

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

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Swimming

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Coach / Teacher Licensing

SportTayside & Fife, in conjunction with Scottish Swimming, ran two Coach / Teacher Licensing information days at the start of February, at FIPRE and the Olympia Leisure Centre, Dundee.

These information days, were successful with many coaches and teachers seeking advice and information about the Licensing procedure from Lorraine Campbell and Eilidh McCall of Scottish Swimming

Club Development

St Thomas SC in Arbroath, were the first Club in Scotland to gain SwiMark accreditation. Two other clubs in Tayside & Fife are currently registered and working towards accreditation.

SwiMark is Scottish Swimming's development programme for Local Authorities and affiliated clubs. It is open to all swimming programmes and all aquatics clubs and teams.

Accredited SwiMark programmes or clubs will be categorised into one, or more, of five levels based on the respective Long Term Athlete Development (LTAD) model. The accreditation criteria for each of the five levels are based on LTAD principles and guidelines. Accreditation is for four years, with an annual report consisting of any changes to the original audit. A standard format for the annual report is provided.

The aim of SwiMark is to provide a nationally recognised process that will enable Scottish Swimming affiliated clubs and local authorities:

- To develop their services, based on good practice promoted by Scottish Swimming.
- To achieve:
 - Improved swimmers;
 - Improved teachers and coaches;
 - More motivated volunteers;
 - Increased membership.
- To demonstrate to their local community that their swimming services are "safe, effective and child friendly" and that clubs are "fit for purpose" to receive public support.
- To implement Long Term Athlete Development guidelines at a local level i.e. that the swimming programme is swimmer centred and is constantly striving to provide the ideal environment for swimmers to reach their full potential.
- To provide enhanced Scottish Swimming support to local authorities and clubs.

If your Club is interested in finding more out about SwiMark or would like to register their interest please contact myself.

Selections

Congratulations to Karen Rigby (Dundee City Aquatics) and Eloise Barber (Carnegie) who have been selected to represent Scotland at the Celtic Nations meet which takes place on the 24 - 25 February in Dublin.

Regional Squads

The Fife Regional Squad has now completed its three days, Coach Robert Hammond said "I have to say I enjoyed working with the Fife squad and certainly there are some excellent swimming personalities and talents for the future"

The last Tayside session will take place on the 10 March at Dundee College Campus, Gardyne Road and will be led by Phil Potter, HEARTS

All Coaches and poolside helpers are very welcome to attend this session.

Coach Education and Development

The following courses are being planned to run throughout Tayside & Fife from March 2007:

Level 1 Teachers	Cupar
Level 1 Teachers	FIPRE and Kirkcaldy
Level 2 Teachers	FIPRE
Level 1 Teachers	Dundee
Level 1 Teachers	Montrose
Level 1 Teachers	Aberfeldy
UKCC Level 1 Coach	St Andrews
UKCC Level 1 Coach of Diving	Dundee
UKCC Level 1 Coach of Synchro	Dundee
UJCC Level 1 Coach of Water Polo	Dundee

If any Coaches or Teachers have suggestion for Continued Professional Development (CPD) Workshops and Seminars topics, please email these to myself.

Local Area Squads

The Fife Area Squad had their first session on Saturday 10 February at the National Swimming Academy. The swimmers took part in an hour long land session followed by a two hour pool session. The Squad were led by Gary Vandermeulen the Tayside and Fife Performance Coach.

The Local Area Squads provide Club swimmers with the first step on the Performance Pathway. The session provides swimmers with the opportunity to mix with swimmers of like ability within a structured training environment.

It is hoped that's swimmers will progress through time from Area Squad level into the District Regional Programme.

These sessions also provide the setting for Club Coaches and helpers to be mentored by coaches such as Gary, and provide an excellent learning opportunity.

Sport Awards

Congratulations go to Eloise Barber who swims with Gilbert Kirkwood at Carnegie SC. She was recently presented with the Asda St. Leonard trophy for the Young Sports Person of the Year at the Dunfermline & West Fife Sports Council annual awards for 2006, beating six other nominees including teammate, Callum Shaw. Andrew Rodgie, also from Carnegie was nominated in the Sports Personality of the Year category.

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
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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**