U15 Squads will be selected on 24th & 25th May at trials in Dundee & Perth. The U19 Squads will be selected on June 27th & 28th at Kilgraston in Bridge of Earn. The newly selected East Region U19 squad will be then invited to a two day training camp in July in preparation for the season ahead where they will under physical and theoretical training.

For further information or updates, please visit our website at **www.SportTayside-Fife.co.uk**. Any information for inclusion in the next newsletter should be submitted by **Monday 13th August**.



Gymnastics

Jackie Archibald
Gymnastics Development Manager
Email: jackie.archibald@dundeecity.gov.uk

DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

Dundee Hosts It's First Ever Inter – Regional Boy's Competition

Strong partnerships with Sport Central, Dundee Sports Development Team and Scottish Gymnastics Men's Technical panel, have resulted in Dundee hosting its first ever Men's Artistic Inter – Regional Beginners and Intermediate Competition

Development of the Men's Artistic discipline is a key focus for **SportTayside & Fife**, and the implementation of this competition structure will inevitably strengthen the pathways for boys wishing to participate within the competitive arena.



Over 90 boys from Dundee, Perth, Fife, Glasgow, Aberdeen, Edinburgh, Falkirk, Glasgow and the Shetlands competed in the event, with an array of medals being presented across all clubs participating

The event was held on Saturday 26th May at Ardler Complex

Due to the success and large number of entries, the Men's Technical panel have decided to ensure that the competition runs annually, providing competitive opportunities for gymnasts across the region.

Beginners Under 8

Gold – Thomas Cameron	Kirkcaldy GC	21.3
Ryan - McKercher	Perth GC	20.83
Gregg - Johnston	Kirkcaldy GC	20.45

Beginners Under 10

Gold – Drew McLean	Falkirk GC	22.4
Silver – Nathan Gevers	Dundee2K	21.5
Stewart McWatt	Becon GC	21.5

Beginners Under 12

Gold – Stuart Walton	Perth	24.3
Silver – Harry Finnegan	Dundee2K	23.2
Bronze – Jack Tough	Dundee2K	22.8

Intermediate Under 10

Gold – Ruaridh MacDonald	Falkirk	21.6
Silver – Jordan Ramsey	City of Glasgow	21.1
Bronze – Colin Drysdale	City of Glasgow	19.8

Intermediate Under 12

Gold – Sandy Wallace	Kirkcaldy	25.05
Silver – Josh Cox	Beacon	24.85
Bronze – Ryan Steven	Falkirk	24.25

Intermediate Under 14

Gold - Scott Paterson	Falkirk	25.0
Silver – Matthew Walker	Beacon	24.9
Bronze – Wilson Muirson	Beacon	24.55

Intermediate O 14

Gold - Michael Ross	Falkirk	25.2
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Auchterarder Gym Club compete in the Royal Ypres 110th Anniversary International Competition in Belgium 13th – 16th April 2007

On the Friday 18 April 2007, Auchterarder Gym Club travelled to Ypres, Belgium to compete in the Lucien Mus Memorial Cup.

The competition started early on the Saturday morning, with Junior Boys' and Girls' Teams competing in the first Round, followed by the Senior Girls in the afternoon. Some excellent performances were displayed by club members, and medals were attained in recognition of these performances.

Individual silver medalist - Maryth Hunter

Junior Girls Team Bronze Medalists – Maryth Hunter, Mary Gathergood, Nicola Foubister, Adele Melia Chloe Calderwood & Corrie Allan

Senior Girls Team 5th Place – Courtney Cunningham, Cara Jones, Kelsey Watson, Caroline Mitchell, Claire Mercer & Emily Coffey

Steve Frew, who was the Commonwealth 2002 Rings Gold Medalist, was in attendance supporting the Junior Auchterarder Men's team. The Junior Men's Team did extremely well, securing an overall 7th place. This was an excellent achievement for this young team and a testament to the progressive development of Men's Artistic in Tayside & Fife

New Programmes

Effective partnership working with Angus Sports Development Team and facility managers has resulted in the implementation of a pre-school programme in Brechin Sports Centre. In addition to this, a new Gymnastics programme is planned for August which will provide a progressive pathway for pre-school children to develop skill level within a structured environment.

Coaching staff from clubs operating in Angus are to come together to support and deliver the first ever Gymnastics programme in Brechin.

Talent identification will be key focus, and children who show potential will have the opportunity to feed into performance pathways through clubs operating across Angus.

Gymnastics Workshops

Local run Gymnastics workshops delivering the fundamentals of the sport are proving to be an excellent mechanism to engage parents and senior pupils into the sport.

