

# SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

I would like to take this opportunity to introduce myself as the new Partnership Manager for **SportTayside & Fife**. For the last four years I have worked as a sports management consultant in Ireland and Scotland with governing bodies, sporting organisations and the Irish Sports Council. Before that I was Director of Sports Development with **sportscotland** for eight years, and was also a Principal Teacher of PE in Edinburgh. I believe my mix of experience will be a tremendous help to me as I progress the ambitions and aspirations of the Partnership with my team of colleagues and our key partner organisations.

I am delighted to be working in the Partnership and am relishing the opportunity to make my contribution to the development of sport in Tayside & Fife. I hope you enjoy reading this newsletter which provides an update and a look forward into 2007.

## Partnership Programmes and People

Work has progressed considerably with the three year strategic framework for each of the eight sports and coaching. These have been produced in partnership with the governing bodies and **sportscotland**, and the draft plans are currently being reviewed and discussed with Angus, Dundee, Fife and Perth & Kinross Councils. The plans will then be distributed in January for consultation with Development Groups clubs and coaches across Tayside & Fife.

It is these plans that will determine the work of the Partnership over the next three years, and your contributions between now and the end of January are crucial to ensure we get it right. We will complete our Action Plans for each programme area during February so that everything is in place for the first year of the new strategies.

Since our last Newsletter in August, the Partnership's Management Team has worked hard to complete the new staffing structure.

In September, Neil Carrie was appointed as the new SRU Regional Manager for the Partnership. Neil has worked in the financial sector, the private leisure sector and is still turning out for the 'odd' game for Kirkcaldy Rugby Club!

At the end of December we say farewell and thanks to Rennie Milne our Hockey Development Officer who has done an excellent job for the Partnership – we wish him well. We welcome Lorna Dobbie as our new Development Manager who is a hockey internationalist and joins us from the City of Edinburgh where she worked as a Hockey Development Officer.

Looking forward, our new Programme Manger, Euan Lowe joins us in February. Euan has played a leading role in developing Scotland's National Canoe Slalom squads and brings with him a wealth of experience from front line international coaching and high performance planning.

In closing, I would like to pay a particular tribute to Catriona Semple and James Steele who have led and guided the Partnership through all its work since Craig Burn departed for his new post in **sportscotland**. They have done a great job and I find myself in an organisation which has highly motivated and committed staff, who are focused on the challenges and work which lie ahead.

Finally, our new website [www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk) will be launched on Friday 8<sup>th</sup> December – hit it!

**Brian Samson**

**Partnership Manager**

# Athletics

Alasdair Donaldson  
Athletics Development Manager  
E-mail: [alsadair.donaldson@dundeecity.gov.uk](mailto:alsadair.donaldson@dundeecity.gov.uk)

DEVELOPING ATHLETICS IN TAYSIDE & FIFE

## Sport Tayside & Fife Championships

Sunday's the 3<sup>rd</sup> and 17<sup>th</sup> September saw the first staging of the **SportTayside & Fife** Combined Events and Track & Field Championships respectively. Both events were held at Dundee's Caird Park and replaced the previous **SportTayside** Championships. With the expansion of the catchment area for both events there were record entries with many outstanding performances.

The Combined Events Championships is an open contest and it was great to see so many young athletes from across the country competing to the highest level and enjoying their athletics. The event has grown from strength to strength and is now, arguably, Scotland's top Combined Events competition. The titles were shared around Tayside and Fife with athletes from Fife AC, Dunfermline & West Fife AC, Perth Strathtay Harriers, Dundee Hawkhill Harriers and Arbroath & District AC all taking home titles.

At the Track & Field Championships, a total of 38 Championship Best Performances (CBP) were broken on the day. However the records were not all down to the new "invaders" from Fife; Tayside's finest raised their game to claim many of the records for themselves. Among the top performers was Mark Tough (Montrose/Pitreavie) who scored CBPs in the Under 17 Shot Putt, Discus and Hammer. Emma Dawson of Perth Strathtay also claimed three CBPs in the Under 13 100m, 70m Hurdles and High Jump. Full results of both events and the updated list of CBPs can be seen on the results section of our website: [www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk) which is due to be launched early December.



Above: The Under 11 Girls 800m gets under way

This year's events were support by START have who committed over £17,000 to supporting athletics activities in Tayside over the next five years.

## Fife Local Athletics Partnership Up and Running!

The Fife Local Athletics Partnership (LAP) was officially constituted at the last meeting of the group on 11<sup>th</sup> October. This meeting doubled as the first AGM and saw the following people elected as the first officer bearers of the Fife LAP:

<b>Chair:</b>	Matt Adcock (St Andrews University Sports Development Officer)
<b>Vice Chair:</b>	Bill Hogg (Fife Council Sports Development Officer)
<b>Secretary:</b>	Alasdair Donaldson ( <b>SportTayside &amp; Fife</b> Athletics Development Manager)
<b>Treasurer:</b>	Alastair Robertson (Fife Athletics Club)

The group agreed on the constitution and will now move towards working closely together for the progress of athletics in Fife. The next meeting is due to take place on Monday/Tuesday 11<sup>th</sup>/12<sup>th</sup> December. The Constitution will be available on the Athletics Clubs section of our new website.

The Tayside LAP is also making progress and it is hoped that this group will become constituted early in 2007. The next Tayside meeting takes place on Wednesday 6<sup>th</sup> December.

