

NEWSLETTER - FEBRUARY 2008

SportTayside & Fife

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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.

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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

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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.

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



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 there 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.

SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR
Tel: 01382 431 852 E-mail: [SportTayside-Fife @dundeecity.gov.uk](mailto:SportTayside-Fife@dundeecity.gov.uk)
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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@dundeecity.gov.uk

Course: Planning a Season in Your Sport

Date: Wednesday March 26

E-mail: derek.welch@dundeecity.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@dundeecity.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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