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ANNUAL REPORT

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We are delighted to present our third Annual Report which provides a comprehensive summary of the Partnership's achievements during 2008-2009.

Achieving these results for our governing bodies of sport has only been possible because of the productive partnerships we have built with the four Local Authorities and their Leisure Trusts. It is they who support us and help deliver the programmes that ensure **SportTayside & Fife** fulfils its two key aims of increasing participation and improving performance. In turn, the Partnership has supported the delivery of each of the Local Authority sports development, community sport and Active Schools programmes. The effectiveness of these programmes at a local level provides the bedrock for the development of regional sport. Our Regional Facilities Group has continued to meet regularly, and is now led by **sportscotland**. Its role is to consider new regional and local facility requirements, identify sport specific access requirements

and keep the development of new facilities across the region, high on the national agenda. As an example, the Partnership and Scottish Swimming supported the new build plans for swimming pools in Angus, Dundee and Fife Council. Looking ahead, other major facility developments such as the Fife Institute and the Local Authorities' PPP school developments mean that modern new facilities will be coming on-stream for regional squads, club sport and public participation.

The Tertiary Education Forum has met three times, and its work is focused on bringing the universities and further education colleges closer to the programmes delivered by the Partnership and its Local Authorities. This is a unique development, and given the region's sizeable student population, one which is delivering results particularly for recruiting new coaches as well as improving coaching and support for student sports clubs.

In summary, this has been another year of real progress for **SportTayside & Fife** with much to look forward to through to 2010. Although this is the final year of the project, the Sports Partnerships is actively contributing to **sportscotland's** planning process to establish its new national hub network. There is real willingness to build on, continue and develop further the regional approaches and programmes we have established and it augers well for sport in Tayside and Fife.

Finally, thanks are due to the Governing Bodies, the four Local Authorities, the Tayside and Fife Institute of Sport and all other key partners for their contributions and hard work over the year. Thanks also to **sportscotland** staff for their support and guidance and to the Executive members and the Management Team for their leadership and input.

Some 2008-09 highlights...

- ▶ 43 coaches involved in the Coaching Scholarship programme
- ▶ 32 secondary schools took part in **scottishathletics** Giant Heptathlon Programme
- ▶ 10 Tayside & Fife players in National Basketball Team selections at U15, U16, U17 and U18
- ▶ 4711 children and 166 schools participated in **firstclubgolf**
- ▶ 64 primary and 38 secondary school girls' football classes were organised with 2000 girls playing
- ▶ Funding secured with Perth & Kinross Council to appoint a permanent Gymnastics Development Officer
- ▶ New Dundee Primary School Hockey League with 8 schools involved and 6 schools attended the first Perth & Kinross Senior School Festival
- ▶ Over 50 rugby coaches completed UKCC Level 1 and 20 Coaches at UKCC Level 2
- ▶ The Academy Strength and Conditioning programme provided sessions for 4 sports - basketball, golf, rugby and hockey involving over 100 players in three locations across Tayside & Fife

Developing Coaching

This year, the Partnership has seen a major increase in Coach Development - a variety of opportunities have been provided for coaches to progress their knowledge and skills. To highlight the amount of good work being delivered across the Partnership, a Coaching Festival was established along with individual CPD programmes being developed for Scholarship Coaches across a number of sports.

“...Being included in the Mentoring Programme last year, expanded my knowledge, which I have utilised as a coach and more as the Fife Rugby Development Officer...”

**Paul Hunter,
Fife Rugby Development Officer and
SportTayside & Fife Scholarship mentored coach**

Coaching

The Scholarship Programme has expanded again this year to cater for forty-five Personal Development programmes across eleven sports.

During 2008-09, the Partnership saw a major increase in coach education and development to enhance opportunities for coaches to progress their knowledge and skills. More than one hundred and seventy courses were scheduled - additional growth of over 60%. An integrated Partnership Calendar was produced to contain and highlight all education and training available to coaches across Tayside and Fife. The calendar consisted of sports coach UK workshops, Technical and Tactical sessions and United Kingdom Coaching Certificate courses, ranging from Introductory Awards and up to Level 1 – 3 (eleven Introductory/Leaders awards, eight Level 2 courses and sixteen In-service courses).

To highlight the amount of good work being delivered across the Partnership, a Coaching Festival was established through March, April and May. Three hundred and forty-seven hours of workshops and courses were delivered with over five hundred and twenty-six coaches attending the workshop over a six-week period.

The SportTayside & Fife Scholarship Programme built on its success by providing Continuous Personal Development Programmes across ten sports. All coaches were selected through an induction process and education was agreed

through Personal Needs Analysis and collated to form a Coach Action Plan. The plans are agreed and matched with available training contained within in the Partnership Calendar and tapping in to local courses across the region. The success of the programme has been possible through the co-operation of our Local Authority partners, Scottish Governing Bodies and the enthusiasm of the participating coaches and clubs.

Catering for Partnership Coaching needs through CPD Programmes

The Scholarship Programme has expanded considerably over the last twelve months. The 2008-09 programme concluded with forty-three coaches, each having individual personal development plans.

Their plans included core education outlining, attending new UKCC courses as well as generic education to complement any sports specific requirements.

One to one interviews were conducted to ensure an accurate assessment could be made of each coach's needs.

Individual Coach Action Plans were compiled, prioritising generic education and tactical and technical support. Scottish Governing Bodies have been instrumental in negotiating access to professional teams and technical areas in their sports.

Local Authorities have been key partners in the delivery of the Scholarship CPD Programmes for the coaches.

Two rugby mentoring programmes were completed during the year, with four coaches receiving one-to-one mentoring over a period of eight months. A further initiative enabled one coach to benefit from shadowing and learning from the full-time Dundee HSFP professional coach

A Women in Coaching Programme was also established across four sports (Gymnastics, Hockey, Netball, Tennis), with eight coaches benefiting from one-to-one sessions with a locally based mentor. Personal Development Plans are now in place for each coach, with a tracking system being implemented to monitor progress.

