

# SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

Welcome to the Spring edition of the Partnership Newsletter – I hope you enjoy reading it. I am sure you will be interested to see the progress being made by the sports and in coaching - all down to the hard work of the Managers and our Local Authority colleagues.

Our new Programme Manager, Euan Lowe, has started and is finding his feet very quickly indeed. Needs must, because he is leading our work to complete the four year development plans for each of our sports and for coaching. Euan's other responsibilities include the Regional Sports Facility Strategy and Club Development - welcome aboard indeed!

The importance of the four year development plans cannot be stressed enough because we now have a very clear picture of the priorities for each sport across the Tayside and Fife Region. It has been a very worthwhile process and has involved consultation and involvement of all key stakeholders.

These plans will direct the work of the Partnership, and shape the way that we deliver our joint programmes with Angus, City of Dundee, Fife and Perth & Kinross Councils. We are currently completing a series of joint planning meetings with each Local Authority partner, to ensure we deliver effectively and minimise duplication of effort and resources. Above all, the plans and the process assure the delivery of each of our sports across Tayside and Fife. You will be able to read the plans, once they are completed, by the end of March on our website.

Other highlights in the newsletter include:

- The high profile visit of Scottish **Athletics** Grassroots Roadshow to Bell Baxter High School in Cupar launched by Sir Menzies Campbell.
- The selection of four East Scotland players for the Scottish U-17 National **Girls Football** Squad
- The new **coaching** workshop programme which offers generic support coaching topics delivered by a range of high quality professionals
- Midlands District U-18 squad winning the Inter District Indoor **Hockey** Tournament held at Dundee University.
- The launch of the selection process for the U-14 **Basketball** Player Improvement Programme every Monday in March at DISC in Dundee.
- Bell Baxter winning the Scottish Schools **Rugby** Cup at Murrayfield by beating Dollar Academy in the final.
- The contribution of the Fife **gymnasts** in the recent Celtic Cup where Scotland won the Team Silver and Hannah Lee of Fife Gymnastics Club who won Individual Bronze.
- The launch of the new **ClubGolf** website
- The selection of two **swimmers** to represent Scotland at the Celtic Nations in Dublin.

Finally, we are looking forward to receiving our new funding for the second year of the Partnership project from **sportscotland**, and to continuing to add value by the work we do.

**Brian Samson**

**Partnership Manager**

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# Athletics

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DEVELOPING ATHLETICS IN TAYSIDE & FIFE

## Sir Menzies Campbell Celebrates Grassroots Athletics

**Sir Menzies Campbell**, Leader of the Liberal Democrat Party and **scottishathletics** Honorary President, was at a Bell Baxter High School in Cupar on Monday 19th February to celebrate the Scottish Grassroots Athletics Roadshow together with Norwich Union GB & NI athlete **Allan Scott** (110m hurdler).

Over 70 children from local primary schools and Bell Baxter joined them to find out more about athletics opportunities at the roadshow which was organised by **scottishathletics** in partnership with **SportTayside & Fife**; the roadshow was designed to engage more young people in sport by bringing together all the grassroots athletics programmes available to schools, clubs and community groups across the UK.



**Sir Menzies Campbell** said: *“Education, school and athletics go very closely hand in hand. Sport has always been an enormous part of my life and I’m sure a lot of lessons you learn in training then equip you for many of life’s challenges.*

**Allan Scott**, who represented Scotland at last year’s Commonwealth Games and Great Britain at last weekend’s European Indoor Championships, said: *“sports:hall is how I got into the sport. Athletics wasn’t in my family so without the structure and support offered through sports:hall when I was in school, I wouldn’t be where I am now.”*

Norwich Union elevating:athletics is the newest addition to the grassroots athletics package and is now the foundation for the delivery of athletics in schools. The multi-media curriculum resource has been designed to modernise the way athletics is taught in both primary and secondary schools.

## Tayside Local Athletics Partnership Up and Running!

The Tayside Local Athletics Partnership which is to be known as the Athletics Tayside Partnership (ATP) was officially constituted at the last meeting of the group on 7<sup>th</sup> February. This meeting doubled as the first AGM and saw the following people elected as the first officer bearers of ATP:

<b>Chair:</b>	Ian Leitch (Perth Strathtay Harriers)
<b>Vice Chair:</b>	Position Currently Vacant
<b>Secretary:</b>	Alasdair Donaldson ( <b>SportTayside &amp; Fife</b> Athletics Development Manager)
<b>Treasurer:</b>	Steven Glass (Dundee Sports Development Officer)

The group agreed the Constitution and will now move towards working closely together for the progress of athletics in Tayside. The next meeting will take place at Abertay University on March 21<sup>st</sup>.

The Fife LAP is now a fully working group and held a meeting in February when they looked at a funding proposal to develop athletics in Fife, as well as addressing the issue of getting volunteers into the sport. The next meeting will take place at Balweaire High School on Wednesday May 2<sup>nd</sup>.

For more information about LAP’s see: <http://www.sporttayside-fife.co.uk/athletics/clubguide.html>

## Athletics Tayside Partnership Open Graded Time Trials

The first significant step forward for ATP will be to re-establish the season-opening Time Trials meeting. The event did not take place last year as Caird Park was being resurfaced and the George Duncan Arena was not up to standard at that time. With Caird Park back in action the event will take place this year on Sunday 15<sup>th</sup> April. The event will be run in the open graded format with events open to Under 11s through to Veterans. The following events will be available on the day: Sprint Hurdles, 100m, 3/400m, 800m, Long Jump, High Jump, Shot Putt, Javelin. Keep an eye on the athletics section of our website for further details. Entry forms will be sent out to clubs soon.

