

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

Welcome to our August newsletter which provides an up to date progress report on the programmes and events that have taken place across our 'summer'!! Despite the weather, it has been a busy period - the Regional Managers have worked hard to deliver their coaching and sport specific programmes with our Local Authority partners and the clubs across Tayside and Fife.

Since May, we have made significant progress with the Academy strength and conditioning programmes. We have worked with **sportscotland**, the Scottish and Area Institutes of Sport, and our governing bodies of sport to determine what is required for each of the squads operating in Tayside & Fife. The programme commences at the beginning of October and will also be operating in SportCentral. It will provide the right level of physical conditioning for our up and coming performers - a welcome first step in establishing all the other Academy generic support programmes across Tayside & Fife.

I have selected some of the highlights from the reports provided by each of the Managers to give you a flavour of what we have achieved over the last three months. Of course if you want more information on any of our initiatives or programmes, please do not hesitate to contact us.

- Congratulations to the **swimmers and gymnast** who will be representing Scotland at the UK School games in Coventry from the 23 – 26 August 2007. Some impressive results!
- Forfar Farmington LFC has become the first **girls and women's football club** in the East Region to be awarded the SFA Quality Mark Standard.
- Since late April, Dunnikier Park has been delivering **clubgolf** Stage 1 coaching to local juniors between the age of 9 and 12.
- **basketballscotland** and **SportTayside & Fife** are currently planning trials and sessions for the U-14 Tayside & Fife Basketball Academy programme for boys and girls.
- **Rugby** across Tayside & Fife enjoyed impressive growth during season 2006-07, with almost all strategic targets for the year being exceeded.
- A new **Gymnastics** Development Officer has been appointed in Perth
- In **Coaching** - twenty-four parents and children from a variety of sports, enjoyed an excellent Psychology for Parents and Children workshop presented by Katie Sinnott.
- Eight teams from Tayside & Fife qualified to participate in the annual National Primary **Hockey** Festival
- In **athletics**, Caird Park Stadium, Dundee, was the destination as **SportTayside & Fife** successfully hosted the inaugural **scottishathletics** Open Graded Grand Prix Final

Finally, as many of you will know we are in the process of refurbishing our office in the Lynch Sports Centre in partnership with City of Dundee. We have spent the summer in Caird Park, and I am pleased to say that the work is virtually complete and so will be moving back to the Lynch in early September. We look forward to welcoming you to our 'new' office which includes a big meeting room. A big thanks to all our colleagues in City of Dundee who have worked hard to complete the project and provide us with a first class working environment.

Brian Samson

Partnership Manager

Coaching

Derek Welch
Club/Coach Development Manager
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DEVELOPING COACHING IN TAYSIDE & FIFE

A Coaching Development Plan for Tayside & Fife up to 2010

Coaching Development Plan has been circulated across the Coaching Network. The plan will focus on five core areas of coach development which are: Recruitment Support, Education, Development, Deployment & Management and Retention. I would be pleased to discuss any aspects of the plan. Please go online to download a copy at www.SportTayside-Fife.co.uk

Scholarship Programme 2007-08

During the last three months, **SportTayside & Fife** have agreed long-term development programmes with eight coaches and inducted eight individuals to the Scholarship Programme. Learning Contracts have also been introduced providing an overall picture of: Coach Development Requirements, Learning Resources needed, Evaluation Criteria, which is supported by an outcome/update. This will be completed on the conclusion of any scholarships.

Four sports will benefit from the support: Basketball, Gymnastics, Hockey and Swimming. An informal interview process is now being used to identify Continuous Personal Development Needs (CPD).

CPD Scholarship Programmes - May-August 2007

Basketball

Donnie MacDonald –
SGB Level 2/ Level 1
Referee Course
Alistair Vannet –
Scholarship extended
component SGB
National Coaching
Seminar
Amy Fuller –
SGB Level 2

Gymnastics

Jayne Coyle –
UKCC Level 2
Tracy Lyndsey –
UKCC Level 1 and
Level 2

Hockey

Pauline Stott –
UKCC Level 2
Stacy Bookless –
UKCC Level 2

Swimming

Philip Francis –
ASA Level 2

Would you like to improve your coaching?

For more information on scholarships, please contact me direct or go online at www.SportTayside-Fife.co.uk for more details.

SportTayside & Fife Education Programme 2007-08

Psychology for Parents and Children Wednesday June 20 2007

On Wednesday June 20th, twenty-four parents and children, from a variety of sports, enjoyed an excellent **SportTayside & Fife** Psychology for Parents and Children workshop which was held at Mayfield Sports Centre. Katie Sinnott was the presenter, with the workshop being structured to provide a long-term vision and short-term motivation. It was also designed to inspire, raise self-confidence and motivate parents and children to recognise their ability in achieving targets and goal together in their sport.

As part of the Autumn Series of workshops, a Sport Massage with Warming Up & Cooling Down workshop will take place at Mayfield Sports Centre on Wednesday September 26th at 7-8.30pm and costs £10.00. Please contact me if you would like to attend or go online to download the application form.

