

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

Welcome to our August newsletter which provides an up to date progress report on the programmes and events that have taken place across our 'summer'!! Despite the weather, it has been a busy period - the Regional Managers have worked hard to deliver their coaching and sport specific programmes with our Local Authority partners and the clubs across Tayside and Fife.

Since May, we have made significant progress with the Academy strength and conditioning programmes. We have worked with **sportscotland**, the Scottish and Area Institutes of Sport, and our governing bodies of sport to determine what is required for each of the squads operating in Tayside & Fife. The programme commences at the beginning of October and will also be operating in SportCentral. It will provide the right level of physical conditioning for our up and coming performers - a welcome first step in establishing all the other Academy generic support programmes across Tayside & Fife.

I have selected some of the highlights from the reports provided by each of the Managers to give you a flavour of what we have achieved over the last three months. Of course if you want more information on any of our initiatives or programmes, please do not hesitate to contact us.

- Congratulations to the **swimmers and gymnast** who will be representing Scotland at the UK School games in Coventry from the 23 – 26 August 2007. Some impressive results!
- Forfar Farmington LFC has become the first **girls and women's football club** in the East Region to be awarded the SFA Quality Mark Standard.
- Since late April, Dunnikier Park has been delivering **clubgolf** Stage 1 coaching to local juniors between the age of 9 and 12.
- **basketballscotland** and **SportTayside & Fife** are currently planning trials and sessions for the U-14 Tayside & Fife Basketball Academy programme for boys and girls.
- **Rugby** across Tayside & Fife enjoyed impressive growth during season 2006-07, with almost all strategic targets for the year being exceeded.
- A new **Gymnastics** Development Officer has been appointed in Perth
- In **Coaching** - twenty-four parents and children from a variety of sports, enjoyed an excellent Psychology for Parents and Children workshop presented by Katie Sinnott.
- Eight teams from Tayside & Fife qualified to participate in the annual National Primary **Hockey** Festival
- In **athletics**, Caird Park Stadium, Dundee, was the destination as **SportTayside & Fife** successfully hosted the inaugural **scottishathletics** Open Graded Grand Prix Final

Finally, as many of you will know we are in the process of refurbishing our office in the Lynch Sports Centre in partnership with City of Dundee. We have spent the summer in Caird Park, and I am pleased to say that the work is virtually complete and so will be moving back to the Lynch in early September. We look forward to welcoming you to our 'new' office which includes a big meeting room. A big thanks to all our colleagues in City of Dundee who have worked hard to complete the project and provide us with a first class working environment.

Brian Samson

Partnership Manager

Coaching

Derek Welch
Club/Coach Development Manager
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DEVELOPING COACHING IN TAYSIDE & FIFE

A Coaching Development Plan for Tayside & Fife up to 2010

Coaching Development Plan has been circulated across the Coaching Network. The plan will focus on five core areas of coach development which are: Recruitment Support, Education, Development, Deployment & Management and Retention. I would be pleased to discuss any aspects of the plan. Please go online to download a copy at www.SportTayside-Fife.co.uk

Scholarship Programme 2007-08

During the last three months, **SportTayside & Fife** have agreed long-term development programmes with eight coaches and inducted eight individuals to the Scholarship Programme. Learning Contracts have also been introduced providing an overall picture of: Coach Development Requirements, Learning Resources needed, Evaluation Criteria, which is supported by an outcome/update. This will be completed on the conclusion of any scholarships.

Four sports will benefit from the support: Basketball, Gymnastics, Hockey and Swimming. An informal interview process is now being used to identify Continuous Personal Development Needs (CPD).

