

NEWSLETTER - FEBRUARY 2008

SportTayside & Fife

NEW AGENDA FOR PHYSICAL ACTIVITY IN PERTH & KINROSS

A new post of Physical Education (PE) Development Officer was created in October 2006 to review the current provision of PE across Perth & Kinross and move towards the recommendation of two hours PE per week for all pupils from August 2007.

The project was planned to improve quality and frequency of delivery of physical education, to increase motivation in young people and to develop choice within the physical education programme across schools. The project also looked to develop greater inter-agency working between the physical education curriculum and Active Schools and Sports Development, Perth & Kinross Leisure, and Sport Tayside and Fife.

To ensure a broad and balanced range of activities, a revised PE programme has been developed for primary schools setting out learning outcomes which are planned and progressive. The PE specialist working in primary schools follows the PE specialist segment in the PE programme. The class teacher programme is more flexible and allows class teachers in negotiation with Head teachers to add activities and change blocks to suit individual school needs.

...The project was planned to improve quality and frequency of delivery of physical education, to increase motivation in young people and to develop choice within the physical education programme across schools...

The benefits of the new programme are that we now have a PE specialist in primary schools delivering 1 hour of quality physical education to every pupil. They now feel a valued member of the school staff as they are at the same school every week. A more balanced range of activities is offered to all pupils. The programme is supported through CPD and links with Active Schools and Sports Development is enhancing the delivery of PE. An events calendar for primary pupils further enhances the programme and offers some performance opportunities for more able pupils.

The Health Promoting Schools/HMI target of 2 hours of quality PE per child per week is being achieved in many primary schools in Perth and Kinross.

GAIL HALLY
PE Development Officer
Perth and Kinross Council

FURTHER SUPPORT FOR TEACHERS TO ENHANCE THE DELIVERY OF PE IN PRIMARY SCHOOLS

In August 2006 more teachers of Physical Education were appointed to enhance provision to primary schools and this meant a total of 27 staff working in full and part time posts.

...27 new full-time and part-time staff have been appointed working with Active Schools and Sports Development Officers enhancing the delivery of Physical Education...

PE staff cover 50 minutes of RCCT (Reduction in Class Contact Time) for the class teacher with a 10 minute changeover which allows the class teacher to consult with the specialist.

The class teacher delivers the other hour and they are expected to work in partnership with Active Schools Co-ordinators and Sports Development Officers to develop their own skills and enhance the delivery of PE and ensure, where possible, what happens in the curriculum links to what happens in local sports clubs and communities.

ATHLETICS ● ATHLETICS ● ATHLETICS ● ATHLETICS

Perth High School Win Inaugural SportTayside & Fife Giant Heptathlon

Following the success of the Perth & Kinross Giant Heptathlon in November, Angus and Dundee held their events in early February. Angus held two half-day competition events, one for S1 pupils and one for S2 pupils. Both events were won by Monifieth High School and were well received by staff and pupils alike. The Dundee event followed the full day format with S1 and S2 pupils combining to receive training in each of the seven events and relays in the morning session and then a competition in the afternoon. Once again the event was very well received and saw the pupils involved in vigorous physical activity all day long. On this occasion Grove Academy came out on top.



Perth High School
Giant Heptathlon Winners

These events were only possible thanks to the partnership working between **scottishathletics**, **SportTayside & Fife** and the Local Authority teams headed up by Laura Ross (Angus) and Steven Glass (Dundee). The events were also facilitated by coaches provided by Angus and Dundee City Councils.

The top two teams from the Perth & Kinross event, the Angus S2 event and the Dundee event will now come together to contest the **SportTayside & Fife** Final on February 28th. The Final will take place in Dundee International Sports Complex (DISC) which is the sports facility used by Morgan Academy and as such they have also been invited to participate in the final as hosts. The teams competing in the Finals will be: **Angus** - Monifieth High School, Webster's High School. **Dundee** - Craigie High School, Grove Academy, Morgan Academy, **Perth & Kinross** - Community School of Auchterarder, Perth High School.

A LEVEL 2 COACHING COURSE FOR PERTH

A Level 2 Coaching course has been planned for Perth Grammar School. The core elements of the course will take place on Saturday and Sunday 19th & 20th April and the event specific modules (speed, endurance, throws and jumps) will take place over the weekend of June 7th and 8th. Those coaching three times a week, who are members of **scottishathletics** and have a valid Disclosure Scotland check can access coaching bursaries for these courses, ask when you book on. To book please contact Anne Stewart in the **scottishathletics** offices: TEL: 0131 476 7328, anne.stewart@scottishathletics.org.uk

REGIONAL DEVELOPMENT CAMP

The follow up session for the **SportTayside & Fife** Under 15 Development Camp will be held at Pitreavie Athletics Centre on Sunday 2nd March. Following the success of the first camp the second session will focus on assessing how the athletes have progressed over the winter and give them new input specific to their preparations for the track season ahead. There will be regional coaches operating in the sprints, endurance, jumps and throws. This camp will also include athletes from the SportCentral Region who are coming across to take advantage of the coaches

and facilities that are on offer in the region. Personal coaches are encouraged to attend with their athletes and input into the sessions, while also learning from the regional coaches.

