

# 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  
E-mail: [derek.welch@dundeecity.gov.uk](mailto:derek.welch@dundeecity.gov.uk)

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](http://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](http://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 26<sup>th</sup> 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](mailto: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](mailto:Derek.welch@dundeecity.gov.uk)

### SportTayside & Fife Workshop Series 2007

**Course:** Women in Sport with Dr Alan Dawson  
**Date/Time:** Wednesday 21<sup>st</sup> 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](mailto: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 26<sup>th</sup> 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](mailto: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](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 19<sup>th</sup> November 2007**

# Athletics

Alasdair Donaldson  
Athletics Development Manager  
E-mail: [alasdair.donaldson@dundeeccity.gov.uk](mailto:alasdair.donaldson@dundeeccity.gov.uk)

DEVELOPING ATHLETICS IN TAYSIDE & FIFE

## scottishathletics Grand Prix Final

The Final of scottishathletics Open Graded Grand Prix took place at warm and sunny Caird Park Stadium in Dundee on Saturday 25<sup>th</sup> August hosted by **SportTayside & Fife**. The series had taken in meetings in Grangemouth, Meadowbank, Linwood and Scotstoun before the final. £14,000 in prize money was available across the series. The top performers on the day were the sprinters and throwers who were able to capitalise on the strong winds.



First up were the sprints and the 100m saw a great battle between Craig Fleming (Kilbarchan) and Jamie Coull (Pitreavie) with Fleming prevailing with a great PB of 10.61s (wind -0.2m/s) with Coull close behind in 10.67, again a PB. The pair renewed their rivalry in the 200m; unfortunately this time Fleming pulled up injured but Scottish Champion Coull strode to a fastest ever clocking with 21.29s, although the wind was over the legal limit at 5.1m/s. There were further great performances and PBs in the races that followed as the fast Caird Park track was welcomed by sprinters.



Jamie Coull & Ian McDonald in heat 1 of the 100m

In the field Gillian Kerr, the Scottish Triple Jump Record Holder, took a jumps treble as she won the Long, Triple and High Jumps on a busy, productive afternoon. In the throws Alison Rodger (Sale Harriers) threw a top class double, winning her speciality shot putt in 15.12m and then taking second place in the discus with 49.22m. In the latter she finished just behind Kirsty Law (Shaftesbury Barnet), the British representative at the European Under 23 Champs earlier in the summer, who threw 50.33m.

Before the main event an Under 11s Run, Jump & Throw Triathlon Challenge was held with 35 kids from across the Region coming together for a fun based competition. These kids then stayed around to watch the action and then had the chance to round the day off with a relay race which saw the closest finish of the day as the girls from Dunfermline & West Fife just held off their counterparts from Pitreavie with only one tenth of a second separating the two teams. The day's events

were kindly supported by Dundee City Council and Destination Dundee.

For full results please see:

<http://www.scottishathletics.org.uk/index.php?p=80&itemType=fixtures&itemId=830>

## Fife LAP Awarded £5000 by Awards for All

The Fife Local Athletics Partnership (LAP) were recently awarded a grant of **£5000** by the Big Lottery through the Awards for All programme. The application was for funding to support the development of Run, Jump & Throw Clubs across Fife. The successful bid will allow the partnership to work to increase the opportunities for kids to get involved with athletics across the Kingdom.

Run, Jump & Throw Clubs have already been established in Dalgety Bay and Glenrothes and there are now plans to expand this programme across Fife. The clubs give kids the opportunity to take part in the fundamental aspects of athletics in a fun environment. If they enjoy the Run, Jump & Throw activities and make progress then they can move through the pathway to the full affiliated clubs in the area. The advantage of this process is that by the time kids reach the affiliated clubs they have already learned the fundamental movement skills of athletics and are ready to make progress. This can also lessen the burden on the affiliated clubs by allowing the very youngest athletes to be catered for in the Run, Jump & Throw Clubs freeing up coaching resources to work with the older athletes.

