WHAT THE OLYMPICS MEAN TO ME
Four people, four perspectives

ED MOSES
...talks performance, competition and home games

TICKET TO SUCCESS
The impact of National Lottery funding
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The biggest sporting event in the world is about to arrive on our doorstep. On 27 July, seven years of planning and preparation will come together when the Olympic flame touches the cauldron in the Olympic Arena, signalling the opening of the 30th Olympiad. The entire world will be watching London.

As Scotland’s best athletes get ready to compete alongside their compatriots from the other home countries, it’s natural to reflect on the contribution our nation is making to performance sport in Britain. Between Team GB and ParalympicsGB, approximately 850 athletes will compete in London. At the time of writing, roughly half of the selections have taken place, and 42 Scots have made the teams. The goal is clear – to surpass the medal haul from Beijing.

Going into the Games, there’s no doubt in my mind that our athletes are better prepared than ever before. Since Beijing, they have enjoyed unprecedented investment in high performance sport, continuing a trend that began in 1998 with the introduction of Lottery funding. This investment by the British public into the sporting system has changed the face of Olympic, Paralympic and Commonwealth sport in the UK. You need only look at the medal tables for the intervening Games to see the impact that National Lottery funding has had; our strong belief is that this trend will continue in London.

**A key component**
The high performance system in Scotland is an integral part of this success. Increased focus and high quality support mean our athletes have never been better placed to deliver success. As the pace of development in performance sport continues to increase, and the margins of success get smaller and smaller, this commitment to continuous improvement and focused investment is essential.

**On to 2014**
After London, it’s Glasgow’s turn. Come the closing ceremony of the Paralympics, there will be just 682 days until the opening ceremony of the 2014 Commonwealth Games. At sportscotland we are seizing the opportunity to continue making important contributions towards 2014 through medal success, facilities, local community engagement and workforce development. We know how critical the Glasgow Games are for Scottish sport.

**Commitment to sport**
In the shorter term, we’ll be paying keen attention to UK Sport and Sport England merger developments after we publicly welcomed the decision to defer changes until after the London Games. Our position remains one of protecting Scotland's important contribution as part of a UK performance system for as long as Scotland is part of the United Kingdom.

**World class sporting system**
As the national agency for sport our one big focus is to help develop and support a world class system for sport at every level in Scotland. Taking a shared approach, we are making progress by working together with the organisations who deliver sport in Scotland. The high profile our sector is currently enjoying in the UK means we are accelerating plans, not only in performance sport, but also in school and club sport. But for now it’s only right that all eyes turn to London and the 14,700 athletes competing in 26 Olympic and 20 Paralympic sports across 28 days of competition. Having such a massive event on home soil is a truly once-in-a-lifetime experience. On behalf of sportscotland I would like to wish all of the athletes, support staff, officials and Games Makers a fantastic Games – we’re behind you all of the way.

Stewart Harris
Chief Executive, sportscotland
Go For It Scotland!
Minister for Commonwealth Games and Sport, Shona Robison, heard inspirational stories from some of the winners of a new bursary to encourage healthy, active living in Scotland at a recent awards ceremony in Dundee.

Working with sportscotland, the ‘Go For It Scotland!’ bursary was launched earlier this year by Quality Meat Scotland and allows individuals, groups and clubs to apply for £500 bursaries, twenty of which will be awarded annually in the run up to Glasgow 2014.

Almost a thousand people are set to benefit from the first year’s awards. Winners include 14-year-old karate enthusiast Rebecca Stewart from Drumchapel; volunteers and skiers from Disability Snowsport Scotland who train at the Midlothian Snowports Centre; members of the junior, Edinburgh-based, Inverleith Hockey Club; young people from the Glasgow Riderz cycling club and junior members of the Dunbar Running Club.

For more information on how to apply visit www.qmscotland.co.uk

Royal Commonwealth Pool
Edinburgh’s Royal Commonwealth Pool was reopened earlier this spring after a two-and-a-half year £37 million refurbishment. The venue, which will host the diving competition for Glasgow 2014, has been sympathetically modernised to incorporate a wealth of new facilities.

So impressive are the results that the British Swimming team are hosting their pre-Games training camps at the pool. British Swimming’s Performance Director Michael Scott explains: “We looked at both UK-based and overseas options and have chosen Edinburgh as the city to host one of the most important camps in the history of the sport.”

Swimming clubs throughout Scotland are being given the opportunity to witness the Olympic squad in action during a specially organised swimming, community and media open day. For more information, visit www.thecommiepool.co.uk

World Congress on Active Ageing
This August sees Glasgow play host to the 8th World Congress on Active Ageing.

Held every four years, this event brings together scientists, practitioners, and experts from a range of professional interests and disciplines involved in the promotion of active ageing.

In the London Olympic Year of 2012 the congress will not only highlight the latest research, evidence and best practice on physical activity and active ageing, but also highlight the needs of this often excluded but growing population group world-wide.

The conference runs from 13-17 August. For further information and to register for the event, visit www.wcaa2012.com

Coaching – Inspire Mark Awards
The London 2012 Inspire programme recognises innovative and exceptional projects that are directly inspired by the 2012 Olympic and Paralympic Games. Argyll and Bute coaching champions were one of the most recent recipients of the Inspire Mark, presented to them by former Olympic, Commonwealth, European and World champion triple jumper Jonathan Edwards at an event in Edinburgh. Jonathan was joined by Commonwealth Games and Sport Minister, Shona Robison, and Sir Craig Reedie of the International Olympic Committee in recognising the outstanding work by the 94 projects awarded the 2012 Inspire Mark in Scotland to date.