DATES FOR YOUR DIARY!

The Tayside Time Trials meeting will take place this year on Sunday 13th April at Caird Park in Dundee. The programme will be similar to last year. It will be run by the Athletics Tayside Partnership and will be an open graded competition with entry on the day.

This summer's **SportTayside & Fife** Combined Events Championships will take place over the weekend of 13th & 14th September at the George Duncan Athletics Arena, Perth. The event will incorporate the Scottish Combined Events Championships for U13, U15 and U17 males and females. U13s & U15s will contest Pentathlons while the U17 women will do a Heptathlon and U17 men an Octathlon. In addition there will be non-championship Heptathlons for U20, senior and veteran women and Ocathlons for U20, senior and veteran men. The Pentathlons will take place on Sunday 14th along with the traditional U11 triathlon event and the other events will take place over the 13th and 14th. Watch this space for other events, which will take place on the Saturday!

In addition this years **SportTayside & Fife** Track and Field Championships will take place on **Sunday 21st September** at Perth's George Duncan Athletics Arena.

Any information for inclusion in the next newsletter should be submitted by **Wednesday 14th May 2008**.

BE PART OF THE GLASGOW COMMONWEALTH GAMES – OFFICIALS COURSE

The Glasgow Commonwealth Games in 2014 will be here before we know it and one way you could be involved is to become an official. Officials are in short supply across the country so now is your chance to get involved and gain some vital experience in the run up to 2014 so that you can have the opportunity to be involved out there in the athletics arena with the cream of the Commonwealths athletes.

Track and Field Officiating courses are to be held at Perth Grammar School on Sunday 9th March. These will be the first officiating courses held in the region in over two years so clubs and other organisations are urged to get as many people as possible on to the courses so that they can facilitate their involvement in competitions this year and next. All courses are free of charge and can be accessed by contacting Anne Stewart in the **scottishathletics** offices: anne.stewart@scottishathletics.org.uk, TEL: 0131 476 7328.

The courses being offered are: Timekeeper, Track, Field and Starter/Marksman

FUN IN ATHLETICS FINAL

The **SportTayside & Fife** Final of this year's Fun in Athletics programme will take place in the Lynch Sports Centre, Dundee on Tuesday 26th February.

This year's event will see the winners and runners up of the Local Authority Finals in Angus, Dundee and Perth & Kinross taking on each other and are this year joined for the first time by the winners of the Dunfermline & West Fife Sports Council Sportshall Athletics Festival.



This will make this year's the first truly Tayside & Fife Final. The teams battling for supremacy on the day will be: **Angus** – Borrowfield, Whitehills. **Dundee** - Claypotts Castle, Dens Road. **Perth & Kinross** – Kinnoull, Viewlands. **Fife** - Donnibristle PS.

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Web: www.SportTayside-Fife.co.uk

BASKETBALL ● BASKETBALL ● BASKETBALL

basketballscotland / SportTayside & Fife TALENT DEVELOPMENT PROGRAMME (BOYS & GIRLS)

basketballscotland and SportTayside & Fife are delighted with the players and coaches response to the 2007/2008 Talent Development Programme trials.

A combined 35 players attended the Under 15 Boys' and Girls' trials, which players from Grampian and Highland were also eligible for, with the Head Coaches having tough decisions to make as to which players made the final squads.

The trial for the Under 14 Boys and Girls squads, which was only open to Tayside & Fife players, was also hugely successful with 29 boys and 19 girls all turning up to show off their basketball skills and impress the coaches enough to be selected.

The popularity of these squads remains as high as ever, and with this season's new emphasis on Long Term Player Development principles combined with the Under 14 Development league, the improvement in most of the players is already noticeable even at this stage of the season.

Unfortunately, letters to players informing them of their selection (or not) were delayed for which we again apologise. However, all players should now have received their letter advising the next stage of their player development, be it in the squads or continuing with their current club and school basketball opportunities.