CPD Scholarship Programmes - May-August 2007

Basketball

Donnie MacDonald –
SGB Level 2/ Level 1
Referee Course
Alistair Vannet –
Scholarship extended
component SGB
National Coaching
Seminar
Amy Fuller –
SGB Level 2

Gymnastics

Jayne Coyle –
UKCC Level 2
Tracy Lyndsey –
UKCC Level 1 and
Level 2

Hockey

Pauline Stott –
UKCC Level 2
Stacy Bookless –
UKCC Level 2

Swimming

Philip Francis –
ASA Level 2

Would you like to improve your coaching?

For more information on scholarships, please contact me direct or go online at www.SportTayside-Fife.co.uk for more details.

SportTayside & Fife Education Programme 2007-08

Psychology for Parents and Children Wednesday June 20 2007

On Wednesday June 20th, twenty-four parents and children, from a variety of sports, enjoyed an excellent **SportTayside & Fife** Psychology for Parents and Children workshop which was held at Mayfield Sports Centre. Katie Sinnott was the presenter, with the workshop being structured to provide a long-term vision and short-term motivation. It was also designed to inspire, raise self-confidence and motivate parents and children to recognise their ability in achieving targets and goal together in their sport.

As part of the Autumn Series of workshops, a Sport Massage with Warming Up & Cooling Down workshop will take place at Mayfield Sports Centre on Wednesday September 26th at 7-8.30pm and costs £10.00. Please contact me if you would like to attend or go online to download the application form.

Forthcoming SportTayside & Fife Courses and Workshops

SportTayside & Fife Workshop Series 2007

Course: Warm Up/Cool Down/Massage with Lesley Dawson and Lynne Miller
Date/Time: Wednesday 26th Sept 6.50 for 7pm-8.30pm
Venue: 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: Nutrition and Hydration with Declan Fields (Contact me for more details)
Date/Time: October 6.50 for 7pm-8pm
Venue: 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: Women in Sport with Dr Alan Dawson
Date/Time: Wednesday 21st November 6.50 for 7pm-8pm
Venue: 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 2008

Course: Planning for Sport with Gary Vandermeulen (West Institute of Sport Performance Swimming Coach and Coach of 2002 Commonwealth Games Gold Medal Winner, Alison Sheppard)
Date/Time: Wednesday March 26th 6.50 for 7-8.30pm (Call for further details)
Venue: Mayfield Sports Centre, Dundee
Cost: £10.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

First Aid for Sport 2007- 08

This practical workshop is structured to provide sufficient first aid sports specific knowledge, to meet the criteria set by Scottish Governing Bodies for coaching insurance purposes. The workshop is delivered to accommodate sports coaches and their specific requirements relating to First Aid in Sport. This is a 6 hour course and once successfully completed, a 3-year HSE certificate is issued. Please contact me for further details on First Aid for Sport for you or your club.

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 19th November 2007**

Athletics

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DEVELOPING ATHLETICS IN TAYSIDE & FIFE

scottishathletics Grand Prix Final

The Final of scottishathletics Open Graded Grand Prix took place at warm and sunny Caird Park Stadium in Dundee on Saturday 25th August hosted by **SportTayside & Fife**. The series had taken in meetings in Grangemouth, Meadowbank, Linwood and Scotstoun before the final. £14,000 in prize money was available across the series. The top performers on the day were the sprinters and throwers who were able to capitalise on the strong winds.



First up were the sprints and the 100m saw a great battle between Craig Fleming (Kilbarchan) and Jamie Coull (Pitreavie) with Fleming prevailing with a great PB of 10.61s (wind -0.2m/s) with Coull close behind in 10.67, again a PB. The pair renewed their rivalry in the 200m; unfortunately this time Fleming pulled up injured but Scottish Champion Coull strode to a fastest ever clocking with 21.29s, although the wind was over the legal limit at 5.1m/s. There were further great performances and PBs in the races that followed as the fast Caird Park track was welcomed by sprinters.