### Coach Education

The next set of Coaching courses across Scotland begins in September with the following courses set to take place in Tayside & Fife:

13th Oct	Level 1 coaching course	Perth Grammar School
10th Nov	Level 1 coaching course	Dundee College
11th Nov	Children in Athletics	Dundee College



If you would like to sign up for any of these courses then contact Anne Stewart at **scottishathletics** on 0870 145 1511. if you would like to see the full listing of courses please see the **scottishathletics** website:

<http://www.scottishathletics.org.uk/index.php?p=26>

### Street Athletics Final for Dundee



Street Athletics came to Dundee on Friday 13<sup>th</sup> July and despite the unlucky day all went to plan! 90 children from around Dundee came to "Overgate" centre to test themselves out and see if they could prove themselves to be Dundee's fastest kid on the street. Once they had all registered and received their T-shirts they were split into heats by Linford Christie and Darren Campbell. After some fierce competition the finalists were chosen and they raced it out to see who would come out on top and make the Scottish Final.

Due to the hard work of Steven Glass at Dundee City Council, the city has also been awarded the Scottish Final, which will take place on Saturday 8<sup>th</sup> September on Reform Street at 3pm. This will give Dundee's star athletes the chance to perform in a Scottish final in their home city. The event will again be attended by Christie and Campbell as well as Members of the Scottish Parliament.



### Pitreavie Athletics Centre

The new indoor training facility based next to the outdoor track at Pitreavie playing fields in Dunfermline is now nearing completion and is due to open for business in the next few weeks. The whole athletics complex, which is to be known as "Pitreavie Athletics Centre", will become a hub for Regional and National Squad activity as well as coach education and development. It will also be a great new facility for athletes from the surrounding area to utilise, whether at the elite or club level. The centre will also be key to aiding the development of athletics and there will be time set aside for schools programmes to utilise these excellent new facilities which include: 80metre 8 lane track, horizontal jumps, high jump, pole vault and throws areas. In addition the facility will have a strength and conditioning suite as well as a further conditioning room/education centre.



# Basketball

Chris Dodds  
Basketball Development Manager  
E-mail: [chris.dodds@dundeecity.gov.uk](mailto:chris.dodds@dundeecity.gov.uk)

## DEVELOPING BASKETBALL IN TAYSIDE & FIFE

### [basketballscotland / SportTayside & Fife Talent Development Programme \(Boys & Girls\)](#)

**basketballscotland** and **SportTayside & Fife** are currently planning trials and sessions for the U-14 Talent Development Programme, also known as the Tayside & Fife Basketball Academy programme. This year, Under 14's are players born on or after 1<sup>st</sup> January 1994.

A new programme for U-15 players will also run in conjunction with Grampian and Highland regions, known as the North/East of Scotland U-15 Talent Development Programme. This will be for players born on or after 1st January 1993.

Both programmes and trial dates/venues have yet to be finalised. Details will be published to all clubs and secondary schools in Tayside & Fife as soon as they are known.

### [Tayside & Fife – Successful and strong volunteer base](#)

Members of the Tayside & Fife basketball community had a very successful evening at the annual **basketballscotland** Volunteer Recognition Awards at the Royal George Hotel in Perth on Saturday 2<sup>nd</sup> June 2007.

Our congratulations go to the following National Volunteer Recognition Award winners:

**Alistair Maddock** (Dundee Univ) – Young Volunteer of the Year

**Ross Dawkins & Craig Nicol** (Dunfermline Reign) – Young Persons Contribution to Coaching Award

**George Valentine** (FIBA National Instructor) – Contribution to Officiating Award

Other key volunteers from Tayside & Fife were recognised on the short list for various awards, which in itself is a magnificent achievement.

**Douglas Bader** (Perth Phoenix) – short listed for Chairman's Award

**Robin Paterson** (Frews Madsons) – short listed for Volunteer of the Year

**Jaimie Harvey** (Kinross Cavaliers) – short listed for Young Volunteer of the Year

**Craig Lawson** (Dundee Sharks) – short listed for Young Persons Contribution to Coaching Award

**David Watt** of NCR Nationals, one of Scotland's oldest basketball clubs, deservedly received his 25 Year service award in recognition of his commitment to basketball in Dundee and Tayside.

Volunteers are the life blood of our sport and our thanks go to all coaches, officials, administrators and volunteers at all levels of basketball for all the time and effort they put in.

### [Tayside & Fife Under 16 and NEW Under 14 Central Venue Development Leagues](#)

After the very successful Tayside & Fife U16 Central Venue Development Leagues (CVDLs) last season, **basketballtayside & fife** are currently planning dates and venues for this season's U-16 leagues (players born on or after 1<sup>st</sup> January 1992). In a move to increase basketball opportunities for our younger players in the region, they are also looking at dates and venues for an inaugural U-14 (born 1994 onwards) CVDL for both boys and girls.