SportTayside & Fife also supported Coach of the Year Awards across six Local Sports Councils. The awards were presented in: Angus, Dundee, Fife including Dunfermline West SC, Kirkcaldy SC and East Fife SC along with Perth & Kinross.

At A Glance Coaching Highlights for 2008-09

► Increase in Coaching Opportunities 53 to 132

► Phase One Coaching Festival established

► 347 hours of courses and workshops delivered during the Coaching Festival period

► 6 Coach of the Year Awards presented across the Partnership in Angus, Dundee, Dunfermline West, East Fife, Kirkcaldy and Perth and Kinross

► 526 coaches attended the workshop over a 6 week period

► 43 coaches included on the scholarship programme, each having an Individual Personal Development Plan

► 11 sports supported through the Scholarship Programme

► Coach Action Tracking System implemented

► 2 rugby mentoring programmes completed

► Women in Coaching Programme established across 4 sports, 9 coaches and mentors

Timelines for Coaching 2008-09

April 08	May 08	June 08	July 08	Aug 08	Sept 08	Oct 08	Nov 08	Jan 09	Feb 09	March 09
Mentoring Programme established with a full-time coach, UK Coaching Summit	Coaching Network, Pitlochry, Perthshire	Scholarship CPD Programme established	Integrated Partnership Education Calendar launched	Madras Rugby Seminar with Frank Hadden as Keynote Speaker	Mentors and Coaches agreed for Women in Coaching Programme	Women in Coaching Programme launched	Coach of the Year presented at Dundee Sports Awards	Generic Swimming Education Programme launched with Psychology session	Strength and Conditioning programme agreed. Coach of the Year Award presented in Fife	UKCC Update delivered in Perth for SD and ASC. Coach of the Year presented in Angus and Perth

Developing Athletics

As we work towards achieving the objectives of the four year regional plan, this year saw a number of exciting developments for athletics.



“...It was through an initiative just like this that I first became involved in athletics so I know first-hand the importance of having training camps like this available to attend...”

**Jessica Ennis,
UK's no 1 heptathlete and
2012 Olympic Gold Medal Contender
(speaking at the Tayside & Fife Regional U15 Camp)**

Athletics

Tayside & Fife have led the way in Scotland with the Giant Heptathlon, clubmark, Regional Championships and U15 Development Camp programmes.

It was very satisfying for the athletics community to see the biggest ever number of athletes participating in both the Tayside & Fife Track & Field and Combined Events Championships this year. This was tremendous to witness and demonstrates the results of strong partnership working between the clubs, coaches, Local Authorities, **SportTayside & Fife** and **scottishathletics**.

We have introduced an innovative Talent Identification (TID) strand to the Giant Heptathlon programme. The Giant Heptathlon brings together schools to compete in a seven event format where the S1 & S2 pupils participate in each event as a team. Giant Heptathlon competitions were held in each of the four Local Authorities (including Fife for the first time) with the top two schools from each local event coming together to contest the Regional final, held at the splendid Pitreavie Athletics Centre Regional Indoor facility.

The National Event Managers from **scottishathletics** attended each Local Authority competition to



identify talented performers. Ninety three athletes were then invited to attend the second of this year's U15 Regional Development Camps. Here they were integrated with the region's top U15 athletes and led through the day by a team of expert coaches.

At the end of an enjoyable day those athletes who were not already club members were linked up with clubs in their local area and all are now active members. In addition to the training aspect of the day the athletes had the opportunity to meet with special guest GB athlete, Jessica Ennis (above), who passed on some of her experiences as one of the world's top Heptathletes.

Combining Giant Heptathlon with TID has been a great success. Tayside & Fife are unique in holding events in partnership with all four Local Authorities and this is a model which **scottishathletics** are looking to implement nationally. In addition, all four hundred and forty eight competitors were given information about how to join their local athletics or Run, Jump & Throw club.

Clubs in Tayside and Fife are leading the way in achieving scottishathletics clubmark award

Four clubs in Tayside and Fife (Pitreavie AAC, Arbroath & District AC, Dundee Hawkhill Harriers and Perth Strathtay Harriers) have achieved the award this year; only ten have achieved it across Scotland. This is a great achievement for these clubs and demonstrates a huge strength in the region, with such a strong base of well run sustainable clubs. The intention of clubmark is to ensure that clubs are in the best possible position to progress in the future, giving their athletes, coaches and officials the best chance of developing to their full potential while enjoying their athletics in a fun, safe environment. This process was aided by the running of a superb, informative course on Health & Safety with members of all clubs talking enthusiastically about the new information they could take back to their clubs.

At A Glance Athletics Highlights for 2008-09

- ▶ 327 enter our Track & Field Champs. (07/08 - 299)
- ▶ 106 entries to our Combined Events Champs. (07/08 - 56, previous highest 06/07)
- ▶ 2 U15 Regional Development Camps with 93 athletes selected
- ▶ 137 primary schools taking part in Fun in Athletics programme (07/08 - 110). Events took place in all four Local Authorities for first time
- ▶ Regional Fun in Athletics and Disability Sportshall events held
- ▶ 32 secondary school taking part in Giant Heptathlon Programme, (07/08 - 23)
- ▶ First ever inter-area Run, Jump & Throw Club competition held
- ▶ 4 clubs achieve clubmark award
- ▶ 12 new Level 2 coaches qualified

Timelines for Athletics 2008-09

April 08	May 08	June 08	July 08	Aug 08	Sept 08	Oct 08	Nov 08	Dec 09	Jan 09	Feb 09	Mar 09
Athletics Tayside Partnership Time Trials Meeting	Inter Regional Champs.	Scottish Senior Champs	Summer Star Track Camps	Sprint Dundee	Combined Events Champs	U15 Development Camp 1	Angus and Perth & Kinross Giant Heptathlons	Fife Local Athletics Partnership AGM	Dundee and Fife Giant Heptathlons	Regional Fun in Athletics Final	Regional Giant Heptathlon Final
Secondary Teacher CPD	Athletics Tayside Partnership AGM	Scottish Schools Champs			Track & Field Champs	Coaching Courses Primary Teacher CPD	Scottish/Euro Coaching Conference				U15 Development Camp 2

Developing Basketball



The 2008-09 year was another successful period of growth with increased numbers of teams, players, coaches and officials providing basketball opportunities at various levels through clubs, Primary and Secondary Schools in Tayside & Fife.

