

SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

I would like to take this opportunity to introduce myself as the new Partnership Manager for **SportTayside & Fife**. For the last four years I have worked as a sports management consultant in Ireland and Scotland with governing bodies, sporting organisations and the Irish Sports Council. Before that I was Director of Sports Development with **sportscotland** for eight years, and was also a Principal Teacher of PE in Edinburgh. I believe my mix of experience will be a tremendous help to me as I progress the ambitions and aspirations of the Partnership with my team of colleagues and our key partner organisations.

I am delighted to be working in the Partnership and am relishing the opportunity to make my contribution to the development of sport in Tayside & Fife. I hope you enjoy reading this newsletter which provides an update and a look forward into 2007.

Partnership Programmes and People

Work has progressed considerably with the three year strategic framework for each of the eight sports and coaching. These have been produced in partnership with the governing bodies and **sportscotland**, and the draft plans are currently being reviewed and discussed with Angus, Dundee, Fife and Perth & Kinross Councils. The plans will then be distributed in January for consultation with Development Groups clubs and coaches across Tayside & Fife.

It is these plans that will determine the work of the Partnership over the next three years, and your contributions between now and the end of January are crucial to ensure we get it right. We will complete our Action Plans for each programme area during February so that everything is in place for the first year of the new strategies.

Since our last Newsletter in August, the Partnership's Management Team has worked hard to complete the new staffing structure.

In September, Neil Carrie was appointed as the new SRU Regional Manager for the Partnership. Neil has worked in the financial sector, the private leisure sector and is still turning out for the 'odd' game for Kirkcaldy Rugby Club!

At the end of December we say farewell and thanks to Rennie Milne our Hockey Development Officer who has done an excellent job for the Partnership – we wish him well. We welcome Lorna Dobbie as our new Development Manager who is a hockey internationalist and joins us from the City of Edinburgh where she worked as a Hockey Development Officer.

Looking forward, our new Programme Manger, Euan Lowe joins us in February. Euan has played a leading role in developing Scotland's National Canoe Slalom squads and brings with him a wealth of experience from front line international coaching and high performance planning.

In closing, I would like to pay a particular tribute to Catriona Semple and James Steele who have led and guided the Partnership through all its work since Craig Burn departed for his new post in **sportscotland**. They have done a great job and I find myself in an organisation which has highly motivated and committed staff, who are focused on the challenges and work which lie ahead.

Finally, our new website www.SportTayside-Fife.co.uk will be launched on Friday 8th December – hit it!

Brian Samson

Partnership Manager

Athletics

Alasdair Donaldson
Athletics Development Manager
E-mail: alsadair.donaldson@dundeecity.gov.uk

DEVELOPING ATHLETICS IN TAYSIDE & FIFE

Sport Tayside & Fife Championships

Sunday's the 3rd and 17th September saw the first staging of the **SportTayside & Fife** Combined Events and Track & Field Championships respectively. Both events were held at Dundee's Caird Park and replaced the previous **SportTayside** Championships. With the expansion of the catchment area for both events there were record entries with many outstanding performances.

The Combined Events Championships is an open contest and it was great to see so many young athletes from across the country competing to the highest level and enjoying their athletics. The event has grown from strength to strength and is now, arguably, Scotland's top Combined Events competition. The titles were shared around Tayside and Fife with athletes from Fife AC, Dunfermline & West Fife AC, Perth Strathtay Harriers, Dundee Hawkhill Harriers and Arbroath & District AC all taking home titles.

At the Track & Field Championships, a total of 38 Championship Best Performances (CBP) were broken on the day. However the records were not all down to the new "invaders" from Fife; Tayside's finest raised their game to claim many of the records for themselves. Among the top performers was Mark Tough (Montrose/Pitreavie) who scored CBPs in the Under 17 Shot Putt, Discus and Hammer. Emma Dawson of Perth Strathtay also claimed three CBPs in the Under 13 100m, 70m Hurdles and High Jump. Full results of both events and the updated list of CBPs can be seen on the results section of our website: www.SportTayside-Fife.co.uk which is due to be launched early December.



Above: The Under 11 Girls 800m gets under way

This year's events were support by START have who committed over £17,000 to supporting athletics activities in Tayside over the next five years.

Fife Local Athletics Partnership Up and Running!