Dates and venues need to be worked in to the calendar around the National League programme and Talent Development Programme events. However notes of entry are now being accepted from clubs and teams in Tayside & Fife. Local league teams should note that dispensation will be given to players so that they can play CVDL for their local league team and National League for clubs entered at the higher level, allowing them to progress on the player pathway.

For further details or to register your club's entry for U-16 or U-14 Boy's and Girl's basketball Central Venue Development League's for next season (2007-08) please contact me.



### Season 2007/08 - Senior Men's and Women's Leagues and Cups

The **basketball**tayside & fife AGM will take place on Monday 17<sup>th</sup> September 2007 at Menzieshill Community Centre in Dundee, DD2 4BN, commencing at 7:00pm. All clubs from the Tayside & Fife region wishing to enter in any competition (underage or senior) must have a representative at this meeting and register their interest and complete affiliation to in order to compete by this date.

**basketball**tayside & fife will be enforcing strict compliance on registration this season on players, coaches, referees and table officials. All clubs are asked to co-operate with this policy.

Further details of the Men's/Women's Leagues are available at [www.basketballtayside.org.uk](http://www.basketballtayside.org.uk)

### Women's Basketball – New National League opportunity for U-18 with Muskies Girls

In a positive move for girls' basketball in the region, Arbroath Musketeers have entered a team into the Junior Women's (U-18) National League. The Lady Musketeers, as the team will be known, have opened this opportunity up to all female players in the region, so any girl born on or after 1<sup>st</sup> January 1990 in Angus, Dundee, Perth & Kinross or Fife is eligible to play for them in the National League and Cup competitions.

The squad will be coached by Ross Allison and train on Tues or Wed evenings in Arbroath, with home games played on Saturday afternoon's at Arbroath SC (The Muskiedome). Other training sessions will be organised to cater for regional players depending on geographical makeup of the squad. For more details on the Muskies girl's team, please contact John Grant or me.

### Captain Dan-tastic – Scotland Victorious In FIBA Europe U-18 Men Division C Championship

Congratulations to Daniel Sutherland of Arbroath Musketeers and Blairgowrie HS on his appointment as Scotland U-18 Men National Team Captain. Daniel led the Scottish Juniors to the gold medal in the FIBA Europe Division "C" Championship in Cardiff in July, the first time a Scotland Junior Men's team has won this event.

Daniel's talents have not gone unnoticed and he is now off to Johnston City High School in Des Moines, Iowa, USA to further his basketball education as part of a High School exchange programme.

### Skip Prosser – a tribute to a true friend of Tayside & Fife basketball

SportTayside & Fife and **basketball**tayside & fife would like to express their great sadness and shock at the recent death of Demon Deacons Head Coach Skip Prosser, who died of a heart attack after a lunch time jog on the Wake Forest university campus in Winston Salem, North Ca.

Skip, even with the commitments of being a top NCAA college coach, regularly gave up his valuable time over to his beloved Scotland. He delivered coaching seminars in Arbroath, Dundee, Forfar and Perth over the years and gave invaluable advice to local, regional and Scottish National team coaches.

His friendship with Coach John Grant of Arbroath Musketeers left a lasting legacy for basketball coaches here. Skip was a true friend of basketball in Tayside & Fife and will be sadly missed.

### Robert Archibald – Dunfermline's Ex-NBA Superstar Makes GB Debut

Finally, Robert Archibald, Scotland's basketball superstar, has made his debut for the Great Britain team. The former Queen Anne HS pupil, the only Scot ever to play in the NBA, made his debut in the recent friendly test series against Ireland in Crawley.

Robert and the rest of the GB team will now play Albania in a crucial "Eurobasket" qualification match at Meadowbank SC in Edinburgh on 1<sup>st</sup> September 2007, at 7pm.

**Tickets are still available by calling the box office direct on 0131 661 5351.**

**The next quarterly SportTayside & Fife Basketball Newsletter will be published at the end of November 2007.**



# clubgolf

Martin Ritchie  
Clubgolf Regional Manager

## DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

### Stage 1 coaching at Dunnikier Park

Since late April, Dunnikier Park has been delivering **clubgolf** Stage 1 coaching to local juniors between the age of 9 and 12. The youngsters have been receiving weekly coaching from a group of Level 1 coaches who are members of the club.