Jamie Coull & Ian McDonald in
heat 1 of the 100m

In the field Gillian Kerr, the Scottish Triple Jump Record Holder, took a jumps treble as she won the Long, Triple and High Jumps on a busy, productive afternoon. In the throws Alison Rodger (Sale Harriers) threw a top class double, winning her speciality shot putt in 15.12m and then taking second place in the discus with 49.22m. In the latter she finished just behind Kirsty Law (Shaftesbury Barnet), the British representative at the European Under 23 Champs earlier in the summer, who threw 50.33m.

Before the main event an Under 11s Run, Jump & Throw Triathlon Challenge was held with 35 kids from across the Region coming together for a fun based competition. These kids then stayed around to watch the action and then had the chance to round the day off with a relay race which saw the closest finish of the day as the girls from Dunfermline & West Fife just held off their counterparts from Pitreavie with only one tenth of a second separating the two teams. The day's events

were kindly supported by Dundee City Council and Destination Dundee.

For full results please see:

<http://www.scottishathletics.org.uk/index.php?p=80&itemType=fixtures&itemId=830>

Fife LAP Awarded £5000 by Awards for All

The Fife Local Athletics Partnership (LAP) were recently awarded a grant of **£5000** by the Big Lottery through the Awards for All programme. The application was for funding to support the development of Run, Jump & Throw Clubs across Fife. The successful bid will allow the partnership to work to increase the opportunities for kids to get involved with athletics across the Kingdom.

Run, Jump & Throw Clubs have already been established in Dalgety Bay and Glenrothes and there are now plans to expand this programme across Fife. The clubs give kids the opportunity to take part in the fundamental aspects of athletics in a fun environment. If they enjoy the Run, Jump & Throw activities and make progress then they can move through the pathway to the full affiliated clubs in the area. The advantage of this process is that by the time kids reach the affiliated clubs they have already learned the fundamental movement skills of athletics and are ready to make progress. This can also lessen the burden on the affiliated clubs by allowing the very youngest athletes to be catered for in the Run, Jump & Throw Clubs freeing up coaching resources to work with the older athletes.

Coach Education

The next set of Coaching courses across Scotland begins in September with the following courses set to take place in Tayside & Fife:

13th Oct	Level 1 coaching course	Perth Grammar School
10th Nov	Level 1 coaching course	Dundee College
11th Nov	Children in Athletics	Dundee College



If you would like to sign up for any of these courses then contact Anne Stewart at **scottishathletics** on 0870 145 1511. if you would like to see the full listing of courses please see the **scottishathletics** website:

<http://www.scottishathletics.org.uk/index.php?p=26>

Street Athletics Final for Dundee



Street Athletics came to Dundee on Friday 13th July and despite the unlucky day all went to plan! 90 children from around Dundee came to “Overgate” centre to test themselves out and see if they could prove themselves to be Dundee’s fastest kid on the street. Once they had all registered and received their T-shirts they were split into heats by Linford Christie and Darren Campbell. After some fierce competition the finalists were chosen and they raced it out to see who would come out on top and make the Scottish Final.

Due to the hard work of Steven Glass at Dundee City Council, the city has also been awarded the Scottish Final, which will take place on Saturday 8th September on Reform Street at 3pm. This will give Dundee’s star athletes the chance to perform in a Scottish final in their home city. The event will again be attended by Christie and Campbell as well as Members of the Scottish Parliament.



Pitreavie Athletics Centre

The new indoor training facility based next to the outdoor track at Pitreavie playing fields in Dunfermline is now nearing completion and is due to open for business in the next few weeks. The whole athletics complex, which is to be known as “Pitreavie Athletics Centre”, will become a hub for Regional and National Squad activity as well as coach education and development. It will also be a great new facility for athletes from the surrounding area to utilise, whether at the elite or club level. The centre will also be key to aiding the development of athletics and there will be time set aside for schools programmes to utilise these excellent new facilities which include: 80metre 8 lane track, horizontal jumps, high jump, pole vault and throws areas. In addition the facility will have a strength and conditioning suite as well as a further conditioning room/education centre.

