

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

We have been very active since the publication of our February Newsletter – particularly with the events, festivals, competitions, coaching courses and workshops organised in partnership with our clubs and Local Authority colleagues,

The whole purpose of our Newsletter is to give the sporting community in Tayside and Fife a regular update of the progress we are making together to grow the grassroots of sport and provide the ladder of opportunity for our young talented performers.

Each section provides a closer look at what has been taking place, but some of the highlights are:

- The 15 new coaches who have been admitted to our Coaching Scholarship programme
- Dundee West Girls football club's outstanding success in winning the U17 Scottish Cup at the National Youth Finals day in Stirling.
- The work we have done with scottishathletics to support the establishment of the Open Graded Grand Prix series – a new age group competition structure – with the final taking place in Dundee in August.
- **basketballscotland** and **SportTayside & Fife's** pilot Talent Development Programme at D.I.S.C, Dundee for selected Under 14 boys and girls.
- The delivery of firstclubgolf Stage 1 coaching to 103 Primary 5 children from local schools by Scotsraig Golf Club.
- The first ever Inter Regional Beginners and Intermediate Men's Artistic Gymnastics competition being hosted in Dundee.
- Tayside Primary Hockey Finals at DISC in May won by Dundee Wanderers Hockey Club Under 12's, and the Fife Primary Hockey Finals contested by 14 teams and won by Pittencrieff Primary.
- The appointment of new Rugby Club Development Officers in Angus and Fife to further boost growing the game across the region and support the work of those already delivering in Perth & Kinross and Dundee.
- The thirteen new volunteers recruited and trained by Kinross Otters swimming club to help support the work of the coaches on poolside.

Finally, we are looking forward to supporting the roll out of the governing body Academy Programmes for young up and coming performers in Tayside and Fife. The Partnership will be managing the delivery of the support programmes, such as strength and conditioning that will support the technical and tactical work being delivered by the governing bodies. We are currently working closely with the sports, the Tayside and Fife Institute of Sport, the Scottish Institute of Sport and **sportscotland** to complete the planning so that we can begin to deliver the support programmes in autumn.

Brian Samson

Partnership Manager

Athletics

Alasdair Donaldson
Athletics Development Manager
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DEVELOPING ATHLETICS IN TAYSIDE & FIFE

scottishathletics Grand Prix Final

Over the last year **SportTayside & Fife** have been working closely with scottishathletics and meeting promoters across the country to look at the implementation of a new competition structure. The first step in this process has been the inauguration of an Open Graded Grand Prix series aimed at bringing together the best athletes in the country for higher standard and more meaningful competition. The aim: raising the standard of athletics across Scotland. The events are open to all athletes who are in the Under 17, Under 20 and Senior age-groups.

The series has already begun with meetings in Grangemouth and Meadowbank. The series will then take in Linwood and Scotstoun before moving to **Dundee** for the Final on August 25th. £14,000 stands to be won across the meetings with a top individual prize of £1000 for the athlete who records the performance which ranks highest in the UK senior rankings at the end of the year.



The series already looks to have captured the imagination of Tayside & Fife's top athletes with many recording notable performances in the first two meetings. For full reports on the progress of the region's athletes please visit the results section of our website where you will see a report on each event: <http://www.sporttayside-fife.co.uk/athletics/results.html>

The final in Dundee will see the athletes come together to fight it out for the chance to be crowned the Grand Prix Champion in their event. At the same time there will still be the opportunity to race against each other and record personal best performances. Athletes do not have to qualify for the final it is open to all. The final will be preceded by an Under 11 Run, Jump & Throw Triathlon Challenge which again is open to all. For further information about the Grand Prix Final or the Triathlon Challenge please contact Alasdair Donaldson (details above).

Coach Education

In March two Coach Education courses took place across Tayside & Fife and both ran at full capacity. The first course was a Children in Athletics course run at Dundee High School's Mayfield Sports Centre. Special thanks has to go out to the staff at Mayfield who were able to accommodate the course after a frantic phone call the day before after the original venue was ruled out due to a fire. This course is ideal for people leading games-based activities with children 8-13 years old using soft athletics equipment. It helps candidates devise game-like activities that are fun, safe and promote skill development. A further Children in Athletics Course is due to run at Perth Grammar School on Saturday 2nd June.



