

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

Welcome to our November newsletter which highlights areas of best practice and particular success stories from the partnership area.

ARBROATH HIGH SCHOOL

As a Sports Partnership we are constantly made aware of the sporting successes achieved by Arbroath High School and its network of clubs. There are a lot of great things happening in Arbroath that we would like to highlight in this newsletter.



The rector, Iain Orr, PE staff and other teachers provide more than just teaching skills to the pupils when it comes to school sports clubs and extra-curricular activities.

So what can this be attributed to and can it be replicated in other schools and areas?

Arbroath has provided pupils with out of school clubs and significant sporting achievements in athletics, badminton, basketball, cricket, netball, football, rugby trampolining and swimming at regional, National and even international level. This is a considerable achievement, in particular winning the Angus Schools Athletics Championships for fifteen consecutive years.

This is only made possible by the support and encouragement of dedicated staff. Motivation, support and the quality of coaching are all crucial ingredients for success with former pupils such as Andy Webster going on to play football for Hearts, Rangers and Scotland and Gareth Murray, a former Arbroath HS and Musketeer who starred in the Commonwealth Games basketball tournament in Melbourne 2006.

There is no doubt that access to quality facilities is a key factor to the strength of the individual and team sports programmes. The extra curricular timetable in the school's PE Sports Base confirms that all the facilities are in use before school, during lunchtime and after school

with staff support for all activities. Critically, the sports facilities are used as a sports centre after school hours and at weekends. This includes grass and artificial pitches, a swimming pool and indoor sports halls.

To the credit of the school, it is a multi-sports programme that does not restrict the pupils to one or two specialised sports. As a result there is a really enthusiastic uptake amongst pupils of all ages.

Great job Arbroath High School!



Excellent links with the Arbroath and Angus clubs/teams is another vital component. This creates a sporting pathway that gives the pupils the opportunity to achieve in their chosen sport. This is demonstrated with the Arbroath Musketeers Basketball club, which has won nine National titles and produced over twenty Scottish U16 and U18 national team players over the years.

The enthusiasm, dedication and results gained by the pupils are fostered by having, somewhere to train, someone to coach them and future opportunities to aim for in their chosen sport or sports. Arbroath High School provides the right sporting environment beyond the PE curriculum and this is at the heart of their success.

The successes achieved by all secondary schools in Tayside & Fife, either with individual sports or with school teams, cannot be done without dedicated coaching, knowledgeable and supportive teachers, backing and encouragement from Head Teachers and suitable facilities. With the 2012 Olympics and the 2014 Commonwealth games on home soil, the emphasis on creating the right environment for our sporting youth has never been greater!

Athletics

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DEVELOPING ATHLETICS IN TAYSIDE & FIFE

Perth & Kinross Giant Heptathlon

The Giant Heptathlon is a new competition format for S1 and S2 pupils being championed by **scottishathletics** with the events aiming to give school pupils the opportunity to gain experience of athletics. The programme looks to bridge the gap between the Primary School Fun in Athletics competition, which many of the pupils will have experienced, and traditional athletics. Each school has a team of seven boys and seven girls and they go round each of seven activities as a team; in addition they also run a 7 x 1 lap relay at the start of the event. They get the chance to experience all aspects of athletics in a sportshall environment. The following events were on the programme in Perth:



Kinross High School receive Long Jump Coaching

- 1 Lap sprint
- 1 Lap Hurdles
- Endurance Step-Up
- Bean bag Challenge
- Shot Putt
- Standing Long Jump
- Standing Triple Jump



Perth Grammar Girls in the Bean Bag Challenge

Similar events will run in each of the Local Authorities across the region. In this first year slightly different formats will be piloted in each Authority as one of the key objectives is to offer the pupils coaching as well as competition. The Perth & Kinross event took on a full day format with the pupils all starting in the morning and receiving coaching in each of the events from a team of coaches. After lunch the school teams then made their way round each of the events, but this time in a competition format, with all scores counting towards the team score.

In the other authorities it is likely that the events will run with just the competition format, but coaching will be offered either in advance of the day or as a follow-on activity. The top two teams from each of the four authorities will be offered the chance to compete in a Tayside & Fife Final which is scheduled to take place at Pitreavie Athletics Centre on 28th February 2008.