## New Regional Squad Structure

The new Bank of Scotland Tayside & Fife Regional squad will meet for the first time at Perth's George Duncan Athletics Arena on 13th December. The squad will cater for athletes from 15 years old through to seniors and will meet monthly. The U17 & U20 athletes will have to achieve the Scottish Power of 10 standards and the U23 and senior athletes will have to be ranked in the top 50 in the UK. A national launch of the squad takes place on Sunday 26<sup>th</sup> November in Glasgow when athletes from across Scotland will come together for an official launch, which will be attended by Olympic relay gold medallist Darren Campbell. Squads will take place regionally across Scotland in the six geographic areas; Tayside & Fife, Central, East, West, Highland and Grampian.

Invited athletes will receive notification of their inclusion in the squad shortly and a full list of squad members will be published on the website once confirmed.

## Primary School Pupils have "Fun in Athletics"

Ancrum Road Primary School won the Dundee Fun in Athletics final on 23<sup>rd</sup> November at the McTaggart Sports Centre. This was the culmination of six Cluster festivals across Dundee, run by the Active Schools team and supported by Sports Development, in which the winner of each event was then invited to the Dundee Final. Claypotts Castle finished 2<sup>nd</sup>, while Newfields were 3<sup>rd</sup>.

The Perth & Kinross Final takes place on 4<sup>th</sup> December, at Norwich Union in Perth, with cluster festivals ongoing at time of going to print. The Angus Final will be in the Lochside Sports Centre in Forfar on 6<sup>th</sup> December; cluster festivals also ongoing.

The top two teams in each Final are invited to contest the **SportTayside & Fife** final at Next Generation Gym in Monifieth on 22<sup>nd</sup> January. This event is kindly run by Sportshall Associates (who run the sportshall athletics programmes across the UK) in partnership with **SportTayside & Fife**. This event should prove to be a keenly contested and noisy affair!

## Giant Decathlon

Giant Decathlon competitions have taken place across the region in the last month. In Angus two competitions took place at Montrose Sports Club; the S1 event saw Monifieth High take the honours while the S2 event saw victory going to Arbroath High. The Perth & Kinross S1& S2 event was hotly contested right up to the last event with The Community School of Auchterarder sneaking through in the last event to triumph on home soil. The Dundee Final was held at the Lynch Sports Centre on 24<sup>th</sup> November and saw Craigie High taking top spot from Grove in a titanic battle.

These programmes cannot be run without the assistance of senior school pupils and local college students giving their time to officiate and help the younger school pupils have a safe and enjoyable experience in athletics. **SportTayside & Fife** would like to extend their thanks to helpers from: Angus College, Dundee College, Monifieth High School, St Columbus High School, The Community School of Auchterarder and Adam Smith College.



Right: Action from Dundee

## Sportshall Athletics in Fife

With Fife as a new Partner a new format for introducing athletics across the authority is currently being trialled. A programme is under way which takes account of Fife's geography and will see athletics being introduced into primary schools by trained coaches. Once the children have had experience of athletics they will then be offered the opportunity for further athletics experience by joining a cluster based Run, Jump & Throw Club. This programme is currently being piloted in the Inverkeithing cluster with the "taster" session going well and the club due to start up at Dalgety Bay Leisure Centre in the New Year. This club will then act as a feeder for the senior athletics clubs in the area, should the children wish to progress further within athletics. Run, Jump & Throw clubs will also be set up in other areas across Tayside & Fife for children who have enjoyed their experience of athletics through Fun in Athletics, Giant Decathlon or other come and try athletics sessions.

# Basketball

Chris Dodds  
Basketball Development Manager  
E-mail [chris.dodds@dundeecity.gov.uk](mailto:chris.dodds@dundeecity.gov.uk)

## DEVELOPING BASKETBALL IN TAYSIDE & FIFE

### [basketballscotland Tayside & Fife Player Improvement Programme \(Boys & Girls\)](#)

**basketballscotland** and **SportTayside & Fife** are currently planning a Regional Player Improvement Programme, which will target U14 players from the area (born on or after 1<sup>st</sup> January 1993). Unlike previous development squads, this new programme will incorporate the new Long Term Player Development principles and will be more fundamentals based rather than competition based.

The programme will receive major funding from **sportscotland**, and will run from January through to June 2007. Venues are currently being secured for trials and the programme. Full details will be published via Tayside & Fife Secondary Schools, and **basketballscotland** affiliated clubs.

### [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 next year.

A talent identification system will be 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 have not yet been appointed but it is hoped that the coaching staff who have worked with the squads over the last 3 seasons will continue the excellent work and results.

### [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 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, disclosure checked and willing to work with the best Primary School basketball players in Fife over an 8 week period please contact me for further details.

### [Basketball Needs You! - More Coaches Required](#)

More and more children and adults across Tayside & Fife are now playing basketball, which means that there is a demand for more participation and coaching sessions. The following Tayside & Fife clubs all have a need for coaches. If you are a Level 1 qualified coach please contact me for further details of the coaching opportunities available at these clubs:

- **Loch Leven Leapers Under 12s Club** (on Tuesdays between 6:00pm and 8:00pm)
- **University of St Andrews Men's Team** (on Fri evenings with games on Wed afternoons)
- **University of Dundee Men's Team** (on Tues and Fri between 7:30pm and 9:00pm)

If you are not a qualified coach, **SportTayside & Fife** run **basketballscotland** accredited courses which will give you basic skills and knowledge to let you get started. Mentoring

opportunities and support from experienced coaches is also available after the course. If you wish to register your interest, please contact me.

### **basketballtayside Update**

The **basketballtayside** AGM was held on Monday 18<sup>th</sup> September 2006 at The Inch Studio, Bells Sports Centre in Perth. The turn out on the night was fair, with most clubs being represented in person or with apologies. Minutes have been issued to all affiliated clubs.