The coaching programme is run in partnership with Fife Active Schools involving the local primary schools of Valley, Capshard and St Maries. Ewan Wishart, Dunnikier Park's Clubgolf Co-ordinator commented "we are delighted at the numbers of youngsters joining the programme at Dunnikier. We currently have 6 girls and 11 boys taking part on our Stage 1 coaching programme, and the positive feedback from the kids is encouraging for everyone involved. In addition to learning basic golf skills, having fun is an important element of the coaching. Their enthusiasm shown augurs well for them staying in the game. I would like to thank the coaches for their commitment and the parents/ guardians for their continuing support."

These youngsters now have the opportunity to progress to the Club's Junior Section whereby they will receive further coaching and support from the club.

Club Captain Neil Crooks is delighted with the success of **clubgolf**. "The national trend shows the average age of club golfers to be rising. 70 (12%) of our members are under 18, and we aim to increase that percentage. **clubgolf** is a key part of that strategy."



Dunnikier Juniors with their Level 1 certificates with some of the coaches.

### An encounter with a legend

When Perth 10 year old, James Orr arrived at the clubgolf junior coaching area during the Senior Open Championship at Muirfield he got far more than he'd bargained for.

James was taking his first practice swings under the eyes of a clubgolf' volunteer coach when American Tom Watson, who had just finished his warm up on the adjoining practice area, materialized.

Mr Watson, five times British Open champion and one of the most successful golfers of the modern era, didn't just stand by and watch the 10 year old. He gave him a lesson, before heading out onto the course to claim his third British Senior Open title.

"He watched him swing, adjusted his grip and then got him to hit some balls before passing on a few more tips," said James's mother Shona Orr." He was very encouraging and enthusiastic and it's great that he took the time out to work with James.

"James was really thrilled, especially when Tom Watson went on to win the competition. After the coaching we watched the afternoon's golf, staying onto the bitter end to see Tom Watson being presented with the trophy."

Picture shows Tom Watson passing on some golfing knowledge



### clubgolf at The Open

During the Open at Carnoustie, **clubgolf** and one of its key partners The Golf Foundation was on hand to deliver first**clubgolf** sessions to youngsters attending the event. Several groups from the Tayside & Fife area braved the wet conditions at Carnoustie to take part in first**clubgolf** sessions and to watch the world's best golfers battle it out for the famous Claret Jug. Many of the competitors took time out of their practice schedule to come and participate in some of the first**clubgolf** sessions, much to the delight of the youngsters. Recurring comments made by the attending Tour Players was how skilful the children were and that they wished that such activities were available to them when they were kids.



Picture shows Ian Poulter watching the putting skills of some junior golfers.

If you wish to submit any information or articles for the next newsletter please contact Martin Ritchie, clubgolf Regional Manager, at [martin.ritchie@dundecity.gov.uk](mailto:martin.ritchie@dundecity.gov.uk) or Tel: 01382 431 851 **Monday 19<sup>th</sup> November 2007.**

Girls/Women's

# Football

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

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.



Above: SFA East Region Manager presents Forfar Farmington's Colin Brown with Award

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 21<sup>st</sup> 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](http://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 17<sup>th</sup> 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 and 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](http://www.SportTayside-Fife.co.uk). Any information for inclusion in the next newsletter should be submitted by **Monday 12<sup>th</sup> November**.

# Gymnastics

Jackie Archibald  
Gymnastics Development Manager

DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

## Tayside & Fife Gymnasts stamp their mark in Scottish Championships

The Scottish Championships are the pinnacle of the competition calendar for many Women's and Men's Artistic Gymnasts across Tayside and Fife. Gymnasts hone their skills throughout the year to compete at this annual event.

This year the championships' scores were used to select the UK School games team and all Gymnasts were keen to attain the highest scores that they possibly could to attain selection for the Games.

Tayside & Fife gymnasts put in strong performances in the Championships, which resulted in overall medal positions and individual apparatus medallists.



