

# 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!

# Rugby

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DEVELOPING RUGBY IN TAYSIDE & FIFE

## DO's Deliver

The Development Officers across Tayside & Fife continue to deliver a wide range of rugby opportunities in clubs and schools across the region.

**Doc McKelvey (Perthshire RFC)** continues to deliver a huge schools and club rugby programme with his five SVQ's. Doc and his team are also involved in the Food Standards Agency 'Safe Food and Healthy Eating' pilot which will see seven of Doc's primary schools taking part. The FSA Pilot launch (pictured below) was attended by the Scotland World Cup Squad, members of the Scotland Women's Squad and representatives from some of the schools involved.



**Colin Whittaker (Dundee Eagles)** has been focussing mainly on secondary schools this session, and has already run several successful tournaments which have seen Menzieshill HS, St Johns RC, Craigie HS and Grove Academy all competing against some more established teams at Harris Academy and High School of Dundee.

**Kenny Christie's (Angus Clubs)** efforts over the past three months have seen the staging of the first schools tournaments in Angus in over 20 years. Seven of the eight secondary schools took part in the first S1/2 event at Strathmore RFC (won by Montrose Academy!), in what should be the first of many as he drives up schools and club participation over the coming years. Kenny also ran three big primary schools festivals during the Rugby World Cup to boost participation at mini level in some local clubs.

**Phil Smith (Dunfermline RFC & West Fife)** has spent the last few months developing a programme which will see the club and its local primary and secondary schools get more involved in rugby. The junior and youth coaches at the club are being actively supported; primary schools sessions are now in place; and coaching clinics are being run in several local primary schools. The first West Fife Secondary tournament took place in March with Dunfermline HS, Queen Anne HS, Beath HS, Inverkeithing HS and Buckhaven HS all involved.

### Coach Mentoring Pilot

Through **Sport Tayside & Fife**, I have launched a Coach Mentoring pilot which will see former pro team coach Phil Smith working with 4 selected club/school coaches over the coming year, where there is a clear need and opportunity to make an impact through more personalised coach education. Phil's support will be tailored to suit the needs and wants of each coach, and will in turn be passed on to other coaches within the selected clubs/schools. It is hoped that this pilot will be rolled out on a bigger scale across other sports.

### SVQ's Gallore!

The Tayside & Fife SVQ team has now grown to ten with the late addition of Adam Grassie of Morgan FP RFC in Dundee. Adam will be working closely with Active Schools and Morgan Wasps to deliver a programme of schools rugby to boost numbers at the club. Adam will also link in with Dundee Eagles DO Colin Whittaker to ensure that the Dundee festivals and tournaments are strengthened by the inclusion of new schools from Adam's programme.

A number of the SVQ's have been selected for the Caledonia Under 18 training squad, so I wish Bob Emslie, Stuart Munro, Jason Hill, Tony McGinness the best of luck for inclusion in the forthcoming Inter-District Championship.

# 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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