Work is now progressing to re-constitute as **basketballtayside&fife**, which will allow the region to fully subscribe to **basketballscotland's** new regional basketball partnership initiative.

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

The Senior Men's League is up and running with many exciting fixtures already having been played. This season we welcome two new men's teams, Montrose Ravens and Warriors, who are a second team from University of Abertay Dundee. Perth Phoenix, who have operated a second team with Juniors over the last couple of seasons, have consolidated in to one team again due to many of the younger players now working or attending Universities. RAF Leuchars have yet to play any games due to personnel changes at the Air Base.



Men's teams are asked to notify the **basketballtayside** committee with any changes in fixture dates so that referees can be advised and re-appointed. All scoresheets should be returned to the Match Secretary within 72 hours of the game being completed.

Men's teams are also reminded that all **basketballtayside** matches are played under the jurisdiction of the **basketballscotland** code of conduct. All referees in Tayside & Fife will be asked to implement this strictly during games.

The Women's League will start in earnest after Christmas, allowing the University teams to fulfil their BUSA commitments. Four teams have already entered (Arbroath Lady Musketeers, Dundee Sharks, Perth Phoenix and University of Dundee) the League and Cup, with Dunfermline Ladies also entering the Cup. University of St Andrews have also expressed interest in the League. Entries to the Women's League and Cup will still be accepted by the Committee up to and including Friday 8<sup>th</sup> December 2006. Once all entries are confirmed, a fixture schedule will be published so the clubs can organise dates and venues etc.

Full details are available at [www.basketballtayside.org.uk](http://www.basketballtayside.org.uk)

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

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

The first event will run on Sunday 10<sup>th</sup> December at the High School of Dundee's Mayfield Sports Centre, Arbroath Road, Dundee between 10:30am and 4:00pm and will be for U16 teams.

Early indications from Tayside & Fife teams suggest that there will be a really good turnout for this event, with notes of entry already from Arbroath Musketeers, Dundee Sharks, Perth Phoenix, Dunfermline Reign, Menzieshill Madsons, Dunfermline BC and Glenrothes Raptors for the boys' event, and Arbroath Musketeers, Menzieshill Madsons for the girls' event. U14 events and additional U16 events are planned for January through to May 2007.

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

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



# Clubgolf

Martin Ritchie  
Clubgolf Regional Manager  
E-mail [martin.ritchie@dundeeccity.gov.uk](mailto:martin.ritchie@dundeeccity.gov.uk)

## DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

### Clubgolf coaching at Dunnikier Park Golf Club

During August and September, Dunnikier Park Golf Club in Kirkcaldy delivered Stage1 of the clubgolf coaching programme to local school children. Sixteen nine year olds from the nearby Capshard Primary School attended weekly coaching sessions at the golf club, focusing on the basics of full swing, chipping and putting. Eleven of the children enjoyed themselves so much that they have become junior members of the golf club.

The coaching sessions are being led by eight of the golf clubs own members who have successfully passed the PGA level 1 coaching award. The volunteer coaches are now looking forward to welcoming more school children to the club for lessons as well as developing the skills of those who attended this year.

### Tulliallan hold Presentation Evening

In early October Tulliallan Golf Club held a presentation evening to recognise the achievements of the participants attending the clubgolf programme. Parents and club representatives were in attendance to see the youngsters receive certificates and prizes for completing Stage 1 or 2 of the programme. Twenty five boys and girls from the local community including the school, received sixteen coaching sessions from the club's volunteer coaches throughout May and June. In addition to this small three hole competitions were held on the clubs practice ground throughout the summer holidays to allow the youngsters to put their new skills in to practice.

The evening was also an opportunity to thank the volunteer coaches for their hard work over the summer months in delivering the modified game firstclubgolf in the local school and for delivering the coaching sessions and mini competitions at the golf club.



Presentation  
of certificates  
at Tulliallan

## PGA Level 1 Coaching Courses

If you would like to become a volunteer coach within the clubgolf programme why not attend one of the Level 1 coaching courses taking place within the region over the winter months. To become a coach you do not have to be a good golfer, all that is required is that you are enthusiastic and are able to communicate well with young people aligned with an enthusiasm for the game. PGA tutors lead the courses and are there to assist you in passing the course. The planned courses for the Tayside & Fife region are as follows:

### **PGA level 1 Golf Coach**

Forfar Golf Club	10 <sup>th</sup> & 11 <sup>th</sup> February from 9.00am – 5.00pm
St Andrews Links Practice Centre	24 <sup>th</sup> & 25 <sup>th</sup> February from 9.00am – 5.00pm
St Andrews Links Practice Centre	10 <sup>th</sup> & 11 <sup>th</sup> March from 9.00am – 5.00pm
Ballumbie Castle Golf Club	24 <sup>th</sup> & 25 <sup>th</sup> March from 9.00am – 5.00pm

Prior to attending the Level 1 Course, applicants must complete an Enhanced Disclosure Scotland check and attend a Sportscoach UK Good Practice and Child Protection workshop. For an application form and further information, please contact the clubgolf Regional Manager.

## Level 3 Orientation for Professionals

During January and February the PGA and SGU are running orientation training courses for fully qualified professionals to deliver Stage 3 of the clubgolf programme. Orientations will take place at Inverclyde over two days. The cost will be £100 for participants, which includes accommodation, meals and all course materials.

