

# SportTayside & Fife

DEVELOPING SPORTING PATHWAYS IN TAYSIDE & FIFE

Welcome to our November newsletter which highlights areas of best practice and particular success stories from the partnership area.

## ARBROATH HIGH SCHOOL

As a Sports Partnership we are constantly made aware of the sporting successes achieved by Arbroath High School and its network of clubs. There are a lot of great things happening in Arbroath that we would like to highlight in this newsletter.



**The rector, Iain Orr, PE staff and other teachers provide more than just teaching skills to the pupils when it comes to school sports clubs and extra-curricular activities.**

***So what can this be attributed to and can it be replicated in other schools and areas?***

Arbroath has provided pupils with out of school clubs and significant sporting achievements in athletics, badminton, basketball, cricket, netball, football, rugby trampolining and swimming at regional, National and even international level. This is a considerable achievement, in particular winning the Angus Schools Athletics Championships for fifteen consecutive years.

This is only made possible by the support and encouragement of dedicated staff. Motivation, support and the quality of coaching are all crucial ingredients for success with former pupils such as Andy Webster going on to play football for Hearts, Rangers and Scotland and Gareth Murray, a former Arbroath HS and Musketeer who starred in the Commonwealth Games basketball tournament in Melbourne 2006.

There is no doubt that access to quality facilities is a key factor to the strength of the individual and team sports programmes. The extra curricular timetable in the school's PE Sports Base confirms that all the facilities are in use before school, during lunchtime and after school

with staff support for all activities. Critically, the sports facilities are used as a sports centre after school hours and at weekends. This includes grass and artificial pitches, a swimming pool and indoor sports halls.

To the credit of the school, it is a multi-sports programme that does not restrict the pupils to one or two specialised sports. As a result there is a really enthusiastic uptake amongst pupils of all ages.

***Great job Arbroath High School!***



Excellent links with the Arbroath and Angus clubs/teams is another vital component. This creates a sporting pathway that gives the pupils the opportunity to achieve in their chosen sport. This is demonstrated with the Arbroath Musketeers Basketball club, which has won nine National titles and produced over twenty Scottish U16 and U18 national team players over the years.

The enthusiasm, dedication and results gained by the pupils are fostered by having, somewhere to train, someone to coach them and future opportunities to aim for in their chosen sport or sports. Arbroath High School provides the right sporting environment beyond the PE curriculum and this is at the heart of their success.

The successes achieved by all secondary schools in Tayside & Fife, either with individual sports or with school teams, cannot be done without dedicated coaching, knowledgeable and supportive teachers, backing and encouragement from Head Teachers and suitable facilities. With the 2012 Olympics and the 2014 Commonwealth games on home soil, the emphasis on creating the right environment for our sporting youth has never been greater!

# Basketball

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## DEVELOPING BASKETBALL IN TAYSIDE & FIFE

### [basketballscotland / SportTayside & Fife Talent Development Programme \(Boys & Girls\)](#)

**basketballscotland** and **SportTayside & Fife** are delighted to announce the player selection dates for the 2007/2008 Talent Development Programme, also known as the Tayside & Fife Basketball Academy.

#### Under 15 Talent Development Programme Selection Day (Boys' Squad)

Sunday 13<sup>th</sup> January 2008      10:30am – 2:30pm      Community School of Auchterarder

#### Under 14 Talent Development Programme Selection Day (Boys and Girls)

Sunday 20<sup>th</sup> January 2008      11:00am – 3:00pm      Mayfield Sports Centre, Dundee

#### Under 15 Talent Development Programme Selection Day (Girls' Squad)

Sunday 20<sup>th</sup> January 2008      12:00pm – 4:00pm      Dulloch Leisure Centre, Dunfermline

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

We are also delighted to confirm the coaches involved as some of the best youth development coaches in the region. Russel Kesson (Perth Phoenix) and Kevin Pringle (Dunfermline Reign), both of whom have Scotland National Team coaching experience, will head up the Under 15 squads. Continuity is assured with the Under 14 squad with the appointment of Ross Dawkins (Dunfermline Reign) who has been involved in previous year's programmes. Good, young, developing coaches Ally Vannet (Dundee Sharks) and Jaimie Harvey have been appointed as assistants to the head coaches in order to ensure that we are developing young coaches as well as young players within the Talent Development Programme.

Details will also be distributed to **basketballscotland** affiliated clubs and all secondary schools in Tayside & Fife, and on the following websites:

[www.basketball-scotland.com](http://www.basketball-scotland.com)

**basketballscotland** contact – Simon Turner

[www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)

**SportTayside & Fife** contact – Chris Dodds

### **basketballtayside & fife – It's now official!**

At their recent Annual General Meeting, the regional governing body passed several amendments to their constitution and are now officially known as, and operating as, **basketballtayside & fife**. This is a significant step forward, and ratifies the excellent development work that has been going on across both sides of the Tay for some time.