The event was only possible thanks to the work of Jane Cusine (Perth & Kinross Sports Development Officer) and Jamie McDonald (**scottishathletics** Youth Development Manager) working together with **SportTayside & Fife**. The Perth & Kinross Final was won by the excellent team from Perth High School (pictured above)

Tayside & Fife Championships

The summer competition programme finished for the year with the **SportTayside & Fife** Combined Events Championships and Track & Field Championships on 9th and 16th September respectively. Both events went well although the Track & Field Championships suffered from heavy rain all day. However, the athletes lit up the occasion with some great performances; none more emphatically than Lisa Glover who not only broke the Championship Record but also the Scottish Junior Record in the javelin with a throw of 45.09m.

For full results and details click: <http://www.sporttayside-fife.co.uk/athletics/results.html>

Regional Squads

The first session of the 2007-08 squad took place at McDiarmid Park Football Stadium on October 24th when the whole squad came together to meet the coaches, discuss squad dates and venues and take part in an excellent interactive session on Performance Profiling with Sports Psychologist Katie Sinnott. The squad will now split into their respective event groups for a series of training sessions over the coming months, which will see the Region's best athletes working together. For full details of squad dates and lists please see the following link:

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

Regional Development Camp



The first ever Bank of Scotland Regional Development Camp for U15 athletes from across Tayside & Fife took place on Sunday 21st October at the new Pitreavie Athletics Centre in Dunfermline. The session was attended by Lee McConnell (pictured left with the athletes) who passed on her knowledge and experience to the young athletes through a question and answer session.

The 20 young athletes in attendance also engaged in a range of activities based on the existing Young Athlete Camp format with event specific and generic development sessions. Many personal coaches also attended the sessions so that they could learn from the Regional Coaches leading the sessions. The feedback from both coaches and athletes was excellent and the format will be repeated in the future.

Fife LAP AGM

The Fife Local Athletics Partnership (LAP) held their second AGM on Wednesday 14th November. It is hoped the group will go on to build on their good work in the first year, continuing to make progress for athletics in Fife. During the session Jamie McDonald of **scottishathletics** presented to the group on the new clubmark scheme which they launched recently. The scheme will be used to help clubs strengthen their infrastructures, making them stronger in the future. The Athletics Tayside Partnership presentation will be at their next meeting on November 28th. For more information about clubmark please go to:

<http://www.scottishathletics.org.uk/index.php?p=17&itemType=news&itemId=3074>

European Athletics Coaches Association (EACA) Conference

scottishathletics have been awarded next year's European Athletics Coaches Association Conference, which will be held in Glasgow from 31st Oct to 2nd Nov 2008. The Conference will incorporate the **scottishathletics** International Coaching Conference, and will feature a number of internationally respected speakers with delegates travelling from across Europe to attend.

scottishathletics Education and Development Manager Ewen Cameron said: "This event will be the highlight of the European Athletics Coaching Calendar and is a fantastic opportunity for Scottish coaches to attend a world class event on their own doorstep." UK Athletics Head of Coaching and Teaching, Callum Orr, said: "This will be an outstanding event with national and international speakers of the highest quality. This will be a must attend event for all coaches serious about professional learning." Further information will be available early in the New Year.

Tayside Athletes of the Year Announced

For full details of this year's winners please see: <http://www.sporttayside-fife.co.uk/news.html>

Coaching

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DEVELOPING COACHING IN TAYSIDE & FIFE

Scholarship Programme 2007-08

SportTayside & Fife are now in the position to consider applications across the focus sports including: Athletics, Basketball, **clubgolf**, Gymnastics, Girls' / Women's Football, Hockey, Rugby and Swimming.