After successfully completing the course each professional will receive 50 CPD points and shall be able to deliver stage 3 courses at their club or facility. Typically stage 3 courses are coached to juniors of mid to low handicaps in groups of approximately eight people. For further information please call Stuart Turner or Spencer Henderson at the SGU on 01382 549500. Dates of the courses are listed below

- 15<sup>th</sup> – 17<sup>th</sup> January
- 17<sup>th</sup> – 19<sup>th</sup> January
- 22<sup>nd</sup> – 24<sup>th</sup> January
- 6<sup>th</sup> – 8<sup>th</sup> February

## How Can I Get Involved?

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

If you wish to submit any information for the next newsletter please do so by **Monday 19<sup>th</sup> November**



Girls/Women's

# Football

Gemma Fay  
Girls/Women's Football Development Officer  
E-mail: [gemma.fay@dundee.gov.uk](mailto:gemma.fay@dundee.gov.uk)

## DEVELOPING GIRLS/WOMEN'S FOOTBALL IN TAYSIDE

### Forfar Farmington first club to venture into the SFA Elite Club project

In addition to their continual work towards achieving Quality Mark status, Forfar Farmington have been accepted onto the SFA Elite Club project, aimed at Scottish Women's Football Premier League teams.

The project will see the club interacting with Anna Signeul, National Team Coach, Ann-Helen Graham, National Development Officer, Sheila Begbie, Head of the Women's Department and Gemma Fay, **SportTayside & Fife** GWFDO in an effort to further develop their club into an Elite structure, capable of supporting and developing potential Elite athletes in the future.

The project will focus on developing areas of facilities, player development, management team and generic support services development.

If you would like more information on the SFA Elite Club Project or would like to become involved in the project please contact myself directly.

### Angus and Dundee Area Squads Prepare for Winter Shutdown

After the inaugural first block of both the Angus and Dundee U13 Area Squads they are preparing to wind down for the winter. Both have run very well this season so far, with a high standard displayed by all. Players have received a progressive coaching curriculum as well as additional topics of goal setting and nutrition.

Additional players are being sought to join both Angus and Dundee U13 Area Squads. If you would like to nominate a player for either squad, they must be born on or after January 1<sup>st</sup> 1994 and have the potential to develop further. Please contact me Fay for a nomination form.

### Development Squad Comes to an end for 2006

After an eventful 12 week block the Tayside Development squad comes to an end for 2006. Once again there has been a definite improvement of those involved and coaches and players alike are thanked for their continued commitment and support of the programme. Highlights of the programme have been successful Inter District Festivals in Galashiels and Edinburgh and good performances from both U13 and U17 teams against local boys teams.

### East Region Squad Completes Successful first Block

This week sees the end of the first block of the Inaugural East Region U15 and U19 squads. The squad has run very smoothly with a strong programme delivered that will be built on and progressed next year. Players have been exposed to top class coaching along with additional support programmes including an introduction to a basic strength and conditioning programme, endurance training, on-site physiotherapy, player, parent and coach evenings.

The next block will commence in February with the East region looking to provide an even more comprehensive programme that will further develop our most talented players.

## Dundee Sports Awards 2006-11-24

Both Mary MacDonald and Lochee United Ladies were honoured at the recent SportDundee Awards. Mary and her team were runners up in their respective sections of Lifetime Commitment and Team of the Year. It was a great honour for both to be nominated for the prestigious awards, showing the great dedication that Mary has given the sport and then fantastic progress that Lochee United have made over the last year. Even though they weren't successful in gaining the awards, it shows the great progress of Women's Football in the City of Dundee. Well done to both Mary and all the players, officials and coaches at Lochee for their worthy nomination and recognition.

## Coach Education Opportunities for Quality Mark Clubs

There are to be a series of Level 1 and Level 2 SFA Coach Education courses delivered in the New Year exclusively for those clubs currently involved in the SFA Quality Mark Club Development Scheme. All courses will take place at Dawson Park Astro Turf, Dundee from 5.20pm to 8.20 pm. Other details of the courses are as follows:

<b>SFA Early Touches, Children Level 1</b>	<b>25 &amp; 26 January</b>
<b>SFA Coaching Young Footballers, Children Level</b>	<b>1, 2, 8 &amp; 9 February</b>
<b>SFA Developmental Activities, Youth Level 1</b>	<b>15 &amp; 16 February</b>
<b>SFA Coaching Youth Footballers, Youth Level 2</b>	<b>22 - 23 February &amp; 1 - 2 March</b>

For further information, please contact Mark Munro SFA Regional Manager (East):  
Tel 07918192671 or e-mail [Mark.Munro@scottishfa.co.uk](mailto:Mark.Munro@scottishfa.co.uk)

In addition the SFA will be launching a new Coach & Volunteer Development Programme in February 2007. This will detail not only formalised coach education but also workshops, seminars and coach development days that will be available across the East Region throughout the year.

For more information on the above please contact myself or Mark Munro directly.

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If you wish to submit any information for the next newsletter please do so by **Monday 19<sup>th</sup> February 2007**.



# Gymnastics

Jackie Archibald  
Gymnastics Development Manager  
Email: [jackie.archibald@dundeecity.gov.uk](mailto:jackie.archibald@dundeecity.gov.uk)

DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

## New Gymnastics Club in Dundee

**SportTayside & Fife** along with Dundee's Sports Development Section have been working closely to support Newfields Primary school to implement a Gymnastics club structure within the school. Through a strong focused working partnership, Newfields Primary School now has a strong parent committee and appropriate structures in place to operate as a club. This will be the first constituted gymnastics school club to operate in Dundee.

Newfields Primary School was also successful in obtaining the Young Team of the Year award at the Dundee Sports Award Ceremony. This award marked the hard work and dedication of the children and coaching staff.