A recent workshop delivered in the Saltire Leisure Centre in Arbroath attracted over 15 Parent/Senior Pupil volunteers.

It is hoped to setup a Level 1 Course within Arbroath to accommodate the needs and develop these volunteers to support local club infrastructure.

The next workshop is to be delivered within Perth Gymnastics Club on the 18th June at Bell's Sports Centre, Perth.

For further information or updates, please visit our website at **www.SportTayside-Fife.co.uk**. Any information for inclusion in the next newsletter should be submitted by **Monday 13th August**.



Hockey

Lorna Dobbie
Hockey Development Manager
E-mail lorna.dobbie@dundeecity.gov.uk

DEVELOPING HOCKEY IN TAYSIDE & FIFE

Tayside & Fife Primary Hockey Finals



Congratulations to Dundee Wanderers Hockey Club Under 12's who won the Tayside Primary Hockey Finals at DISC on Tuesday 15th May. A variety of events took place throughout the year allowing thirteen teams from Angus, Dundee and Perth & Kinross to qualify for the event. The top six teams will represent Tayside at the National Primary Hockey Festival. Congratulations to Clepington Primary, Strathnot Strikers, Claypotts Castle Primary, Whitfield Primary and Kirkriggs Primary.

The Fife Primary Hockey Finals took place on Wednesday 30th May. Fourteen teams competed in the event with a tight contest between Dalgety Bay Primary and Pittencrieff Primary in the final. Congratulations to Pittencrieff who won the competition. Both teams will represent Fife at the National Primary Hockey Festival. This event will take place on Wednesday 6th June at Peffermill, National Hockey Academy, in Edinburgh. Good luck to all eight teams representing Tayside & Fife.

Youth Competition

The U14 Mixed Inter-District tournament took place on Sunday 27th May at DISC. After four games, Midland A was top of their group on ten points and went forward to play a semi-final against East B which was won convincingly. The final game of the competition was Midland A versus East A. After extra time the score was tied at 2-2 and went to running penalties. This was a fantastic display which finally saw Midlands taking the trophy in a 3-2 win. Congratulations to all players and thank you to Jenny Gerrard for coaching the squad.

Midland B fielded a young team for the competition who were narrowly beaten by West B 1-0 and lost to East B 3-0. However the team improved as the competition went on and convincingly defeated North B 4-0. Thank you to Kevin Donnachy for coaching the squad.

Midland U15 Girls competed in the Inter-District Tournament on Sunday 3rd May at DISC. The girls played very well in periods throughout the tournament. They pushed the eventual winners West, all the way, narrowly losing 2-1. The girls came fourth after playing five games.

The U15 Boys Inter-District Tournament also took place at DISC on 27th May. Midlands came third after defeating North, getting beaten by East and narrowly losing 1-0 to West, who were the eventual winners of the tournament. After playing three group games, players from all four districts were mixed to form teams as part of an U16 national selection opportunity. Thank you to Allan Law for coaching the squad.

Club and School teams from Midland District have competed in many national events throughout the year with success in several competitions. The teams below deserve recognition for their achievements in their respective competitions.

U18 Boys Reserve Cup Final	Winners: Glenalmond	Runners-Up: Grange (2-1)
U18 Boys Reserve Plate Final	Winners: Robert Gordon's	Runners-Up: Menzieshill (1-1) Penalties: 3-1
U18 Girls Plate Final	Winners: Mary Erskine	Runners-Up: Dollar (3-2)
U16 Boys Cup (Round Robin)	Winners: Inverleith	Runners-Up: Dundee Wanderers

Significant progress has been made by Madras College. The Senior Boys Team won several games in the U18 Boys Plate to claim a place in the semi-final. Their unbeaten run ended when they were finally beaten by Clydesdale Hockey Club. In addition, Grove Hockey Club entered a team in the U18 Girls Cup for the very first time. The team played several games in the plate competition before they were finally knocked out in the semi-finals. Both teams deserve recognition for the progress they have made this year.

National Squad Selection

Eight players from Midland District have been selected for National Youth Squads with the opportunity to represent Scotland in the forth coming EuroHockey Youth Nations Championships and Home Nations Championships in July 2007. Congratulations to the following players:

U18 BOYS

Robert Adam
Conner McArtney

Dundee Wanderers
Dundee Wanderers

U18 GIRLS

Emily Bain

Dollar Academy

U16 BOYS

Gareth Davies
Ross Glashan
Blair Wynd

Glenalmond College
Dundee Wanderers
Dundee Wanderers

U16 GIRLS

Alice Farrar
Elizabeth Sheddon

Strathallan School
Dollar Academy

These players have been training with their respective squads since initial selection in November 2006 and deserve recognition for their achievements to date. Good luck to all players with final selection and their respective competitions this summer.

