

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>

Basketball

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DEVELOPING BASKETBALL IN TAYSIDE & FIFE

[basketballscotland / SportTayside & Fife Talent Development Programme \(Boys & Girls\)](#)

basketballscotland and **SportTayside & Fife** are delighted to announce the player selection dates for the 2007/2008 Talent Development Programme, also known as the Tayside & Fife Basketball Academy.

Under 15 Talent Development Programme Selection Day (Boys' Squad)

Sunday 13th January 2008 10:30am – 2:30pm Community School of Auchterarder

Under 14 Talent Development Programme Selection Day (Boys and Girls)

Sunday 20th January 2008 11:00am – 3:00pm Mayfield Sports Centre, Dundee

Under 15 Talent Development Programme Selection Day (Girls' Squad)

Sunday 20th January 2008 12:00pm – 4:00pm Dulloch Leisure Centre, Dunfermline

This year, Under 14's are players born on or after 1st January 1994, with players eligible for Under 15 being born on or after 1st January 1993.

We are also delighted to confirm the coaches involved as some of the best youth development coaches in the region. Russel Kesson (Perth Phoenix) and Kevin Pringle (Dunfermline Reign), both of whom have Scotland National Team coaching experience, will head up the Under 15 squads. Continuity is assured with the Under 14 squad with the appointment of Ross Dawkins (Dunfermline Reign) who has been involved in previous year's programmes. Good, young, developing coaches Ally Vannet (Dundee Sharks) and Jaimie Harvey have been appointed as assistants to the head coaches in order to ensure that we are developing young coaches as well as young players within the Talent Development Programme.

Details will also be distributed to **basketballscotland** affiliated clubs and all secondary schools in Tayside & Fife, and on the following websites:

www.basketball-scotland.com

basketballscotland contact – Simon Turner

www.SportTayside-Fife.co.uk

SportTayside & Fife contact – Chris Dodds

basketballtayside & fife – It's now official!

At their recent Annual General Meeting, the regional governing body passed several amendments to their constitution and are now officially known as, and operating as, **basketballtayside & fife**. This is a significant step forward, and ratifies the excellent development work that has been going on across both sides of the Tay for some time.

The committee also re-structured some of the key positions and have appointed co-ordinators for both the Men's and Women's Leagues to ensure these competitions run as smooth as possible and the teams all have an enjoyable season.

The new **basketballtayside & fife** committee structure is:

Robin Paterson (Madsons) – President

David Watt (Nationals) – Vice President

Tom McNeely (Madsons) – Secretary

Chris Langworth (Madsons) – Treasurer

Douglas Bader (Perth Phoenix) – Officials Co-ordinator

Alistair Maddock (Dundee Univ) – Men's Co-ordinator

Amanda Wilson (Perth Phoenix) – Women's Co-ordinator

Caitlyn Taden-Paterson (Madsons) – U14/16 Co-ordinator

Cesar Rodriguez (Unattached) – Ordinary Member

Tayside & Fife Under 14 and Under 16 Central Venue Development Leagues

The inaugural Tayside & Fife U14 Central Venue Development League (CVDL) took place on Sunday 4th November 2007 at Mayfield Sports Centre in Dundee, and it was a tremendous success. Over 90 players (55 boys and 35 girls) took part as five boy's teams and four girl's teams played round robin fixtures in a "blitz" style tournament.

Boys Tournament

Perth Phoenix
Menziesshill Madsons
Kinross Cavaliers
Arbroath Musketeers
Dunfermline Steel

Girls Tournament

Perth Phoenix
Forfar Academy Witches
Arbroath Musketeers
Menziesshill Madsons



The next U14 CVDL event is scheduled for Sunday 9th December, again at Mayfield, and already Grove Academy Girl's team have confirmed that they will also be joining in the fun.

basketballtayside & fife is currently planning dates and venues for this season's U16 leagues (players born on or after 1st January 1992). The first date for this will be Sunday 27th January 2008, venue details and times are to follow. Further dates need to be worked in to the calendar around the National League programme and Talent Development Programme events. However entries are now being accepted from clubs and teams in Tayside & Fife.