CPD Scholarship Programmes – August - November 2007

In the last 3 months, CPD programmes have been agreed with the following coaches:

Hockey: Allan Law (Performance Squad Coach) – Dundee — UKCC Level 2

Swimming: Ronald Eldridge – Fife, Graham Irvine – Fife, Catherine Maciocia – Fife, Alastair Caird – Angus - All Level 2

Girls' & Women's Football: Gilbert Valentine – Fife – SAQ (Speed, Agility, Speed P Award)

Rugby: Derek Clark – Dundee – SAQ (Speed, Agility & Speed specific to Rugby), Simon Laidlaw – Perth and Doc McKelvey – Perth (Strength & Conditioning)

SportTayside & Fife Education Programme 2007-08

Sport Massage & Warm- up/Cool Down

On Wednesday September 26th, in conjunction with HEAL Physiotherapy, twenty-three coaches, gathered at Mayfield Sports Complex to attend the Sports Massage & Warm up/Cool Down Workshop. The first half of the evening was structured to outline the objectives and answer questions relating to Sports Massage: what are the benefits and how does it differ from other forms of massage? The practical workshop informed coaches on what is appropriate sports massage, when to do it, along with how to use massage in training and pre/post game or match.

Part two of the workshop was to provide an understanding of the benefits of a dynamic warm-up and the static cool down. The outcome of the workshop allowed coaches to be able to develop and introduce an effective dynamic warm up and cool down session for their athlete, team or squad. This could potentially improve performance and minimise injury.

First Aid for Sport

A First Aid for Sports Course was delivered at University of St Andrews, Sports Building on 5th/6th November with thirty-three students and coaches attending both evenings. All candidates completed and were issued with a one-year emergency first aid certificate. This certificate requires to be annually renewed. For a full range of First Aid courses that can be offered to clubs and groups. Refer to forthcoming **SportTayside & Fife** Courses and Workshops.

UKCC Forum and Update Evening Session

On Monday October 22 at Bell's Sports Centre, Perth, **SportTayside & Fife** invited the Partnership to attend a United Kingdom Coaching Certificate update. The audience consisted of our Local Authority partners, Sports Council and Further and Higher Education representatives. Topics for the evening were: The vision for coaching in the shape of Coaching Scotland, highlighting the targets/goals for coaching, the national investment along, the UK Coaching Framework supported by information on the approved delivery centres for UKCC. The progress and status of a Scottish Governing Body relating UKCC was provided by, Kate Lodge, Education Manager, Scottish Swimming. The evening provided an

opportunity for questions and answers, with feedback suggesting that the evening was worthwhile. A further progress update will be organised for during the spring of 2008.

Individual Learning Accounts (ILAs)

A working group has been formed in Fife which includes **SportTayside & Fife**, Active Schools, Project Co-ordinators, Fife Sports Development and Further Education, to co-ordinate the development of an integrated coach education calendar to include the availability of Individual Learning Accounts (ILAs).

The purpose of the group is to provide a comprehensive list of ILA registered centres in Fife, distribute the list to a wider audience and utilise community use schools to deliver UKCC/SCUK Coaching Courses. Initially, we hope to target Level 1 and 2 coaches and create education packages to complement SCUK and SGB requirements through the use of ILAs. A pilot course will also be delivered to solve any problems that might arise.

With the introduction of ILAs, sport can benefit and make a positive impact with the continued development of Coaching National Standards and the UKCC system. We have a great opportunity to utilise the accounts and in effect, subsidise attendance on Coach Education courses and workshops across sport. In future, I hope we can progress the use of ILAs in other parts of the Partnership.

Forthcoming SportTayside & Fife Courses and Workshops

SportTayside & Fife Workshop Series 2007

Course: LTPD Awareness Session – Angus and Dundee
(For Active Schools, PE Specialists, Seasonal Coaches, Secondary PE)
Date/Time: TBC Proposed 11-12.30pm
Venue: TBC
Cost: Free of Charge
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: derek.welch@dundeecity.gov.uk

SportTayside & Fife Workshop Series 2008

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

Other courses in the pipeline for 2008...

*Podiatry...Exercise Induced Asthma...Strength & Conditioning...Fundamentals...
Nutrition...SportTayside & Fife Coaching Innovation Forum*

First Aid courses for clubs and groups

SportTayside & Fife can now offer a wide range of First Aid courses, from a 4-hour First Aid in Sport course up to a 4-day full HES First Aid course, providing a 3-year certificate. For further details, please go to our website at www.SportTayside-Fife.co.uk These practical courses are structured to provide sufficient First Aid sports specific knowledge, to meet the criteria set by Scottish Governing Bodies for coaching insurance purposes. Please contact me for further details on First Aid for Sport for your club or groups.

If you would like to submit any coaching information for the next newsletter, I would be grateful if the material reached me by **Friday 15th February 2008.**

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