The second course was a Level 1 Course which took place at Cowdenbeath Leisure Centre. The Level 1 Course is the first step on the coaching ladder and gives new coaches the chance to work alongside more experienced coaches back in the club/community environment.

A Level 2 Course is due to run over the weekend of June 9th & 10th at Pitreavie and is also at full capacity showing that the enthusiasm is out there for coaches to progress their skills and help athletes move on to the next level.

It would not be possible to put on any of these courses without the co-operation of the Local Authorities who provide the facilities in which these courses take place.

If you would like to get involved in coaching then please get in contact with myself. For further information about coaching courses please see our website:

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

star:track Summer Camps

star:track Summer Holiday camps will run across Tayside and Fife this year. These camps give children the chance to come along and try out athletics and focus on introductory activities allowing the participants the opportunity to try every type of athletic activity, be it running, jumping, throwing or hurdling. The Camps this year will be:

Angus

Lawside Leisure Centre, Forfar	10 th – 12 th July	1:00 – 4:00pm
Montrose Sports Centre	17 th – 19 th July	1:00 – 4:00pm
Arbroath Leisure Centre	7 th – 9 th August	1:00 – 4:00pm

For further details contact Laura Ross on (01307) 474 243

Dundee

Caird Park Athletics Stadium	25 th – 27 th July	10:00am – 2:30pm
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For further details contact the booking office on (01382) 432 345

Fife

Dalgety Bay Leisure Centre	23 rd – 27 th July	10:00am – 12:00pm
Queen Anne High School, Dunfermline	23 rd – 27 th July	1:00pm – 3:00pm
Madras College, St Andrews	9 th – 13 th July	1:00pm – 3:00pm

For further details please contact Bill Hogg on (01383) 314 641

star:track is part of a UK wide programme. Each of the organisers has put forward strong funding applications to uk:athletics to help support the camps and ensure that sustainable development opportunities exist for the children if they want to get more involved with athletics. This year the three Local Authorities have gained a combined total of over **£4000** towards the camps and the development of Run, Jump & Throw clubs for the participants to progress to if they wish.



Perth & Kinross are also running Holiday Programmes. Athletics and hockey will be combined for one week:

Perth Grammar School	16 th – 20 th July	9:30am – 4pm
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For further details and other course info please contact Jane Cusine on (01738) 637 129.

Street Athletics Hits Dundee



Street Athletics, an event which was the brainchild of Linford Christie and Darren Campbell, is coming to Dundee for the first time this summer. They started the programme five years ago in Manchester's Moss Side District (where Campbell grew up) and it has gone from strength to strength ever since. On 13th July both Christie and Campbell (pictured left) will be in Dundee to get people off the streets and into sport. The event is open to anyone under the age of 20; there is no need for any previous athletic experience. People turn up on the day and run 60m as fast as they can.

The Dundee winners will qualify for the Scottish Final where they will receive a free pair of trainers and the chance to become the Scottish Street Athletics Champion, a prize which will bring with it a year's kit contract with Reebok. There will be many other activities on the day in Dundee's City Centre with a DJ zone where people can have a go at creating their own music as well as dancing, street football and much more.

Coaching

Derek Welch
Club/Coach Development Manager
E-mail:derek.welch@dundeecity.gov.uk

DEVELOPING COACHING IN TAYSIDE & FIFE

Scholarship Programme 2007-08

During the last three months, **SportTayside & Fife** have agreed long-term development programmes with fifteen coaches and inducted eight individuals to the Scholarship Programme. Four sports will benefit from the support: Basketball, Gymnastics, Rugby and Swimming. An informal interview process is now being used to identify Continuous Personal Development Needs (CPD).

CPD Scholarship Programmes - February-May 07

Basketball

Fiona Lynn –
Level 2/UKCC Level 2
additional component
Alistair Vannet –
Level 2/UKCC Level 2
additional component

Gymnastics

Donna Crowther –
Pre-School Tutor Level
1/2/Judging
Pamela Bowie –
Judging/First
Aid/Women's Artistic
Add-on
Rebecca Simpson –
Chorography
Stephen O'Rourke –
Performance
Trampoline

Rugby

Chris Reekie –
UKCC Level 2
Ed Richardson –
Level 2/Strength &
Conditioning/Agility &
Speed
James Keenan –
Foundation & Level 1
Fordyce Davidson –
Foundation & Level 1

Swimming

David Haig –
ASA Level 1
Mark Laing –
UKCC Level 3
Gillian Burnett –
UKCC Level 3
Drew Burnett –
UKCC Level 3
Fiona Dodds –
UKCC Level 3

Would you like to improve your coaching?

