

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**

Rugby

Neil Carrie
Rugby Development Manager
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DEVELOPING RUGBY IN TAYSIDE & FIFE

Rugby participation across Tayside & Fife enjoyed impressive growth during season 2006-07, with almost all of our strategic targets for the year being exceeded. My thanks go to the many Club Volunteers, School and Local Authority Staff, Development Officers and SVQ Apprentice Coaches who have worked so hard over the year. Thanks also go to the Regional Development Groups who have individually and collectively driven much of what has been achieved.

National Strategic Targets 2006 to 2009	T & F 2006	T & F 2007	T & F actual
25% increase in the number of adults (especially young adults) playing competitive rugby	1100	+12% (1232)	+13% (1240)
450 – 550 adult women rugby players (22%)	60	+6% (64)	+113% (128)
+30% increase in the number of young people playing full contact rugby	1924	+12% (2154)	+21% (2314)
210 – 360 girls (12 – 16 years) (71%)	6	- (6)	+583% (41)
50% increase in the quality & quantity of coaches working in the community game	251	+16% (291)	+35% (340)
30% increase in Match Officials active within clubs and referee societies	140	+ 10% (154)	+40% (196)
23 to 50 state schools with 4+ teams (118% Increase)	6	+50% (9)	+16% (7)

Planning for next season is underway with the first round of Regional Development Group meetings scheduled for September. Area Action Plans have also been put in place for next season with input from all key stakeholders; and will continue to evolve as we receive more input from the clubs. The outlook for season 2007-08 is very positive with increased development staff in place (more of which below) and new initiatives and programmes ready to be rolled out.

Regional Round-up

Angus

I am pleased to announce that Kenny Christie has started in the role of Angus Rugby Development Officer. Kenny brings several years experience as a Development Officer and Coach which will be invaluable as he works with the clubs and schools to drive up participation. Kenny's initial focus will be to meet with partner clubs and staff in key school clusters in order to assess needs, refine targets, and plan a secondary schools programme and school to club pathway. It is encouraging to see a number of volunteers put themselves forward for Coach Education and Coaching Scholarships so that they can support Kenny from the very beginning of the season. A joint Foundation Coaching/Refereeing course is scheduled for August, more info from: christiek@angus.gov.uk

Dundee

Progress continues to be made towards a city-wide programme of community rugby. In addition to the efforts of Stobswell & Dundee Eagles, Panmure have delivered after-school clubs and core curriculum coaching in local primary schools, culminating in a festival at their

Forthill ground. Morgan has helped launch the new Morgan Ladies club and discussions are ongoing over a possible integrated community programme (watch this space for updates).

Dundee Eagles Development Officer Colin Whittaker and his SVQ Team will look to continue last year's success (with over 4000 school children attending coaching sessions and events). A major priority will be launching a secondary schools programme to bring together the emerging and established schools into a local tournament structure. Colin has also been busy over the summer running TouchDundee which attracted 230 participants, and the Eagles Residential Camp at RM Condor which was attended by 40 young players.

Harris FP, who were reconstituted during last season, will enter into the Caledonia Regional Leagues for the coming season. I wish them the best of luck.

Perth & Kinross

Planning continues with key stakeholders to help build on areas of success such as Perthshire RFC and the Crieff & Strathearn.

Doc McKelvey and his team at Perthshire RFC delivered rugby coaching to over 4500 participants in schools across the region last season. The team have been busy over the summer running the club's Touch Tournament (216 attended) and Summer Camp (56 attended). Alister Gray, Anthony McGinnes and Robert Emslie will work with Doc as SVQ Apprentice coaches next season, and will be joined by two of last years SVQ's who are progressing to the second year of the programme.

Jason Hills will work for Crieff and Strathearn RFC as an SVQ Apprentice, joining Jimmy Annat who progresses to second year.

Best wishes to Atholl RFC who will be joining Harris FP in the regional leagues next season.

Fife

Phil Smith has started in the role of Club Development Manager for Dunfermline RFC and will work across West Fife to grow participation and helping the club build on its successful junior and youth programme.

The Fife Emerging Schools programme is taking shape and we hope to be able to announce a number of tournament dates early in the new season.

Community Mascots

Community Mascot places for the World Cup warm-up and Six Nations internationals have been awarded as follows:

Fixture	Date	Club Mascots
Scotland V Ireland	Saturday 11 th August 2007	Fife Southern RFC Dunfermline RFC
Scotland V South Africa	Saturday 25 th August 2007	Morgan RFC Panmure RFC
Scotland V France	Sunday 3 rd February 2008	Glenrothes RFC
Scotland V England	Saturday 8 th March 2008	Howe of Fife RFC Brechin Juniors RFC