For further details or to register your club's entry for U16 or U14 Boy's and Girl's basketball Central Venue Development League's for next season (2007-08) please contact me.

Season 2007/08 - Senior Men's and Women's Leagues and Cups

Record entries for recent years have been received this season, with some Men's clubs entering two teams. The Men's league has 12 teams and the Women's League five teams, so there are plenty of games going on each week and the season has started with great impetus.

basketballtayside & fife will be enforcing strict compliance on registration this season on players, coaches, referees and table officials. All clubs are asked to co-operate with this policy and register all participants with **basketballscotland** if they have not already done so.

Further details of the Men's/Women's Leagues are available at www.basketballtayside.org.uk

Robert Archibald – Dunfermline's Ex-NBA Superstar caps off excellent summer



Finally, Robert Archibald, Scotland's basketball superstar, has completed a very successful summer by helping the Great Britain team gain promotion to Eurobasket Division "A". The 6' 10" former Queen Anne HS pupil, the only Scot ever to play in the NBA, had an outstanding campaign, including top scoring and receiving the game MVP award in the game against Albania at Meadowbank SC, Edinburgh.

However, he did take time out from his hectic schedule to wish basketball players of all ages in Tayside & Fife all the best for season 2007-08, urging them to "train hard and listen to their coaches".

Robert has since signed for top Ukranian professional outfit Azvomash Mariupol, and will compete in the prestigious ULEB Cup this season – watch out for him in TV games on "Eurosport 2" or follow his progress at www.ulebcup.com.

Everyone in **basketballtayside & fife** wishes Robert every success this year with his new team.

The next quarterly SportTayside & Fife Basketball Newsletter will be published at the end of February 2008.

clubgolf

Martin Ritchie
Clubgolf Regional Manager

DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

Pitlochry Volunteers Attain Level 1 coaching Award

Pitlochry Golf Club took their first steps towards delivering the **clubgolf** programme when volunteers from the club completed their PGA level 1 coaching award earlier this month.

A total of eight highly enthusiastic club members have been identified within the club to be trained as licensed Level 1 coaches in order to deliver the **clubgolf** coaching programme to local school children and existing junior members. When the coaching sessions begin in spring next year, the new volunteer coaches will be led by the club's professional Mark Pirie.

By committing to the **clubgolf** programme it is hoped that the club will strengthen an already thriving junior section. This will be achieved by creating links to local primary schools. Following the sessions in school the children will be given the opportunity to attend the coaching programme at the club.



Volunteers practice their coaching skills on the Level 1 Course

Firstclubgolf training for Dundee and Perth & Kinross Councils

Both Dundee City Council and Perth & Kinross Council have committed to providing all primary 5 pupils the opportunity to experience golf by rolling out first**clubgolf** within their primary schools this academic year. Active School Co-ordinators and P.E. Specialists in the Local Authorities attended training this month on the schools programme first**clubgolf**. All of those who attended were provided with advice on how to tutor and deliver the core skills of the programme. The delivery of first**clubgolf** in schools is the first step to introducing golf to young people to the game in a fun and safe environment. Furthermore it is an intergral part of changing the perceptions of golf within young people so that they access structured coaching within local golf clubs. Both of the Local Authorities pledge to first**clubgolf** will have a significant impact on achieving the target of having all nine year olds in Scotland experience golf by 2009.

More clubs sign up to clubgolf

The popularity of **clubgolf** is continuing to grow within Tayside & Fife and as a result more golf clubs have committed to delivering coaching to young people next year. From information meetings held earlier in the year a total of 8 clubs from Fife and Perth & Kinross have signed up to deliver the **clubgolf** programme these include: Pitreavie, Burntisland, Elie Sports Club, Murrishall, Comrie, Forrester Park, Glenrothes and Pitlochry. In addition to this many other clubs are expressing an interest in becoming involved in the clubgolf programme. Each of these clubs is in the process of completing a Child Protection Policy, training volunteers to PGA Level 1 standard and creating links with local schools to provide young people with the opportunity to access the game. If your club is not yet involved and would like information please contact the **clubgolf** Regional Manager.