For the selected players only, details of the first day camps have been released. These are not trials, and are only open to players that have been specifically invited. The coaches will be finalising the squads at the first day camps as follows:

Under 15 Boys Talent Development Programme First Day Camp

Sunday 24th February 2008 10:00am – 4:00pm Duloch LC,
Dunfermline, Fife

Under 14 Boys & Girls Talent Development Programme First Day Camp

Sunday 2nd March 2008 10:00am – 4:00pm Mayfield Sports
Centre, Dundee

Under 15 Boys & Girls Talent Development Programme First Day Camp

Sunday 2nd March 2008 11:00pm – 5:00pm Saltire Leisure Centre,
Arbroath, Angus

This year, Under 14's are players born on or after 1st January 1994, with players eligible for Under 15 being born on or after 1st January 1993.

basketballtayside & fife – TABLE OFFICIALS MENTORING / DEVELOPMENT OPPORTUNITIES!

This season, we have qualified over 40 new Level 1 Table officials in Tayside & Fife and upgraded six to Level 2. We also have Ruth Mitchell, Bill Shepherd and Sara Spink "working the table" on Scottish Rocks games in the BBL. Indeed, Ruth and Bill have been recognised at international Level this season by tabling on the GB Senior Men v Albania game at Meadowbank in Edinburgh.

There is a depth of experienced people willing to help train and mentor our younger or less experienced table officials, helping them to improve and to perform on a bigger and better basketball games.

Table Officials courses have all now been delivered for this season. However there are plenty of opportunities for Table Officials to use their new qualification and expand their experience at their club games in Tayside & Fife or National League games and at special events such as:

T&F U14 Central Venue
League - Sun 9th March
2008 FIPRE Glenrothes
Scottish Universities
Basketball Cup Finals -
Wed 19th March 2008

Dundee University
Abertay University Mixed
Tournament - Sun 22nd March
2008 DISC, Dundee
Tayside & Fife SM & SW Cup
Finals - Sun 11th May 2008
Venue to be confirmed
British Masters Basketball
Championships - Sat/Sun
14th+15th June 2008 DISC +
Dundee Univ.

If you wish to improve your
Table Officiating and are
available to help out at these
events, contact Chris Dodds
at **SportTayside & Fife**.

**TAYSIDE & FIFE UNDER
14 AND UNDER 16
CENTRAL VENUE
DEVELOPMENT LEAGUES**

This season's Tayside & Fife
U14 Central Venue
Development League
(CVDL) is now in full swing
and has various successful
events at Mayfield SC in
Dundee and at Arbroath SC
in Angus. The teams that
have taken part in the
Leagues so far are:

Boys Teams

Perth Phoenix
Menziesshill Madsons
Kinross Cavaliers
Arbroath Musketeers
Dunfermline Steel
Dunfermline Reign

Girls Teams

Perth Phoenix
Forfar Academy
Arbroath Musketeers S2s
Menziesshill Madsons
Grove Academy
Arbroath Musketeers S1s

The next U14 CVDL event is
scheduled for Sunday 9th
March 2008, and for the first
time will be hosted in Fife at
the FIPRE in Viewfield Road,
Glenrothes between
11:00am and 4:00pm.
For further details or to
register your club's entry for
U16 or U14 Boy's and Girl's
basketball Central Venue
Development League's for
next season (2007-08)
please contact me.

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in the next newsletter should
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14th May 2008**.

GREAT NEWS! BRITISH MASTERS BASKETBALL IS COMING TO DUNDEE SAT 14th & SUN 15th JUNE 2008

Following a lot of hard work and canvassing by NCR Nationals
Basketball club and some of the **basketballtayside & fife**
committee, we are delighted to confirm that the 2008 British
Masters Basketball Championships is to be hosted in Dundee
over the weekend of 14th & 15th June 2008.

Britain's top tournament for Men (over 40) and Women (over 35)
will see 32 teams and over 300 players (some of them former
internationalists and professional basketballers) from all over
Scotland, England, Ireland and Wales compete in four categories
at Dundee International Sports Complex (D.I.S.C.) and Dundee
University Institute of Sport and Exercise (I.S.E.) in Dundee.

The 2008 Masters sees the event come to Tayside for the first
time and there will be over 60 basketball matches played on six
courts at the two venues. Entries are closed however there are
plenty of opportunities for Tayside & Fife table officials, referees
and volunteers to be involved in a fun, exciting and high quality
standard of basketball in Dundee that weekend. Sponsorship and
advertising opportunities also exist – for full details please contact
Chris Dodds.

SEASON 2007/08! SENIOR MEN'S AND WOMEN'S LEAGUES AND CUPS

The Men's league of 12 teams has now reached the half way
stage, and the top six and bottom six have split into a gold and
silver section for the final part of the season. In the Women's
League, the clubs are all fulfilling their fixtures on schedule and
both leagues are in good shape.

Further details of the Men's/Women's Leagues and Cups are
available at **www.basketballtaysidefife.org.uk**

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Martin Ritchie
clubgolf Regional Development Manager
E-mail: martin.ritchie@dundeecity.gov.uk



CLUBGOLF • CLUBGOLF • CLUBGOLF • CLUBGOLF

LEVEL 1 COACHING COURSE PROVING VERY POPULAR WITH CLUB VOLUNTEERS

During the winter months clubgolf has organised five Level 1 coaching courses in conjunction with the PGA.