For more information on the 2007-08 Scholarship Programme, please contact me using the contact details with this newsletter or visit our website for further details.

SportTayside & Fife Education Programme 2007-08

Medication in Sport May 23 2007

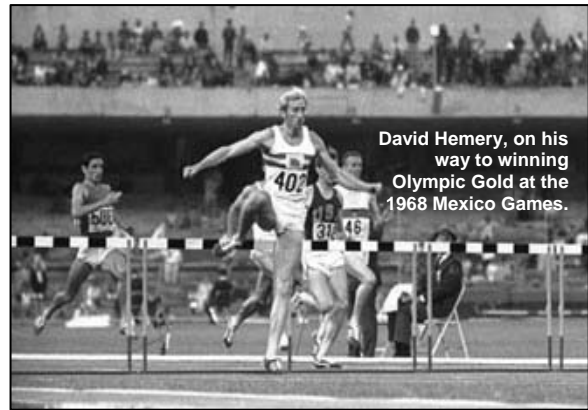
As part of the Biomedicine series of workshops for 2007, in conjunction with HEAL Physiotherapy & Sports Medicine Centre, a *Medication in Sport* workshop was delivered by Dr. Alan Dawson, at High School of Dundee Mayfield Sports Centre on Wednesday, May 23rd. The workshop informed athletes, coaches and parents on the status of prohibited classes of substances and examples of permitted medication in sport. The workshop was attended by 16 delegates and set-out to inform the audience of who are liable to be tested, during or out-with competition. The workshop outcome provided information, allowing athletes, coaches and parents to take responsibility to check the status of all medications and supplements.

National Coaching Network

The National Coaching Network gathered in Pitlochry on May 2nd & 3rd, consisting of: **SportTayside & Fife**, Scottish Governing Body and Local Authority representatives. The National Coaching Network is a **sportscotland** initiative designed to promote greater use of sound coaching practices, with the group creating a culture of working co-operatively in the exchange of ideas and knowledge across Scotland.

A series of workshops was delivered to update the delegates on the UK Coaching Model that will guide the development of strategic, operational and delivery systems for coaching policy and practice in the UK.

The thirty-strong team of officers and managers also enjoyed a day with David Hemery, 400m Hurdles Olympic Gold Medallist at the 1968 Mexico Games in a time of 48.12 sec., which would guarantee a place in the Olympic final today! In 1972 he was silver and a bronze medallist, but called time on a distinguished career, and continued in athletics as a coach and consultant in the UK and America.



Regional Club Development Group

A Regional Club Development Group has been established, with the view to supporting Partnership Club Accreditation Schemes. Minimum criteria for club schemes has been produced, creating further clarity on what criteria is absolutely essential and what is desirable good practice. Further recommendations have highlighted matters relating to equity, player/coaching pathways and Child Protection.

Forthcoming SportTayside & Fife Courses and Workshops

SportTayside & Fife Workshop Series 2007

Course: Psychology for Parents and Children with Psychologist, Katie Sinnott
Date/Time: Wednesday 20th June 6.50 for 7pm-8pm
Venue: High School of Dundee, Mayfield Sports Centre, Dundee
Cost: £8.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

SportTayside & Fife Workshop Series 2007

Course: Nutrition & Hydration with Dr. Declan Fields
Date/Time: Wednesday 11th July 6.50 for 7pm-8.30pm
Venue: High School of Dundee, Mayfield Sports Centre, Dundee
Cost: £10.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

SportTayside & Fife Workshop Series 2007

Course: Warm Up/Cool Down/Massage with Lesley Dawson and Lynne Miller
Date/Time: September 6.50 for 7-9pm (Call for further details)
Venue: High School of Dundee, Mayfield Sports Centre, Dundee
Cost: £10.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

For more course and workshop information, please go to www.SportTayside-Fife.co.uk. If you would like to submit any coaching information for the next newsletter, I would be grateful if the material reached me by **Monday 13th August**