In order for this event to run it essential that we have officials in attendance. If you are able to help out and officiate then please get in contact – details at top of this newsletter.

## Regional Squads in Full Flow

Tuesday evening 6th February, at Pitreavie, in sub zero temperatures fifteen local sprinters and hurdlers (pictured) attended the press launch Bank of Scotland - Tayside & Fife Regional Squad.



Paul Allan, Tayside & Fife regional sprints coach was joined by five additional coaches enabling the group to have the specialised close attention an athlete requires. This approach meant three different sessions ran simultaneously, blocks, 200m & 400m reps.

Nigel Hetherington, **scottishathletics** Performance Development Manger, who was there observing the session stated: "Bringing the top regional athletes here tonight to work together under the guidance of specialist coaches is the goal of the Bank of Scotland Regional Squad format."

Future squad dates have been circulated to athletes in the squads and will shortly be available (together with details of the squad coaches) on the website at: <http://www.sporttayside-fife.co.uk/athletics/regional.html>

## SportTayside & Fife Fun in Athletics Final

On Monday 22nd January, the **SportTayside & Fife** Fun in Athletics Finals took place at Next Generation Clubs, Monifieth. The Festival was organised by **SportTayside & Fife** in partnership with Sportshall Associates, as part of their UK-wide road show. Borrowfield Primary School (pictured right) from Montrose took the honours on the day.

For a full report see:

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



## Coach Education

Saturday 3<sup>rd</sup> March saw the first part of this year's coach Education programme taking place at Mayfield Sports Centre in Dundee with a Children in Athletics Course running at full capacity. A Level 1 course is now scheduled for Cowdenbeath Leisure Centre on 17<sup>th</sup> March which is already full. It is great to see so many new coaches coming into the sport and going through the necessary qualifications to help them in their work within the sport.

There are two further courses planned for the first half of this year:

- **Children in Athletics**                      **Perth Grammar School**                      **June 2<sup>nd</sup>**
- **Level 2 Core**                                      **Pitreavie Athletics Centre, Dunfermline**                      **June 8<sup>th</sup>**

If you would like any further information about these courses then please get in touch. There will be other courses offered across the country – for the full scottishathletics education programme see:

<http://www.scottishathletics.org.uk/>

# Basketball

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## DEVELOPING BASKETBALL IN TAYSIDE & FIFE

### **basketballscotland Tayside & Fife Player Improvement Programme (Boys & Girls)**

**basketballscotland** and **SportTayside & Fife** are delighted to confirm the start of the Regional Player Improvement Programme, which targets U14 players from the Tayside & Fife area (born on or after 1<sup>st</sup> January 1993). Selection evenings are taking place on Monday nights at D.I.S.C. Dundee throughout March 2007. Boys and girls meeting the age criteria, with basic basketball skills and the potential to learn should attend as many of these selection nights as possible to be considered for the full Player Improvement Programme.

Monday 5 <sup>th</sup> March	D.I.S.C. Dundee	6.00pm – 7.55pm
Monday 12 <sup>th</sup> March	D.I.S.C. Dundee	6.00pm – 7.55pm
Monday 19 <sup>th</sup> March	D.I.S.C. Dundee	6.00pm – 7.55pm
Monday 26 <sup>th</sup> March	D.I.S.C. Dundee	6.00pm – 7.55pm

The programme has received major funding from **sportscotland**, and players chosen from the selection nights will move into a specialised 8 week training block after the Easter Holidays. Unlike previous development squads, this new programme incorporates the new Long Term Player Development principles and is more fundamentals based rather than competition based.

### **Tayside Primary School Basketball Development Squads (Boys & Girls)**

We are delighted to announce that these squads will run again this season, culminating in the East Lothian Peregrines Tournament at Meadowmill, Tranent in May 2007. Trials and a training programme will run from March through to May.

A talent identification system has been put in place to monitor potential squad members at Primary Schools festivals and events in Dundee, Angus and Perth & Kinross. Boys and girls living in Tayside and who are in Primary 5, 6 or 7 at a Tayside Primary School are eligible for these squads.

Coaches Steve Rose, Robin Paterson, Scott Finlayson and Fiona Lynn have expressed an interest to coach these squads again and continue the excellent work and results from the past few seasons.

### **Fife Primary School Basketball Development Squads (Boys & Girls)**

We are also delighted to announce that a first Fife Primary School Development Squad will be established for this season. The squad will operate in the same manner as the Tayside PS Squads and be open to Boys and Girls living in Fife and who are in Primary 5, 6 or 7 at a Fife Primary School are eligible for these squads.

No coaches have been appointed yet. If you are a **basketballscotland** Level 1 qualified coach, willing to be disclosure checked and wishing to work with the best Primary School basketball players in Fife over an 8 week period please contact me for further details.

### **Refereeing Shortage - New Basketball Referees Qualified!**

**SportTayside & Fife** hosted a **basketballscotland** Level 1 Floor Official's course on Thursday 22<sup>nd</sup> February. A total of 12 candidates, which included four females, went through a detailed theory session tutored by FIBA International Referee Chris Dodds.

The candidates all gained practical experience by refereeing at the U16 Central Venue Development League on Sunday 25<sup>th</sup> February at Mayfield SC in Dundee.

On the job training and support was provided by former FIBA referee Douglas Bader and experienced Tayside National League referees, Alistair Maddock and Cesar Rodriguez. Many of the candidates commented how much they had learned and enjoyed the course and that they now appreciate the job that existing referees do!

Given the shortage of referees for basketball in the area, this course was very worthwhile. Some of the candidates have gone on to referee **basketball**tayside & fife league matches already and receiving match fees in the process!