The new club will focus on the basic fundamentals of the sport and act as a feeder to WAC Gymnastics Club and Dundee Development Squad Programme. The programme will provide opportunities and pathways for children living within the local community who wish to engage within the pathway of the sport.

The programme will also act as a forum to engage volunteers and senior pupils who wish to access education, training or require mentoring to attain a National Governing Body coaching award, thus ensuring sustainability and progressive development of the sport within a local community setting.

Another area of focus has been gymnastics provision operating within the North West of the city. Classes have been operating under the auspices of the Communities Department for several years. However, coaching staff wished to develop and constitute provision to club status. Support given by Dundee Sports Development Section and **SportTayside & Fife** will enabled the smooth transition to independent club status.

## New Gymnastics Programme in Kinross

Working closely with Active School Co-ordinators and Perth Sports Development Team has resulted in the implementation of a Gymnastics Programme in Kinross Primary School. The programme caters for children P 1 – P4 and is supported by qualified coaching staff and parent volunteers. The PTA committee have also been instrumental in supporting this programme, allocating and identifying funds for a desired, appropriate equipment base. It is hoped that the programme will extend in the future and that local volunteers will become qualified to deliver gymnastics sessions, resulting in increased opportunities for children living within the Kinross area.

## Coach Education

**Fundamentals workshop** : SportTayside and Fife will be holding parent/volunteer Fundamentals Workshop which will be delivered by a fully qualified Cycle 5 tutor on Thursday 30 November at Aberfeldy Town Hall.

The objective of this workshop is to introduce Gymnastics in a basic format, so that parents/volunteers gain an understanding of the subject matter. It is envisaged that the delivery of this workshop will encourage candidates to attend the forthcoming Level 1 UKCC course to be run by Scottish Gymnastics early in the New Year. Dates for the course will be notified at the workshop and advertised in our Education & Training brochure.

**Pre – School Club Coach Course** : Angus Sports Development Section has been proactive in developing their pre-school programme and attendance at the assistant coach course held at the weekend was very encouraging. Due to this, **SportTayside and Fife** are to engage with the National Governing Body to ensure that a Club Coach course is on offer in 2007, ensuring the development of coaching staff, which inevitably will result in a quality delivery to participants and growth of the pre-school programme in Angus. **Anticipated date for club coach pre-school – August 07**

## Positive Partnerships - Action Planning

**SportTayside & Fife** has been actively involved in the action planning process with Local Authority Sport Development Teams and Active Schools Co-ordinators within Tayside & Fife. The partnership between Active Schools and Sports Development Teams is imperative to ensure a focused consolidated approach to the development of the sport from grass roots through to performance.

Currently, Dundee and Fife are working with structured action plans and it is hoped that Angus and Perth action plans will be operational before December 2006.

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

If you wish to submit any information for the next newsletter please do so by **Monday 19<sup>th</sup> February 2007**

# Hockey

Rennie Milne  
Hockey Development Officer  
E-mail [rennie.milne@dundeecity.gov.uk](mailto:rennie.milne@dundeecity.gov.uk)

## DEVELOPING HOCKEY IN TAYSIDE & FIFE

### Scottish Performance Squad

**SportTayside & Fife** in partnership with SHU and **sportscotland** have secured funding to set up a Scottish Performance Squad in Tayside & Fife. The squad will be organised and managed by the Hockey Development Manager in partnership with Tayside & Fife Institute Sport (TFIS) and SHU. The introduction of the programme in Tayside and Fife will ensure that players showing potential to aspire to the highest levels are given the best chance through a progressive pathway that will support their development both on and of the pitch. Time scales and venues are yet to be confirmed however, the programme should be introduced early January 2007.

### Fife Action plan

The development and implementation of a Sport Specific Action Plan for Hockey in Fife has taken place and was introduced in November 2006. This will ensure that continued development, support, funding and resources for hockey in Fife will be delivered over the next three years. The planning process was initiated in early July and information from a number of key stakeholders such as Fife Sport Development, Active Schools, East & West Sports Councils and Local Clubs assisted in its production, whilst working in partnership has secured shared responsibility for its successful delivery.

### Perth Action Plan

The planning process for an action plan in Perth & Kinross was initiated in October 2006. The Hockey Development Officer has been working in partnership with Perth Sports Development, Clubs, Education and Active schools to gather information on future priorities for hockey in the area.

### Education

Tayside & Fife will be leading the way in the implementation of an educational calendar in 2007/08 that will assist in the continued development of coaches, officials and volunteers. The calendar will be produced in partnership with SHU, Dundee, Angus, Fife and Perth & Kinross Sports Development Sections, Education Departments, Midlands Hockey Union, local Sports Councils and Clubs. To date several courses have taken place with a number of coaches and officials being created: **Leaders Courses** – Fife - 20 coaches, Dundee - 14 coaches, **C-Badge Course** - Dundee - 12 officials

### **Forthcoming Courses:**

<b>Leaders Courses:</b>	Fife:	Waid Academy, Anstruther	3 <sup>rd</sup> December
<b>Level 1 Course:</b>	Angus:	Arbroath Sports Centre	March /April
	Fife:	Kirkcaldy High Community School	March

### Monarchs Hockey Club

Dundee based hockey team Monarchs has relocated to Arbroath and is growing in strength. The club has developed its junior section through the creation of links with primary and secondary schools in the Arbroath area. As well as their junior section the club has also created links with Brechin Ladies Hockey Club; with both clubs now using Arbroath as their home pitch. Partnership working in this way will serve both clubs well in the future for the development of hockey in the area.