Plan launched to double the number of girl golfers

An initiative designed to double the number of girls in Scotland playing golf has now been launched. **clubgolf**, is working to redress the imbalance of girls playing golf. Research in 2005 showed there were approximately 2,700 females under the age of 18 playing golf in Scotland as opposed to 25,000 boys. Meanwhile, in Sweden more than 22,000 girls under the age of 18 play golf. These high participant numbers in Sweden are attributed to all-girl coaching sessions combined with a strong social aspect.

clubgolf launched a pilot programme within selected clubs within Grampian. This trial was so successful that plan is now being rolled out across the country. The feedback from the girls at the Grampian clubs indicates that they are far more likely to start the game, stay involved and make progress if they begin by learning in a group with other girls. It is apparent also that the social side is very important for girls. In 2005 the three Grampian clubs had only a handful of girls in their memberships. A year later the coaching had become so popular that over 80 girls were involved in their Girls in Golf coaching sessions.

The plan is to replicate the success of the Grampian pilot within Tayside & Fife. Information meetings are being planned in the new year detailing how clubs can adopt the pilot scheme. If you club would like to note interest in the Girls in Golf programme or would like to receive more information please contact the regional manager.



Picture shows female golf professionals Kathryn Imrie and Clare Queen with the Girls from the Pilot Scheme

If you wish to submit any information or articles for the next newsletter please contact Martin Ritchie, Clubgolf Regional Manager by Friday 15th February 2008 at martin.ritchie@dundee.gov.uk or Tel: 01382 431 851

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 10th 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**. Any information for inclusion in the next newsletter should be submitted by **Friday 15th February 2008**

Gymnastics

Jackie Archibald
Gymnastics Development Manager

DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

Tayside & Fife Coaches Pass High Performance Coaching Exam

Congratulations go to Beate Petersen from Dundee - DGC2K Gymnastics Club and Scott Harper from Fife - Zodiack Gymnastics Club for passing their **High Performance Coaching Exam**. This is a great achievement for both coaches and will inevitably result in a stronger performance club infrastructure within Tayside & Fife. Children attending these clubs and the National Youth Squad, where both Beate and Scott actively coach, will benefit from their coaching expertise and have increased opportunities to further progress and hone their skills to ensure progressive positive engagement in performance structures.

Beate Petersen also scooped the prestigious **Coach of the Year** award at the Dundee Sports Awards Ceremony held in the Invercarse Hotel on the 21st November 2007. This award is given to coaches who have excelled within the performance arena, and contributed to the overall development of performers within local, national and international performance structures. **Well done Bea!!**

Tayside & Fife Women's Artistic Regional Academy

Gemma Burrows, who is the newly appointed Regional Academy coach was delighted to see over twenty children trial for the new Tayside & Fife Regional Academy programme. I was also very pleased that coaches, volunteers and Scottish gymnastics staff offered their services to ensure the smooth running of the trialling process. **Many thanks to you all!**

It is hoped that the Academy will operate on Monday evening in Bell's Sport Centre, Perth from 4.30pm – 7.30pm and Tuesday evening in the Carnegie Leisure Centre, Fife from 6.00pm – 9.00pm. In addition there will be a monthly Sunday session in Auchterarder Community School from 10.00am – 4.00pm. These dates, venues and times have yet to be confirmed and selected squad members will receive written confirmation in due course.