“...As a young adult actively volunteering within sport, coaching the Reign Boys’ teams and the Girls’ TDP squads has not only improved my basketball knowledge and coaching capabilities, but I feel has also improved my confidence and life skills away from the basketball court too...”

Darryl Wood, Head Coach Dunfermline Reign U18 Boys Team and TDP Coach

Basketball

Evidence of growth within basketball in Tayside & Fife was apparent in several key areas, with more teams in the basketballtayside & fife Leagues and more players, coaches and officials registered with basketballscotland.

There is good news to report within basketball in Tayside & Fife as growth was evident in all key areas, including more teams in the basketballtayside & fife Leagues, more schools basketball and more participants of all ages registering with basketballscotland. Five of our Secondary Schools won six National

Titles in the Scottish Schools Cup and Plate competitions. Angus and Dundee Sports Development staff and Active Schools Co-ordinators ran a series of successful Primary School festivals with Fife’s programme starting to expand in the Dunfermline and West Fife area. The Tayside Boy’s and Girl’s Primary Select squads both won their respective Inter Area competitions so the Secondary Schools are benefitting from a strong Primary Schools programme.

Secondary Schools basketball was a key focus for a lot of Tayside & Fife schools in 2008-09

Basketball is regaining its popularity again within Tayside & Fife Secondary Schools with over 60% offering extra curricular activity or fully fledged school teams. This led to a record number of boys and girls teams entering the RAF Careers Scottish Schools Cups and the consolation “Plate” competitions.

Tayside & Fife schools enjoyed unprecedented success at the National Finals in March with twelve teams reaching ten finals, including two all Tayside & Fife affairs and many other semi final and quarter final appearances. Congratulations go to Grove Academy (S1 Plate Boys and S1 Plate Girls), Queen Anne HS (U14 Plate Boys), Perth Grammar (U14 Plate Girls), Monifieth HS (S1 Boys Cup) and Arbroath HS, who won the Open Boys Cup after three previous finals appearances. Fife Secondary Schools Basketball Association continued to run their Open Boys League and Fife Cup, with Woodmill HS crowned league champions and Queen Anne HS winning the cup.

A major basketball development for Secondary Schools PE teachers was a CPD workshop hosted at Cowdenbeath LC in Fife in February 2009. The full day course focused on Structures and Strategies for the Higher and Intermediate 2 curriculum. The delivery, handouts and presentations received excellent feedback from the twenty teachers who attended.

Education and training opportunities were delivered with coaching, table officiating and refereeing courses qualifying numerous new volunteers. A CPD Coaching workshop programme, targeting Primary School teachers was also delivered to over forty teachers, helping ensure our hoop stars of the future get quality coaching.

basketballscotland’s Regional Academy, known as the TDP (Talent Development Programme) was delivered for four squads, U14s and U15s for both boys and girls. The TDP catered for fifty four players and six coaches, with all of the players benefitting from a player centred approach. Sixteen players went to National Team trials and eight of them gained selection for the National Team squads.

Finally, basketball in our region is fortunate to be blessed with many dedicated, high quality Coaches, Officials and Club Volunteers and the sport is indebted to these people active within our clubs, programmes and schools.

At A Glance Basketball Highlights for 2008-09

- ▶ Player registrations increase to 504 from 382
- ▶ Coach registrations increase to 61 from 46
- ▶ Table officials registrations increase to 96 from 54
- ▶ Referee registrations to 40 from 20
- ▶ TDP for over 54 players and 6 coaches
- ▶ 10 Tayside & Fife players included in Scotland Team selections at U15, U16, U17 and U18 for boys and girls
- ▶ Tayside & Fife nominees win 5 out of 6 National Volunteer of the Year Awards in 2008
- ▶ Dundee Sharks and Dunfermline Reign gain ‘Approved Club’ status from basketballscotland

Timelines for Basketball 2008-09

April 08	May 08	June 08	July 08	Aug 08	Sept 08	Oct 08	Nov 08	Dec 09	Jan 09	Feb 09	Mar 09
PS Regional Festival Final	Tayside & Fife Blitz Tournament	UKCC Level 1 Coach Course	National Summer Camp at Kilgraston School, Perthshire	Table Officials’ Level 1 course, Level 1 Referee Course	Tayside & Fife AGM Club Dev. Forum	U14/U15 Boys and Girls TDP Trials	Level 2 Table Officials Course	U14 Dev. Leagues, TDP Regional Day camps	UKCC Level 1 Coach Course	LA Area PS Festivals	Tayside & Fife Cup Finals
U14 Dev. Leagues	U14 Dev. Leagues	British Masters hosted in Dundee				Level 1 Table Officials	TDP Regional Day Camps	TDP Regional Day Camps	TDP Regional Day Camps	U14 Dev. Leagues	LA Area PS Finals

Developing clubgolf

The past twelve months have seen clubgolf continue to grow with increased participation in schools and clubs.