DGC2K Gymnasts Jordan Archibald & Kirsty Campbell

Many of the Gymnasts who were competing were executing new skills for the first time, succeeded in delivering quality performances across all disciplines. As a result, four of Tayside & Fife Gymnasts will make up the team of seven Women's Artistic Gymnasts who will represent Scotland in The UK School Games which are to be held in Coventry from the 24<sup>th</sup> – 26 August:

### **Women's Artistic Team**

Jordan Archibald – Dundee DGC2K  
Kirsty Campbell – Dundee DGC2K  
Hannah - Leigh – Fife Gym Club  
Holly Ramage – Edinburgh - Lasswade Gym Club  
Amy Regan – Glasgow – Glasgow Gym Club  
Kendal Smith Edinburgh – Lasswade Gym Club  
Hannah Killcullen travelling reserve - Dundee DGC2K

### **Men's Artistic Team**

Christopher Chalk – Falkirk, Falkirk Gym Club  
Steven Sneddon – Falkirk, Falkirk Gym Club  
Liam Davie – Glasgow, City of Glasgow Gym Club

## New Gymnastics programme to be implemented in Brechin

Positive partnerships with Angus Sports Development Team, Active Schools and the local Gymnastics Development Group have resulted in the implementation of a Gymnastics programme in Brechin Leisure Centre.

The implementation of the programme will compliment the existing pre – school programme by offering a sustainable seamless pathway for children who wish to develop and progress within the sport.

Coaches from local clubs have come together to deliver this programme and are keen to offer further pathways into local club infrastructure.

The programme will also have a focus on engaging boys within the sport, and hopefully strong links with active school coordinators will result in many boys becoming aware of local opportunities to participate in a core fundamental sport on their doorstep .

### **New Gymnastics Development Officer Post in Perth**

Laura Marshall was appointed on the 8<sup>th</sup> August as Gymnastics Development Officer for Perth & Kinross. Laura will be responsible for the future development of the sport within Perth & Kinross, and will link closely with **SportTayside & Fife** myself to ensure local direction is in line with regional and national objectives.

Laura will be based at Balhousie Primary School and can be contacted on 01738 637129

### **Tayside & Fife Scholarship Coaches**

Beate Petersen and Scott Harper sat their High Performance Coaching exam in Inverclyde on the 8<sup>th</sup> August. The exam consisted of a theory and common core paper, along with a practical coaching session.

I am delighted to congratulate both Scott and Beate on passing the practical examination and wait with anticipation, as they are, on the outcome of the common core and sports specific exam results. Good Luck!!!

### **Education & Training**

#### **Level 2 Coaching course in Pre – school Gymnastics**

Venue - Saltire Leisure Centre, Angus

Dates Saturday 8<sup>th</sup>, Sunday 9<sup>th</sup>, Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> September

#### **Level 2 General Gymnastics course**

Venue – Balwearie High School, Fife

Dates – 21st, 23rd, 29th September

#### **Level 1 Pre – school**

Venue - Dulloch Park, Dunfermline

Dates – 15<sup>th</sup> & 16<sup>th</sup> September

**Level 1 Trampoline** – venue and dates to be confirmed

**Level 1 Assistant General** – venue and dates to be confirmed

For further information or updates, please visit our website at **[www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)**.

If you wish to submit any information or articles for the next newsletter please contact Jackie Archibald, SportTayside & Fife Gymnastics Development Manager, on Tel: 01382 431 852 or e-mail [jackie.archibald@dundee.gov.uk](mailto:jackie.archibald@dundee.gov.uk) (**deadline Monday 12th November**).

# Hockey

Lorna Dobbie  
Hockey Development Manager  
E-mail [lorna.dobbie@dundee.gov.uk](mailto:lorna.dobbie@dundee.gov.uk)

DEVELOPING HOCKEY IN TAYSIDE & FIFE

## National Primary Hockey Festival

The annual Primary Hockey Programme came to a conclusion on Wednesday 6<sup>th</sup> June at the National Primary Hockey Festival. Eight teams from Tayside & Fife qualified to participate in the event by competing at many events throughout the year including the Tayside Primary Hockey Finals and Fife Primary Hockey Finals. The teams travelled to the National Hockey Centre in Edinburgh to compete at the event which saw 33 teams from 16 Local Authorities participate. For many players this was an opportunity to compete at their first major event. Congratulations to Clepington, Claypotts Castle, Whitfield, Dens Road, Pittencrieff, Dalgety Bay and Kirkriggs Primary for their performances at the event.