The Fife Local Athletics Partnership (LAP) was officially constituted at the last meeting of the group on 11th October. This meeting doubled as the first AGM and saw the following people elected as the first officer bearers of the Fife LAP:

Chair:	Matt Adcock (St Andrews University Sports Development Officer)
Vice Chair:	Bill Hogg (Fife Council Sports Development Officer)
Secretary:	Alasdair Donaldson (SportTayside & Fife Athletics Development Manager)
Treasurer:	Alastair Robertson (Fife Athletics Club)

The group agreed on the constitution and will now move towards working closely together for the progress of athletics in Fife. The next meeting is due to take place on Monday/Tuesday 11th/12th December. The Constitution will be available on the Athletics Clubs section of our new website.

The Tayside LAP is also making progress and it is hoped that this group will become constituted early in 2007. The next Tayside meeting takes place on Wednesday 6th December.

New Regional Squad Structure

The new Bank of Scotland Tayside & Fife Regional squad will meet for the first time at Perth's George Duncan Athletics Arena on 13th December. The squad will cater for athletes from 15 years old through to seniors and will meet monthly. The U17 & U20 athletes will have to achieve the Scottish Power of 10 standards and the U23 and senior athletes will have to be ranked in the top 50 in the UK. A national launch of the squad takes place on Sunday 26th November in Glasgow when athletes from across Scotland will come together for an official launch, which will be attended by Olympic relay gold medallist Darren Campbell. Squads will take place regionally across Scotland in the six geographic areas; Tayside & Fife, Central, East, West, Highland and Grampian.

Invited athletes will receive notification of their inclusion in the squad shortly and a full list of squad members will be published on the website once confirmed.

Primary School Pupils have "Fun in Athletics"

Ancrum Road Primary School won the Dundee Fun in Athletics final on 23rd November at the McTaggart Sports Centre. This was the culmination of six Cluster festivals across Dundee, run by the Active Schools team and supported by Sports Development, in which the winner of each event was then invited to the Dundee Final. Claypotts Castle finished 2nd, while Newfields were 3rd.

The Perth & Kinross Final takes place on 4th December, at Norwich Union in Perth, with cluster festivals ongoing at time of going to print. The Angus Final will be in the Lochside Sports Centre in Forfar on 6th December; cluster festivals also ongoing.

The top two teams in each Final are invited to contest the **SportTayside & Fife** final at Next Generation Gym in Monifieth on 22nd January. This event is kindly run by Sportshall Associates (who run the sportshall athletics programmes across the UK) in partnership with **SportTayside & Fife**. This event should prove to be a keenly contested and noisy affair!

Giant Decathlon

Giant Decathlon competitions have taken place across the region in the last month. In Angus two competitions took place at Montrose Sports Club; the S1 event saw Monifieth High take the honours while the S2 event saw victory going to Arbroath High. The Perth & Kinross S1& S2 event was hotly contested right up to the last event with The Community School of Auchterarder sneaking through in the last event to triumph on home soil. The Dundee Final was held at the Lynch Sports Centre on 24th November and saw Craigie High taking top spot from Grove in a titanic battle.

These programmes cannot be run without the assistance of senior school pupils and local college students giving their time to officiate and help the younger school pupils have a safe and enjoyable experience in athletics. **SportTayside & Fife** would like to extend their thanks to helpers from: Angus College, Dundee College, Monifieth High School, St Columbus High School, The Community School of Auchterarder and Adam Smith College.



Right: Action from Dundee

Sportshall Athletics in Fife

With Fife as a new Partner a new format for introducing athletics across the authority is currently being trialled. A programme is under way which takes account of Fife's geography and will see athletics being introduced into primary schools by trained coaches. Once the children have had experience of athletics they will then be offered the opportunity for further athletics experience by joining a cluster based Run, Jump & Throw Club. This programme is currently being piloted in the Inverkeithing cluster with the "taster" session going well and the club due to start up at Dalgety Bay Leisure Centre in the New Year. This club will then act as a feeder for the senior athletics clubs in the area, should the children wish to progress further within athletics. Run, Jump & Throw clubs will also be set up in other areas across Tayside & Fife for children who have enjoyed their experience of athletics through Fun in Athletics, Giant Decathlon or other come and try athletics sessions.