The committee also re-structured some of the key positions and have appointed co-ordinators for both the Men's and Women's Leagues to ensure these competitions run as smooth as possible and the teams all have an enjoyable season.

The new **basketballtayside & fife** committee structure is:

**Robin Paterson** (Madsons) – President

**David Watt** (Nationals) – Vice President

**Tom McNeely** (Madsons) – Secretary

**Chris Langworth** (Madsons) – Treasurer

**Douglas Bader** (Perth Phoenix) – Officials Co-ordinator

**Alistair Maddock** (Dundee Univ) – Men's Co-ordinator

**Amanda Wilson** (Perth Phoenix) – Women's Co-ordinator

**Caitlyn Taden-Paterson** (Madsons) – U14/16 Co-ordinator

**Cesar Rodriguez** (Unattached) – Ordinary Member

## Tayside & Fife Under 14 and Under 16 Central Venue Development Leagues

The inaugural Tayside & Fife U14 Central Venue Development League (CVDL) took place on Sunday 4<sup>th</sup> November 2007 at Mayfield Sports Centre in Dundee, and it was a tremendous success. Over 90 players (55 boys and 35 girls) took part as five boy's teams and four girl's teams played round robin fixtures in a "blitz" style tournament.

### Boys Tournament

Perth Phoenix  
Menziesshill Madsons  
Kinross Cavaliers  
Arbroath Musketeers  
Dunfermline Steel

### Girls Tournament

Perth Phoenix  
Forfar Academy Witches  
Arbroath Musketeers  
Menziesshill Madsons



The next U14 CVDL event is scheduled for Sunday 9<sup>th</sup> December, again at Mayfield, and already Grove Academy Girl's team have confirmed that they will also be joining in the fun.

**basketballtayside & fife** is currently planning dates and venues for this season's U16 leagues (players born on or after 1<sup>st</sup> January 1992). The first date for this will be Sunday 27<sup>th</sup> January 2008, venue details and times are to follow. Further dates need to be worked in to the calendar around the National League programme and Talent Development Programme events. However entries are now being accepted from clubs and teams in Tayside & Fife.

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.

## Season 2007/08 - Senior Men's and Women's Leagues and Cups

Record entries for recent years have been received this season, with some Men's clubs entering two teams. The Men's league has 12 teams and the Women's League five teams, so there are plenty of games going on each week and the season has started with great impetus.

**basketballtayside & fife** will be enforcing strict compliance on registration this season on players, coaches, referees and table officials. All clubs are asked to co-operate with this policy and register all participants with **basketballscotland** if they have not already done so.

Further details of the Men's/Women's Leagues are available at [www.basketballtayside.org.uk](http://www.basketballtayside.org.uk)

## Robert Archibald – Dunfermline's Ex-NBA Superstar caps off excellent summer



Finally, Robert Archibald, Scotland's basketball superstar, has completed a very successful summer by helping the Great Britain team gain promotion to Eurobasket Division "A". The 6' 10" former Queen Anne HS pupil, the only Scot ever to play in the NBA, had an outstanding campaign, including top scoring and receiving the game MVP award in the game against Albania at Meadowbank SC, Edinburgh.

However, he did take time out from his hectic schedule to wish basketball players of all ages in Tayside & Fife all the best for season 2007-08, urging them to "train hard and listen to their coaches".

Robert has since signed for top Ukranian professional outfit Azvomash Mariupol, and will compete in the prestigious ULEB Cup this season – watch out for him in TV games on "Eurosport 2" or follow his progress at [www.ulebcup.com](http://www.ulebcup.com).

Everyone in **basketballtayside & fife** wishes Robert every success this year with his new team.

**The next quarterly SportTayside & Fife Basketball Newsletter will be published at the end of February 2008.**

# Coaching

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## DEVELOPING COACHING IN TAYSIDE & FIFE

### Scholarship Programme 2007-08

**SportTayside & Fife** are now in the position to consider applications across the focus sports including: Athletics, Basketball, **clubgolf**, Gymnastics, Girls' / Women's Football, Hockey, Rugby and Swimming.

### CPD Scholarship Programmes – August - November 2007

In the last 3 months, CPD programmes have been agreed with the following coaches:

**Hockey:** Allan Law (Performance Squad Coach) – Dundee — UKCC Level 2

**Swimming:** Ronald Eldridge – Fife, Graham Irvine – Fife, Catherine Maciocia – Fife, Alastair Caird – Angus - All Level 2

**Girls' & Women's Football:** Gilbert Valentine – Fife – SAQ (Speed, Agility, Speed P Award)

**Rugby:** Derek Clark – Dundee – SAQ (Speed, Agility & Speed specific to Rugby), Simon Laidlaw – Perth and Doc McKelvey – Perth (Strength & Conditioning)

### SportTayside & Fife Education Programme 2007-08

#### Sport Massage & Warm- up/Cool Down

On Wednesday September 26th, in conjunction with HEAL Physiotherapy, twenty-three coaches, gathered at Mayfield Sports Complex to attend the Sports Massage & Warm up/Cool Down Workshop. The first half of the evening was structured to outline the objectives and answer questions relating to Sports Massage: what are the benefits and how does it differ from other forms of massage? The practical workshop informed coaches on what is appropriate sports massage, when to do it, along with how to use massage in training and pre/post game or match.