Pitlochry Golf Club has embraced all that clubgolf has to offer and as a consequence is now a progressive vibrant and strong section with lots to offer our juniors and potential champions of the future."

**Mark Pirie PGA Professional
Pitlochry Golf Club**

clubgolf

2008 -2009 was a very successful year for clubgolf in Tayside & Fife.

Within the region there has been significant progress against the programmes key targets of:

- ▶ Delivering the introductory game firstclubgolf in schools
- ▶ Delivery of the clubgolf coaching pathway at golf clubs
- ▶ Number of volunteer coaches involved in clubgolf.

The roll out of firstclubgolf to the regions Primary 5 pupils continues to rise – the programme is established in curriculum time in each of the four Local Authorities.

The total number of children receiving the introductory game over the past year was 4711 which is an increase of 842 participating in firstclubgolf. The programme is pivotal in introducing golf to such a large number of children – 60% of the Region's P5 pupils have now gained an experience of golf. This would not be possible without each Local Authority partner's continued support to the roll out of firstclubgolf in schools.

Within the region there are now thirty two golf clubs and facilities delivering the clubgolf coaching pathway. Over the past year, a considerable

amount of time has been focused on ensuring that clubs delivering clubgolf Stage 1 were able to successfully deliver coaching to new participants.

For each club this included:

- ▶ Recruiting a volunteer coaching workforce qualified to a minimum of UKCC Level 1.
- ▶ Child protection information and support.
- ▶ Strong sustainable links with local schools and Active School Co-ordinators
- ▶ Providing support on changing club constitutions
- ▶ Creating a coaching development plan



The impact of the increase in the number of clubs delivering clubgolf has been the number of children now receiving coaching in Stages 1 – 3. This has risen to eight hundred children from five hundred and sixty one the previous year. In addition to this there are now one hundred and eighteen active volunteer coaches, with a further thirty seven new coaches successfully completing UKCC Level 1 since January 2009.

Six golf clubs have benefited from development grants provided by SportTayside & Fife in order to train these new Level 1 volunteer coaches. This has been vital in creating coaching opportunities.

A Coaching Support Programme in Perth

Last year a project was run in the region to pilot a coach support programme. Dunning Golf Club in Perth & Kinross was selected to identify which volunteer coaches would assist them in improving their coaching. The club were visited twice by the PGA coach education manager, who observed and provided feedback on their coaching.

What became apparent from the pilot was that the volunteer coaches highly valued the opinions of having a more experienced coach critique their coaching. As a result of this pilot clubgolf are planning to deliver coach support days throughout the country in the near future.

Timelines for clubgolf 2008-09

April 08	May 08	June 08	July 08	Aug 08	Sept 08	Oct 08	Nov 09	Dec 09	Jan 09	Feb 09	Mar 09
Collection of firstclubgolf delivery statistics from schools	Start of coaching at Golf clubs and new club sign up	Planning of Coach Education Courses	Promoting clubgolf at the Open Champs.	Promoting clubgolf at the Johnnie Walker Champs.	Collation of Stage 1 – Stage 3 coaching statistics	Plan and set delivery targets	firstclubgolf Tutor training	Annual clubgolf review	Start of Coach Education programme	Plan coaching delivery at golf clubs	Delivery of firstclubgolf begins

At A Glance clubgolf Highlights for 2008-09

- ▶ 4711 children participating in firstclubgolf
- ▶ 163 primary schools participating in firstclubgolf throughout the region
- ▶ 3 Level 1 coaching courses delivered in the region
- ▶ 118 volunteer coaches active within the region
- ▶ 800 children participating in stages 1-3 of the clubgolf programme
- ▶ 2 PGA professionals orientated to deliver Stage 3 of the clubgolf programme
- ▶ 1 volunteer coach involved in the SportTayside & Fife coach scholarship programme
- ▶ 37 new volunteer coaches obtained UKCC level 1 qualification
- ▶ Coach support pilot programme delivered with volunteers from Dunning Golf Club, Perthshire

Developing Girls' and Women's Football

The future is exciting for girls' and women's football in Tayside and Fife.- from grassroots level through to excellence, Tayside and Fife continues to be the strongest region in Scotland.

"...in the East Region, the opportunities for girls of all ages and abilities to get involved in football are second to none. As a result, there are more girls playing football at a higher level. The change of season has resulted in far more coaching opportunities which benefits the players, the coaches and the clubs..."

John Diplexico Forfar Farmington and Tayside Development Squad Coach

Girls' and Women's Football

Within Tayside and Fife, opportunities for girls and women to participate and compete in football are on the increase.

2008/09 saw major steps forward for the Girls' and Women's game in the East Region. In March 2009, Scottish Women's Football was the first association to move to a March – November season; this has been seen by many as a progressive approach to the development of the female game.

Credit must go to all clubs for the dedication, commitment and enthusiasm for creating more opportunities for girls to play football.

On and off the pitch there were many awards and achievements. No fewer than twenty players from Tayside and Fife were selected for Youth International duty over

the last year. Most notably goalkeeper Fiona McNicoll was selected for the Women's A Squad to play in the International Challenge Matches against Italy and Northern Ireland.

Three clubs from the East Region are also now competing in the Scottish Women's Premier League with Dunfermline U17s reaching the Scottish Cup Final.

There were also successes off the pitch with nine volunteers nominated for Services to Sport and Coach of the Year awards with some notable winners.

With a bright future ahead, the Tayside and Fife Region for Girls' and Women's football continues to be the benchmark for all other regions in Scotland.