Tayside & Fife Squad Selections

DGC2K GC - Elli Laidlaw, Jianna Lowrie, Harley McAfee, Charlotte Brhun

Auchterarder GC - Alish McCall, Hannah Courcha

Levenmouth GC - Gillian Cobban, Mairi Paterson

Perth GC - Criostai Pringle, Ellen Latham, Catherine Baxter

Zodiack GC - Lisa Chandler, Jane Stevenson

Phoenix GC - Jennifer Brankin

Club News

Perth & Kinross – A successful funding bid has allowed a number of clubs in Perth & Kinross to access new equipment. P&K Gymnastics Development Officer, Laura Marshall, supported by **Sport Tayside and Fife** placed the bid on behalf of Perth & Kinross Gymnastics Performance

Squad for the purchase of equipment and Coach Education. The funding allows the local clubs to gain new equipment which now gives Perth two facilities in which Performance squads can run. Equipment being purchased includes a Vault Table, Springboards, Tumble Track, Coaching Blocks, wooden bars and Safety Mats.

Perth - Trampolining Success

Congratulations to 10 year old Kirsty Walton who is reaching new heights in the Trampolining world after an excellent couple of months. Kirsty from Luncarty, is a member of Perth Tay Twisters Trampolining Club and became Scottish Champion on Saturday 10th November. Further success followed at trials in September where Kirsty gained a place on the Scotland Trampolining Squad – good going for someone who has only been trampolining for just over a year and a half!

Dundee - Kirkton Kips Gymnastics club is delighted to announce the implementation of a new pre-school section within club structures. The club will now provide pre-school sessions for children from 18mths – 5yrs within a local community setting and offer a seamless pathway into Gymnastics. Alison Blake, head coach of Kirkton Kips Gymnastics Club is keen to ensure that the club services the needs of the local community, and in doing so, is actively encouraging early engagement in physical activity and promoting a lifestyle trend for lifelong participation in sport.



Dundee Discovery Gymnastics Club - submitted an Awards for All application and was successful in securing £5000. The bid was supported by **SportTayside and Fife** and will be used to purchase an equipment base greatly needed to progress and develop club structures.

Coach Education & Training - November

Trampolining is becoming a very popular sport across the region with a great demand for training and education. The recent Level 1 course held in the Saltire Sports Centre in Angus was full, with Scottish Gymnastics operating a waiting list for candidates who were unable to access the course. However, another Level 1 course has now been organised for December for candidates on the waiting list - and hopefully no-one will be disappointed.

If you wish to book on the course please contact Helen Dickie, Scottish Gymnastics Education Manger on 01324 886507

Pre-school Level 2, Saltire Sports Centre, Arbroath 30th November 1st, 2nd & 8th December.

Trampoline Level 1, Saltire Sports Centre, Arbroath proposed dates - 15th & 16th December.

For further information or updates, please visit our website at **www.SportTayside-Fife.co.uk**.

If you wish to submit any information or articles for the next newsletter please contact Jackie Archibald, SportTayside & Fife Gymnastics Development Manager, on Tel: 01382 431852 or e-mail jackie.archibald@dundee.gov.uk (by Friday 15th February 2008)



Hockey



**Sport
Tayside
& Fife**

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DEVELOPING HOCKEY IN TAYSIDE & FIFE

Inter-District Tournaments

The Girls U16 and U18 Inter-District Tournaments took place on Saturday 10th and Sunday 11th November, at Peffermill, National Hockey Centre, Edinburgh.

The Midlands U16 Girls were coached by Siobhan Penman of Perthshire Hockey Club. The team played six games across the two days, winning three, drawing one and losing two games. A strong team performance saw the team finish third out of seven districts with a total of ten points. West were second and East were the eventual winners with a total of sixteen points. From the girls' performance at the tournament six players have been identified by the Scotland U16 Girls Selection Panel to go forward to the next stage of selection. Congratulations to Kirsty Imlay (Perthshire HC), Alice Ferrar (Strathallan School), Elizabeth Sheddan (Dollar Academy), Elizabeth Cachia, Jennifer Smith and Lyndsey Docherty.

