

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

SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR Tel: 01382 431 826

E-mail: SportTayside-Fife@dundeecity.gov.uk

www.SportTayside-Fife.co.uk



Gymnastics

Jackie Archibald
Gymnastics Development Manager
Email: jackie.archibald@dundee.gov.uk

DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

Education & Training

An Assistant Judging course held in Bells Sport Centre in January has resulted in 20 candidates gaining Assistant Judging qualifications. The course was delivered by Sally Flint, Doris Ferguson and Marie Heath who have a wealth of knowledge within this area. Candidates feedback on the course was very positive and due to the manner and presentation of delivery, a good percentage of candidates who attended are keen to move on to the next level. **Job well done!!!**

It is hoped to deliver a Club Judging course later in the year, providing opportunities for all novice officials who wish to personally develop their skills and move onto the next level.

Pre-school has been another focus area and the first Level 1 UKCC Pre-school course to be delivered in Fife, was held in the Queen Anne High School, Dunfermline on the 24 & 25 February. This course is to be followed on by the delivery of a Level 2 UKCC Pre-school course, which is scheduled to be delivered on the last weekend in March, subject to the availability of the new Level 2 UKCC resource material.

A General Assistant Level 1 UKCC course dates have now been confirmed as 31 March and 1 April 2007. The course is to take place in Balwearie High School, Kirkcaldy and information and application forms for this course can be found on Scottish Gymnastics and **SportTayside & Fife** websites.

Club Accreditation - GymMark

The National Governing Body, Club Accreditation Scheme, **GymMark**, is to go live in April 2007. The GymMark accreditation scheme is recognised by British Gymnastics and all Home Country Sports Councils, as an excellent mechanism to ensure progressive development of clubs wishing to provide the best possible experience for their membership.

GymMark has a key focus on safe clubs, ensuring that clubs develop their services, based on good practice promoted by Scottish Gymnastics

I look forward to working alongside and supporting the clubs to achieve accreditation status.

Regional Academy Programme

The Regional Academy programme is to roll out in June 2007. The Academy programme will focus on the physical literacy skills of young children aged 7 – 11 years. It is proposed that these children will train 8 – 10 hours a week with appropriately qualified staff.

Recruitment of coaching staff and identification of training venues is underway, and all clubs will be notified, regarding criteria, trialling process and procedures as soon as coaches have been appointed and training venues identified.

New School Gymnastics Programmes in Fife

Positive partnerships with Active School Co-ordinators and the Sports Development Team in Fife have resulted in the implementation of a Gymnastics Programme in Denbeath, Anstruther and Leslie Primary Schools. The key focus of these programmes is to deliver the basic fundamentals, encouraging children to engage within the sport, building physical literacy skills for life.

Gymnastics/Trampolining Highlights

Keir Stewart of Dundee (Broughty Ferry) is following in the footsteps of Scottish Commonwealth Games gymnasts Carol and Helen Galashan in switching from gymnastics to diving. He is now on a talent confirmation trial with British Diving following a successful preliminary trial in December.

Keir is a 20 year old student at Glasgow University. He started trampolining at Tigger Tramps and went on to become the Scottish Senior Men's trampoline champion. He is very excited at the prospect of representing Scotland in Diving at the next Commonwealth Games and potentially Great Britain at the 2012 Olympic games.

Scottish Gymnasts Hannah Leigh, Charlotte Griffin, Fiona Coyle, Holly Meikle from Fife Gymnastics Club, along with Kendal Smith from Lasswade Gym Club and Sarah Mack from Park Wreakin Gym Club secured the silver medal team position at the Celtic Cup competition which was held in Ireland on 24 February 2007.. Hannah Leigh was top scoring team member and went on to secure the individual Bronze medal position.

This success is a testament to both coaching staff and gymnasts who are committed to the development and forward momentum of the sport within Scotland.

National Youth Squad Selections

The selection process for the new National Youth Squad was carried out in January 2007. The following girls have been invited to train with the National Youth Coach once programme is in place.

9 Yrs - Allanah Bunyan, Emma Mackay and Shannon Archer

10 Yrs - Carly Smith, Cara Kennedy, Jenna Gillespie and Rachael Melrose

11 Yrs - Alex Smith, Megan Glass, Jessie Smith, Carlie Norczyk, Orla Gallagher and Lucy McLoy

12 Yrs - Holly Ramage, Jordan Archibald, Kirsty Campbell, Robyn Russell, Hannah Kilcullen and Ciorstadh Nicol

13 Yrs - Megan Slater and Amy Regan

14 Yrs - Hannah Leigh

If you wish to submit any information for the next newsletter please do so by **Monday 9th May**



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**