In 2008/09 a strong emphasis was placed on the school - club links in Tayside and Fife

In 2008/09 a strong emphasis was placed on the school - club links in Tayside and Fife. Links between Active Schools and Clubs saw a boost for girls' football in two particular clubs. Dundee West FC created a new initiative which targeted girls joining their local club to participate in fun football activity. Recognising the need to give girls the opportunity to play football in their area, Dundee West FC formed a link with their Active School Co-ordinators to create a girls only community class. Targeting their local secondary schools, Dundee West FC supported S5 and S6 pupils through coach education in return for voluntary work in this programme. Following on from this, the Active School Co-ordinators targeted the local schools advertising and promoting the new class for the girls. To date, Dundee West FC has created a strong girls only football class in their community and has exceptional links with all the primary and secondary schools in their area. Blairgowrie and Rattray CSC recognised the success of this programme and replicated this in Perth and Kinross. On average sixty girls are now benefiting from the opportunities these two clubs have created for them.

At A Glance Girls' & Women's Football Highlights for 2008-09

- ▶ 64 girls primary school and 38 girls Secondary School football classes with almost 2000 girls playing football in schools
- ▶ 15 new teams created to play in SWF East Region Leagues with over 670 registered players.
- ▶ Over 100 girls playing in Fife Soccer Sevens
- ▶ 6 Girls' and Women's Clubs passed the SFA Quality Mark accreditation scheme
- ▶ Over 1500 participants attended coach education
- ▶ 2 clubs launched girls only Community Class
- ▶ Over 75 girls attending U13 Area Squads
- ▶ 80 Girls attending Tayside and Fife Development Squads
- ▶ 36 Players attending East Squad Programme
- ▶ 21 Players Selected for International Squads at U15, U17 and U19 level with one player selected for Women's A Squad

Timelines for Girls' and Women's Football 2008-09

June 08	Aug 08	Sept 08	Oct 08	Nov 08	Dec 08	Jan 09	Feb 09	March 09
Under 15's National Camp	Start of 2008 condensed season to accommodate change of season 2009 Regional Squads Commence	Scotland v Austria A Squad Match at McDiarmid Park	End of Regional Squad Training	East Region Quality Mark Awards Night	McDonald Grassroots Football Awards - Hampden Park	Girls/Womens Coaches Level 4 Youth Award at Heriot Watt	In service training for Girls/Womens Clubs. "Here come the girls" Launch of promotion video for Girls/Womens Football	Start of 2009 girls season. SFA Coach & Club Development Conference

Developing Gymnastics

This year has seen a major improvement in the performance level of competitors at local, regional and national competitions.

"...Being involved in the scholarship programme and the Women in Coaching Programme (WICP) has enabled me to build my confidence, improve my coaching knowledge and experience. These programmes have effected so many people and will remain a driving force in our sport..."

Tracey Lindsay
DGC2K Coach, Scholarship and WICP Programme

Gymnastics

The past year has been an excellent year for growth in competition and participation pathways for all gymnasts and clubs.

The past year has been an excellent year for growth in competition and participation pathways for all gymnasts and clubs. With the increase in the number of local competitions being held by Clubs, Local Authorities and Scottish Gymnastics our competitors are getting every opportunity to further develop their talent.

All Local Authorities now have an excellent pathway for competitions, starting with School Festivals and Schools Competitions, where we have over one thousand participants across Tayside & Fife enjoying a basic introduction into the pathway. This year Balwearie High School won Gold in the Level 1 Scottish Schools Competition.

For the children who want to compete at club level, there has been an increase in the number of clubs holding local competitions that are open to everyone. Many clubs or development groups are implementing inter-club competitions, which is great for competitors and clubs at that level. Scottish Gymnastics also runs competitions in

Tayside & Fife, which provides a stepping stone for competitors to get into regional and national Academies. Scottish Gymnastics also holds the National Championships, across many different disciplines, every year at Bells Sports Centre, Perth.



Tayside & Fife has had an increase in the number of competitors entering Scottish and British Championships across the disciplines and it is evident that the current pathways and structures in place are benefiting our competitors in the region. This year alone the Scottish Champions from Tayside & Fife has grown from four to fourteen across a number of disciplines; Women's Artistic (Espoir) 1st - Jordan Archibald, 3rd - Kirsty Campbell, both helping DGC2K to win team gold. Men's Artistic 1st - Ross Barrett, 2nd - Cameron Dunsmore, both also helping Scotland to win Team Gold at the Celtic Cup(elite); NDP - Thomas Cameron. All gymnasts have come through the competition pathways and will continue to progress with a long term aim of competing in the 2014 Commonwealth Games.

The creation of Fife Gymnastics Forum

With the introduction of the Fife Gymnastics Forum, Fife has taken a major step forward to strengthen Gymnastics and Trampoline. Representatives from Clubs, Sports Development, Active Schools and SportTayside & Fife are working together to focus on the priorities of the sport and ensure that Fife continues to grow from strength to strength.

After a very successful first meeting a number of clubs have placed coaches on the SportTayside & Fife Coach Scholarship Programme and Coach Education courses have been identified and organised. Another highlight; is the mentoring programme that was set up to benefit twelve local coaches.

At A Glance Gymnastics Highlights for 2008-09

- ▶ Increase in the number of gymnasts registered 1751–1852
- ▶ Increase in the number of coaches registered 249–288
- ▶ 8 clubs signed up to GymMark – National Club Accreditation Scheme
- ▶ Kingdom Trust open the newly refurbished Bruce Street Gym
- ▶ Over £22,000 secured to develop clubs
- ▶ SportTayside & Fife supporting 9 coaches through the scholarship programme
- ▶ £8,000 allocated to support coach education for 61 coaches
- ▶ SportTayside & Fife provided Coach Mentors to support Sports Acro & Pre-school coaches.
- ▶ 4 new National Judges qualified.
- ▶ 4 new Primary Schools delivering gymnastics programmes in Dundee & Fife

Timelines for Gymnastics 2008-09

April 08	May 08	June 08	July 08	Aug 08	Sept 08	Oct 08	Nov 08	Dec 08	Jan 09	Feb 09	Mar 09
Establish Regional Action plans and budgets.	National Gymfest, School's Gymfest, Floor & Vault Judging,	Perth & Kinross Champs Scottish Champs	GymMark - Club Dev. Performance Camps	Coach Education Roadshow, SGA Awards	Women's Artistic and Voluntary, National Trampoline Champs	Fife Network Champs. SGA Conference	British Champs, Glasgow Grand Prix Perth Gymfest	Regional squad trials	TDP Regional Day Camps	Schools Regional Heats	National School's Final Coach Education Planning

Developing Hockey

Hockey has been developing throughout Tayside & Fife in 2008-09, with a range of projects taking place. The needs of the hockey community vary across the four Local Authority areas and therefore different priorities have been focussed on during the year.