The next Level 1 Referee's course is scheduled for September 2007 and anyone interested in doing this course should register their interest with myself.

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

The Senior Men's League continues to run relatively smoothly with the majority of fixtures already having been played. The mid season pacesetters are last season's champions, Dundee Sharks, along with University of Dundee and Perth Phoenix. Frews Madsons have secured a good number of wins and cannot be counted out of the equation. The two new men's teams, Montrose Ravens and Warriors (who are a second team from University of Abertay Dundee) are adjusting to competitive league basketball but enjoying the games none the less.



The Women's League is now up and running, with last season's league winner's Dundee Sharks starting off their campaign with a win over Arbroath Musketeers, who are back in the league after an absence of two seasons. University of Dundee Women and Perth Phoenix complete the entrants to the league. A fixture list and referee schedule is currently being finalised by the clubs with a view to all fixtures being completed by mid May 2007.

Scoresheets from both leagues should be returned to the Match Secretary within 72 hours of the game being completed. Full details of the Men's and Women's Leagues are available at [www.basketballtayside.org.uk](http://www.basketballtayside.org.uk)

### Tayside & Fife Under 16 Central Venue Development Leagues

A pilot U16 Tournament was held in December 2006 at Mayfield SC in Dundee. This was a huge success, with nine boy's teams and three girl's teams taking part. There were 16 games in total played during the tournament, with over 120 players, 17 coaches and 7 referees from Tayside & Fife participating.

The momentum of the pilot tournament has been carried forward and all the teams present signed up to enter the Tayside & Fife U16 Central Venue Development Leagues. Thanks to funding from **SportTayside & Fife** these are now fully operational and electronic scoreboards have been purchased to enhance the leagues. The teams competing in the leagues are:

#### **Boys' Division "A"**

Arbroath Musketeers  
Dunfermline Reign  
Dundee Sharks  
Perth Phoenix  
Grampian Flyers

#### **Boys' Division "B"**

Dunfermline Steel  
Glenrothes Raptors  
Menziesshill Madsons  
Montrose Ravens  
Perth & Kinross Dev Squad

#### **Girls' Division**

Arbroath Musketeers  
Menziesshill Madsons  
Perth Phoenix  
Tayside Divas

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 May 2007.**

# clubgolf

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DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

## New clubgolf Website Set to Launch

The clubgolf website has recently been under construction allowing for major changes to be made to the existing site. When it goes live at the end of March the website will be far more user friendly than its previous counterpart. Some of the new facilities on the website will include information for coaches such as training course dates with application downloads, lesson plans and guides. There will also be lots of coaching information for juniors on the site. Make sure to check the website at the end of the month when it launches at [www.clubgolfscotland-youth.co.uk](http://www.clubgolfscotland-youth.co.uk)

## Rollout of clubgolf increases

The newly appointed Project Manager for clubgolf Torquil McInroy has been meeting with Local Authorities to discuss the future delivery of clubgolf in the region. The purpose of the meetings was to discuss how the delivery of clubgolf in the coming years can be increased therefore providing every child the opportunity to experience golf in school and the ability to develop clubs so that more children can participate in the game.

The clubgolf programme is beginning to be delivered in more clubs and schools within Tayside & Fife. During the coming months Alyth, Ballumbie Castle, Balbirnie Park, Camperdown, Crieff and Letham Grange and Monifieth Golf clubs will commence coaching the clubgolf programme. Each of the above golf clubs will be providing coaching opportunities for local children who will have received the modified game firstclubgolf in schools. In addition clubs which started coaching in previous years will again deliver coaching to local children with the inclusion of links to local schools who have received the introductory game firstclubgolf.

Good luck to the new and existing clubs delivering the clubgolf programme within the region for the coming season!

## clubgolf Events Schedule

This year clubgolf will be represented at a number of high profile golf events throughout the country. This is a great way for prospective clubs and coaches to find out more about delivering the clubgolf programme. Included at the events are interactive zones allowing children and adults to participate in activities delivered in schools and clubs involved in the clubgolf programme. Come along to one of the events listed below:

Scottish Golf Show *	Highland Exhibition Centre	30th March – 1st April
Barclays Scottish Open	Loch Lomond Golf Club	12th July – 15th July
The Open Championship *	Carnoustie Golf Links	16th July – 22nd July
British Seniors Open	Muirfield Golf Club	26th July – 29th July
Johnnie Walker Champs *	Gleneagles	9th August – 12th August

\* Bookings are required for group activity. Please contact the Regional Manager.

### New Coaching Materials for 2007

In response to participant and coach feedback, clubgolf are launching two new products for the coming year. Firstly all participating clubs and coaches will receive a CD-ROM of the Stage 1 and Stage 2 manuals. These are the same as the paper manuals previously provided but are now more user friendly.

In addition to this a skills check booklet named the "clubgolf passport" will be available to all clubs. The booklet allows the coach and junior golfers to track progress by checking completed skills. For more details on the clubgolf passport please contact myself.

### Information roadshows coming soon

Throughout April clubgolf will be running a series of information evenings around the region for golf clubs and golf facilities. This is an excellent opportunity for golf clubs to find out how to become involved in the programme, what needs to be achieved in order to deliver the programme and the benefits to the club. Information will be provided on achievements made by clubgolf in the area to date. Invites to these meetings we be sent out to clubs shortly however if you would like further information or would like to attend please contact myself.

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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](mailto:martin.ritchie@dundeecity.gov.uk) or Tel: 01382 431 851 **Monday 9<sup>th</sup> May**

Girls/Women's

# Football

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DEVELOPING GIRLS / WOMEN'S FOOTBALL IN TAYSIDE

## National Recognition for 'unsung hero' Colin

Forfar Farmington's Colin Brown was recognised at the Sunday Mail / McDonalds Grassroots Awards dinner held at the Scottish national stadium in Glasgow in January.