The U18 Girls also played six games across the two days. The girls made a slow start to the tournament, dropping points in their games on day one. However, after winning one game, drawing two and losing three games, they finally finished a respectable fourth out of seven districts. West were the deserving winners as they completed the tournament without dropping a point or conceding a goal! Six girls in particular deserve recognition for their strong performance at the tournament and their subsequent selection for the Scottish U18 Girls Training Camp where the Training Squad for 2007-08 will be selected. Congratulations to Jayne Carmichael, Rachel McLean (both Strathallan School), Tarni Duhre, Morag McRorie (both Dollar Academy), Shona Watson (High School of Dundee) and Hannah Preston (Glenalmond College). The squad was coached by Audrey Sime of Strathallan School.

The Boys U16 and U18 Tournaments took place at Peffermill, National Hockey Centre on Saturday 17th and Sunday 18th November. In preparation for the tournaments, the district held two trials to select the squad. The squads then used eight training sessions to develop core skills, set pieces and tactics. The U16 Squad was lead by Kevin Donnachie and the U18 Squad by Richard Crichton. Input was also given by Allan Law, Head Coach for the Scottish Performance Squad for Tayside & Fife.

Five districts were represented at the U16 Tournament with each team playing four games across the two days. Midlands performed well at the tournament beating East, Highlands and North. The only loss was to West District who was the eventual winners. Midlands gave a strong team performance throughout the tournament and finished second from the five districts. Eight boys were also identified for the next stage of selection for the U16 Boys Scotland Training Squad. Congratulations to George Frame, Craig Nichol, Grant Hunter, Connor Carson, Grant Menuir, Jack Fullarton (all Dundee Wanderers), Josh Jamieson (Menziesshill) and Ross Davies.

Four districts were represented at the U18 Inter-district Tournament. East, West, North and Midlands districts each played three group games and a playoff to decide final the places. Midlands lost 5-0 to West, drew 3-3 with East and beat North 1-0 finishing third in the group

stages and narrowly missing second place due to goal difference. On Sunday afternoon the playoffs took place with Midlands playing North for third place. Midlands won convincingly with a 5-2 result. West won the tournament with East in second place.

Eight players were selected for the U18 Scottish Men's Training Squad. Congratulations to Ross Glashan, Fraser Menmuir (both Dundee Wanderers), Euan Simpson, Gareth Davies, Blair Wynd, Ben Jamieson (all Menzieshill), Albert Rowling and Michael Tait (both Harris HC). The players will attend a training/selection weekend where the Training Squad for 2007-08 will be finalised.

Scottish Performance Squad (Tayside & Fife)

Allan Law has been appointed as Head Coach for the Scottish Performance Squad (Tayside & Fife). Allan is a Level 2 Coach with ten years coaching experience including Midland District Youth Squads, Dundee Potentials Squads and Dundee Wanderers HC Ladies Indoor Squad. He has represented Scotland at all levels as a player, so has first hand experience of the player pathway and the attributes required to perform at the national level.

The Performance Squad Programme is a national programme that will be delivered regionally. The purpose is to support the development of athletes with the potential to represent Scotland at U16 and U18 level. Selected players will receive additional support to develop technically and to refine all aspects of their physical condition. They will also receive input with regard to athlete lifestyle, nutrition and sport psychology. Allan will lead on the development of programmes for individual athletes with input required from the athletes, parents and clubs, school and national coaches.

Midland players, identified by Scottish Selectors at the Inter-district tournament, named above, will be invited to attend a three week training block in December. The players will be assessed with regard to ability, commitment and attitude. Feedback will also be provided by the respective coaching teams and the Tayside & Fife Squad will then be selected. The selected group will be supported until August 2008.

Men's EuroHockey Indoor Club Champions Cup

The Scottish Hockey Union, in conjunction with Midland Hockey Union and Menzieshill Hockey Club are hosting the Men's EuroHockey Indoor Club Champions Cup from Friday 15th-Sunday 17th February 2008 at Bells Sports Centre in Perth.