“...Being involved with the hockey programme has meant that not only do we get to learn more about a sport that we love, but we get to pass on the knowledge to eager young minds. Coaching is a lot of fun, and you can certainly get a new perspective on the different ways of learning basic skills...”

**Eilidh Todd,
Volunteer at St Andrews junior session**

Hockey

Hockey has been developing throughout Tayside & Fife in 2008-09, with a range of projects taking place.

In Angus, the main focus has been on improving the junior pathway and on coach education to support this pathway. Two clubs have been involved in this work. Brechin Thistle Hockey Club has been committed to assisting their coaches to gain coaching awards and have been supported in this endeavour. Monarchs Hockey Club achieved the Silver ACE Award and is working to develop their youth section. Progress is being made in the delivery of Primary School hockey, with the delivery of in-service training and successful festivals and training events for the schools.



From beginner to elite, hockey's happening at all levels across Tayside & Fife

The North East of Fife was identified as a gap area for Primary school aged hockey. In a partnership between Fife Sports Development, SportTayside & Fife, Active Schools and St Andrews University a junior session was piloted. Students were given a training session based on the STIX Model for hockey and a six week block was offered free to all P5 and P6 pupils in the area.

Attendance grew each week and the players' and students' skills quickly developed. With fifteen pupils attending on a regular basis a further six week block was offered in the summer term. The students also attended coach education opportunities and were mentored to allow them to develop their own coaching skills.

This project has been delivered by volunteers from the University, who have been mentored and attended coach education opportunities to develop their own skills. This session is the first step in a larger plan to target this area of Fife for junior hockey.

In Perth & Kinross, there has been an increase in school-club links, with activity in new areas, both in Perth city and outlying areas. New facilities opening or in the planning stages have given a focus to the development of hockey in the area. There have also been positive steps towards bridging the transition gap between Primary and Secondary participation. Perthshire Hockey Club has also been supported through the Scottish Hockey Club Development Programme, and with the club has taken steps to ensure it has a strong structure in place in the best possible condition to deliver hockey at all levels.

At an elite level, the Performance Squad has completed its first full year of operation with eighteen players involved in the 2009 programme. Three players from the region also represented GB at the Youth Olympic Festival in Australia.

In Dundee, the Development Group has taken steps to have input to the Dundee Plan. This is a positive move and has given the clubs more opportunity to influence the direction of hockey development in the City. In addition, a review of the Potentials Programme for talented U12 and U15 players has improved the consistency of delivery at this level and identified and addressed coach support needs. In Fife, good progress has been made in the North East by the creation of a junior session at St Andrews University.

At A Glance Hockey Highlights for 2008-09

- ▶ 3 local players: Becky Ward, Ross Stott and Gavin Byers represented GB at Australian Youth Olympic Festival, helping to win Gold (women) and Bronze (men) medals
- ▶ Hockey Development Manager post secured for three years
- ▶ Monarchs Hockey Club achieved Silver ACE Award.
- ▶ Dundee Primary School League ran for first time with 8 schools involved.
- ▶ Strength & Conditioning programme delivered for Performance Squad players.
- ▶ 72 people attended Hockey Leaders Courses.
- ▶ Midland won U18 Boys & U18 Girls Indoor Inter-district Tournaments.
- ▶ 5 coaches recruited to SportTayside & Fife Scholarship Programme to support their coach development.
- ▶ 3 volunteers recruited to clubs through Volunteer Centre Network.
- ▶ 6 schools attended the first Perth & Kinross Senior School Festival in Auchterarder.

Timelines for Hockey 2008-09

April 08	May 08	June 08	July 08	Aug 08	Sept 08	Oct 08	Nov 08	Dec 08	Jan 09	Feb 09	Mar 09
Dundee and Perth & Kinross Primary Festivals	Tayside & Fife Primary Festival	U14 Inter-District Tournament (outdoor)	Scottish Hockey Camp – Glenalmond College	Scottish Hockey Camp – Strathallan School	Midland Clubs Meeting	Dundee Hockey Dev. Group Meeting	U16/U18 Inter-District Tournaments (outdoor)	Midland Committee Meeting	Leaders Award – Lochgelly	Boys U15 & U18 Inter-District Tournament (indoor)	U16 & U18 Cup Finals Leaders Award
Midlands HU AGM	U15 Inter-District tournament (outdoor)	Midland Centenary Tournament Celtic Cup			STIX In-service - Arbroath		STIX In-service	Link Officers Meeting	Girls U18 Inter-District Tournament (indoor)		Senior School Festival

Developing Rugby

International Rugby, Street Rugby, Secondary School Rugby Champions, Primary School FSA Rugby classes and golden Oldies Rugby!



“...I am learning so much about rugby and how to coach from working through the UKCC courses. The better you are as a coach and the more player centred your approach, then the better and more enjoyable your sessions will be...”

**Peter Cook
Mini/Midi Coach
Crieff & Strathearn RFC**

Rugby

The Development Team in Tayside & Fife have been taking rugby to the streets this year through Scottish Rugby's Cashback for Communities Programme.