Scotland U18 Boys and U18 Girls Teams will be competing in the EuroHockey Youth Nations Championships at Peffermill from 9th-14th July. The biennial EuroHockey event will showcase ten countries at top flight level and for the first time will combine Boys' and Girls' competitions. For those wishing to support the teams the match schedules can be found on the Scottish hockey website. For further information on the event go to www.scottish-hockey.gov.uk.

Coach Education

A Level 1 Coaching Course took place at Arbroath Leisure Centre from 18th-20th May. The course focused on defensive skills, elimination skills, short corners, goalkeeping, principles of play and fitness through theory and practical activity. Twelve coaches attended the course including coaches from five clubs within the area.

This course will now form part of Scottish Hockey's annual Coach Education Programme with places prioritised for Tayside & Fife club coaches and potential Midland District coaches.

For further information or updates, please visit our website at **www.SportTayside-Fife.co.uk**. Any information for inclusion in the next newsletter should be submitted by **Monday 13th August**.

Rugby

Neil Carrie
Rugby Development Manager
E-mail: neil.carrie01@dundeecity.gov.uk

DEVELOPING RUGBY IN TAYSIDE & FIFE

The past three months have seen significant progress made in all four local authority regions towards 'growing the game'. All four Regional Development Groups have met during this period and it is encouraging to see so many clubs focussing on where they want to be and planning how to get there.

Regional Round-up

Angus

Discussions in Angus have centred on arrangements for a Club Development Officer working jointly with Arbroath, Montrose and Strathmore rugby clubs. We are hopeful that we will make an appointment in the next few weeks. These clubs have met on a number of occasions to set joint targets for the Development Officer post, which will focus initially on S3-S6 age groups in the secondary schools, and the pathway into the clubs.

The clubs arranged the Angus Rugby Golf Championship held at the Carnoustie Championship Course in April. It was a great day out with a number of rugby 'celebs' in attendance, including Scotland captain Chris Paterson. Proceeds will go towards Angus Rugby Development.

Dundee

Planning continues towards a city-wide rugby programme for next season. Dundee Eagles Development Officer Colin Whittaker is driving much of the growth in the city, and is supporting initiatives in other clubs. Stobswell RFC for example, are forging links with Baldrigon Academy which will see them running after-school clubs for the school and the surrounding area, and working with senior pupils to integrate them into the senior club. Colin Whittaker will support the S1/S2 and primary programmes, ably assisted by his SVQ's Ralph and Will. Morgan and Panmure are currently drafting their plans which the Dundee Development Group will pull together into the city-wide plan.

Menziesshill back after 16 years!

Colin Whittaker enjoyed a notable success in March when his coaching programme at Menziesshill HS culminated in the school playing a match for the first time in 16 years, against Baldrigon Academy.

Fife

Over the next few weeks I hope to be able to announce the new Development Officer for Dunfermline Rugby Club. Discussions are ongoing around another Development Officer post in North East Fife and I hope that can be finalised for the start of next season.

Kirkcaldy Rugby Club's Development Officer, Quintan Sanft, has made great progress this season in the local community. His after-school clubs at Kirkcaldy and Balwearie High Schools have culminated in matches against other developing schools such as Auchmuty and Inverkeithing.

Quinny's efforts to provide a club pathway for these S1/S2 pupils has seen an increase in numbers down at the club where separate teams are now being fielded at both levels. Fife has some strong and well-established schools rugby, as evidenced by Bell Baxter and Madras College's successes in the Bell Lawrie Cup and Plate respectively. Quinny is taking a leading role in giving the emerging schools an opportunity to play locally and is hoping to help implement a development league for next season. Watch this space!

Perth & Kinross

The development team at Perthshire RFC have had a busy few months. Development Officer Doc McKelvey and his team of five SVQ's work in partnership with the SVQ's at Kinross and Crieff rugby clubs to deliver a region-wide programme of primary and secondary rugby. In March alone, the team delivered 37 rugby sessions to 1059 primary pupils in core curriculum time, and 13 after school secondary sessions to 230 young people! This is in addition to the Ptarmigan schools leagues and the club-based programme that the team support.

Girls' rugby in Crieff is showing great potential. A group of 30 girls are training regularly and have recently played their first matches. At the recent development 7's in Edinburgh the girls finished 3rd, beaten only by the established teams from Murrayfield and Gala. They received the Fair Play and Most Valuable Player awards in the process. With new girls sections planned in Perth and Dundee, the young ladies in Crieff should have some local competition in the very near future!