The recently retired Forfar social worker was nominated by his players and fellow coaches in recognition of his work coaching and developing girls / women's football over a 26-year period.

Forfar Farmington was described on the awards night as one of the great success stories of grassroots football in Scotland, the organisation having started life as a humble church hall youth club and having grown into a stunning set-up that boasts a membership of 170 girls.

"Every age group is covered - all the way up to a team that plays in the women's premier league," it was explained to the audience.



*Colin receiving his award from Scotland Legend Kenny Dalglish*

Colin said the award recognised the fact that Farmington was in the throes of becoming one of the elite women's football clubs in Scotland.

"We are almost there", he added. "We now run ten teams, catering for girls from the age of eight through to the senior side, the club is backed by a strong and enthusiastic committee, and we are now very close to achieving SFA Quality Mark status."

## Funding Secured to support new girls teams in Dundee

Dundee have managed to secure a grant for £1,700 to support the development of two new girls and one boys sections within Quality Mark clubs as part of a sustainability project for the McDonalds P7 project.

After discussions with Craigiebarns FC and Broughty United, both clubs have agreed to link into the local cluster where the McDonalds programme is currently active. They will support the sustainability of the programme by providing links to the local clubs, whilst supporting the continuation of the schools games programme when the McDonalds programme moves to another Dundee cluster next year.

The funding will help finance facilities and equipment for the year ahead.

## Celtic Tayside Become the latest club to sign up to Quality Mark

After the recent Quality Mark introductory meeting held at Tannadice in February, Celtic Tayside have become the latest East region club to sign up to the SFA Quality Mark scheme. The club will be working towards the Standard Level award that will see them increase the

quality of coach education, work to a club development plan and strengthen the overall infrastructure of the club. In addition they will be dovetailing into the ClubDundee programme, gaining two benefits for the price of one!

If your club/school is not already part of the SFA Quality Mark process and would like to find out more please contact myself for further information.

### New Selections to East Region U15 Squad

After a re-selection process in February the East Region U15 Squad got under way with six new players being selected. The standard of play at the trial match shows that the girls game is developing year after year, with competition for a place in the regional squad becoming increasingly tough. This year's first block will run from February to May culminating in all U15 Squad players attending a National Camp from June 1<sup>st</sup> – 3<sup>rd</sup> at Tulliallan, where they will be under the watchful eye of National team staff from all national teams.

The revised U15 East region squad selection is as follows;

Lana Clelland (St.Johnstone GFC), Iona Colville (St.Johnstone GFC), Amy Godfrey (Monifieth LFC), Robyn McGill (Monifieth LFC), Elidih McIntyre (St.Johnstone GFC), Lauren McMurchie (St.Johnstone GFC), Chloe Moore (St.Johnstone GFC), Gemma Sandeman (Monifieth LFC), Terry Smith (Monifieth LFC), Victoria Stodart (Forfar Farmington LFC), Claire Thoms (Arbroath Inchcape FC), Nicola Todd (Forfar Farmington LFC), Shawna Walls (St.Johnstone LFC)

### More National Selections for East region players

The East region is continuing its tradition of producing internationalist at all levels. Congratulations to the following players that have been called up to their respective squads:

**Scottish Schools FA U15 National Squad:** Lisa Evans (St. Columbas HS), Lauren McMurchie (Perth Grammar), Shawna Walls (Perth HS).

**SFA U17 Squad:** Lucie Cook (St.Johnstone GFC), Gemma Collier (Stonehaven GFC), Lisa Evans (St.Johnstone GFC), Cat Gallagher (Dundee West GFC), Emma Mitchell (St. Johnstone GFC), Kimberley Thomson (Dundee West GFC)

**SFA U19 Squad:** Fiona McNicoll (Forfar Farmington LFC)

**SFA Women's A Squad:** Nicola Davidson (Forfar Farmington LFC)

### Women's Campaign to raise the bar!

As part of the continued drive to get more volunteers involved in girls / women's football in Tayside & Fife we will be holding a Women's Campaign in May in an effort to attract new people in to the game.

A programme of events including free female only coach education, workshops with National Team Coach Anna Signeul and a Club recruitment Fair will be linked to the National Women's Day on Sunday 20<sup>th</sup> May at McDiarmid Park in Perth. Further details will be released nearer the time, but if you are interested in becoming involved in girls / women's football please contact Gemma Fay for More information.

Please submit any information for the next newsletter by **Monday 9<sup>th</sup> May**



# Gymnastics

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DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

## Education & Training

An Assistant Judging course held in Bells Sport Centre in January has resulted in 20 candidates gaining Assistant Judging qualifications. The course was delivered by Sally Flint, Doris Ferguson and Marie Heath who have a wealth of knowledge within this area. Candidates feedback on the course was very positive and due to the manner and presentation of delivery, a good percentage of candidates who attended are keen to move on to the next level. **Job well done!!!**

It is hoped to deliver a Club Judging course later in the year, providing opportunities for all novice officials who wish to personally develop their skills and move onto the next level.

Pre-school has been another focus area and the first Level 1 UKCC Pre-school course to be delivered in Fife, was held in the Queen Anne High School, Dunfermline on the 24 & 25 February. This course is to be followed on by the delivery of a Level 2 UKCC Pre-school course, which is scheduled to be delivered on the last weekend in March, subject to the availability of the new Level 2 UKCC resource material.

A General Assistant Level 1 UKCC course dates have now been confirmed as 31 March and 1 April 2007. The course is to take place in Balwearie High School, Kirkcaldy and information and application forms for this course can be found on Scottish Gymnastics and **SportTayside & Fife** websites.