## Club Development

The SHU Club Development Programme provides selected clubs with support to help them plan for the future, manage volunteers, link with schools, access funding and provide quality hockey activity. This year, Perthshire Hockey Club was selected for the programme and will receive support from Scottish Hockey and **SportTayside & Fife** for the next three years to develop the club further.

ClubDundee is a local amateur sports club development and accreditation scheme delivered by Dundee City Council Sports Development Team. Clubs working through the programme receive one-on-one support from professional sports development officers to enable them to develop a number of various policies and procedures designed to ensure they are safe, effectively-run and financially secure environments for both junior and senior club members. Grove Hockey Club has been selected for the programme and will receive support from Dundee Hockey Officer to work towards Affiliation and Development Level of the award.

## Player Development

The final day of the local authority development programme saw the Dundee Potential Squad compete against the Perth & Kinross Squad. The fixture was organised in order to provide the coaches with the opportunity to assess every squad player in a competitive match. As a result all players were provided with specific feedback on their performance and progress made throughout the season. This was the first time the players were assessed in this way and was an outstanding success from both a coach and player perspective. Two sessions will now take place each season for purposes of player evaluation and review.

## Coach Education

A Hockey Leaders Award took place at Perth Academy on Wednesday 1<sup>st</sup> August. Twelve young people from the area completed the award which provides an introduction to coaching hockey and is the first step on the hockey coaching pathway. The new 'Leaders' will assist with junior club programmes at Perthshire Hockey Club and Kinross Hockey Club and new primary school hockey sessions which will be organised by Perth & Kinross Council. In addition, the course has enabled Perth & Kinross Leisure to set up a new hockey programme at Auchterarder Community High School.

The next stage in the coaching pathway is the UKCC Hockey Level 1 Award. An Award took place at St. Leonard's School in St. Andrew's from Friday 10<sup>th</sup>-Sunday 12<sup>th</sup> August. The course focuses on defensive skills, elimination skills, short corners, goalkeeping, principles of play and fitness through theory and practical activity. Eighteen coaches attended the course including nine coaches from three clubs within the area. In total 21 Tayside & Fife hockey coaches have completed their Level 1 Award this year through locally delivered courses.

The **SportTayside & Fife** Coach Scholarship Programme has recently recruited two hockey coaches onto the programme including ex-Olympian Pauline Stott. The coaches will receive support with regard to continued professional development including funding towards the cost of education courses and workshops. The coaches will attend the UKCC Level 2 Award at Inverclyde in September.

## Workforce Development

The Scottish Hockey Union are working to complete a coaching audit, followed by a Workforce Development Plan exercise. The audit will build on information the SHU currently hold on the database and will establish: the number of qualified hockey coaches; their demographic characteristics; levels of education and certification; the level at which they coach; their activity levels; frequency of coaching and other relevant information on coach characteristics and deployment. The information gained from the audit will allow Scottish Hockey to produce a workforce development plan to aid the management and the professional development of the coaching workforce across Scotland.

Clubs, Local Authorities, individual coaches and other providers of hockey coaching or facilities are being invited to assist the SHU in providing as much factual evidence as possible to ensure that the plans we develop are appropriate, accurate and well targeted. For further information contact Colleen Reid, Coach Education Manager, Scottish Hockey at [creid@scottish-hockey.org.uk](mailto:creid@scottish-hockey.org.uk).

---

For further information or updates, please visit our website at **[www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)**. Any information for inclusion in the next newsletter should be submitted by **Monday 12<sup>th</sup> November**.

# Rugby

Neil Carrie  
Rugby Development Manager  
E-mail: [neil.carrie01@dundeecity.gov.uk](mailto:neil.carrie01@dundeecity.gov.uk)

## 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](mailto: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:

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

# Swimming

**Heather Albin**  
Swimming Development Manager  
E-mail [heather.albin@dundee.gov.uk](mailto:heather.albin@dundee.gov.uk)

DEVELOPING SWIMMING IN TAYSIDE & FIFE

## Coach Education and Development

### **New UKCC Teaching & Coaching Qualifications for Aquatics in Scotland**

Scottish Swimming is pleased to announce the introduction of the new UKCC teaching and coaching qualifications for aquatics in Scotland. Developed in partnership with British Swimming, Amateur Swimming Association, Welsh Amateur Swimming Association and the Scottish Qualifications Authority the UKCC is a new and innovative approach to teaching and coaching, and is designed to enhance the quality of coaches, teachers and athletes alike.

