

# 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!

# Gymnastics

Jackie Archibald  
Gymnastics Development Manager

DEVELOPING GYMNASTICS IN TAYSIDE & FIFE

## Tayside & Fife Coaches Pass High Performance Coaching Exam

Congratulations go to Beate Petersen from Dundee - DGC2K Gymnastics Club and Scott Harper from Fife - Zodiack Gymnastics Club for passing their **High Performance Coaching Exam**. This is a great achievement for both coaches and will inevitably result in a stronger performance club infrastructure within Tayside & Fife. Children attending these clubs and the National Youth Squad, where both Beate and Scott actively coach, will benefit from their coaching expertise and have increased opportunities to further progress and hone their skills to ensure progressive positive engagement in performance structures.

Beate Petersen also scooped the prestigious **Coach of the Year** award at the Dundee Sports Awards Ceremony held in the Invercarse Hotel on the 21<sup>st</sup> November 2007. This award is given to coaches who have excelled within the performance arena, and contributed to the overall development of performers within local, national and international performance structures. **Well done Bea!!**

## Tayside & Fife Women's Artistic Regional Academy

Gemma Burrows, who is the newly appointed Regional Academy coach was delighted to see over twenty children trial for the new Tayside & Fife Regional Academy programme. I was also very pleased that coaches, volunteers and Scottish gymnastics staff offered their services to ensure the smooth running of the trialling process. **Many thanks to you all!**

It is hoped that the Academy will operate on Monday evening in Bell's Sport Centre, Perth from 4.30pm – 7.30pm and Tuesday evening in the Carnegie Leisure Centre, Fife from 6.00pm – 9.00pm. In addition there will be a monthly Sunday session in Auchterarder Community School from 10.00am – 4.00pm. These dates, venues and times have yet to be confirmed and selected squad members will receive written confirmation in due course.

## Tayside & Fife Squad Selections

**DGC2K GC** - Elli Laidlaw, Jianna Lowrie, Harley McAfee, Charlotte Brhun

**Auchterarder GC** - Alish McCall, Hannah Courcha

**Levenmouth GC** - Gillian Cobban, Mairi Paterson

**Perth GC** - Criostai Pringle, Ellen Latham, Catherine Baxter

**Zodiack GC** - Lisa Chandler, Jane Stevenson

**Phoenix GC** - Jennifer Brankin

## Club News

**Perth & Kinross** – A successful funding bid has allowed a number of clubs in Perth & Kinross to access new equipment. P&K Gymnastics Development Officer, Laura Marshall, supported by **Sport Tayside and Fife** placed the bid on behalf of Perth & Kinross Gymnastics Performance

Squad for the purchase of equipment and Coach Education. The funding allows the local clubs to gain new equipment which now gives Perth two facilities in which Performance squads can run. Equipment being purchased includes a Vault Table, Springboards, Tumble Track, Coaching Blocks, wooden bars and Safety Mats.

### **Perth - Trampolining Success**

Congratulations to 10 year old Kirsty Walton who is reaching new heights in the Trampolining world after an excellent couple of months. Kirsty from Luncarty, is a member of Perth Tay Twisters Trampolining Club and became Scottish Champion on Saturday 10<sup>th</sup> November. Further success followed at trials in September where Kirsty gained a place on the Scotland Trampolining Squad – good going for someone who has only been trampolining for just over a year and a half!

**Dundee** - Kirkton Kips Gymnastics club is delighted to announce the implementation of a new pre-school section within club structures. The club will now provide pre-school sessions for children from 18mths – 5yrs within a local community setting and offer a seamless pathway into Gymnastics. Alison Blake, head coach of Kirkton Kips Gymnastics Club is keen to ensure that the club services the needs of the local community, and in doing so, is actively encouraging early engagement in physical activity and promoting a lifestyle trend for lifelong participation in sport.



**Dundee Discovery Gymnastics Club** - submitted an Awards for All application and was successful in securing £5000. The bid was supported by **SportTayside and Fife** and will be used to purchase an equipment base greatly needed to progress and develop club structures.

### **Coach Education & Training - November**

Trampolining is becoming a very popular sport across the region with a great demand for training and education. The recent Level 1 course held in the Saltire Sports Centre in Angus was full, with Scottish Gymnastics operating a waiting list for candidates who were unable to access the course. However, another Level 1 course has now been organised for December for candidates on the waiting list - and hopefully no-one will be disappointed.

If you wish to book on the course please contact Helen Dickie, Scottish Gymnastics Education Manger on 01324 886507

**Pre-school Level 2**, Saltire Sports Centre, Arbroath 30<sup>th</sup> November 1<sup>st</sup>, 2<sup>nd</sup> & 8<sup>th</sup> December.

**Trampoline Level 1**, Saltire Sports Centre, Arbroath proposed dates - 15<sup>th</sup> & 16<sup>th</sup> December.

For further information or updates, please visit our website at **[www.SportTayside-Fife.co.uk](http://www.SportTayside-Fife.co.uk)**.

If you wish to submit any information or articles for the next newsletter please contact Jackie Archibald, SportTayside & Fife Gymnastics Development Manager, on Tel: 01382 431852 or e-mail [jackie.archibald@dundee.gov.uk](mailto:jackie.archibald@dundee.gov.uk) **(by Friday 15<sup>th</sup> 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@dundee.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@dundee.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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