## Club Accreditation - GymMark

The National Governing Body, Club Accreditation Scheme, **GymMark**, is to go live in April 2007. The GymMark accreditation scheme is recognised by British Gymnastics and all Home Country Sports Councils, as an excellent mechanism to ensure progressive development of clubs wishing to provide the best possible experience for their membership.

**GymMark** has a key focus on safe clubs, ensuring that clubs develop their services, based on good practice promoted by Scottish Gymnastics

I look forward to working alongside and supporting the clubs to achieve accreditation status.

## Regional Academy Programme

The Regional Academy programme is to roll out in June 2007. The Academy programme will focus on the physical literacy skills of young children aged 7 – 11 years. It is proposed that these children will train 8 – 10 hours a week with appropriately qualified staff.

Recruitment of coaching staff and identification of training venues is underway, and all clubs will be notified, regarding criteria, trialling process and procedures as soon as coaches have been appointed and training venues identified.

## New School Gymnastics Programmes in Fife

Positive partnerships with Active School Co-ordinators and the Sports Development Team in Fife have resulted in the implementation of a Gymnastics Programme in Denbeath, Anstruther and Leslie Primary Schools. The key focus of these programmes is to deliver the basic fundamentals, encouraging children to engage within the sport, building physical literacy skills for life.

## Gymnastics/Trampolining Highlights

Keir Stewart of Dundee (Broughty Ferry) is following in the footsteps of Scottish Commonwealth Games gymnasts Carol and Helen Galashan in switching from gymnastics to diving. He is now on a talent confirmation trial with British Diving following a successful preliminary trial in December.

Keir is a 20 year old student at Glasgow University. He started trampolining at Tigger Tramps and went on to become the Scottish Senior Men's trampoline champion. He is very excited at the prospect of representing Scotland in Diving at the next Commonwealth Games and potentially Great Britain at the 2012 Olympic games.

Scottish Gymnasts Hannah Leigh, Charlotte Griffin, Fiona Coyle, Holly Meikle from Fife Gymnastics Club, along with Kendal Smith from Lasswade Gym Club and Sarah Mack from Park Wreakin Gym Club secured the silver medal team position at the Celtic Cup competition which was held in Ireland on 24 February 2007.. Hannah Leigh was top scoring team member and went on to secure the individual Bronze medal position.

This success is a testament to both coaching staff and gymnasts who are committed to the development and forward momentum of the sport within Scotland.

## National Youth Squad Selections

The selection process for the new National Youth Squad was carried out in January 2007. The following girls have been invited to train with the National Youth Coach once programme is in place.

9 Yrs - Allannah Bunyan, Emma Mackay and Shannon Archer

10 Yrs - Carly Smith, Cara Kennedy, Jenna Gillespie and Rachael Melrose

11 Yrs - Alex Smith, Megan Glass, Jessie Smith, Carlie Norczyk, Orla Gallagher and Lucy McLoy

12 Yrs - Holly Ramage, Jordan Archibald, Kirsty Campbell, Robyn Russell, Hannah Kilcullen and Ciorstadh Nicol

13 Yrs - Megan Slater and Amy Regan

14 Yrs - Hannah Leigh

If you wish to submit any information for the next newsletter please do so by **Monday 9<sup>th</sup> May**



# Hockey

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## DEVELOPING HOCKEY IN TAYSIDE & FIFE

### Lorna Dobbie appointed as Hockey Development Manager for Tayside & Fife

On the 1<sup>st</sup> December 2007 I took up the new post of Hockey Development Manager with **SportTayside & Fife**. Since then, I have met with many of the partners who will play an integral role in the future development of hockey across the region. I hope to meet all remaining partners and clubs in the coming months. At this time I feel it would be appropriate to give you an overview of my experience in sport development.

Over the past four years, my experience as Hockey Development Officer in the City of Edinburgh and as Sports Development Officer in Stirling has provided me with a wealth of experience that has given me the knowledge and understanding of the challenges and opportunities that exist in an area such as Tayside and Fife and the expertise required to effectively develop hockey in this region.

In my previous post of Hockey Development Officer I was responsible for developing hockey city wide, which involved working with a number and variety of partners. I developed close partnerships with Hockey Clubs, the Active Schools Network, Physical Education Specialists, Higher and Further Education Institutions, East District Hockey and Coaching Edinburgh. This ultimately resulted in a greater number of children and young people playing hockey on a regular basis within a structured programme, which included strong pathways to participation and performance.

Within my new role I will lead the development of Hockey in Tayside and Fife with a key focus on Clubs, Coaches, Volunteers and Officials, Facilities and Players, with a view to leading them from participation into the Tayside and Fife Institute of Sport. A Development Plan has been prepared for Hockey across Tayside and Fife that will be implemented by myself working closely with Scottish Hockey, Midland Hockey Union and all local partners.

### Clubs

In my experience, the key to the player pathway is the involvement of Hockey Clubs at school level and the volunteer base associated with these clubs. This area of work is integral to the continued development of hockey across Tayside and Fife by providing the junior or senior club with a steady flow of new players. The current structure of primary hockey across the four local authorities will be modified in order to maximise the available resources, and ensure a pathway into Secondary School hockey. Clubs will be supported through an assessment of their needs, resources and their goals in order to implement an appropriate Club Development Programme. This will be completed with all clubs in the coming months, however if you require support more urgently, please get in touch.

