

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

Welcome to the Spring edition of the Partnership Newsletter – I hope you enjoy reading it. I am sure you will be interested to see the progress being made by the sports and in coaching - all down to the hard work of the Managers and our Local Authority colleagues.

Our new Programme Manager, Euan Lowe, has started and is finding his feet very quickly indeed. Needs must, because he is leading our work to complete the four year development plans for each of our sports and for coaching. Euan's other responsibilities include the Regional Sports Facility Strategy and Club Development - welcome aboard indeed!

The importance of the four year development plans cannot be stressed enough because we now have a very clear picture of the priorities for each sport across the Tayside and Fife Region. It has been a very worthwhile process and has involved consultation and involvement of all key stakeholders.

These plans will direct the work of the Partnership, and shape the way that we deliver our joint programmes with Angus, City of Dundee, Fife and Perth & Kinross Councils. We are currently completing a series of joint planning meetings with each Local Authority partner, to ensure we deliver effectively and minimise duplication of effort and resources. Above all, the plans and the process assure the delivery of each of our sports across Tayside and Fife. You will be able to read the plans, once they are completed, by the end of March on our website.

Other highlights in the newsletter include:

- The high profile visit of Scottish **Athletics** Grassroots Roadshow to Bell Baxter High School in Cupar launched by Sir Menzies Campbell.
- The selection of four East Scotland players for the Scottish U-17 National **Girls Football** Squad
- The new **coaching** workshop programme which offers generic support coaching topics delivered by a range of high quality professionals
- Midlands District U-18 squad winning the Inter District Indoor **Hockey** Tournament held at Dundee University.
- The launch of the selection process for the U-14 **Basketball** Player Improvement Programme every Monday in March at DISC in Dundee.
- Bell Baxter winning the Scottish Schools **Rugby** Cup at Murrayfield by beating Dollar Academy in the final.
- The contribution of the Fife **gymnasts** in the recent Celtic Cup where Scotland won the Team Silver and Hannah Lee of Fife Gymnastics Club who won Individual Bronze.
- The launch of the new **ClubGolf** website
- The selection of two **swimmers** to represent Scotland at the Celtic Nations in Dublin.

Finally, we are looking forward to receiving our new funding for the second year of the Partnership project from **sportscotland**, and to continuing to add value by the work we do.

Brian Samson

Partnership Manager

Athletics

Alasdair Donaldson
Athletics Development Manager
E-mail: alsadair.donaldson@dundeecity.gov.uk

DEVELOPING ATHLETICS IN TAYSIDE & FIFE

Sir Menzies Campbell Celebrates Grassroots Athletics

Sir Menzies Campbell, Leader of the Liberal Democrat Party and **scottishathletics** Honorary President, was at a Bell Baxter High School in Cupar on Monday 19th February to celebrate the Scottish Grassroots Athletics Roadshow together with Norwich Union GB & NI athlete **Allan Scott** (110m hurdler).



Over 70 children from local primary schools and Bell Baxter joined them to find out more about athletics opportunities at the roadshow which was organised by **scottishathletics** in partnership with **SportTayside & Fife**; the roadshow was designed to engage more young people in sport by bringing together all the grassroots athletics programmes available to schools, clubs and community groups across the UK.

Sir Menzies Campbell said: *"Education, school and athletics go very closely hand in hand. Sport has always been an enormous part of my life and I'm sure a lot of lessons you learn in training then equip you for many of life's challenges."*

Allan Scott, who represented Scotland at last year's Commonwealth Games and Great Britain at last weekend's European Indoor Championships, said: *"sports:hall is how I got into the sport. Athletics wasn't in my family so without the structure and support offered through sports:hall when I was in school, I wouldn't be where I am now."*

Norwich Union elevating:athletics is the newest addition to the grassroots athletics package and is now the foundation for the delivery of athletics in schools. The multi-media curriculum resource has been designed to modernise the way athletics is taught in both primary and secondary schools.

Tayside Local Athletics Partnership Up and Running!