Part two of the workshop was to provide an understanding of the benefits of a dynamic warm-up and the static cool down. The outcome of the workshop allowed coaches to be able to develop and introduce an effective dynamic warm up and cool down session for their athlete, team or squad. This could potentially improve performance and minimise injury.

#### First Aid for Sport

A First Aid for Sports Course was delivered at University of St Andrews, Sports Building on 5<sup>th</sup>/6<sup>th</sup> November with thirty-three students and coaches attending both evenings. All candidates completed and were issued with a one-year emergency first aid certificate. This certificate requires to be annually renewed. For a full range of First Aid courses that can be offered to clubs and groups. Refer to forthcoming **SportTayside & Fife** Courses and Workshops.

#### UKCC Forum and Update Evening Session

On Monday October 22 at Bell's Sports Centre, Perth, **SportTayside & Fife** invited the Partnership to attend a United Kingdom Coaching Certificate update. The audience consisted of our Local Authority partners, Sports Council and Further and Higher Education representatives. Topics for the evening were: The vision for coaching in the shape of Coaching Scotland, highlighting the targets/goals for coaching, the national investment along, the UK Coaching Framework supported by information on the approved delivery centres for UKCC. The progress and status of a Scottish Governing Body relating UKCC was provided by, Kate Lodge, Education Manager, Scottish Swimming. The evening provided an

opportunity for questions and answers, with feedback suggesting that the evening was worthwhile. A further progress update will be organised for during the spring of 2008.

### Individual Learning Accounts (ILAs)

A working group has been formed in Fife which includes **SportTayside & Fife**, Active Schools, Project Co-ordinators, Fife Sports Development and Further Education, to co-ordinate the development of an integrated coach education calendar to include the availability of Individual Learning Accounts (ILAs).

The purpose of the group is to provide a comprehensive list of ILA registered centres in Fife, distribute the list to a wider audience and utilise community use schools to deliver UKCC/SCUK Coaching Courses. Initially, we hope to target Level 1 and 2 coaches and create education packages to complement SCUK and SGB requirements through the use of ILAs. A pilot course will also be delivered to solve any problems that might arise.

With the introduction of ILAs, sport can benefit and make a positive impact with the continued development of Coaching National Standards and the UKCC system. We have a great opportunity to utilise the accounts and in effect, subsidise attendance on Coach Education courses and workshops across sport. In future, I hope we can progress the use of ILAs in other parts of the Partnership.

### Forthcoming SportTayside & Fife Courses and Workshops

#### SportTayside & Fife Workshop Series 2007

**Course:** LTPD Awareness Session – Angus and Dundee  
(For Active Schools, PE Specialists, Seasonal Coaches, Secondary PE)  
**Date/Time:** TBC Proposed 11-12.30pm  
**Venue:** TBC  
**Cost:** Free of Charge  
**Contact:** Derek Welch, **SportTayside & Fife**  
Tel: 01382 431 852 E-mail: derek.welch@dundeecity.gov.uk

#### SportTayside & Fife Workshop Series 2008

**Course:** Planning for Sport with Gary Vandermeulen (West Institute of Sport Performance Swimming Coach and Coach of 2002 Commonwealth Games Gold Medal Winner, Alison Sheppard)  
**Date/Time:** Wednesday March 26<sup>th</sup> 6.50 for 7-8.30pm  
**Venue:** **SportTayside & Fife**, Lynch Sports Centre, South Rd., Dundee  
**Cost:** £10.00  
**Contact:** Derek Welch, **SportTayside & Fife**  
Tel: 01382 431 852 E-mail: derek.welch@dundeecity.gov.uk

#### Other courses in the pipeline for 2008...

*Podiatry...Exercise Induced Asthma...Strength & Conditioning...Fundamentals...  
Nutrition...SportTayside & Fife Coaching Innovation Forum*

#### First Aid courses for clubs and groups

**SportTayside & Fife** can now offer a wide range of First Aid courses, from a 4-hour First Aid in Sport course up to a 4-day full HES First Aid course, providing a 3-year certificate. For further details, please go to our website at [www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk) These practical courses are structured to provide sufficient First Aid sports specific knowledge, to meet the criteria set by Scottish Governing Bodies for coaching insurance purposes. Please contact me for further details on First Aid for Sport for your club or groups.

If you would like to submit any coaching information for the next newsletter, I would be grateful if the material reached me by **Friday 15<sup>th</sup> February 2008.**

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