### Players

Potential Squads have been established in Dundee for some time and are developing in Perth & Kinross. These squads will be introduced in Fife and selection and content refined in the above areas, with regard to Long Term Player Development. A Scottish Performance Programme for Tayside & Fife will be introduced in September 2007 to assist players with the potential to play at National U16 and U18 Level. From April to July a programme will be implemented to assist the players who have been identified with potential to represent Scotland in Summer 2007. This programme will be similar to the old IMPACT programme and will last no more than 16 weeks.

In addition, I hope to work closely with Midland Hockey Union to increase the number of volunteers, improve the structure, increase planning procedures that link to external programmes and improve communication with Midland Clubs, ultimately resulting in the correct player pathways for local players.

### Coach Education and Development

**SportTayside & Fife** organise and deliver Scottish Governing Body courses and Sports Coach UK Workshops.

Through consultation with coaches, teachers and officials, **SportTayside & Fife** will deliver a comprehensive Coach Education programme for hockey within the Region. This will be designed to address the needs of coaches, officials and volunteers, by providing SGB courses and CPD workshops. If you would like information on courses or assistance in identifying the appropriate training, please get in touch.

**SportTayside & Fife** provide a Coach Scholarship programme for coaches who wish to further develop their skills. The programme can provide a personal development plan, identifying the appropriate courses and access to funding. For further information please contact Derek Welch at **SportTayside & Fife**.

### U15 / U18 Indoor Inter-District Tournament

The U18 Boys Indoor Inter-District Tournament took place on Sunday 4<sup>th</sup> February at Dundee University. All four teams that entered were of a high standard with most games resulting in close scores. However, the clear winners were the Midland team who won all their games with conviction. Congratulations to the players and coaches with thanks to Ben Gibson for umpiring on behalf of Midland District.

The U18 Girls Indoor Inter-district Tournament took place on Saturday 3<sup>rd</sup> February at Dundee University. The girls finished in 5<sup>th</sup> place. Thanks go to Jackie Brown for coaching the squad.

The U15 Mixed Indoor Inter-district Tournament took place on 18<sup>th</sup> February at Bell's Sports Centre. Thanks go to Guy Cathro for coaching the squad.

Thanks to all the players and coaches, officials and other volunteers who gave up their time to ensure Midlands entered teams in all the above events and competed to the highest standard.

### U14 / U15 Inter-District Tournament

Midlands continually produce talented young players who go on to represent Scotland at Youth Junior and Senior level. With the continued assistance from coaches and managers in Tayside & Fife we are looking to maintain Midland's reputation of producing quality teams and players.

Local coaches and managers, who will be able to dedicate time to recruit and deliver both the U14 and U15 outdoor squads, are required. Trials for the squads will be held in early May in Dundee. The U14 Mixed and U15 Boys Tournaments will be held on Sunday 27<sup>th</sup> May. The girls tournament will take place on Sunday 3<sup>rd</sup> June. All tournaments will be held at DISC.

If you are interested in assisting with any of the coaching or management positions please contact Ialene Mitchell on 01738-630154 or e-mail [ialene@mitchell.f9.co.uk](mailto:ialene@mitchell.f9.co.uk) or myself on 01382-431851 or email [lorna.dobbie@dundeecity.gov.uk](mailto:lorna.dobbie@dundeecity.gov.uk)

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If you wish to submit any information for the next newsletter please do so by **Monday 9<sup>th</sup> May**

# Rugby

Neil Carrie  
Rugby Development Manager  
E-mail: [neil.carrie01@dundee.gov.uk](mailto:neil.carrie01@dundee.gov.uk)

## New Rugby Club in Highland Perthshire

2007 will see the launch of a new rugby club in Highland Perthshire to meet the demand of adult and youth players in Pitlochry, Aberfeldy and Dunkeld. The growth of rugby in the area has been supported by Perthshire Rugby Club and has seen Pitlochry High School and Breadalbane Academy join forces as the Perthshire Highlanders. The next step is the new senior club working in partnership with the other clubs across Perth & Kinross to ensure a thriving rugby community.



Pictured here is former Scotland Captain, John Petrie, who attended a development event in Pitlochry in February. Over 40 young players enjoyed a full day of coaching. Jon presented Graeme McCrory and Gary Leck with some balls to help to get the senior club started.

**Sport Tayside & Fife** looks forward to working closely with this new club

## Perth Hosts Scotland 'A' versus Australia

Tuesday 21<sup>st</sup> November saw international rugby make a return to Perth after an absence of two years. Scotland 'A' returned home after a successful summer in Canada where they took the scalps of their hosts and England 'A', to take on the touring Australians. Perthshire Rugby Club provided great support for the game on the night, with children from their S1 and S2 sections acting as ball boys and guard of honour. The club's development team led by Doc McKelvey run an extensive community development programme in Perthshire, taking rugby into many schools. Two of those schools provided some half-time entertainment with an exhibition 'tag' match.

## Scotland 'A' return to Perth

The Scotland 'A' team returned home to Perth in February to host a match against their Italian counterparts. The Scots ran out eventual winners 13-7. The match provided an opportunity for a number of local children to experience top-level rugby. The Perthshire Highlanders provided ball-boys; Perthshire RFC provided a guard of honour and Kinross and Crieff High Schools contested a tag match at half-time.

## Regional Round-up

### Angus

The Angus Regional Development Group have held a series of meetings where the participant clubs have jointly set a number of development targets for growth in participation in the schools and clubs. Work continues to pull together an Angus Action Plan for growth across the region.

Members of Angus County Colts are supporting the charity Acquaid, in its efforts to support community and sports development in Malawi. The Scotland 'A' team have kindly donated some rugby kit to be taken out to Malawi to assist with the sports programme.

