

# 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!

Girls/Women's

# Football

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**DEVELOPING GIRLS / WOMEN'S FOOTBALL IN TAYSIDE**

## Celtic Girls (Tayside) Achieve ClubDundee Development Level

Celtic Girls (Tayside) FC have become the first girls football club in Dundee to achieve Development Level of the ClubDundee Award. The club, which was founded in 2003 currently caters for girls at U11, U13, U15 and U17 age groups and has over 16 dedicated volunteers all involved in the running of the club. The club has worked along side Dundee City Council and with **SportTayside & Fife** to achieve this award, proving their dedication towards their club, their members and their future.

This is the first step for the club towards attaining the SFA Quality Mark Standard status which they aim to achieve within the next month. If they are successful, they will be presented with the award on December 10<sup>th</sup> at the Inaugural East Region Quality Mark Awards, which will see all Clubs that have achieved Quality Mark Status receive the recognition they deserve. We look forward to monitoring the progress of the club's development over the coming years.

## East of Scotland Girls Football League receive £800 funding for U9's

The East Region Girls Football League (EoSGFL) has secured £800 of funding from the Scottish Football Association for the development of U9 football in the East Region. The EoSGFL will take an active role in developing this level of football and driving it forward. Part of the agreement will result in the league receiving free in-service training from the SFA, free SFA Developmental 4'3 resources, 4-a-side goals and continued professional support as the age group develops.

The push to grow U9 football will start in the New Year, when two festivals will be held in Tayside and Fife for schools and clubs. It is hoped that this will serve as a catalyst to the further development of girls football in the East Region.

## Forfar Farmington get the go ahead for Stage 2 Application

After a successful application for to **sportscotland's** "*Building for Sport*" Programme, Forfar Farmington were delighted to receive the news that they had been granted permission to apply for Stage 2 funding. The club have submitted their final funding application which, if successful would see the club's dream of a "new home" become a reality. With the help of club members and external support they are looking to transform the Market Muir Pitch in Forfar into a hub for community sporting activity. If successful, the area will receive a brand new changing pavilion and sports club, the pitch will be upgraded and floodlights will be installed, allowing the club to use the pitch all year round. We wish the club all the best in the run up to the announcement which is due in early December.

## East Region Performance Programmes enter Winter Shutdown

After a successful first block both the East Region and Tayside & Fife Development Squad Programmes have entered into a winter shutdown. After a challenging first block we are delighted with the progress that has been made. In total 14 East Region players have been

selected for Scotland Youth Squads. We have had a number of top coaches involved with squads at both development and regional level which has aided the players in their development and we have enjoyed a number of guest specialists who have supported the players in the areas of nutrition and psychology.

We hope both players and parents alike have enjoyed the first half of this season's programme and we look to welcoming you back in the New Year. In the mean time, keep training!

### International honours keep on coming for the East Region!

After two wins and one draw the Scotland U17 National Squad qualified top of their group in the inaugural UEFA U17 Championship. The team consisted of no less than five East Region players, one of which, Emma Mitchell, had the honour of captaining her country through the phase. All players received game time with Mitchell, McMurchie and Evans all getting on the score sheet. An excellent performance from all involved, and we wish the girls all the luck as they enter into the last sixteen of the competition.

Those selected were:

**Gemma Collier** Forfar Farmington L.F.C, **Lauren McMurchie** St. Johnstone G.F.C, **Emma Mitchell** St. Johnstone L.F.C, **Kimberley Thomson** Forfar Farmington L.F.C, **Lisa Evans** St.Johnstone

In a similar vein the next players preparing to strive for international glory produced two fine performances against their Welsh counterparts at McDiarmid Park, Perth in November.

The first U15 National Squad of the season saw a total of eight East Region player's selected for two closed door games against the Welsh U16 squad. All eight players received game time, with some excellent performances to boot, resulting in two comprehensive 4-0 wins by the young Scots. It is fantastic to see that the clubs and performance programmes in the East Region Continue to work together to produce talented players. Congratulations to the following players on their selection:



East Region's Iona Colville who recently represented Scotland at U15 Level

**Jodie Clark** Perth City A.C., **Iona Colville** St. Johnstone GFC, **Kelly Clark** Arbroath Inchcape GFC, **Atlanta Gray** St.Johnstone GFC, **Lana Clelland** Rangers GFC, **Amiee Godfrey** Monifieth LFC, **Claire Thoms** Arbroath Inchcape GFC, **Caroline Weir** Hibernian GFC

For further information or updates, please visit our website at [www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk). Any information for inclusion in the next newsletter should be submitted by **Friday 15<sup>th</sup> February 2008**

# 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 5<sup>th</sup>/6<sup>th</sup> 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 26<sup>th</sup> 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](http://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 15<sup>th</sup> February 2008.**

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