The demand from club volunteers signed up to the clubgolf programme has been extremely popular. A total of thirty four new volunteers have completed their Level 1 training between October 2007 and February 2008 with a further twenty volunteers are expected to complete their training for the beginning of the golf season. This will mean that there will be in excess of fifty new coaches operating in clubgolf programmes throughout the Tayside and Fife region, thus allowing the programme to introduce many more children to quality coaching programmes within golf clubs. The popularity of the coaching courses during the winter months has been so high that additional courses are now being planned during the golfing season.

PGA Level 1 coaching courses are open to anyone regardless of playing standard. The aim of the coaching course is to be able to introduce young people to the basic skills of the game in a fun and safe manner. The courses are delivered by experienced and very helpful PGA tutors who guide volunteers through "how to coach" and "what to coach" skills over two days. No previous coaching experience is required to get involved.

If you or your club would like to know more about future coaching courses or how to get involved with clubgolf please contact the clubgolf Regional Manager for more details.

PERTH PROFESSIONAL TO DELIVER CLUBGOLF COACHING

Niall McGill the newly appointed club Professional at Craigie Hill is to coach and co-ordinate the delivery of clubgolf both at the Perth club.

Niall has been the Head Professional at Noah's Ark Driving Range in the city for a number of years now but this season he will take on additional duties of being the Golf Professional at Craigie Hill. Niall will not be alone in delivering clubgolf coaching at both facilities as he has enlisted the help of volunteer coaches from the golf club and the services of his assistant professional staff. This is an exciting development that will allow the young participants to access quality coaching across the two excellent facilities of the golf course and the driving range. Niall commented "By now being the professional at both facilities we will be able to offer coaching that is now linked to the opportunity of membership and playing opportunities at an excellent golf club."

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ACTIVITY STARTS IN SCHOOLS

February and March sees the delivery of the schools programme firstclubgolf begin across the region. Within the Brechin cluster of schools in Angus, sessions are planned to take place with every Primary five class. This will culminate in a festival to bring all the pupils together to show off their newly learned skills. This pilot to run a golf festival is being delivered in partnership between Angus Active Schools, Sports Development and Stephen Rennie the Head Professional at Brechin Golf Club. It is hoped that the delivery of sessions and the festival will encourage more young people to access golf.

There is exciting delivery of firstclubgolf in schools across the whole of Tayside and Fife. In both Perth & Kinross Council and Dundee City Council every school will be given the opportunity to allow their Primary 5 pupils to experience golf. Fife Council is delivering the programme to over thirty schools meaning that across Tayside and Fife over four thousand five hundred children will have experienced golf in school time.

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GYMNASTICS ● GYMNASTICS ● GYMNASTICS

NEW CLUB JUDGES FOR TAYSIDE AND FIFE

Newly qualified Women's Artistic judges are now ready to put their newly acquired skills to the test!



A Club Judge course delivered by Marie Heath and Sally Flint, both brevet judges, was held in January at Lasswade Community School. The course has resulted in positive outcome, with two former Scottish National Squad Gymnasts Samantha Murray, Brogan Archibald and four existing coaches - Pamela Bowie, Olivia Walker, Kerry Taylor and Emma Christie attaining WA Club Judge Accreditation. In addition Jonathan Pow, Kirkcaldy Gym Club has been accredited with a Men's Artistic Regional judge award.

This result will inevitably strengthen the Scottish Men's and Women's competition structure, with younger former gymnasts, existing coaches and individuals committed to supporting and driving the Women's Artistic discipline forward in Tayside & Fife.

It is hoped that all newly qualified Women's Artistic judges will be putting their newly acquired skills to the test at the grades held in Bell's Sport Centre, Perth, on 1st March.

Hope to see you all in uniform and ready to judge your first grade six gymnasts, and remember practice makes perfect!!!

WOMEN'S ARTISTIC L 2/3 COURSES

Auchterarder Community School facilitated the delivery of a Women's Artistic Level 2 & Level 3 in February. The course was well attended with over fifteen coaches from clubs across Tayside & Fife eager to gain knowledge and practical experience within the sport to ensure a quality deliver across all clubs in Tayside & Fife.

RHYTHMIC L2 COURSE

SportTayside & Fife have had many requests throughout 2007 for Rhythmic Gymnasts education and training from clubs and local authorities within Tayside & Fife. I am delighted to let you all know that a Rhythmic level 1 course is to be delivered in the Craigwillow Sports Centre in Livingston on the 26th & 27th April 2008. It is hoped that a Level 2 course will follow on and that Tayside & Fife Clubs and Local Authorities aspire to develop and progress this rather dynamic and aesthetic discipline.