The Tayside Local Athletics Partnership which is to be known as the Athletics Tayside Partnership (ATP) was officially constituted at the last meeting of the group on 7th February. This meeting doubled as the first AGM and saw the following people elected as the first officer bearers of ATP:

Chair:	Ian Leitch (Perth Straththay Harriers)
Vice Chair:	Position Currently Vacant
Secretary:	Alasdair Donaldson (SportTayside & Fife Athletics Development Manager)
Treasurer:	Steven Glass (Dundee Sports Development Officer)

The group agreed the Constitution and will now move towards working closely together for the progress of athletics in Tayside. The next meeting will take place at Abertay University on March 21st.

The Fife LAP is now a fully working group and held a meeting in February when they looked at a funding proposal to develop athletics in Fife, as well as addressing the issue of getting volunteers into the sport. The next meeting will take place at Balweaire High School on Wednesday May 2nd.

For more information about LAP's see: <http://www.sporttayside-fife.co.uk/athletics/clubguide.html>

Athletics Tayside Partnership Open Graded Time Trials

The first significant step forward for ATP will be to re-establish the season-opening Time Trials meeting. The event did not take place last year as Caird Park was being resurfaced and the George Duncan Arena was not up to standard at that time. With Caird Park back in action the event will take place this year on Sunday 15th April. The event will be run in the open graded format with events open to Under 11s through to Veterans. The following events will be available on the day: Sprint Hurdles, 100m, 3/400m, 800m, Long Jump, High Jump, Shot Putt, Javelin.

Keep an eye on the athletics section of our website for further details. Entry forms will be sent out to clubs soon.

In order for this event to run it essential that we have officials in attendance. If you are able to help out and officiate then please get in contact – details at top of this newsletter.

Regional Squads in Full Flow

Tuesday evening 6th February, at Pitreavie, in sub zero temperatures fifteen local sprinters and hurdlers (pictured) attended the press launch Bank of Scotland - Tayside & Fife Regional Squad.



Paul Allan, Tayside & Fife regional sprints coach was joined by five additional coaches enabling the group to have the specialised close attention an athlete requires. This approach meant three different sessions ran simultaneously, blocks, 200m & 400m reps.

Nigel Hetherington, **scottishathletics** Performance Development Manger, who was there observing the session stated: "Bringing the top regional athletes here tonight to work together under the guidance of specialist coaches is the goal of the Bank of Scotland Regional Squad format."

Future squad dates have been circulated to athletes in the squads and will shortly be available (together with details of the squad coaches) on the website at: <http://www.sporttayside-fife.co.uk/athletics/regional.html>

SportTayside & Fife Fun in Athletics Final

On Monday 22nd January, the **SportTayside & Fife** Fun in Athletics Finals took place at Next Generation Clubs, Monifieth. The Festival was organised by **SportTayside & Fife** in partnership with Sportshall Associates, as part of their UK-wide road show. Borrowfield Primary School (pictured right) from Montrose took the honours on the day.

For a full report see:

<http://www.sporttayside-fife.co.uk/athletics/results.html>



Coach Education

Saturday 3rd March saw the first part of this year's coach Education programme taking place at Mayfield Sports Centre in Dundee with a Children in Athletics Course running at full capacity. A Level 1 course is now scheduled for Cowdenbeath Leisure Centre on 17th March which is already full. It is great to see so many new coaches coming into the sport and going through the necessary qualifications to help them in their work within the sport.

There are two further courses planned for the first half of this year:

- | | | |
|--------------------------------|--|----------------------------|
| • Children in Athletics | Perth Grammar School | June 2nd |
| • Level 2 Core | Pitreavie Athletics Centre, Dunfermline | June 8th |

If you would like any further information about these courses then please get in touch. There will be other courses offered across the country – for the full scottishathletics education programme see:

<http://www.scottishathletics.org.uk/>

SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR Tel: 01382 431 826
E-mail: SportTayside-Fife@dundee.gov.uk, www.SportTayside-Fife.co.uk



Coaching

Derek Welch
Club/Coach Development Manager
E-mail: derek.welch@dundeecity.gov.uk

DEVELOPING COACHING IN TAYSIDE & FIFE

CoachingTayside & Fife Scholarship Programme

This year's Scholarship Programme has assisted 17 coaches, providing the foundation to further their aspirations as coaches along with awarding significant financial support of over £4,300. The most recent additions to the programme are from Rugby, Gymnastics, Swimming and Football.

