

NEWSLETTER - FEBRUARY 2008

SportTayside & Fife

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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.

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.

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

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**

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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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