### **Dundee**

The Dundee Development Group has now met on two occasions. Work is ongoing to plan a city-wide schools rugby programme supported by all clubs and the Dundee Eagles DO, Colin Whittaker. We look forward to working with the Active Schools Network and Sports Development Team in planning and delivering a focussed and sustainable programme across the city.

### **Fife**

Rugby development in Dunfermline and West Fife will take a further step forward over coming months. Dunfermline Rugby Club will look to recruit a club development officer to build on the good work already being carried out at the club. The club recently provided a number of players to the Scottish age-group squads, including SVQ community coach Jonny Smart who scored a try for Scotland Under-19 against their Italian counterparts.

Schools rugby in Fife has received a boost this season from Kirkcaldy Rugby Club. Kirkcaldy Development Officer, Quintan Sanft, has been supporting after-school clubs at both Kirkcaldy and Balwearie High Schools. With new rugby sections starting up at Beath HS, joining established sections at schools such as Inverkeithing HS, there is great potential for some local schools development and competition. Watch this space!

The clubs of North East Fife continue to offer rugby to a large number of children and plans are underway to build on this. Howe of Fife in particular, is a great supporter of their local school (Bell Baxter HS) and a number of their players achieved a notable success in the Bell Lawrie Schools (pictured here). Their players have gone on to form the backbone of the Caledonia Under 18 squad currently competing in the inter-district pathway competition.



Bell Lawrie Schools Cup

### **Perth & Kinross**

As featured above, the players of Highland Perthshire will be forming a new club to meet demand for rugby. This new club will work in partnership with the other clubs in the region to ensure a healthy local rugby community.

Perthshire Rugby Club continues to drive the growth in participation in the area. Thousands of school children now receive a minimum of 10 hours coaching each year, and membership at the club has swelled as a result, to over 300 playing members at all levels!

The SVQ community coaches at Kinross RFC and Crieff & Strathearn RFC are now delivering rugby coaching in some primary schools rugby in addition to secondary schools, ensuring a region-wide development network.

### **Coach Education**

Demand for coach education is such that over 100 coaches across Tayside & Fife have attended Foundation and UKCC Level 1 coaching courses. We await confirmation of another UKCC Level 1 course in Fife.

A number of coaches have entered into scholarships with **Sport Tayside & Fife**, and this number looks set to increase next season, as clubs and coaches seek to up-skill and provide some specialist coach support to their players.

# Swimming

**Heather Albin**  
Swimming Development Manager  
E-mail [heather.albin@dundee.gov.uk](mailto:heather.albin@dundee.gov.uk)

## Coach / Teacher Licensing

**SportTayside & Fife**, in conjunction with Scottish Swimming, ran two Coach / Teacher Licensing information days at the start of February, at FIPRE and the Olympia Leisure Centre, Dundee.

These information days, were successful with many coaches and teachers seeking advice and information about the Licensing procedure from Lorraine Campbell and Eilidh McCall of Scottish Swimming

## Club Development

St Thomas SC in Arbroath, were the first Club in Scotland to gain SwiMark accreditation. Two other clubs in Tayside & Fife are currently registered and working towards accreditation.

SwiMark is Scottish Swimming's development programme for Local Authorities and affiliated clubs. It is open to all swimming programmes and all aquatics clubs and teams.

Accredited SwiMark programmes or clubs will be categorised into one, or more, of five levels based on the respective Long Term Athlete Development (LTAD) model. The accreditation criteria for each of the five levels are based on LTAD principles and guidelines. Accreditation is for four years, with an annual report consisting of any changes to the original audit. A standard format for the annual report is provided.

The aim of SwiMark is to provide a nationally recognised process that will enable Scottish Swimming affiliated clubs and local authorities:

- To develop their services, based on good practice promoted by Scottish Swimming.
- To achieve:
  - Improved swimmers;
  - Improved teachers and coaches;
  - More motivated volunteers;
  - Increased membership.
- To demonstrate to their local community that their swimming services are "safe, effective and child friendly" and that clubs are "fit for purpose" to receive public support.
- To implement Long Term Athlete Development guidelines at a local level i.e. that the swimming programme is swimmer centred and is constantly striving to provide the ideal environment for swimmers to reach their full potential.
- To provide enhanced Scottish Swimming support to local authorities and clubs.

If your Club is interested in finding more out about SwiMark or would like to register their interest please contact myself.

## Selections

Congratulations to Karen Rigby (Dundee City Aquatics) and Eloise Barber (Carnegie) who have been selected to represent Scotland at the Celtic Nations meet which takes place on the 24 - 25 February in Dublin.

## Regional Squads

The Fife Regional Squad has now completed its three days, Coach Robert Hammond said "I have to say I enjoyed working with the Fife squad and certainly there are some excellent swimming personalities and talents for the future"

The last Tayside session will take place on the 10 March at Dundee College Campus, Gardyne Road and will be led by Phil Potter, HEARTS

All Coaches and poolside helpers are very welcome to attend this session.

## Coach Education and Development

The following courses are being planned to run throughout Tayside & Fife from March 2007:

Level 1 Teachers	Cupar
Level 1 Teachers	FIPRE and Kirkcaldy
Level 2 Teachers	FIPRE
Level 1 Teachers	Dundee
Level 1 Teachers	Montrose
Level 1 Teachers	Aberfeldy
UKCC Level 1 Coach	St Andrews
UKCC Level 1 Coach of Diving	Dundee
UKCC Level 1 Coach of Synchro	Dundee
UJCC Level 1 Coach of Water Polo	Dundee

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

## Local Area Squads

The Fife Area Squad had their first session on Saturday 10 February at the National Swimming Academy. The swimmers took part in an hour long land session followed by a two hour pool session. The Squad were led by Gary Vandermeulen the Tayside and Fife Performance Coach.