TRAMPOLINE L2 COURSE

Trampolining is becoming increasingly popular in Tayside & Fife with over twenty coaches attending a Level 1 UKCC course in 2007 now wishing to progress and attain Level 2 UKCC qualification. A tutor for a Level 2 course has now been identified and the course will take place in Lochside Sport Centre, Forfar, Angus on the 4th, 17th and 24th May 2008.

WOMEN'S ARTISTIC REGIONAL ACADEMY PROGRAMME 2008

YOUNG TAYSIDE AND FIFE MEN'S ARTISTIC GYMNASTS LEADING THE WAY!

Young Cameron Dunsmore and Ross Barrett from Spartens Gymnastics Club delivered excellent performances in the six piece elite grades competition held in Bellahouston on the 3rd February. Cameron secured gold medal position with his team mate Ross securing silver.

A NEW PROGRAMME FOR 2008!

Men's Artistic Regional Academy Programme in Tayside & Fife. Scottish Gymnastics are keen to drive forward the development of the Men's Artistic discipline in Tayside & Fife. Through positive partnership working, resources have now been identified to progress and harness the development of Men's Artistic discipline within the region. Trials are to take place in March and all clubs will receive information on trial dates and testing criteria by e-mail or letter.

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Academy sessions are now up and running on Monday evening in Bell's Sport Centre , Perth from 4.30pm – 7.30pm and Tuesday evening in the Carnegie Leisure Centre, Dunfermline from 6.00pm – 9.00pm and Sunday 10am – 2pm at Bellahouston, Glasgow. In addition there will be a monthly Sunday session in Auchterarder Community School from 10.00am – 4.00pm.

Following consultation with coaching staff, Scottish Gymnastics and **SportTayside & Fife** an additional session will now be delivered by the Academy Coach in Bellahouston every Sunday from 2.00pm – 4.00pm for children working towards compulsory 3.

Scottish Gymnastics and the **SportTayside & Fife** would like to take this opportunity to thank coaches of selected gymnasts for their continued support in the delivery of the Regional Academy Squad sessions. Attendance of coaching staff has resulted in cohesion and consistency of teaching methods and physical preparation of the young aspiring squad.

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RUGBY ● RUGBY ● RUGBY ● RUGBY ● RUGBY

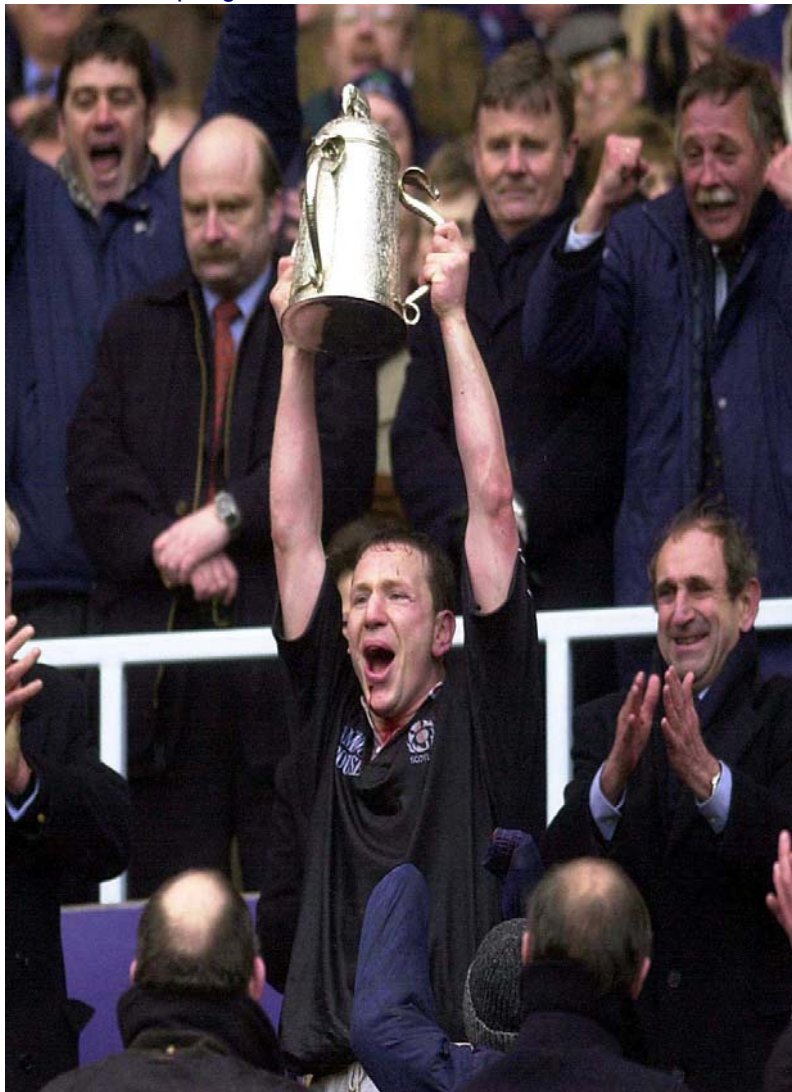
EAGLES LAUNCH DUNDEE RUGBY ROADSHOWS!