It has been another exciting year for Rugby in Tayside & Fife both on and off the pitch. From Street Rugby to International Rugby there have been events running across the region and we have also welcomed some new faces to the development team. Kenny Christie has moved on and been replaced by Stewart Ross in Angus. Phil Smith has been replaced at Dunfermline by Tom Campbell, although Phil still remains an active member of Dunfermline RFC. A new post has also been confirmed in Dundee in partnership with Morgan Rugby Club, Panmure Rugby Club, Dundee City Council and Scottish Rugby which will link in with the good work already being carried out by Dundee Eagles. The SVQ team has also made great strides with twelve SVQ Community Coaches delivering across Tayside & Fife, four of whom have been working on the Perthshire Rugby Club React.2.Rugby programme headed up by the Development Officer.

Schools rugby has again been a major focus for the development team in Tayside & Fife and nowhere has there been a greater improvement than in Angus which has seen entry for the Bell Lawrie Scottish Schools Cup grow from three teams in 2007-08 to nine in the 2008-09 season. This growth along with extra teams being secured

throughout the rest of Tayside & Fife gave the region the second highest entry to the Schools Cup this season with forty five teams. The launch of the Secondary School Rugby Champions programme should help to develop these new teams and hopefully lead to an even bigger entry in the Schools Cup.

The Development Team have also started delivering Street Rugby this year through the Cashback for Communities programme. Basic passing and running skills have been the main focus in all four Local Authority areas now running the programme however the youngsters have also been keen to learn the contact elements. With all this activity taking place in schools and the increasing number taking part in the club game it has again been important to focus on Coach Education and this year has seen Tayside & Fife host local foundation courses as well as two regional UKCC Level 1's and one UKCC Level 2. As well as coaching courses, development staff have delivered coaching updates to club and school coaches on the key national themes.

What is Rugby Champions?

Rugby Champions, supported by Scottish Widows Bank, is a new initiative for state Secondary Schools across Scotland. It will encourage more schools, teachers and volunteers to offer rugby training, run teams and play fixtures against other rugby-playing schools in the area. The aim is to increase the numbers of young people in Scotland playing or taking part in rugby, as well as helping them to stay active and healthy.

Who are the 'Champions'?

The new rugby 'champions' are teachers or volunteers who give up their own time to promote and coach rugby in schools. They are rewarded for their efforts, with rugby kit, rugby balls and other equipment as their school rugby improves and reach different levels of achievement — bronze, silver or gold. Tayside & Fife has recruited thirty three Rugby Champions throughout the region to help grow the game, seventeen Bronze Level Schools, fifteen Silver and one Gold.

Rugby in Tayside & Fife is indebted to the many volunteers who give up countless hours of their spare time to work with the staff on the various programmes as well as coaching at their school or club.

At A Glance Rugby Highlights for 2008-09

- ▶ Over 50 coaches complete UKCC Level One courses
- ▶ 20 coaches taking part in the first UKCC Level 2
- ▶ Tayside & Fife host 3 U20 Scotland Internationals and 1 A team International
- ▶ Food Standards Agency 'Safe food and Healthy Eating' project delivered in partnership with rugby to over 900 children
- ▶ Tayside & Fife recruits 33 Secondary School 'Rugby Champions' to promote and develop the game in their schools
- ▶ Arbroath RFC and WAID Acadmey RFC launch new mini sections
- ▶ 45 teams take part in the Bell Lawrie Scottish Schools Cup
- ▶ A new Development Officer post is secured in partnership with Morgan RFC, Panmure RFC and Dundee City Council
- ▶ 17 full time development staff growing participation in schools and clubs
- ▶ Scotlands 1st Golden Oldies Festival takes place at Perthshire

Timelines for Rugby 2008-09

April 08	May 08	June 08	July 08	Aug 08	Sept 08	Oct 08	Nov 08	Jan 09	Feb 09	Mar 09
Easter Holiday Camps in all areas	IRB 7s Festival of Rugby Primary Schools Finals	Touch Dundee Touch in the Park Perth Inaugural	Summer Rugby Camps all areas	Induction with new SVQ Community coaches	Bell Lawrie Scottish Schools Cup Launched	Regional Development Group Meeting	Calcutta Cup Tour Autumn Tests – Local players attend as Mascots	Healthy Eating Project in service Dundee	6 Nations Local players attend as Mascots U20 & A team international held in Dundee & Perth	HSBC Festivals Angus
UKCC Level 1		Angus 7s	Staff CPD Training	Coaching Seminar				Dundee Street Rugby		2 Local coaching Updates Fife

Developing Swimming

The number of swimmers from Tayside and Fife achieving District Regional programme selection, the first stage in Scottish Swimming's national squad programme, increased from 35 in 2007/8 to 41 in 2008/9.



Swimming

This year, has seen significant change in the swimming infrastructure. An overall improvement in performance standards has seen more swimmers making national squads and the District selection.

Swimming in Tayside & Fife has seen significant progress in planning and recruitment of two full-time, paid swimming coaches in the region. The first such appointment in the region was Heather Albin at Dundee City Aquatics in July 2008. This is an exciting time for swimming in Dundee, with the performance coach in place, there are advanced plans for a 50m pool to replace Olympia in the near future. The second full-time, paid coach position has been the recent appointment of John Dougall as the Fife Performance Coach. John will be working with all Fife clubs to improve the swimmer pathway.

The appointment of Heather has meant that the **SportTayside & Fife** Swimming Development Manager post became vacant. After a period of consultation between **SportTayside & Fife**, **sportscotland** and Scottish Swimming, it was agreed that Scottish Swimming would outline its plans to regionalise its national development functions. After much consultation and engagement it was agreed that Scottish Swimming would recruit and appoint four Regional Development Managers to cover Scotland. The **SportTayside & Fife** Development Manager post was combined with **SportCentral**. Eilidh McCall-Lawrie has now been appointed. Eilidh has considerable experience with Scottish Swimming,

Local Authorities and clubs, having been employed as Scottish Swimming's Volunteer Development Manager.