### Primary Festivals

A number of Hockey Festivals have taken place in Tayside & Fife over the last three months. The continued promotion of the festivals helps to raise the profile on a local level and give players the opportunity to participate in the sport in a fun and controlled environment.

### Scholarship Programme

Derek Welch, Club/Coach Development Manager for **SportTayside & Fife** provided information for the Midlands Hockey Union Youth meeting held on 4 December on the benefits the **SportTayside & Fife** Scholarship Programme can offer to coaches and officials. Coaches and officials not at the meeting who are keen to develop their personal levels of coaching and increase their knowledge and understanding of hockey can access this information from MHU or Derek.

### New Hockey Development Manager

As you may be aware I will no longer be the Hockey Development Officer (HDO) for Tayside & Fife from January 2007. The new Hockey Development Manager, Lorna Dobbie, will be starting in post in early December. I have had a great time working with some very colourful and challenging individuals and organisations within my time as HDO and I have loved every minute of it. I hope that you will continue to strive to progress and develop the sport for the current and future generation of budding hockey players. I will be staying on in a volunteer capacity for Midlands Hockey Union Youth Section so you haven't fully gotten rid of me yet. I wish all the new HDM all the best of luck in her new post and hope that the Tayside & Fife Hockey Community have a very safe and enjoyable festive period.

### U16 & 18 Inter District Squads (Outdoor)

I would like to take this opportunity to thank the coaches and managers who volunteered to assist the Boys and Girls in both the U16 and U18 Midlands Inter District Hockey Squads. As a direct result of the support given by the coaches, both boys and girls from local clubs were given the chance to showcase their skills to National coaches. The following boys and girls have been included in their respective age groups in the national training squads, U16 girls have not been named due to notification issues:

**U18 Boys** - Robert Adam, Ben Jamison, Connor McCartney, Michael Ross  
**U16 Boys** - Ross Glashan, Gareth Davies, Blair Wynd, Jordan Dewar  
**U18 Girls** - Emily Bain, Tarny Duhre

### U18 & 15 Inter District Squads (Indoor)

Midlands are one of the leading Districts in the Indoor game with local men's and women's teams playing at National 1 & 2 and also in top European Competitions. With the continued assistance from coaches and managers in Tayside & Fife we are looking to maintain Midland's reputation of producing quality indoor teams and players.

Local coaches and managers, who will be able to dedicate time to assist in the recruitment and delivery of both the U15/18 indoor squads, are required. Trials for the squads will be held on 17<sup>th</sup> December at D.I.S.C. from 12am to 4pm. The Inter District Indoor tournaments for the teams will be held in January and February 2007. Players who competed for U16 or U18 level in representative matches in the previous season are ineligible to play in the competition (as stated in the SHU Youth Byelaws).

If you are interested in assisting with any of these coaching positions please contact Ialene Mitchell on Tel: 01738630154 or e-mail [ialene@mitchell.f9.co.uk](mailto:ialene@mitchell.f9.co.uk) or you can contact Rennie Milne on Tel: 01382 431851 or email [rennie.milne@dundee.gov.uk](mailto:rennie.milne@dundee.gov.uk)

# Rugby

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

DEVELOPING RUGBY IN TAYSIDE & FIFE

## Greetings

May I take this opportunity to introduce myself as the new **Scottish Rugby Regional Development Manager for Tayside and Fife**. It has been a busy few weeks since coming into the role visiting numerous clubs and schools across Tayside and Fife. The commitment and enthusiasm of players and volunteers is heartening and I look forward to working with these people over the coming months and years in order to 'grow the game'.

My own background is a mixture of sport and leisure management; coaching in sport and health/fitness and several years spent in the financial sector in Edinburgh working in high profile multi-billion pound projects. The great potential for rugby in the region is very exciting, and it is for this reason that I have come back into sport.

## Regional Audit and Strategy

Rugby clubs and schools across Tayside & Fife are in the process of providing an audit of their player, coaching and volunteer participation numbers as at the start of the season 2006-07. This information will be vital in allowing us to identify where clubs need to / have the opportunity to develop. It is this baseline data that will form the basis of club plans and the Regional Strategy for Tayside & Fife.

The Regional Strategy for Rugby will be a key document for all stakeholders in the sport, outlining exactly where the sport is now, and where we want it to be in 3 years time. Feedback from clubs has so far been positive, with a clear desire to develop the game and make the clubs a stable focal point in their communities. Regional Development Groups consisting of representatives from each club, and occasional representation from local authorities, active schools etc. will provide a forum where clubs will discuss the progress of their development plans; share knowledge and best practice and learn from one another. This structure has worked well in other regions and I will be hosting my first round of Regional Development Group meetings during November and December.

## 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.

My thanks go to Doc and his team (pictured below) for their help in making it a memorable night for the youngsters.



### Calcutta Cup Tour

The Calcutta Cup has been on tour in Tayside & Fife during November, taking in several clubs and schools from Anstruther to Pitlochry. The cup is played for annually between Scotland and England and is now in its 128<sup>th</sup> year!

I would like to thank the Scottish Rugby Union and English RFU for making such a tour possible. The cup was well received by hundreds of children (and many 'big kids' too!). Hopefully, we can make this a regular occurrence when the trophy is in Scottish possession...no pressure at Twickenham lads!

### Local Players Receive International Recognition

Rob Dewey, formerly of Madras High School and Kirkcaldy Rugby Club made a try-scoring debut for the full Scotland team in the November victory over Romania. Rob has made rapid progress since becoming a professional and put a year of injury behind him to make an immediate impact for Scotland. John Petrie (formerly Dundee HSFP) and Perth-born Sean Lamont continue to be mainstays of the Scotland squads.