Dundee Eagles Development Officer Colin Whittaker has launched a series of rugby road-shows, which will take place at a number of the city's schools over the next 2 months. The sessions will cater for S1-S4 players, who can take part in coaching clinics and competitive games.

Players of all abilities are welcome to go along on their own or with a group of friends and try something new. Contact Colin for details:

Tel: 07745 302924 **or email:** colin@dundeeeeagles.co.uk

Who knows, perhaps Colin will unearth a future star to follow in the footsteps of Andy Nicol (below) who have used rugby in Dundee as a springboard to Scotland honours!



UKCC Level 1 Coaching

Two level 1 courses have been confirmed for Tayside & Fife as follows:

Bells Sports Centre, Perth
25th – 27th April 2008.

Mayfield Sports Centre,
Dundee, 8th – 10th August
2008.

Further details and application forms can be found on the *Coach* pages on the Scottish Rugby Website
www.scottishrugby.org

Development Officer Contacts:

Colin Whittaker (Dundee Eagles RFC):
T: 07745 302924
E: colin@dundeeeeagles.co.uk

Andy Cummins (Perthshire RUFC):
T: 07717 798698
E: TBC

Kenny Christie (Angus Rugby):
T: 07824 694473
E: christiek@angus.gov.uk

Phil Smith (Dunfermline & West Fife):
T: 07825 787112
E: pjw.smith@hotmail.com

Central & East Fife
Tel: TBC
Email: TBC

Quintan Sanft (Kirkcaldy RFC Community Blues):
T: 07841 230460
E: quintan_s@hotmail.com

NATIONAL AND LOCAL COACHING UPDATES

Over 70 coaches have attended the three National updates held in Tayside & Fife so far this season. Sessions on Counter Attack, Scrum Technique, and 1 on 1 Defence Technique were delivered by Caledonia Academy Manager Colin Robertson and Specialist Skills Coach Hugh Campbell. Further updates are being planned for 2008 so watch this space.

Local coaching updates are planned in Angus as follows:

Offload Skills: Monday 3^d March, Brechin Juniors.

Defence: Monday 7th April, Arbroath RFC.

Handcatch: Monday 5th May, TBC

Please contact **Kenny Christie** to confirm details and book a place.
T: 07824 694473
E: christiek@angus.gov.uk

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SCOTTISH HYDRO ELECTRIC SPONSOR RUGBY!

Scottish Hydro Electric sponsorship of Scottish club rugby has resulted in a number of 'partner' clubs receiving kit to support their efforts in the community. Pictured above is Longforgan PS (near Dundee) who are the first to get their hands on Dundee Eagles new kit. A number of other clubs across Tayside & Fife have also benefited in a scheme, which will benefit all clubs over three years.



NEW DEVELOPMENT OFFICERS FOR CENTRAL AND EAST FIFE

A new Rugby Club Development Officer for Central & East Fife will be in place within the next 2 months to support the development of Glenrothes RFC, Howe of Fife RFC, Madras FP RFC, St Andrews Uni RFC and Waid Ac FP RFC; as well as working in partnership with Phil Smith (Dunfermline & West Fife DO) and the Kirkcaldy RFC 'Community Blues' Development Team. Watch this space for further info!

DOC'S DEPARTURE

Perthshire Rugby Club Development Officer Doc McKelvey has moved on to pastures new to take on a Coach Development role with Scottish Rugby. Doc has already made an impact in his new role by confirming a number of UKCC Coaching Courses and Coaching Updates which will take place across the country in 2008. Andy Cummins has replaced Doc as Club DO and I look forward to working with him.

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SWIMMING ● SWIMMING ● SWIMMING ● SWIMMING

ANGUS AREA SWIM SQUAD PUSHING THAT ONE STEP FURTHER!

The Angus Area Swim Squad currently has 24 swimmers who have shown promise in their sport and area squad coaches Marion Durham and Scott Haxton provide their expertise once a month.



