

SportTayside & Fife

No.3 August/September 2008 Working together for Sport

Scotland's National Rugby Coach

Frank Hadden, Scottish Rugby's National Coach, was the Keynote Speaker at the SportTayside & Fife Rugby Seminar at Madras Rugby Club, St Andrews, Fife.



A series of Coaching Updates were included during the day. They were delivered by former Glasgow and National Coach, Hugh Campbell and Dunfermline Rugby Club Development Manager and former Edinburgh coach, Phil Smith. SportTayside & Fife Convener and former Olympian, Donald Macgregor, opened the seminar, set the scene and introduced the keynote speaker.

Over fifty coaches attended the event, which also concluded a long-term Rugby Mentoring Programme involving coaches and clubs from St Andrews, Kirkcaldy and Crieff. Paul Hunter, East Fife Rugby Development Officer and mentored coach said:

'...Being included in the Mentoring Programme this year, has expanded my knowledge, which I have utilised as a coach and more recently as East Fife Rugby Development Officer...'

Due to the favourable response and enthusiasm for the event, SportTayside & Fife would like to hold an annual event. This would allow the Partnership to work with the local clubs in the community, to showcase rugby development and high profile coaches working across the coaching pathway.



Frank Hadden Biography

Frank Hadden is coach of the Scotland National Team. He was appointed during September 2005, replacing Matt Williams. He coached the Merchiston Castle School (MCS) 1st XV after being appointed Head of Physical Education at the school in 1983. He coached several Scottish Age-Group teams before being appointed assistant coach of the Caledonia Reds in 1997. He was later appointed coach of Edinburgh Gunners (now Edinburgh Rugby) in 2000, prior to becoming Scotland coach. He has since coached two notable victories over England and a win against France in the 2006 Six Nations Championships. Frank was Head Coach during the 2007 World Cup in France and coached Scotland to a win against Argentina during the 2008 Summer Test Series in South America.

Athletics

Sprint Dundee!



Saturday 23rd September saw the athletics programme at the Olympics drawing to a close and the simultaneous staging of **SprintDundee**.

Last year Dundee was involved the Street Athletics programme which was run across Scotland. As this did not run nationally this year Dundee took on the event, following the huge success in getting kids involved in regular athletic activity as a result of taking part in the programme. SprintDundee incorporated eight qualifying heats at venues across the city over two months with the fastest kids being invited to take part in the finals which were run on Reform Street, in the city centre, as part of the Lord Provosts Youth Parade. The event included boys and girls races for Under 8s, 10s, 12s, 14s and 16s; there was also a mascot's race (pictured) to get proceedings under way and capture the audience's attention. A number of those who participated on the day have already signed up to Dundee's extensive Run, Jump & Throw programme.

The event was run by Dundee Sports Development Athletics & Hockey Officer in partnership with the Youth Sport project, Active Schools, Clubs for Young People Tayside, SportTayside & Fife and the Lord Provost's Youth Parade Organisation Committee.

UNDER 15 DEVELOPMENT CAMP

Dates have been set for this winter's SportTayside & Fife Under 15 Development camps. Athletes who have achieved a UK Top 100 performance on the Power of 10 lists will be invited to take part in the camps at Pitreavie Athletics Centre, along with two athletes selected through each club in the region. The dates are: Sunday 9th November 2008; Sunday 15th March 2009.



Athletics Tayside Partnership Combined Events Training Day

On Sunday 3rd August the Athletics Tayside Partnership (ATP) held their first Combined Events training day.

Each club in Tayside provided coaches to lead sessions in a number of events: Shot Putt, Javelin, Hurdles, High Jump, Pole Vault (Under 15 and 17 boys only) and Long Jump. The athletes were then split by age groups and rotated around the stations. At the conclusion of the day all the athletes took part in an 800m race to simulate the end of a combined events competition.

The event was perceived to be a great success with a number of athletes getting the opportunity to try events they have not normally experienced and to receive expert tuition. Due to this success ATP will look to provide similar sessions over the winter months to continue the push to get more young athletes involved in multiple events, rather than focusing on one event, which is in line with the principles of Long Term Athlete Development.

Many of those who took part in this day then went on to participate in the **SportTayside & Fife** and Scottish Combined Events Championships in Perth over the weekend of the 13th and 14th September. Of those who took part in the day the following were highlights:

- ◆ Michael Downie (Arbroath & District) 1st Under 17 Scottish Octathlon
- ◆ Peter Muirhead (Perth Strathtay) 1st Under 15 Scottish Pentathlon
- ◆ Callum Edwards (Arbroath & District) 2nd Under 15 Scottish Pentathlon
- ◆ Susan Peddie (Perth Strathtay) 2nd Under 17 Scottish Heptathlon
- ◆ Shoni Tavendale (Perth Strathtay) 3rd Under 17 Scottish Heptathlon

SportTayside & Fife TRACK & FIELD CHAMPIONSHIPS

The annual **SportTayside & Fife** Championships took place at the weekend at the George Duncan Athletics Arena in Perth. This was the first time the event has moved from its traditional home in Caird Park, Dundee and it proved to be a great success. The Championships attracted the highest ever entry of 227 athletes, up 13% on the previous highest total.



The event was blessed with sunshine and this helped to add to the success of the event after many athletes had spent the summer competing in the rain!

For the full article and results please visit our website: www.sporttayside-fife.co.uk/athletics/results.html

For full results please see www.scottishathletics.org.uk/index.php?p=80&itemType=fixtures&itemId=7245

Coaching Open University Sport!

The Open University is now providing courses and awards designed for sport...

An Introduction to Sport, Fitness and Management, Working and Learning in Sport and Fitness. These courses commence during October 2008 until June 2009 and cost £610.00. They are accredited with 60 points and are SCQF Level 7. Sports and Fitness Awards (FELS) are also available. These are: Certificate of Higher Education in Sport, Fitness and Management (120 Credit Points), Diploma of Higher Education in Sport, Fitness and Management (240 Credit Points). A BA BSc Open Degree is available with 300 credits (360 Credit Points for Honours) SCQF levels range from 7-10. Open University also offer: Exploring sport online (10 Credits. SCQF Level 7) and This Sporting Planet (15 Credits. SCQF Level 7) and commence during September 2008 up to July 2009. For further information contact Lore Gallastegi, Education Staff Tutor; Open University in Scotland, l.gallastegi.ac.uk

Scholarship Support

Would you like to improve your coaching skills?

SportTayside & Fife is currently supporting learning and developing coaches across a number of sports. Apart from the designated target sports, coaches from a further six sports will be considered for support during 2008-09. The sports are: Water Polo, Football, Badminton, Curling, Cycling and Squash. Thirteen coaches have benefited from CPD programmes and almost £3000 of financial support. The CPD programmes include UKCC qualifications as well as SCUUK generic workshops. For further details go to: www.SportTayside-Fife.co.uk



VOLUNTEER TRAINING

Designing Roles and Tasks for Volunteering Training Session will be delivered across the Partnership by Volunteer Centres. The main objective of the introductory sessions is to explore how tasks and roles can be developed to meet organisational needs. For regular training details contact the volunteer centre in your area or go through the website.

PARTNERSHIP EDUCATION DUNDEE

Course: Safeguarding & Protecting Children
Date: October 29th
Time: From 6.30pm
E-mail: alex.knight@dundee.gov.uk

PERTH

Course: Safeguarding & Protecting Children
Date: November 5th
Time: From 6.30pm
E-mail: jmlawson@pkc.gov.uk

For further courses and workshops go to www.SportTayside-Fife.co.uk

SportTayside & Fife

Working together for Sport

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★ Development

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