

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 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**

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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.

## RUGBY ● RUGBY ● RUGBY ● RUGBY ● RUGBY

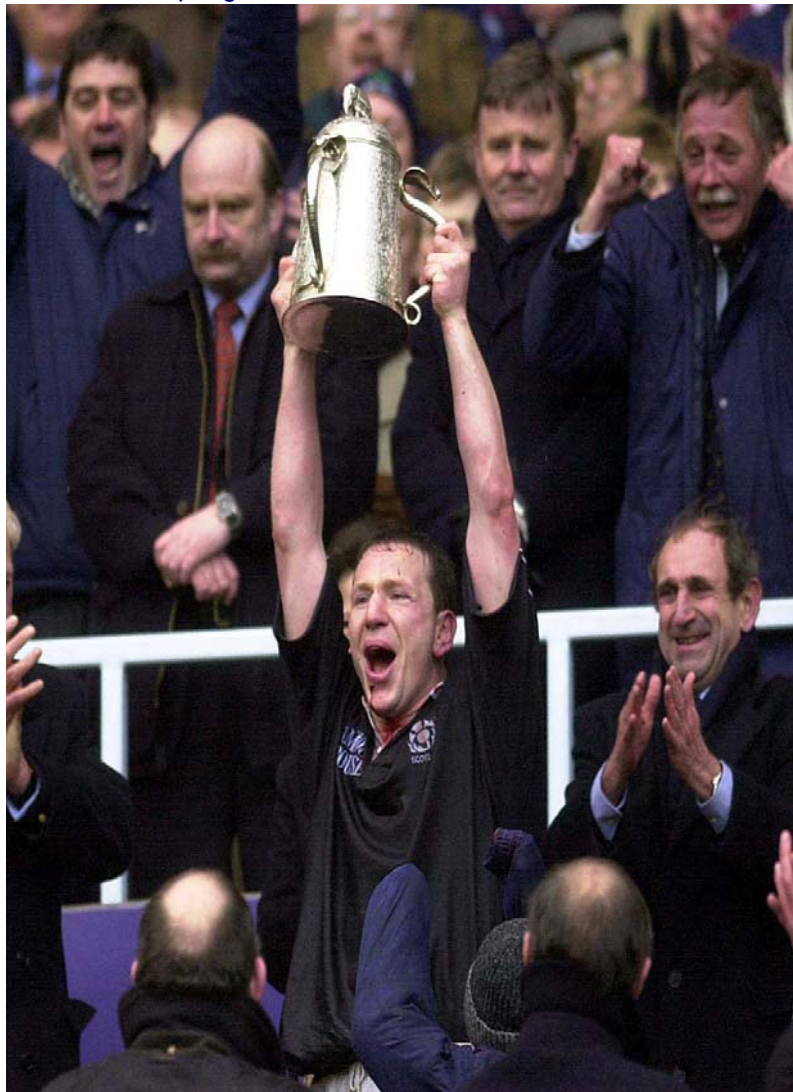
### EAGLES LAUNCH DUNDEE RUGBY ROADSHOWS!

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@dundee eagles.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  
25<sup>th</sup> – 27<sup>th</sup> April 2008.

Mayfield Sports Centre,  
Dundee, 8<sup>th</sup> – 10<sup>th</sup> August  
2008.

Further details and application forms can be found on the *Coach* pages on the Scottish Rugby Website  
[www.scottishrugby.org](http://www.scottishrugby.org)

#### Development Officer Contacts:

Colin Whittaker (Dundee Eagles RFC):  
T: 07745 302924  
E: colin@dundee eagles.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<sup>d</sup> March, Brechin Juniors.

**Defence:** Monday 7<sup>th</sup> April, Arbroath RFC.

**Handcatch:** Monday 5<sup>th</sup> May, TBC

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

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

## **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.

SportTayside & Fife, Lynch Sports Centre, South Road, Dundee, DD2 4SR  
Tel: 01382 431 852 E-mail: SportTayside-Fife @dundeeccity.gov.uk  
Web: www.SportTayside-Fife.co.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 17<sup>th</sup> 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](mailto:Karen.caldwell@stir.ac.uk) but for a more general set of FAQ's go to [www.external.stir.ac.uk/post-graduate-study](http://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](http://SportTayside-Fife.co.uk)

### **DUNDEE COACH VOLUNTEER GROUP**

On Tuesday February 12<sup>th</sup> 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 6<sup>th</sup> 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.

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

## **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](mailto:derek.welch@dundeeecity.gov.uk)

**Course:** Planning a Season in Your Sport

**Date:** Wednesday March 26

**E-mail:** [derek.welch@dundeeecity.gov.uk](mailto:derek.welch@dundeeecity.gov.uk)

### **ANGUS EDUCATION**

**Course:** Safeguarding and Protecting Children

**Date:** Wednesday March 12

**E-mail:** [mclean@angus.gov.uk](mailto:mclean@angus.gov.uk)

### **DUNDEE EDUCATION**

**Course:** Coaching Performers

**Date:** Wednesday April 23

**E-mail:** [alex.knight@dundeeecity.gov.uk](mailto:alex.knight@dundeeecity.gov.uk)

### **FIFE EDUCATION**

**Course:** Safeguarding and Protecting Children

**Date:** Thursday March 13

**E-mail:** [anna.tizzard@fife.gov.uk](mailto:anna.tizzard@fife.gov.uk)

### **PERTH & KINROSS EDUCATION**

**Course:** Introduction to Core Stability

**Date:** Wednesday April 16

**E-mail:** [jmcusine@pkc.gov.uk](mailto:jmcusine@pkc.gov.uk)

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