Angus Swim Clubs have been submitting nominations to push budding swimmers that one step further. Angus Sports Development Team and Angus Swimming Development Group have been working together to provide the elite swimmers within the county specialist expert training on a regular basis. Along with the Angus Area Squad there is also a Development Squad, which provides an additional step in the performance pathway. There were three swimmers who achieved times for the development squad and since joining have achieved times to push them up the ladder to the area squad

It is an honour for the swimmers to be selected for the area squad and a reflection of the hard work and time that they have given to their swimming. The squad aims to compliment the existing club training sessions, provide swimmers with an opportunity to develop existing skills and techniques with a stepping-stone towards the District Regional Squad. Swimmers are expected to attend all coaching sessions, and Angus Council's Sports Development Team. This is a huge commitment from not only swimmers but from parents, guardians and club coaches.

The squad meets at Arbroath Sports Centre where sessions consist of pool training or both dry land and pool training. In addition to the monthly sessions the squad has the chance to visit the National Swimming Academy in Stirling along with the other area squads from across Tayside. There are six of these sessions throughout the year when Gary Vandermeulen and respective coaches from the various area squads across Tayside coach the seventy plus swimmers. All swimmers in the squad have shown great commitment, motivation, and enthusiasm, which allowed them to train to their best at all sessions.

VOLUNTEERING OPPORTUNITIES

Scottish National events

Would you like to volunteer at a National swimming event and get the opportunity to watch some of the country's top swimmers competing? Scottish Swimming is urgently looking for volunteers for the Scottish National Age Group Championships and the Scottish National Open Championships.

The National Events Team is looking for stewards from April 2008 onwards.

EVENTS

1. Scottish National Age Group Championships
10-13 April 2008
2. Scottish National Open Championships 26-29
June 2008

ROLE: Steward

DUTIES: Direct spectators to seating, accreditation checking, ticket inspection

VENUE: Tollcross Park Leisure Centre, Glasgow

If you are interested in volunteering at these events or would like to chat about the role, please contact Eilidh McCall, Volunteer Development Manager on 01786 466520 or email e.mccall@scottishswimming.com. Travel expenses will be reimbursed.

WISE INTERNATIONAL – SELECTION FOR TAYSIDE & FIFE SWIMMERS!

Congratulations go to the following swimmers who have been selected to represent Scottish Schools at the WISE international.

Eloise Barber - Carnegie
Greig Wilkinson – Dundee City Aquatics
Peter Stewart – Dundee City Aquatics
Blaine Small - Carnegie
Ailsa Hershaw - Carnegie
Kathryn Johnstone - Carnegie
Libby Francis – Monifieth

BURSARIES

Scottish Swimming is 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 Scottish Swimming website.

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VALUING VOLUNTEERS WORKSHOP SERIES

There is a Running Sport workshop on Valuing Volunteers running in Dundee on Wednesday 12 March from 6.00pm – 9.00pm. Venue: TBC

- This workshop is mainly directed at committee members and head coaches but could be useful for others within clubs.
- **It will help you to recruit more volunteers, motivate, retain, reward and manage them even more effectively. By the end of the workshop, you will be able to:**
- Develop an understanding of the importance of volunteers in Scottish Sport
- **Promote coordinated planning for Volunteer recruitment, retention, reward and recognition**
- Identify what clubs and sports organisations should do to prepare themselves to receive new young volunteers, and the type of roles they can undertake.
- **Help build support mechanisms and links**
- Gain commitment for ongoing volunteer development

SWIMMING EDUCATION PROGRAMME FOR 2008

ASA Adult & Child Course

Once qualified a holder of the Adult and Child Certificate is able to teach Adult and Child Water Activities and skills to a group with a range of abilities normally consisting of up to 8 children, each with an adult, and to organise and supervise assistants. As the teacher gains additional experience it is reasonable for the number of pupils being taught to increase with the requirements as stated in the current edition of Safe Supervision for Teaching and Coaching Swimming.

Venue: Olympia, Dundee **Cost:** £200 **Closing Date:** Friday 21 March 2008

UKCC Level 1 – Swimming Teachers

In order to achieve the qualification candidates must achieve Units 1 and 2. **Venue:** Arbroath and Dundee **Cost:** £300 **Closing Date:** Wednesday 23 April 2008

UKCC Level 1 – Swimming Coaches

This qualification is recognised as a UKCC Level 1 and is on the SCQF at Level 1. In order to achieve the qualification Candidates must achieve Units 1 and 2.

Venue: Olympia, Dundee and Arbroath Sports Centre **Cost:** £300 **Closing Date:** Wednesday 23 April 2008

For further information, please contact Heather Albin, Tel: 01382 431852, E-mail: heather.albin@dundeecity.gov.uk

Provisional Dates and times: Some of the dates, times and venues may vary once the course has started. The course tutor will notify candidates of any changes.

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

COACHING ● COACHING ● COACHING ● COACHING

LONG TERM PLAYER DEVELOPMENT SESSION FOR ACTIVE SCHOOLS IN ANGUS AND DUNDEE!