### Coach Education

Perthshire Rugby Club will host the first of the new UKCC Level 1 coaching courses to be held in Tayside & Fife. The course takes place over two and a half days at the end of November / start of December, and I am pleased to say that all 30 places have been taken. Such is the level of demand that the Scottish Rugby Union is willing to organise another early in 2007.

A joint Foundation Coaching / Refereeing course held at Madras FP in St Andrews on 22<sup>nd</sup> October was also well attended with over 30 people completing the day-long programme.

Coach education is a core target for rugby development and through courses such as these, we plan to get new people involved in coaching rugby and help those already involved develop their skills and derive as much enjoyment as possible.

# Swimming

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

DEVELOPING SWIMMING IN TAYSIDE & FIFE

## Coach / Teacher Licensing

### **What is Teacher and Coach Licensing?**

After gaining a recognised aquatic teaching and coaching qualification, candidates will be invited to apply for a licence. This will be valid for a specific period of time and renewable subject to the holder meeting specific criteria. The licence for swimming teachers and coaches in Scotland will be issued by Scottish Swimming but criteria will be the same throughout Britain.

**SportTayside & Fife** in conjunction with Scottish Swimming will be running Coach/Teacher Licensing information days within each of the four Local Authorities during 2007. This will provide further information on licensing, the process and benefits. There will also be the opportunity for Coaches and Teachers to submit licensing application forms and evidence.

## Coach Education and Development

From January 2007 the education of Teachers and Coaches will come under the UKCC banner, providing an endorsement of sport specific, quality coach education.

### **What are the main differences between the current ASA qualifications and those being developed in line with UKCC?**

There are four main differences:

- Swimming Coaching and Teaching are now split into separate strands; they sit alongside the other disciplines of Water Polo, Synchronised Swimming and Diving
- The qualifications are athlete centred, working along the principles of Long Term Athlete Development (LTAD); it allows teachers and coaches to progress through levels 1-5 of qualification whilst working within the same area of LTAD. Coaches are being encouraged to excel at working with athletes at particular stages of their LTAD.
- At levels 1 and 2 the emphasis will be on 'how to coach' rather than 'what to coach'.
- The Teaching strand will have a greater emphasis on a multi-disciplined approach – Swimming/Diving/Water Polo/Synchronised Swimming. Teachers will be assessed on their ability to deliver skills and drills associated with all of the four Aquatic Disciplines.

### **When will the new educational process be launched?**

From the 1<sup>st</sup> January 2007 Level 1, Level 2 and Level 3 will be available in Swimming Coaching, Diving and Water Polo. Synchronised Swimming Level 1 will also be available at this time; however their Level 2 and Level 3 will be ready later on the 1<sup>st</sup> quarter of 2007. Swimming Teaching levels 1, 2 and 3 will be available from September 2007 onwards

### **What will happen to my current qualification?**

Nothing, all current and past qualifications will remain valid. No one will be asked to convert their current qualifications or re-do them.

The following Education Courses will be run within Tayside & Fife.

<b>Saturday 16 December</b>	<b>Disability Awareness for Swimming Coaches</b>
<b>Sunday 17 December</b>	<b>Starts and Turns Seminar</b>
<b>1 – 9 December</b>	<b>ASA Level 1 Teachers of Swimming - Angus</b>
<b>15 / 18 / 20 December</b>	<b>ASA Club Helpers Course</b>
<b>19 January – 4 February</b>	<b>ASA Level 1 Teachers of Swimming - Dundee</b>
<b>TBC</b>	<b>ASA Level 1 Teachers of Swimming - Fife</b>

**Saturday 17 February**  
**Sunday 4 February**

**Disability Awareness for Swimming Teachers**  
**Meeting 'Individual' needs within teaching environment**

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

### Club Development

Arbroath St Thomas Swimming Club, based at Arbroath Sports Centre has become the first Club in Scotland to attain accreditation for Swimmark, the SGB Club Development Programme.

The aim of the Club is to develop a strong community and competitive club, creating an enjoyable environment and allowing opportunities for people of all ages to fulfil their potential in swimming. The Club will work in partnership with external agencies such as Scottish Swimming, Angus Council and **Sport Tayside & Fife**.

Since its formation in 1897, St Thomas has had one Olympian and Para Olympian swimmer and has also enjoyed success at a National level and District level. It currently has 300 members, approx 90 competitive, the balance of membership being made up of beginners, improvers, technical officials and non swimmers. It has 10 teachers and coaches qualified level 1/2/Club Coach or Coach and a further 3 teachers have a Helper award.

Marion Durham, Head Coach, said of receiving this award 'I am absolutely delighted that St Thomas is to be the first club awarded Swimmark. This is down to the hard work and commitment of coaches, athletes and members.'

### Regional Squads

The next training day for the Regional Squad Programme will take place on:

- ❖ Fife Squad at the FIPRE:  
25 November led by Robert Hammond, South Ayrshire
- ❖ Tayside Squad at Dundee College Campus, Gardyne Road:  
16 December led by Phil Potter, HEARTS

All Coaches are welcome to attend any of these sessions.

### Local Area Squads

The Fife Area Squad will have their first session at Glenrothes on Saturday 6<sup>th</sup> January, starting at 3.00pm. Letters requesting nominations for the Squad have been sent to all Clubs. Gary Vandermeulen, the Tayside and Fife Performance Coach, will lead the Area Squad session, and all Clubs are asked to provide coaches to assist at each session.

### SportDundee Awards

The SportDundee Awards took place at the Invercarse Hotel on Wednesday 22 November.

