

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!

clubgolf

Martin Ritchie
Clubgolf Regional Manager

DEVELOPING CLUBGOLF IN TAYSIDE & FIFE

Pitlochry Volunteers Attain Level 1 coaching Award

Pitlochry Golf Club took their first steps towards delivering the **clubgolf** programme when volunteers from the club completed their PGA level 1 coaching award earlier this month.

A total of eight highly enthusiastic club members have been identified within the club to be trained as licensed Level 1 coaches in order to deliver the **clubgolf** coaching programme to local school children and existing junior members. When the coaching sessions begin in spring next year, the new volunteer coaches will be led by the club's professional Mark Pirie.

By committing to the **clubgolf** programme it is hoped that the club will strengthen an already thriving junior section. This will be achieved by creating links to local primary schools. Following the sessions in school the children will be given the opportunity to attend the coaching programme at the club.



Volunteers practice their coaching skills on the Level 1 Course

Firstclubgolf training for Dundee and Perth & Kinross Councils

Both Dundee City Council and Perth & Kinross Council have committed to providing all primary 5 pupils the opportunity to experience golf by rolling out first**clubgolf** within their primary schools this academic year. Active School Co-ordinators and P.E. Specialists in the Local Authorities attended training this month on the schools programme first**clubgolf**. All of those who attended were provided with advice on how to tutor and deliver the core skills of the programme. The delivery of first**clubgolf** in schools is the first step to introducing golf to young people to the game in a fun and safe environment. Furthermore it is an intergral part of changing the perceptions of golf within young people so that they access structured coaching within local golf clubs. Both of the Local Authorities pledge to first**clubgolf** will have a significant impact on achieving the target of having all nine year olds in Scotland experience golf by 2009.

More clubs sign up to clubgolf

The popularity of **clubgolf** is continuing to grow within Tayside & Fife and as a result more golf clubs have committed to delivering coaching to young people next year. From information meetings held earlier in the year a total of 8 clubs from Fife and Perth & Kinross have signed up to deliver the **clubgolf** programme these include: Pitreavie, Burntisland, Elie Sports Club, Murrishall, Comrie, Forrester Park, Glenrothes and Pitlochry. In addition to this many other clubs are expressing an interest in becoming involved in the clubgolf programme. Each of these clubs is in the process of completing a Child Protection Policy, training volunteers to PGA Level 1 standard and creating links with local schools to provide young people with the opportunity to access the game. If your club is not yet involved and would like information please contact the **clubgolf** Regional Manager.

Plan launched to double the number of girl golfers

An initiative designed to double the number of girls in Scotland playing golf has now been launched. **clubgolf**, is working to redress the imbalance of girls playing golf. Research in 2005 showed there were approximately 2,700 females under the age of 18 playing golf in Scotland as opposed to 25,000 boys. Meanwhile, in Sweden more than 22,000 girls under the age of 18 play golf. These high participant numbers in Sweden are attributed to all-girl coaching sessions combined with a strong social aspect.

clubgolf launched a pilot programme within selected clubs within Grampian. This trial was so successful that plan is now being rolled out across the country. The feedback from the girls at the Grampian clubs indicates that they are far more likely to start the game, stay involved and make progress if they begin by learning in a group with other girls. It is apparent also that the social side is very important for girls. In 2005 the three Grampian clubs had only a handful of girls in their memberships. A year later the coaching had become so popular that over 80 girls were involved in their Girls in Golf coaching sessions.

The plan is to replicate the success of the Grampian pilot within Tayside & Fife. Information meetings are being planned in the new year detailing how clubs can adopt the pilot scheme. If you club would like to note interest in the Girls in Golf programme or would like to receive more information please contact the regional manager.



Picture shows female golf professionals Kathryn Imrie and Clare Queen with the Girls from the Pilot Scheme

If you wish to submit any information or articles for the next newsletter please contact Martin Ritchie, Clubgolf Regional Manager by Friday 15th February 2008 at martin.ritchie@dundee.gov.uk or Tel: 01382 431 851

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 5th/6th 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 26th 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 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 15th February 2008.**

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