The Local Area Squads provide Club swimmers with the first step on the Performance Pathway. The session provides 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, and provide an excellent learning opportunity.

## Sport Awards

Congratulations go to Eloise Barber who swims with Gilbert Kirkwood at Carnegie SC. She was recently presented with the Asda St. Leonard trophy for the Young Sports Person of the Year at the Dunfermline & West Fife Sports Council annual awards for 2006, beating six other nominees including teammate, Callum Shaw. Andrew Rodgie, also from Carnegie was nominated in the Sports Personality of the Year category.

If you wish to submit any information for the next newsletter please do so by **Monday 9<sup>th</sup> May**



# Coaching

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

## DEVELOPING COACHING IN TAYSIDE & FIFE

### CoachingTayside & Fife Scholarship Programme

This year's Scholarship Programme has assisted 17 coaches, providing the foundation to further their aspirations as coaches along with awarding significant financial support of over £4,300. The most recent additions to the programme are from Rugby, Gymnastics, Swimming and Football.

#### Gymnastics

A Scholarship programme was agreed with Pamela Bowie during January 2007. Pamela has successfully completed a Scottish Governing Body (SGB) Club Judging course and will attend a First Aid for Sport course during March. High Performance Perth Coach, Isabel Walton will also complete the First Aid for Sport as a component of her 2006-07 Scholarship Programme.

#### Rugby

It has been agreed that a number of coaches from Dundee Eagles Rugby club will be awarded scholarship assistance during 2007-08, once they have completed their UKCC Scottish Governing Body Foundation Level Course.

#### Swimming

Angus Swimming Coach, Marion Durham, will complete her Scholarship Programme for 2006-07 by travelling to Sheffield, for approximately 10 days, to complete an adult/child disability technical attachment and observe a variety of swimming programmes.

#### Girls' and Women's Football

The 2007-08 programme will assist Arbroath and Forfar Football Coaches, Joseph Meldrum and Caren Webster, to complete the Working with Children Licence and Physical Preparation for Under 12 footballers.

#### **Would you like to improve your coaching?**

For more information on the 2007-08 Scholarship Programme, please contact Derek Welch on the contact details provided with this newsletter.

### Tayside & Fife Education Programme 2007

#### Generic Workshops

A series of generic workshops will be available from May 2007. The workshops will be held throughout the year, up to November. The programme will cover the following topics: **MAY – Drugs In Sport, JULY – Nutrition & Hydration, SEPTEMBER – Self Massage and Injury Prevention, NOVEMBER – Women in Sport.** A Sports Psychology workshop is also proposed for August and will target Parents and Children.

All these workshops will be delivered by state registered or highly qualified individuals in their professional field. The sessions will be one hour in duration, except for the Self Massage and Injury Prevention, which will be two hours. The workshops will cost approximately £10.00. To pre-register your interest in attending any of the workshops, contact me at the address provided.

## Forthcoming courses and workshops

### SportsCoach UK (Dundee)

**Course:** Safeguarding and Protecting Children  
**Date/Time:** Wednesday 11<sup>th</sup> April, 6.30-9.30pm  
**Venue:** Forum, Olympia Leisure Centre, Dundee  
**Cost:** £20.00  
**Contact:** Paul Jamieson, Dundee Sports Development.  
Tel: 01382 432328 E-mail: paul.jamieson@dundeecity.gov.uk

### SportsCoach UK (Dundee)

**Course:** Fuelling Performers  
**Date/Time:** Thursday 26<sup>th</sup> April, 6.30-9.30pm  
**Venue:** Forum, Olympia Leisure Centre, Dundee  
**Cost:** £20.00  
**Contact:** Paul Jamieson, Dundee Sports Development.  
Tel: 01382 432328 E-mail: paul.jamieson@dundeecity.gov.uk

### SportsCoach UK (Fife)

**Course:** Safeguarding and Protecting Children  
**Date/Time:** Thursday 29<sup>th</sup> March & Thursday 26<sup>th</sup> April 6.30-9.30pm  
**Venue:** Fife Institute of Sport, Glenrothes  
**Cost:** £20.00  
**Contact:** Eileen Penny, Fife Institute of P.R.E.  
Tel: 01592 415700 E-mail: Eileen.penny@fife.gov.uk

### SportsCoach UK (Fife)

**Course:** How To Coach Disabled People in Sport  
**Date/Time:** Monday 14<sup>th</sup> May 6.30-9.30pm  
**Venue:** Fife Institute of Sport, Glenrothes  
**Cost:** £20.00  
**Contact:** Eileen Penny, Fife Institute of P.R.E.  
Tel: 01592 415700 E-mail: Eileen.penny@fife.gov.uk

### SportsCoach UK (Perth & Kinross)

**Course:** Safeguarding and Protecting Children  
**Date/Time:** Wednesday 21<sup>st</sup> March & Wednesday 23<sup>rd</sup> May 6.30-9.30pm  
**Venue:** Bell's Sports Centre, Perth  
**Cost:** £20.00  
**Contact:** Jane Cuisine, Sports Development Section  
Tel: 01738 637129 E-mail: JMCuisine@pkc.gov.uk

### SportsCoach UK (Perth & Kinross)

**Course:** How To Coach Disabled People in Sport  
**Date/Time:** Thursday 19<sup>th</sup> April 6.30-9.30pm  
**Venue:** Fife Institute of Sport, Glenrothes  
**Cost:** £20.00  
**Contact:** Jane Cuisine, Sports Development Section  
Tel: 01738 637129 E-mail: JMCuisine@pkc.gov.uk

For more course and workshop information, please go to **[www.SportTayside-Fife.co.uk](http://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 9<sup>th</sup> May**