

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

Swimming

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DEVELOPING SWIMMING IN TAYSIDE & FIFE

Selections

Congratulations to the following swimmers and coaches on recent selections to various meets around Europe as part of Scottish and GB Teams:

Swimmer	Club	Coach	Meet
Daniel Scott	Glenrothes ASC	David McLean	GB – European Juniors
Daniel Scott	Glenrothes ASC	David McLean	Mare Rostrum
Ross Clark	Dundee City Aquatics	Heather Albin	Mare Rostrum
Eloise Barber	Carnegie SC	Gilbert Kirkwood	Darmstadt
Greig Wilkinson	Dundee City Aquatics	Heather Albin	Darmstadt
Sarah Kelly	Dundee City Aquatics	Heather Albin	Darmstadt

Regional Squads

The District Regional Programme for 2006 /07 is now complete and dates are being set for 2007/08.

Swimmers with the correct Bronze selection times will be included as part of this squad. All selection times can be found on Scottish Swimmings website.

Swimmers should be notified of their inclusion in the DRP before the first training day in September. This year the programme days will run from September - December

Information will also be sent out to clubs prior to the training day. One of the aims of this programme is to provide local opportunities for coaches to receive mentoring, for 2007/08 it would be good to see more coaches attending these days. Coaches do not need to have a swimmer on the programme to attend.

Coach Education and Development

The following courses are being planned to run throughout Tayside & Fife:

Level 1 Teachers	Dundee
Level 1 Teachers	St Andrews
Level 2 Teachers (Disabilities)	Dundee
Club Helper Course	Kinross
Disability Awareness – Coaches	Dundee
Level 2 Teachers	Fife

If any Coaches or Teachers have suggestion for Continued Professional Development (CPD) Workshops and Seminars topics, please email these to myself as soon as possible.

Local Area Squads

The Local Area Squads that ran in each of the four Local Authorities, have now completed their annual programme for 2006/07. A review will take place with local coaches, and questionnaires will be sent out to those swimmers who participated in the programme, to find out how we take these local programmes forward.

The Local Area Squads provide Club swimmers with the first step on the Performance Pathway. The sessions provide swimmers with the opportunity to mix with swimmers of like ability within a structured training environment.

It is hoped that's swimmers will progress through time from Area Squad level into the District Regional Programme.

These sessions also provide the setting for Club Coaches and helpers to be mentored by coaches such as Gary Vandermeulen, and provide an excellent learning opportunity.

Athlete Workshop

A pilot, to look at Athlete Education has just been completed in Dundee. The Education sessions were aimed at swimmers in the Area and District Regional Squad.

Four one hour sessions were run introducing swimmers to topics such as Psychology, Injury Prevention, Posture and Stretching, Nutrition and Hydration.

Professionals, who also work with Area Institute athletes, were involved in the planning and delivery of these sessions and a minimum of 24 swimmers attended each workshop.

From the four sessions that were run, an evaluation will take place with the swimmers, along with the people involved. It is hoped from this evaluation to develop an annual programme of Athlete Education, which will develop the topics that were previously delivered. It is also planned to look at how these sessions can be delivered throughout Tayside & Fife, so that all Area and District Regional Squad swimmers can benefit from them.

Volunteers

Kinross Otters, recently found themselves with a lack of helpers on poolside. To address this issue, they invited parents and senior swimmers to come along and find out what coaches do on poolside.

Coaches were briefed, and a week was set aside for those who were interested to come along and participate in the various pool sessions.

Eleven people attended throughout the week, names, addresses and contact details of everyone who came along were taken, in order for someone to contact them asking them what they thought and how they found the time they had spent on poolside. This did not need to happen, as everyone enjoyed their time and volunteered to stay on and assist at various sessions

Thirteen people have now volunteered on poolside on a regular basis since January 2007, and a poolside helper's course has now been organised, for those who had decided that they had enjoyed the experience.

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

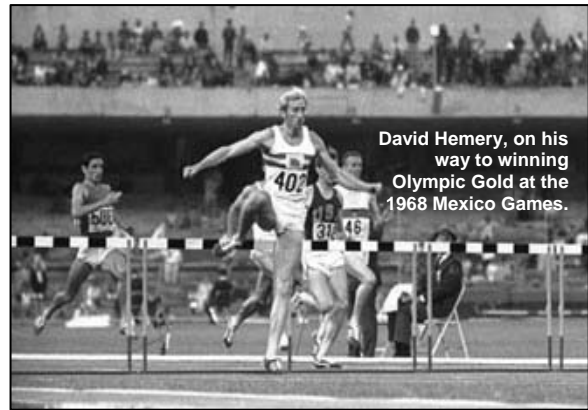
As part of the Biomedicine series of workshops for 2007, in conjunction with HEAL Physiotherapy & Sports Medicine Centre, a *Medication in Sport* workshop was delivered by Dr. Alan Dawson, at High School of Dundee Mayfield Sports Centre on Wednesday, May 23rd. The workshop informed athletes, coaches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



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**