The Tayside & Fife Partnership increased awareness of the importance of LTPD by bringing together Angus and Dundee Active Schools and Sports Development Teams.



In conjunction with Clive Brewer, **sportscotland**, **SportTayside & Fife** provided a Long Term Player Development awareness session on Thursday January 24th at Angus House, Forfar. Thirty-three attended the session including Active School Coordinators, Managers and Sports Development Officers. The session highlighted current issues in coaching and the wide variations in the physical, cognitive, emotional and social developments between children and the impact sport can make on participation. Participation Pathways and Basic Movement Competencies were discussed, creating an understanding of Physical Literacy and the **FUN**damentals of Long Term Player Development. The **FUN**damentals coach will encourage year-long participation and lead the way in integrating the new United Kingdom Coaching Certificate and reflect the core values of LTPD development. If you would like more information on the progress of Long Term Player Development in your sport, contact **SportTayside & Fife** or your Scottish Governing Body.

COACHING UPDATES

FIRST AID FOR SPORT

During January/February 2008, three First Aid courses have been delivered across the Partnership for Perthshire Rugby Club, University of Abertay, Dundee and Strathallan School, Perth. Fifty-Three rugby coaches, students, teachers and pupils attended the three courses. A full menu of First Aid Courses is now available for clubs and individuals. For tailored Club First Aid courses contact **SportTayside & Fife** for more details.

COACHING EDUCATION

An Msc in Sports Coaching is now available at University of Stirling. The course will commence during the Autumn Semester from Wednesday September 17th 2008, running for fifteen weeks and continue from mid February of 2009. This will create an avenue for experienced performance coaches in Scotland and CPD opportunities for professionals. The wider target audience will include: Coaching Development Officers, Scottish Institute of Sport Staff and Area Institute personnel, SGB Coaching and Performance Managers. For further details contact: MSC Sports Coaching, **Karen Caldwell on 01786 466 498** or Karen.caldwell@stir.ac.uk but for a more general set of FAQ's go to www.external.stir.ac.uk/post-graduate-study.

COACHING UPDATES

ANGUS HOCKEY COACH PLACEMENT SCHEME

A Hockey Coach Placement Scheme has been set-up in Angus to support local hockey. Partnership working will strengthen links with Further Education, Sports Development, the volunteering sector and local clubs. Courses and educational support will be provided by the Partnership.

SCHOLARSHIPS

Almost £5,500 has supported thirty-seven coaches through the **SportTayside & Fife** Coach Scholarship Programme. The programme is currently assisting Level 1 up to Level 3 coaches across the target sports along with tutor development and Strength & Conditioning coaches. Do you want to improve your coaching skills? For scholarship information and how it can support your efforts to improve as a coach, go to SportTayside-Fife.co.uk

DUNDEE COACH VOLUNTEER GROUP

On Tuesday February 12th the above group met to progress the development of a local integrated Coach Training Calendar, Coaching Pathways and funding initiatives for local coaches.

COACHING AWARDS

On Wednesday February 6th the Dunfermline & West Fife Sports Council held their Annual Sports Awards 2007. The **SportTayside & Fife, Coach of the Year 2007** was presented to swimming coach, **Garrie Roberts** of **Incas Swim Club** based in Inverkeithing.

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COACH MENTORING PROGRAMMES

SportTayside & Fife and Scottish Rugby have progressed to the second stage of one-to-one discussions and practical sessions between mentor and coaches. A personal analysis has highlighted a need for game and player analysis. A few coaches have been provided with access to player analysis after selected Professional Magners League Edinburgh Rugby games with European and former World Cup Winning Coach, Andy Robinson.

Further Mentoring programmes have initially been agreed with Swimming and **club**golf. These programmes will allow inexperienced coaches and clubs to benefit from human and financial support through professionals and full-time coaches across the Partnership.



WHAT'S ON!

Below are a selection of courses and workshops available across the Coaching Network in Tayside and Fife.

SportTayside & Fife

Course: Podiatry: Looking after your Sporting Feet!

Date: Thursday March 13

E-mail: derek.welch@dundeeecity.gov.uk

Course: Planning a Season in Your Sport

Date: Wednesday March 26

E-mail: derek.welch@dundeeecity.gov.uk

ANGUS EDUCATION

Course: Safeguarding and Protecting Children

Date: Wednesday March 12

E-mail: mclean@angus.gov.uk

DUNDEE EDUCATION

Course: Coaching Performers

Date: Wednesday April 23

E-mail: alex.knight@dundeeecity.gov.uk

FIFE EDUCATION

Course: Safeguarding and Protecting Children

Date: Thursday March 13

E-mail: anna.tizzard@fife.gov.uk

PERTH & KINROSS EDUCATION

Course: Introduction to Core Stability

Date: Wednesday April 16

E-mail: jmcusine@pkc.gov.uk

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