UKCC aquatics qualifications are available in the following areas, and are all accredited on the Scottish Credit and Qualifications Framework (SCQF):

Levels 1 and 2 in Teaching Aquatics  
Levels 1 and 2 in Coaching Swimming  
Levels 1 and 2 in Coaching Water Polo  
Levels 1 in Coaching Synchronised Swimming  
Levels 1 and 2 in Coaching Diving

If you would like further information or to organise a Scottish Swimming UKCC course please complete the UKCC Course Registration Form, found in the downloads section of the Scottish Swimming website (under Coaching and Education), and return to Scottish Swimming. Alternatively contact Kate Lodge, Education Manager, at [k.lodge@scottishswimming.com](mailto:k.lodge@scottishswimming.com)

### **Bursaries**

Scottish Swimming is also pleased to announce the availability of bursaries for Scottish Swimming members\* who wish to attend a Scottish Swimming UKCC course.

Bursaries are currently available for all Level 1 and 2 courses, with a maximum of £150 available for a Level 1 course and £300 for a Level 2 course. Candidates must apply directly to Scottish Swimming for the bursary, using the Bursary Application Form that can also be found in the Coaching and Education downloads section of the Scottish Swimming website.

Bursaries will be paid subject to satisfactory attendance of the course but are not dependent upon result.

\* For further information on association or club membership please go to the membership section of the website.

### Selections

Congratulations to the following swimmers who will be representing Scotland at the UK School games in Coventry from the 23 – 26 August 2007

<b>Swimmer</b>	<b>Club</b>	<b>Coach</b>
Peter Stewart	Dundee City Aquatics	Heather Albin
Eloise Barber	Carnegie SC	Gilbert Kirkwood
Callum Shaw	Carnegie SC	Gilbert Kirkwood
Greig Wilkinson	Dundee City Aquatics	Heather Albin
Sarah Kelly	Dundee City Aquatics	Heather Albin
Sarah Chapman	FINS	Ian Lewis

## Regional Squads

The District Regional Programme for 2007 /08 will be kicking off in September. Swimmers should have been notified of their selection from the Swimming Convenors in the East and Midlands District.

The District Regional Squad programme, which was introduced by Scottish Swimming in September 2005, aims to raise the standard of development of local swimmers by running sixteen balanced Regional Squads throughout the country. This programme is monitored by the Performance Director and is delivered by using a number of mentor coaches, with each area being given a designated mentor coach.

Each of the squads follows a nationally directed programme, with local swimmers and coaches being given guidance and direction on how to improve the standard of performance within their home programme.

The programme will be delivered over three days, which will allow a consistent process of delivery, assessment of progress and development of ability to take place.

The programme targets swimmers aged 11 years +, with qualifying times to be achieved between January – August, which are published as part Scottish Swimming's, Performance Plan for Swimming 2005 – 2014,

Squad selections take place during August, with all Regions running their first training day in September. The day will consist of 4 hours swimming, 1 hour land based and 1 hour of Swimmer Education.

One of the aims of this programme is to provide local opportunities for coaches to receive mentoring and 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

Coaches from all Local Clubs are encouraged to come along and participate, you do not need to have swimmers on the Squad. Chat to the visiting coach, assist on poolside, ask questions. This is a great opportunity for coaches within Tayside & Fife to gain experience and learn.

**Tayside** - Coach: Gordon Glasgow Dates: TBC

**Fife** - Coach: Richard Gheel

Dates: 30 September, 27 October and 8 December at Carnegie Leisure Centre

## Local Area Squads

Information on the Local Area Squads programme for 2007 / 08 will be available in the next few months.

Gary Vandermeulen has agreed to continue to lead the joint sessions which will run at the National Swimming Academy in Stirling.

## Learn to Swim

A Learn to Swim Workshop based on the new Scottish Swimming Learn to Swim syllabus is taking place on Sunday 30 September at the Olympia Leisure Centre in Dundee, from 10.00am – 1.00pm.

The workshop will provide Facilities staff, Education staff, Clubs , Local Authorities and swimming teachers with information on the new programme(s), and how these could be implemented locally and how links can then be developed from the current Learn to Swim schemes into the Local Clubs.

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 19<sup>th</sup> November 2007**.