Coach Education

118 coaches across Tayside & Fife have successfully completed a first/new rugby coaching award. This obliterates the 2007 target of 41 new coaches. Demand remains as strong as ever and we have confirmed another UKCC Level 1 course for Dundee in August.

SVQ Coaches go to the World Cup!

Jonny Smart (Dunfermline RFC) and Ralph McNally (Perthshire RFC) travelled to compete for Scotland at the Under 19 World Cup in April. Both are SVQ/NVQ Community Coaches for Dunfermline and Dundee Eagles respectively and have been delivering rugby sessions to hundreds of children this season.

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Swimming

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

DEVELOPING SWIMMING IN TAYSIDE & FIFE

Selections

Congratulations to the following swimmers and coaches on recent selections to various meets around Europe as part of Scottish and GB Teams:

Swimmer	Club	Coach	Meet
Daniel Scott	Glenrothes ASC	David McLean	GB – European Juniors
Daniel Scott	Glenrothes ASC	David McLean	Mare Rostrum
Ross Clark	Dundee City Aquatics	Heather Albin	Mare Rostrum
Eloise Barber	Carnegie SC	Gilbert Kirkwood	Darmstadt
Greig Wilkinson	Dundee City Aquatics	Heather Albin	Darmstadt
Sarah Kelly	Dundee City Aquatics	Heather Albin	Darmstadt

Regional Squads

The District Regional Programme for 2006 /07 is now complete and dates are being set for 2007/08.

Swimmers with the correct Bronze selection times will be included as part of this squad. All selection times can be found on Scottish Swimmings website.

Swimmers should be notified of their inclusion in the DRP before the first training day in September. This year the programme days will run from September - December

Information will also be sent out to clubs prior to the training day. One of the aims of this programme is to provide local opportunities for coaches to receive mentoring, for 2007/08 it would be good to see more coaches attending these days. Coaches do not need to have a swimmer on the programme to attend.

Coach Education and Development

The following courses are being planned to run throughout Tayside & Fife:

Level 1 Teachers	Dundee
Level 1 Teachers	St Andrews
Level 2 Teachers (Disabilities)	Dundee
Club Helper Course	Kinross
Disability Awareness – Coaches	Dundee
Level 2 Teachers	Fife

If any Coaches or Teachers have suggestion for Continued Professional Development (CPD) Workshops and Seminars topics, please email these to myself as soon as possible.

Local Area Squads

The Local Area Squads that ran in each of the four Local Authorities, have now completed their annual programme for 2006/07. A review will take place with local coaches, and questionnaires will be sent out to those swimmers who participated in the programme, to find out how we take these local programmes forward.

The Local Area Squads provide Club swimmers with the first step on the Performance Pathway. The sessions provide swimmers with the opportunity to mix with swimmers of like ability within a structured training environment.

It is hoped that's swimmers will progress through time from Area Squad level into the District Regional Programme.

These sessions also provide the setting for Club Coaches and helpers to be mentored by coaches such as Gary Vandermeulen, and provide an excellent learning opportunity.

Athlete Workshop

A pilot, to look at Athlete Education has just been completed in Dundee. The Education sessions were aimed at swimmers in the Area and District Regional Squad.

Four one hour sessions were run introducing swimmers to topics such as Psychology, Injury Prevention, Posture and Stretching, Nutrition and Hydration.

Professionals, who also work with Area Institute athletes, were involved in the planning and delivery of these sessions and a minimum of 24 swimmers attended each workshop.

From the four sessions that were run, an evaluation will take place with the swimmers, along with the people involved. It is hoped from this evaluation to develop an annual programme of Athlete Education, which will develop the topics that were previously delivered. It is also planned to look at how these sessions can be delivered throughout Tayside & Fife, so that all Area and District Regional Squad swimmers can benefit from them.

Volunteers

Kinross Otters, recently found themselves with a lack of helpers on poolside. To address this issue, they invited parents and senior swimmers to come along and find out what coaches do on poolside.

Coaches were briefed, and a week was set aside for those who were interested to come along and participate in the various pool sessions.

Eleven people attended throughout the week, names, addresses and contact details of everyone who came along were taken, in order for someone to contact them asking them what they thought and how they found the time they had spent on poolside. This did not need to happen, as everyone enjoyed their time and volunteered to stay on and assist at various sessions

Thirteen people have now volunteered on poolside on a regular basis since January 2007, and a poolside helper's course has now been organised, for those who had decided that they had enjoyed the experience.

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