This prestigious event, in association with the European Hockey Federation, will see the top eight teams in Europe compete for the title. This event will guarantee top class indoor hockey as top class entertainment! Tickets cost £7.50 per day or £15 for a season ticket which guarantees entry for all three days. Get your tickets now at [Ticketmaster](#) as seating is limited!

For further information go to www.scottish-hockey.org.uk/indoorperthtickets

For further information or updates, please visit our website at **www.SportTayside-Fife.co.uk**. Any information for inclusion in the next newsletter should be submitted by **Friday 15th February 2008**.

Rugby

Neil Carrie
Rugby Development Manager
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DEVELOPING RUGBY IN TAYSIDE & FIFE

DO's Deliver

The Development Officers across Tayside & Fife continue to deliver a wide range of rugby opportunities in clubs and schools across the region.

Doc McKelvey (Perthshire RFC) continues to deliver a huge schools and club rugby programme with his five SVQ's. Doc and his team are also involved in the Food Standards Agency 'Safe Food and Healthy Eating' pilot which will see seven of Doc's primary schools taking part. The FSA Pilot launch (pictured below) was attended by the Scotland World Cup Squad, members of the Scotland Women's Squad and representatives from some of the schools involved.



Colin Whittaker (Dundee Eagles) has been focussing mainly on secondary schools this session, and has already run several successful tournaments which have seen Menzieshill HS, St Johns RC, Craigie HS and Grove Academy all competing against some more established teams at Harris Academy and High School of Dundee.

Kenny Christie's (Angus Clubs) efforts over the past three months have seen the staging of the first schools tournaments in Angus in over 20 years. Seven of the eight secondary schools took part in the first S1/2 event at Strathmore RFC (won by Montrose Academy!), in what should be the first of many as he drives up schools and club participation over the coming years. Kenny also ran three big primary schools festivals during the Rugby World Cup to boost participation at mini level in some local clubs.

Phil Smith (Dunfermline RFC & West Fife) has spent the last few months developing a programme which will see the club and its local primary and secondary schools get more involved in rugby. The junior and youth coaches at the club are being actively supported; primary schools sessions are now in place; and coaching clinics are being run in several local primary schools. The first West Fife Secondary tournament took place in March with Dunfermline HS, Queen Anne HS, Beath HS, Inverkeithing HS and Buckhaven HS all involved.

Coach Mentoring Pilot

Through **Sport Tayside & Fife**, I have launched a Coach Mentoring pilot which will see former pro team coach Phil Smith working with 4 selected club/school coaches over the coming year, where there is a clear need and opportunity to make an impact through more personalised coach education. Phil's support will be tailored to suit the needs and wants of each coach, and will in turn be passed on to other coaches within the selected clubs/schools. It is hoped that this pilot will be rolled out on a bigger scale across other sports.

SVQ's Gallore!

The Tayside & Fife SVQ team has now grown to ten with the late addition of Adam Grassie of Morgan FP RFC in Dundee. Adam will be working closely with Active Schools and Morgan Wasps to deliver a programme of schools rugby to boost numbers at the club. Adam will also link in with Dundee Eagles DO Colin Whittaker to ensure that the Dundee festivals and tournaments are strengthened by the inclusion of new schools from Adam's programme.

A number of the SVQ's have been selected for the Caledonia Under 18 training squad, so I wish Bob Emslie, Stuart Munro, Jason Hill, Tony McGinness the best of luck for inclusion in the forthcoming Inter-District Championship.

Swimming

Heather Albin
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DEVELOPING SWIMMING IN TAYSIDE & FIFE

With the introduction of UKCC since September 1st 2007, this newsletter will help people understand and find out what they need to know regarding the new qualification system.

UKCC

What is the UKCC?

The United Kingdom Coaching Certificate, (UKCC), is an initiative to endorse coach education programmes across sports within the UK, against agreed criteria including:

- The endorsement of the coaching qualification a coach will take
- The development of appropriate resources to deliver effective and high quality coach education programmes
- Quality assured administration and management structure of coach education provision provided by sports
- Quality assured training provision of coach education programmes

What are the benefits?

