

# 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**

Girls/Women's

# Football

Gemma Fay  
Girls/Women's Football Development Officer  
E-mail: [gemma.fay@dundeecity.gov.uk](mailto:gemma.fay@dundeecity.gov.uk)

DEVELOPING GIRLS / WOMEN'S FOOTBALL IN TAYSIDE

## Dundee West Girls Lift Scottish Cup!

It turned out to be lucky number 13 for Dundee West Girls as they lifted the U17 Scottish Cup at the National Youth Finals day in Stirling on May 13<sup>th</sup>. The final saw them pitted against the conquerors of St. Johnstone Girls in the semi – final, FC Kilmarnock. The final, which saw the Dundee team boast two current U17 internationalists, was a nail biting affair with the scores level at 2-2 after 90 minutes, with goals from Vivien Leith and Kimberley Thompson for Dundee West. The game went into extra time and eventually penalties, where Dundee West turned out jubilant victors with a 4-3 score line.



*Pictured Above: Scottish U17 Champions Dundee West Girls U17's, with Coach Norrie Low*

Unfortunately, it proved not so lucky for Arbroath Inchcape, as they went down 6-0 to Hibs Girls FC in the U13 Scottish Cup. However, it was a proud day for the East of Scotland Girls League as it boasted finalists in two out of the three finals. Well done to all involved!

## Perth Grammar Make History at National Women's Day



*Pictured Above: Scottish Schools FA U15 Champions Perth Grammar with Coach Siobhan Penman*

Perth Grammar School U15 Girls team made history as they lifted the Scottish Schools FA U15 Shield for the first time in the School's history. Sunday 20<sup>th</sup> May saw Perth Grammar take on reigning champions, Mintlaw Academy at McDiarmid Park, Perth. After an exciting and entertaining match, which saw both teams play with 100% commitment, Perth Grammar triumphed by 3 goals to 1. The result was in doubt right up until the final whistle but the Perth Grammar girls held on for a deserved victory. A big congratulation to all at the School for the fantastic achievement!

## Regional Squad comes to and end for the season as U15 head off to Camp

The East Region Squad came to an end on Friday 18<sup>th</sup> May as the season winds to a close. The first year of the East Region U15 & U19 Squads has proved highly successful, with very positive feedback from players, parents and coaches alike. The highlight of the year has been the selection of a number of East Region athletes into national squads at U15, U17 and U19 level. This has been a credit to the programme and is down in no short way to the efforts of squad and club coaches alike.

The U15's will have to wait a little while longer for their break as they head off to the inaugural U15 National Camp, at Tulliallan from June 1<sup>st</sup> – 3<sup>rd</sup>. This three day experience will pit the East Region against the five other regions in Scotland as well as a number of theory session on becoming and elite athlete. With a 23 strong squad, the girls will gain valuable experience and exposure to National team coaches.

## Area, Development and Regional Squad selections under way

The selection process is under for next season's area, development and regional squads. Trials took place in May for the U13 Angus and Dundee Area Squads, with an excellent standard on display. After consultation between coaches, the following squads were selected for Dundee. Training will commence in August 2007. Please note Angus Area Squad selection will be announced at a later date;

### **Dundee U13 Area Squad;**

Chantelle Coutie (Celtic Tayside), Megan Gromar(Dundee United SC), Cali Low (Invergowrie Girls), Ailsa Luke, (Celtic Tayside), Taylor Flynn (Celtic Tayside), Alix Johnson (Celtic Tayside), Jenna Culloch, Carly Ritchie (Dundee United SC), Jodie Donnagn (Dundee United SC), Heather Royal (Dundee United SC), Nathalie Gromar (Dundee United SC), Chloe Deuchars, (Celtic Tayside), Aimee Sturrock (Celtic Tayside), Lindsay Dunbar (Dundee United SC), Alannah Stewart (Celtic Tayside), Ellie Scanlan (Invergowrie Girls).

Trials are currently being held for Development and Regional U15 & U19 Squads. The U15 Squads will be selected on 24<sup>th</sup> & 25<sup>th</sup> May at trials in Dundee & Perth. The U19 Squads will be selected on June 27<sup>th</sup> & 28<sup>th</sup> at Kilgraston in Bridge of Earn. The newly selected East Region U19 squad will be then invited to a two day training camp in July in preparation for the season ahead where they will under physical and theoretical training.

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 **Monday 13<sup>th</sup> August**.

# 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

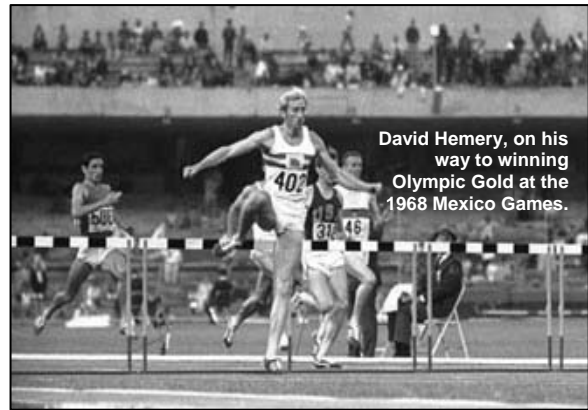
As part of the Biomedicine series of workshops for 2007, in conjunction with HEAL Physiotherapy & Sports Medicine Centre, a *Medication in Sport* workshop was delivered by Dr. Alan Dawson, at High School of Dundee Mayfield Sports Centre on Wednesday, May 23<sup>rd</sup>. The workshop informed athletes, 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 2<sup>nd</sup> & 3<sup>rd</sup>, 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.



David Hemery, on his way to winning Olympic Gold at the 1968 Mexico Games.

### 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 20<sup>th</sup> 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 11<sup>th</sup> 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](http://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 13<sup>th</sup> August**