The number of swimmers from Tayside and Fife achieving District Regional programme selection, the first stage in Scottish Swimming's national squad programme, increased from 35 in 2007/8 to 41 in 2008/9. This 17% increase was larger than the increase from the previous year.

A Full-Time Performance Development Coach for Dundee City Aquatics

In July 2008 Heather Albin began work officially as the full-time, Performance Development Coach for Dundee City Aquatics.

This significant partnership project between **SportTayside and Fife**, Dundee City Aquatics, Dundee Council and Scottish Swimming signified the first such position in swimming in Tayside and Fife. It was the culmination of almost a year of planning and development work and helped the sports partnership achieve one of its significant key performance indicators. It is hoped that eventually all four Local Authority areas will have such positions to provide leadership for the respective local swimming communities. The post cements a strong working partnership across a number of key organisations. The aim is to make the post sustainable in the long term, beyond the three year period of the project.

Congratulations go to Menzieshill and Whitehall Swimming and Water Polo club for achieving swiMark accreditation. This was a significant commitment from the club and one that highlighted good practice in a number of areas of their operation.

The planning of new facilities in Tayside and Fife has continued. Progress is being made on the planning of a significant aquatic centre for Dundee, with the inclusion of a 6 lane x 50m pool, diving facilities and leisure water to replace the Olympia Centre. Fife Council has committed significant funding for the refurbishment and replacement of pools at the Carnegie Centre, Dunfermline; Fife Institute, Glenrothes and Kirkaldy. Angus Council has begun the planning process replacing the public pool at Montrose with a six lane, 25m main pool with an associated learner pool.

At A Glance Swimming Highlights for 2008-09

► Appointment of Heather Albin as Dundee City Aquatics full-time, Performance Development Coach.

► Appointment of John Dougall as the full-time, Fife Performance Coach.

► Appointment of Eilidh McCall-Lawrie as the Tayside & Fife and Central Regional Swimming Development Manager.

► Menzieshill and Whitehall Swimming and Water Polo Club achieve swiMark (club development) accreditation.

► 17% increase in number of swimmers achieving District Regional Programme selection, the first stage of Scottish Swimming's national squad programme.

Timelines for Swimming 2008-09

April 08	May 08	June 08	July 08	Aug 08	Oct 08	Nov 08	Jan 09
Scottish Age Group Champs, RCP Edinburgh	Midland District Champs	Scottish Open Champs, final qualifying for World Aquatics Champs, Rome Final qualifying for 2009/10 District Regional Programme	World Aquatics Champs, Rome ASA National Age-Group Champs	ASA National Youth and Open Champs	District Regional Programme	District Regional Programme	Generic Swimming Education Programme launched in Tayside and Fife

FINANCIAL SUMMARY FOR YEAR 1.4.08 – 31.3.09

Reserves brought forward £291,521

INCOME

PARTNER CONTRIBUTIONS

sportscotland	£359,499
Local Authorities	£ 92,000
Governing Bodies	£ 24,677
Athlete / programme income	£ 24,783
Total partner contributions received	£500,959
Bank Interest received	£12,656

TOTAL INCOME

£513,615

EXPENDITURE

DEVELOPMENT PROGRAMME COSTS

Facilities	£ 21,360
Coaching costs	£ 44,052
Coach scholarships	£ 13,616
Competition	£ 270
Transport	£ 4,587
Club development	£ 11,923
Catering	£ 3,624
Equipment and accessories	£ 11,845
Miscellaneous expenses	£ 4,429
	£115,706

STAFFING COSTS

Administrative salary and pension costs	£327,142
Staff training & development	£ 6,037
Staff Travel	£ 10,234
	£343,413

ADMINISTRATION & OVERHEADS

Rent of office space	£ 6,000
Office Administration & Overheads	£ 12,756
Insurance	£ 3,658
Software & Licencing	£ 112
Accountancy fees	£ 2,015
Bank Charges	£ 97
Depreciation	£ 15,313
	£39,951

TOTAL EXPENDITURE

£499,070

SURPLUS FOR THE PERIOD

£(14,545)

RESERVES CARRIED FORWARD

£306,066

NOTES: The above is a summary of the financial position from 1st April 2008- 31st March 2009 as per the Accountants Report.

SURPLUS: The surplus being carried forward is part of a managed reserve for the Partnership and is part of agreed financial forecasts to March 2010 but includes a carry forward figure of 20k for Rugby posts.



Our Core Funding Partners...



Working Together...



Partnership Executive Committee

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Councillor:
Cllr Colin Brown
Angus Council:
Ron Johnston
Education:
Ken McKay
Local Sports Council:
Colin Knight

Dundee

Councillor:
Cllr Richard McCready
Dundee City Council:
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Dave Nicoll
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Councillor:
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Local Sports Council:
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Stuart Younie
Education:
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Local Sports Council:
Jim Hitchen

sportscotland

Partnership Manager:
James Steel

SportTayside & Fife

Partnership Manager:
Brian Samson
Programme Manager:
Euan Lowe
Administration Manager:
Evelyn Paterson

Universities

University of Dundee:
Brian Ewing
University of Abertay:
Ray Lloyd
University of St Andrews:
Ian Gaunt

Additional Representatives

Tayside & Fife Institute of Sport:
Catriona Semple
Angus Council:
Alastair Wilson

Credits

Photography: Alistair Vannet
Girls' & Women's Football Photography: SFA
Swimming Photography: Scottish Swimming
Design: FireGarden
Printing: Astute