The UKCC provides a recognised stamp of quality coaching across sport and across the UK. It makes it easier to identify the right coach for the right job and will help to professionalise coaching by establishing a recognised framework for coach education. The UKCC will ensure that sports are delivering the best available, athlete centred coaching and in due course reap the rewards of sporting success, both in performance and recreational enjoyment of sport.

How many levels of qualification are there?

Originally there were five levels of qualification proposed, however, work is ongoing on a number of fronts to explore whether there will indeed be a Level 5. For example consideration is being given to finding parity with the European coaching system which has four levels. It has now also become clear the likelihood of Level 4 and 5 needing to be delivered through an institute i.e. university programme. What this would entail is currently being considered.

What am I qualified to do at each level?

A coach will be able to perform different duties at each of the five levels:

Level 1 – Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision.

Level 2 – Prepare for, deliver and review coaching session(s).

Level 3 – Plan, implement, analyse and revise annual coaching programmes.

Level 4 – Design, implement and evaluate the process and outcome of long term/ specialist coaching programmes.

Level 5 – Generate, direct and manage the implementation of cutting-edge coaching solutions and programmes.

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

There are four main differences:

1 Swimming Coaching and Teaching are now split into separate strands; they sit alongside the other disciplines of Water Polo, Synchronised Swimming and Diving

2 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 appropriate to the environment within which they work.

3 At levels 1 and 2 there is a greater emphasis on the 'how to coach' rather than the 'what to coach'.

4 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.

What will happen to my current qualification?

Nothing, all current and past qualifications will continue to be recognised.

What if I don't wish to undertake further training?

As stated above all current and past qualifications will continue to be recognised, however, there has been a strong suggestion that following on from the introduction of and standards raised by UKCC, at some point in the near future sports teachers and coaches will be expected to work towards a licence to practice. This will involve providing evidence of keeping up to date to show technical competence.

Can I be fast-tracked through the training programme(s)?

There will be an exemption process in place for those who feel they could enter the system above entry level. The approach is to make information available on what is expected of the candidate i.e. the course requirements, the exemption criteria and for the coach to then make the case for being exempt. Thereafter the candidate must take full responsibility for the next steps.

Volunteers

Scottish National events

Volunteers are needed for all forthcoming National Events from January 2008 at Tollcross, by the National Events Team. Travel expenses will be paid in accordance with National event.

Team Manager Training

Team Managers are important to Clubs that attend competitions or camps locally and away from home, as they ensure that athletes are able to participate in a safe and positive environment.

Scottish Swimming has recently re introduced Team Manager Training, of which there will be three levels:

Level 1: Local Competitions

Level 2: Overnight stays and / or travel abroad

Level 3: National Team Managers

Level 1 and 2 are being rolled out nationally in the near future, and will be delivered locally to clubs, with a Level 3 being piloted by the end of 2007. Each workshop lasts for 3 hours and all the workshops are interactive.

If you are interested in taking part or would like further information regarding Volunteering or Team Manager training, please contact Eilidh McCall, the Volunteer Development Manager on 01786 466520 or email: e.mccall@scottishswimming.com

Area Squad Programme

One of the main aims of this programme is to educate the swimmers within a training environment that will allow them to progress through the swimming pathway.

The programme also provides a good opportunity for coach mentoring, through working with invited coaches and Gary Vandermeulen, clubs are asked to send along volunteers to assist at each session.

This opportunity is not just open to coaches, it is open to parents who already assist on poolside or parents who may be interested in learning more and eventually helping within their home programme. If you are interested in assisting at the sessions can you please contact me on 01382 431852.

For further information or updates, please visit our website at **www.SportTayside-Fife.co.uk**. Any information for inclusion in the next newsletter should be submitted by **Friday 15th February 2008**

Coaching

Derek Welch
Club/Coach Development Manager
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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@dundee.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@dundee.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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