Aquatics were well represented with nominees in the top 3 in the following categories:

Lifetime Commitment Award, Community Coach of the Year, Team of the Year, Young Team of the Year, Coach of the Year, Sports Person of the Year.

The following people received the top awards:

Lifetime Commitment Award - **Frank Jordan**, Menzieshill Whitehall Swimming and Water Polo

Community Coach of the Year - **Drew Burnett**, Dundee Arnhall Swimming Club

Coach of the Year - **Murray McLeod**, Menzieshill Whitehall Swimming and Water Polo Club

If you wish to submit any information for the next newsletter please do so by **Monday 19<sup>th</sup> February**

# Coaching

Derek Welch  
Club/Coach Development Manager  
E-mail: [derek.welch@dundeecity.gov.uk](mailto:derek.welch@dundeecity.gov.uk)

## DEVELOPING COACHING IN TAYSIDE & FIFE

### CoachingTayside & Fife Scholarship Programme

The Scholarship Programme aims to secure financial support to enable coaches to undertake the necessary training to support Education and Training Opportunities. In conjunction with our partners, the following coaches from Tayside and Fife received scholarship assistance.

#### Gymnastics

Long-term scholarship programmes have been agreed with two Gymnastics coaches to fund mentoring and club coach opportunities. Willie Moyes, Leven, Fife has successfully completed the General/Men's Artistic Club Coach Course during October at Falkirk School of Gymnastics. Beate Petersen, Newtyle, Perth & Kinross, will attend an agreed programme of mentoring, video analysis and IT training.

#### Rugby

Simon Laidlaw has been awarded a scholarship to attend a fitness instructor's course during December in Edinburgh. In future, Simon will assist Perthshire Rugby Club with their Strength and Conditioning Programme.

#### Swimming

A long-term programme has been agreed with Swimming tutor, Marion Durham, from Monikie, Angus and an award was made to complete a Level 2 Tutor Attachment. Further assistance will be provided to complete an adult/child disability technical attachment.

### **Would you like to be part of the Scholarship Programme?**

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

### CoachingTayside & Fife Education Programme 2006/2007

#### Psychology Workshop

On Wednesday, November 15th, a Psychology workshop was delivered at Bell's Sports Centre, Perth. The tutor for the evening was, Katie Sinott, principal psychologist and a member of the support team at the Tayside and Fife Institute of Sport.

Twenty-six coaches, from a wide variety of sports, attended the informative evening. The sports represented included: Gymnastics, Hockey, Football, Basketball and Rugby. Sports Medicine students from University of Dundee also attended along with athletes and sports therapists.

A further psychology workshop will be organised during Spring of 2007 specifically targeting parents and children. A practical nutrition workshop will also be delivered next year. Please contact me if you are interested in attending.

#### SportTayside & Fife Website

**SportTayside & Fife** have just launched a new website. The website will be an additional communication tool, contributing to developing sport in Tayside and Fife and actively promoting clubs, coaching, events, newsletters and a full programme of courses and workshops. The website address is: **[www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)**

## Forthcoming courses and workshops

### Gymnastics (Perth & Kinross)

**Course:** Club Coach (General)  
**Dates:** 3<sup>rd</sup> & 10<sup>th</sup> December  
**Venue:** Dunfermline High School, Fife  
**Contact:** Bill Hogg, Fife Sports Development Team, **Tel:** 01383 314641 **E-mail:** bill.hogg@fife.gov.uk  
**Details:** Contact course organiser above.

### Community Sports Leadership Awards (Fife)

**Course:** Sports Leader Award  
**Date:** 4<sup>th</sup>- 8<sup>th</sup> December  
**Venue:** Lochgelly High School, Fife  
**Contact:** Anna Tizzard, Sports Coaching Development Officer, **Tel:** 01592 415847  
**E-mail:** anna.tizzard@fife.gov.uk  
**Details:** The course is aimed at anyone who wants to become or improve their coaching skills as a coach or Sports Leader.

### SportsCoach UK (Fife)

**Course:** How To Coach Disabled People In Sport  
**Date:** 6<sup>th</sup> December, 6.30-9.30pm  
**Venue:** Fife Institute of Sport, Glenrothes  
**Cost:** £20.00  
**Contact:** Aileen Penny, Senior Teacher, Fife Institute of Physical & Recreational Education, Viewfield Road, Glenrothes KY6 2RB, **Tel:** 01592 415 700 **E-mail:** aileen.penny@fife.gov.uk  
**Details:** Contact course organiser above

### SportsCoach UK (Fife)

**Course:** Good Practice and Child Protection  
**Date:** 13<sup>th</sup> December, 6.30-9.30pm  
**Venue:** Bell's Sports Centre, Perth  
**Cost:** £20.00  
**Contact:** Ross McMillan, Development Officer and CU@Sport Co-ordinator, Perth & Kinross Sports Development Team, Balhousie Primary School, Dunkeld Road Perth PH1 5DH, **Tel:** 01738 637 129 **E-mail:** rdmcmillan@pkc.gov.uk  
**Details:** Contact course organiser above

### Coming Soon...

**A series of workshops and events will be available from February 2007 including:** Practical Nutrition and Preparation, Self-Massage, Flexibility and Hydration.

A Coaching Innovation event in March 2007 is also being planned.

The new **SportTayside & Fife** Education and Training programme will be available on the new website from January 2007 and a printed booklet will be distributed from March 2007.

If you would like to submit any coaching information for the next newsletter, I would be grateful if the material reached me by **Monday 19<sup>th</sup> February 2007**.