Coaching

Derek Welch
Club/Coach Development Manager
E-mail: derek.welch@dundeecity.gov.uk

DEVELOPING COACHING IN TAYSIDE & FIFE

CoachingTayside & Fife Scholarship Programme

The Scholarship Programme aims to secure financial support to enable coaches to undertake the necessary training to support Education and Training Opportunities. In conjunction with our partners, the following coaches from Tayside and Fife received scholarship assistance.

Gymnastics

Long-term scholarship programmes have been agreed with two Gymnastics coaches to fund mentoring and club coach opportunities. Willie Moyes, Leven, Fife has successfully completed the General/Men's Artistic Club Coach Course during October at Falkirk School of Gymnastics. Beate Petersen, Newtyle, Perth & Kinross, will attend an agreed programme of mentoring, video analysis and IT training.

Rugby

Simon Laidlaw has been awarded a scholarship to attend a fitness instructor's course during December in Edinburgh. In future, Simon will assist Perthshire Rugby Club with their Strength and Conditioning Programme.

Swimming

A long-term programme has been agreed with Swimming tutor, Marion Durham, from Monikie, Angus and an award was made to complete a Level 2 Tutor Attachment. Further assistance will be provided to complete an adult/child disability technical attachment.

Would you like to be part of the Scholarship Programme?

For more information or to get involved, please contact any of the Development Managers.

CoachingTayside & Fife Education Programme 2006/2007

Psychology Workshop

On Wednesday, November 15th, a Psychology workshop was delivered at Bell's Sports Centre, Perth. The tutor for the evening was, Katie Sinott, principal psychologist and a member of the support team at the Tayside and Fife Institute of Sport.

Twenty-six coaches, from a wide variety of sports, attended the informative evening. The sports represented included: Gymnastics, Hockey, Football, Basketball and Rugby. Sports Medicine students from University of Dundee also attended along with athletes and sports therapists.

A further psychology workshop will be organised during Spring of 2007 specifically targeting parents and children. A practical nutrition workshop will also be delivered next year. Please contact me if you are interested in attending.

SportTayside & Fife Website

SportTayside & Fife have just launched a new website. The website will be an additional communication tool, contributing to developing sport in Tayside and Fife and actively promoting clubs, coaching, events, newsletters and a full programme of courses and workshops. The website address is: **www.SportTayside-Fife.co.uk**

Forthcoming courses and workshops

Gymnastics (Perth & Kinross)

Course: Club Coach (General)
Dates: 3rd & 10th December
Venue: Dunfermline High School, Fife
Contact: Bill Hogg, Fife Sports Development Team, **Tel:** 01383 314641 **E-mail:** bill.hogg@fife.gov.uk
Details: Contact course organiser above.

Community Sports Leadership Awards (Fife)

Course: Sports Leader Award
Date: 4th- 8th December
Venue: Lochgelly High School, Fife
Contact: Anna Tizzard, Sports Coaching Development Officer, **Tel:** 01592 415847
E-mail: anna.tizzard@fife.gov.uk
Details: The course is aimed at anyone who wants to become or improve their coaching skills as a coach or Sports Leader.

SportsCoach UK (Fife)

Course: How To Coach Disabled People In Sport
Date: 6th December, 6.30-9.30pm
Venue: Fife Institute of Sport, Glenrothes
Cost: £20.00
Contact: Aileen Penny, Senior Teacher, Fife Institute of Physical & Recreational Education, Viewfield Road, Glenrothes KY6 2RB, **Tel:** 01592 415 700 **E-mail:** aileen.penny@fife.gov.uk
Details: Contact course organiser above

SportsCoach UK (Fife)

Course: Good Practice and Child Protection
Date: 13th December, 6.30-9.30pm
Venue: Bell's Sports Centre, Perth
Cost: £20.00
Contact: Ross McMillan, Development Officer and CU@Sport Co-ordinator, Perth & Kinross Sports Development Team, Balhousie Primary School, Dunkeld Road Perth PH1 5DH, **Tel:** 01738 637 129 **E-mail:** rdmcmillan@pkc.gov.uk
Details: Contact course organiser above

Coming Soon...

A series of workshops and events will be available from February 2007 including: Practical Nutrition and Preparation, Self-Massage, Flexibility and Hydration.

A Coaching Innovation event in March 2007 is also being planned.

The new **SportTayside & Fife** Education and Training programme will be available on the new website from January 2007 and a printed booklet will be distributed from March 2007.

If you would like to submit any coaching information for the next newsletter, I would be grateful if the material reached me by **Monday 19th February 2007**.