

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**

clubgolf

Martin Ritchie
Clubgolf Regional Manager

DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

Stage 1 coaching at Dunnikier Park

Since late April, Dunnikier Park has been delivering **clubgolf** Stage 1 coaching to local juniors between the age of 9 and 12. The youngsters have been receiving weekly coaching from a group of Level 1 coaches who are members of the club.

The coaching programme is run in partnership with Fife Active Schools involving the local primary schools of Valley, Capshard and St Maries. Ewan Wishart, Dunnikier Park's Clubgolf Co-ordinator commented "we are delighted at the numbers of youngsters joining the programme at Dunnikier. We currently have 6 girls and 11 boys taking part on our Stage 1 coaching programme, and the positive feedback from the kids is encouraging for everyone involved. In addition to learning basic golf skills, having fun is an important element of the coaching. Their enthusiasm shown augurs well for them staying in the game. I would like to thank the coaches for their commitment and the parents/ guardians for their continuing support."

These youngsters now have the opportunity to progress to the Club's Junior Section whereby they will receive further coaching and support from the club.

Club Captain Neil Crooks is delighted with the success of **clubgolf**. "The national trend shows the average age of club golfers to be rising. 70 (12%) of our members are under 18, and we aim to increase that percentage. **clubgolf** is a key part of that strategy."



Dunnikier Juniors with their Level 1 certificates with some of the coaches.

An encounter with a legend

When Perth 10 year old, James Orr arrived at the clubgolf junior coaching area during the Senior Open Championship at Muirfield he got far more than he'd bargained for.

James was taking his first practice swings under the eyes of a clubgolf' volunteer coach when American Tom Watson, who had just finished his warm up on the adjoining practice area, materialized.

Mr Watson, five times British Open champion and one of the most successful golfers of the modern era, didn't just stand by and watch the 10 year old. He gave him a lesson, before heading out onto the course to claim his third British Senior Open title.

"He watched him swing, adjusted his grip and then got him to hit some balls before passing on a few more tips," said James's mother Shona Orr." He was very encouraging and enthusiastic and it's great that he took the time out to work with James.

"James was really thrilled, especially when Tom Watson went on to win the competition. After the coaching we watched the afternoon's golf, staying onto the bitter end to see Tom Watson being presented with the trophy."

Picture shows Tom Watson passing on some golfing knowledge



clubgolf at The Open

During the Open at Carnoustie, **clubgolf** and one of its key partners The Golf Foundation was on hand to deliver first**clubgolf** sessions to youngsters attending the event. Several groups from the Tayside & Fife area braved the wet conditions at Carnoustie to take part in first**clubgolf** sessions and to watch the world's best golfers battle it out for the famous Claret Jug. Many of the competitors took time out of their practice schedule to come and participate in some of the first**clubgolf** sessions, much to the delight of the youngsters. Recurring comments made by the attending Tour Players was how skilful the children were and that they wished that such activities were available to them when they were kids.



Picture shows Ian Poulter watching the putting skills of some junior golfers.

If you wish to submit any information or articles for the next newsletter please contact Martin Ritchie, clubgolf Regional Manager, at martin.ritchie@dundeecity.gov.uk or Tel: 01382 431 851 **Monday 19th November 2007.**