Forthcoming SportTayside & Fife Courses and Workshops

SportTayside & Fife Workshop Series 2007

Course: Warm Up/Cool Down/Massage with Lesley Dawson and Lynne Miller
Date/Time: Wednesday 26th Sept 6.50 for 7pm-8.30pm
Venue: 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: Nutrition and Hydration with Declan Fields (Contact me for more details)
Date/Time: October 6.50 for 7pm-8pm
Venue: 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: Women in Sport with Dr Alan Dawson
Date/Time: Wednesday 21st November 6.50 for 7pm-8pm
Venue: 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 2008

Course: Planning for Sport with Gary Vandermeulen (West Institute of Sport Performance Swimming Coach and Coach of 2002 Commonwealth Games Gold Medal Winner, Alison Sheppard)
Date/Time: Wednesday March 26th 6.50 for 7-8.30pm (Call for further details)
Venue: Mayfield Sports Centre, Dundee
Cost: £10.00
Contact: Derek Welch, **SportTayside & Fife**
Tel: 01382 431 852 E-mail: Derek.welch@dundeecity.gov.uk

First Aid for Sport 2007- 08

This practical workshop is structured to provide sufficient first aid sports specific knowledge, to meet the criteria set by Scottish Governing Bodies for coaching insurance purposes. The workshop is delivered to accommodate sports coaches and their specific requirements relating to First Aid in Sport. This is a 6 hour course and once successfully completed, a 3-year HSE certificate is issued. Please contact me for further details on First Aid for Sport for you or your club.

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 19th November 2007**

Girls/Women's

Football

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DEVELOPING GIRLS / WOMEN'S FOOTBALL IN TAYSIDE

Forfar Farmington achieve Quality Mark Status

Forfar Farmington LFC has become the first girls and women's club in the East Region to be awarded the SFA Quality Mark Standard. The Club was established 1984, and currently caters for more than 150 female players ranging from 8 years of age to the senior game, as well as having more than 30 coaches and volunteers. The club has had some great success recently, competing at senior level in the Scottish Premier League. At junior and youth level they continue to offer fantastic opportunities for girls of all abilities to participate in the Game.



Club President, Councillor Colin Brown, has been involved with the club from the outset and stated "After a long and hard slog for many years with minimal help, the club has always survived. Now with a great team of volunteers, good parental support, some very good sponsorship from local businessmen and help from Forfar West End and Forfar Athletic Football Clubs we have gone from strength to strength, now running nine teams in Local, Regional and National Leagues".

This is the first step for the club towards attaining the SFA Community status which they aim to achieve within the next 12 months. The club are also involved with the SFA's Elite Club Development Programme as well as a host of projects across the Region. We look forward to monitoring the progress of the club's development over the coming years.

Perth & Kinross to start U13 Local Area Squad

Perth & Kinross are to implement a girls are squad programme for the first time. Through the hard work of Perth & Kinross Council, the programme will be the third and final local area squad established in Tayside and will complete the local – regional- national performance pathway in Tayside. The programme will commence after the October holidays and will be coached by Donna Shaw. Donna has a wealth of coaching and playing experience; currently she play's for Glasgow City in the SWPL and has been involved in Scottish youth national squads.

Selection will take place in the form of a trial, with details as follows:

Date: Friday 21st September

Time: 5:30 -7:00pm

Venue: Perth High School

If you would like to nominate a player for the trials, please contact Gemma Fay or visit www.SportTayside-Fife.co.uk where you can download a nominations form.

Regional Squads starts with anticipation

The U15 & U19 SFA East region squad started on Friday 17th August, with a bigger and better programme. After the success of the U15 East Squad at the inaugural national camp, this year's squads must maintain and surpass the high standards that they have set themselves.

In order to do this a new improved support programme has been established which will provide additional support to the players off the pitch. Booked in for the first block is a sports psychology workshop with top psychologist Katie Sinnott, who has worked with some of Scotland's top sporting talent. Also planned is a Nutrition workshop with Dundee University's expert Sports Science team.

On the field we have also enhanced our coaching team by bringing in two new coaches to coach within the squads. We are delighted to welcome Russell Todd and Chris Tawse into the programme. Russell will be working as assistant U15 coach will Chris will fill the same role for the U19 squad. Both have a wealth of experience in coaching and playing the game and we are delighted to have them involved in the programme.

Eight is Great!

Eight from ten East Region Squad players picked to try out for the Scottish U17 National squad have been selected for a national team training camp to be held at McDiarmid Park on the 21st and 22nd August. If successful at the camp the players will go on to represent Scotland at the inaugural UEFA U17 Championships Phase 1 Qualifying later in the year.

Those selected are:

Lucinda Cook St. Johnstone G.F.C, **Gemma Collier** Forfar Farmington L.F.C, **Tammy Harkin** Dundee United L.F.C, **Lauren McMurchie** St. Johnstone G.F.C, **Emma Mitchell** St. Johnstone L.F.C, **Kimberley Thomson** Forfar Farmington L.F.C, **Lisa Evans** St. Johnstone G.F.C., **Eilidh McIntyre** St. Johnstone G.F.C.

It can be seen that the strength of the East Region continues to grow and we look forward to seeing these players continue to progress to national senior teams over the coming years.

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 12th November**.