Gymnastics

A Scholarship programme was agreed with Pamela Bowie during January 2007. Pamela has successfully completed a Scottish Governing Body (SGB) Club Judging course and will attend a First Aid for Sport course during March. High Performance Perth Coach, Isabel Walton will also complete the First Aid for Sport as a component of her 2006-07 Scholarship Programme.

Rugby

It has been agreed that a number of coaches from Dundee Eagles Rugby club will be awarded scholarship assistance during 2007-08, once they have completed their UKCC Scottish Governing Body Foundation Level Course.

Swimming

Angus Swimming Coach, Marion Durham, will complete her Scholarship Programme for 2006-07 by travelling to Sheffield, for approximately 10 days, to complete an adult/child disability technical attachment and observe a variety of swimming programmes.

Girls' and Women's Football

The 2007-08 programme will assist Arbroath and Forfar Football Coaches, Joseph Meldrum and Caren Webster, to complete the Working with Children Licence and Physical Preparation for Under 12 footballers.

Would you like to improve your coaching?

For more information on the 2007-08 Scholarship Programme, please contact Derek Welch on the contact details provided with this newsletter.

Tayside & Fife Education Programme 2007

Generic Workshops

A series of generic workshops will be available from May 2007. The workshops will be held throughout the year, up to November. The programme will cover the following topics: **MAY – Drugs In Sport, JULY – Nutrition & Hydration, SEPTEMBER – Self Massage and Injury Prevention, NOVEMBER – Women in Sport.** A Sports Psychology workshop is also proposed for August and will target Parents and Children.

All these workshops will be delivered by state registered or highly qualified individuals in their professional field. The sessions will be one hour in duration, except for the Self Massage and Injury Prevention, which will be two hours. The workshops will cost approximately £10.00. To pre-register your interest in attending any of the workshops, contact me at the address provided.

Forthcoming courses and workshops

SportsCoach UK (Dundee)

Course: Safeguarding and Protecting Children
Date/Time: Wednesday 11th April, 6.30-9.30pm
Venue: Forum, Olympia Leisure Centre, Dundee
Cost: £20.00
Contact: Paul Jamieson, Dundee Sports Development.
Tel: 01382 432328 E-mail: paul.jamieson@dundeecity.gov.uk

SportsCoach UK (Dundee)

Course: Fuelling Performers
Date/Time: Thursday 26th April, 6.30-9.30pm
Venue: Forum, Olympia Leisure Centre, Dundee
Cost: £20.00
Contact: Paul Jamieson, Dundee Sports Development.
Tel: 01382 432328 E-mail: paul.jamieson@dundeecity.gov.uk

SportsCoach UK (Fife)

Course: Safeguarding and Protecting Children
Date/Time: Thursday 29th March & Thursday 26th April 6.30-9.30pm
Venue: Fife Institute of Sport, Glenrothes
Cost: £20.00
Contact: Eileen Penny, Fife Institute of P.R.E.
Tel: 01592 415700 E-mail: Eileen.penny@fife.gov.uk

SportsCoach UK (Fife)

Course: How To Coach Disabled People in Sport
Date/Time: Monday 14th May 6.30-9.30pm
Venue: Fife Institute of Sport, Glenrothes
Cost: £20.00
Contact: Eileen Penny, Fife Institute of P.R.E.
Tel: 01592 415700 E-mail: Eileen.penny@fife.gov.uk

SportsCoach UK (Perth & Kinross)

Course: Safeguarding and Protecting Children
Date/Time: Wednesday 21st March & Wednesday 23rd May 6.30-9.30pm
Venue: Bell's Sports Centre, Perth
Cost: £20.00
Contact: Jane Cuisine, Sports Development Section
Tel: 01738 637129 E-mail: JMCuisine@pkc.gov.uk

SportsCoach UK (Perth & Kinross)

Course: How To Coach Disabled People in Sport
Date/Time: Thursday 19th April 6.30-9.30pm
Venue: Fife Institute of Sport, Glenrothes
Cost: £20.00
Contact: Jane Cuisine, Sports Development Section
Tel: 01738 637129 E-mail: JMCuisine@pkc.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 9th May**

SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR Tel: 01382 431 852
E-mail: SportTayside-Fife@dundeecity.gov.uk
www.SportTayside-Fife.co.uk