

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

Hockey

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DEVELOPING HOCKEY IN TAYSIDE & FIFE

Tayside & Fife Primary Hockey Finals



Congratulations to Dundee Wanderers Hockey Club Under 12's who won the Tayside Primary Hockey Finals at DISC on Tuesday 15th May. A variety of events took place throughout the year allowing thirteen teams from Angus, Dundee and Perth & Kinross to qualify for the event. The top six teams will represent Tayside at the National Primary Hockey Festival. Congratulations to Clepington Primary, Strathnot Strikers, Claypotts Castle Primary, Whitfield Primary and Kirkriggs Primary.

The Fife Primary Hockey Finals took place on Wednesday 30th May. Fourteen teams competed in the event with a tight contest between Dalgety Bay Primary and Pittencrieff Primary in the final. Congratulations to Pittencrieff who won the competition. Both teams will represent Fife at the National Primary Hockey Festival. This event will take place on Wednesday 6th June at Peffermill, National Hockey Academy, in Edinburgh. Good luck to all eight teams representing Tayside & Fife.

Youth Competition

The U14 Mixed Inter-District tournament took place on Sunday 27th May at DISC. After four games, Midland A was top of their group on ten points and went forward to play a semi-final against East B which was won convincingly. The final game of the competition was Midland A versus East A. After extra time the score was tied at 2-2 and went to running penalties. This was a fantastic display which finally saw Midlands taking the trophy in a 3-2 win. Congratulations to all players and thank you to Jenny Gerrard for coaching the squad.

Midland B fielded a young team for the competition who were narrowly beaten by West B 1-0 and lost to East B 3-0. However the team improved as the competition went on and convincingly defeated North B 4-0. Thank you to Kevin Donnachy for coaching the squad.

Midland U15 Girls competed in the Inter-District Tournament on Sunday 3rd May at DISC. The girls played very well in periods throughout the tournament. They pushed the eventual winners West, all the way, narrowly losing 2-1. The girls came fourth after playing five games.

The U15 Boys Inter-District Tournament also took place at DISC on 27th May. Midlands came third after defeating North, getting beaten by East and narrowly losing 1-0 to West, who were the eventual winners of the tournament. After playing three group games, players from all four districts were mixed to form teams as part of an U16 national selection opportunity. Thank you to Allan Law for coaching the squad.

Club and School teams from Midland District have competed in many national events throughout the year with success in several competitions. The teams below deserve recognition for their achievements in their respective competitions.

| | | |
|-------------------------------------|----------------------------|---|
| U18 Boys Reserve Cup Final | Winners: Glenalmond | Runners-Up: Grange (2-1) |
| U18 Boys Reserve Plate Final | Winners: Robert Gordon's | Runners-Up: Menzieshill (1-1) Penalties: 3-1 |
| U18 Girls Plate Final | Winners: Mary Erskine | Runners-Up: Dollar (3-2) |
| U16 Boys Cup (Round Robin) | Winners: Inverleith | Runners-Up: Dundee Wanderers |

Significant progress has been made by Madras College. The Senior Boys Team won several games in the U18 Boys Plate to claim a place in the semi-final. Their unbeaten run ended when they were finally beaten by Clydesdale Hockey Club. In addition, Grove Hockey Club entered a team in the U18 Girls Cup for the very first time. The team played several games in the plate competition before they were finally knocked out in the semi-finals. Both teams deserve recognition for the progress they have made this year.

National Squad Selection

Eight players from Midland District have been selected for National Youth Squads with the opportunity to represent Scotland in the forth coming EuroHockey Youth Nations Championships and Home Nations Championships in July 2007. Congratulations to the following players:

U18 BOYS

Robert Adam
Conner McArtney

Dundee Wanderers
Dundee Wanderers

U18 GIRLS

Emily Bain

Dollar Academy

U16 BOYS

Gareth Davies
Ross Glashan
Blair Wynd

Glenalmond College
Dundee Wanderers
Dundee Wanderers

U16 GIRLS

Alice Farrar
Elizabeth Sheddon

Strathallan School
Dollar Academy

These players have been training with their respective squads since initial selection in November 2006 and deserve recognition for their achievements to date. Good luck to all players with final selection and their respective competitions this summer.

Scotland U18 Boys and U18 Girls Teams will be competing in the EuroHockey Youth Nations Championships at Peffermill from 9th-14th July. The biennial EuroHockey event will showcase ten countries at top flight level and for the first time will combine Boys' and Girls' competitions. For those wishing to support the teams the match schedules can be found on the Scottish hockey website. For further information on the event go to www.scottish-hockey.gov.uk.

Coach Education

A Level 1 Coaching Course took place at Arbroath Leisure Centre from 18th-20th May. The course focused on defensive skills, elimination skills, short corners, goalkeeping, principles of play and fitness through theory and practical activity. Twelve coaches attended the course including coaches from five clubs within the area.

This course will now form part of Scottish Hockey's annual Coach Education Programme with places prioritised for Tayside & Fife club coaches and potential Midland District coaches.

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 13th August**.

Coaching

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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

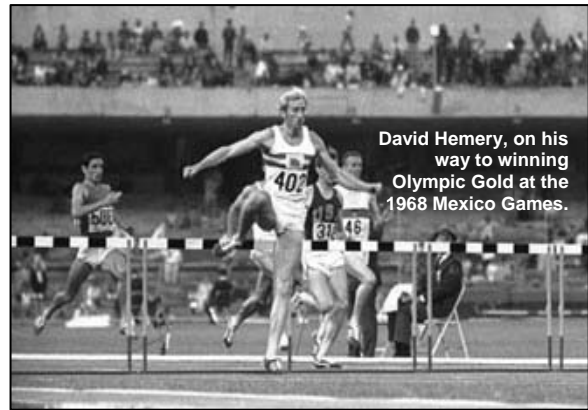
As part of the Biomedicine series of workshops for 2007, in conjunction with HEAL Physiotherapy & Sports Medicine Centre, a *Medication in Sport* workshop was delivered by Dr. Alan Dawson, at High School of Dundee Mayfield Sports Centre on Wednesday, May 23rd. The workshop informed athletes, coaches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



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 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**