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Young Ambassadors regional conferences

Every secondary school in Scotland is being given the opportunity to identify two young people between the ages of 14 and 19 to become involved in the Young Ambassadors programme.

Run in partnership by sportscotland and the Youth Sport Trust, eight regional conferences will be taking place across Scotland to introduce successful nominees to the Young Ambassadors programme.

The role of a Young Ambassador involves increasing participation, promoting active and healthy lifestyles and using major sporting events to motivate and inspire others. Young Ambassadors have a pivotal role within their school and wider community, they are advocates, role models and leaders of other young people. To find out more about some of our current Young Ambassadors see pages 14-15.

Registration is now open until 31 August 2012 for all secondary schools to identify young people to take part – please contact your Active Schools coordinator for details.

Young Scot Awards

The Sunday Mail Young Scot Awards, which aims to recognise and celebrate the achievements of Scotland’s young people, culminated in a glittering, celebrity-studded event on 26 April at the Hilton Hotel, Glasgow.

sportscotland was proud to once again support the sport category which recognises young, inspirational sporting talent.

With three worthy finalists to choose from, the judging panel had their work cut out for them. In the end they selected 11-year-old Gavin Drysdale from Ayr who, despite a low muscle tone condition, holds four world records in RaceRunning.

The overall Young Scot of the Year Award went to Erin McNeil, 21, from Clackmannanshire, for her fantastic fundraising work around the dangers of fire. Congratulations to everyone who was nominated and who won an award!

CORRECTION: In the last edition of Sport First we stated that David Somerville was ‘Judo Scotland’s National High Performance Coach’. While he is the National High Performance Coach within the sport, David is employed by sportscotland, and not Judo Scotland. Apologies for any confusion this may have caused.
What the Olympics mean to me

Young Ambassador
Laura Daly

I struggle to put into words just how much being a Young Ambassador for the Olympics has changed my life. During my time as an Ambassador I've been given the most incredible opportunities including interviewing Lord Coe, being the sole Scottish representative on the UK Young Ambassador Steering Group, dancing with Shayne Ward on the stage at the Young Scot awards and visiting the Olympic grounds and LOCOG (London Organising Committee for the Olympic and Paralympic Games) offices!

If all that wasn’t enough I was also able to check out Stella McCartney’s new range at the Adidas headquarters in London. Wow, sometimes I have to pinch myself!

I feel truly blessed to have been given these opportunities, and I’m immensely proud to be an Ambassador, not only for the Games but also for Scotland.

I love teaching the importance of the Olympic and Paralympic values and encouraging young children to get out, be fit and, most importantly, have fun (and maybe even become a future Olympian or Paralympian one day).

I’m really thankful to sportscotland, the Youth Sport Trust, Young Scot and the many other organisations that are helping young people get the recognition they deserve for their hard work and that are becoming actively involved in the London 2012 Olympic and Paralympic Games.

Active Schools coordinator
Gordon Cunningham

In 2011 our Active Schools manager, Cheryl Brady, asked our team to submit applications to the Bank of Scotland’s competition to be Olympic Torch bearers. I completed the form and sent it away, but I genuinely never thought in a million years I would ever be selected.

So when I received confirmation that I would be one of the first people in Scotland to run with the Torch I was over the moon.

I’ve been part of the Active Schools Network for three years and before that I spent five years in leisure development. I understand I was chosen to carry the torch due to the work I do within my local authority and, in particular, the AdiStars and Young Ambassadors programme. Over the course of the last few months I don’t think a day has gone by when I’ve not been doing work related to the Olympics!

Carrying the Olympic Torch through Kilmarnock on 8 June was a huge honour for me, and just the most incredible experience. I feel extremely proud to have been selected and it feels so good to know that I am one of the 8,000 who carried the Olympic Torch around the UK in 2012.

On completing my run I received a replica Torch which I took round the National School Sport Week events in my area. On 11 June I was at Park School, an additional support needs school in Kilmarnock, to show all the pupils the Torch for the opening ceremony of their own Olympic Week.

Speaking as a massive football fan, the Olympics to me are on par with the FIFA World Cup as the major sporting event in the world. I enjoy the Olympics because there is such a wide variety of sports that you can watch. I can’t wait for the Games to begin!
Teacher
Karen Thompson of Bruntsfield Primary School

All the pupils and staff from Bruntsfield Primary School were extremely excited when the Bank of Scotland brought the Olympic and Paralympic Torches to the school as part of the build-up to National School Sport Week which was delivered in partnership with sportscotland.

Everyone was given the opportunity to touch and even hold the Torches. We also learned about the amazing Torch design, the journey it is making and some interesting facts about the history of the Olympic Games.

Our primary seven pupils were also involved in the Education Scotland GLOW intranet event, which gave pupils from across Scotland the chance to see the Torches, listen to the presentations and be part of an online quiz.

The pupils were involved in a range of other activities, including an Olympic Fun Run, where each class designed and made their own torches and dressed in the colours of one of the countries taking part in the Olympics.

For the entire school – teachers, children and parents alike – the Torch visit really sparked enthusiasm and interest for the Olympics and Paralympics and it was the starting point for our school’s build-up to the Games. This term the Olympics and sport have been a huge focus and provided a meaningful context for all aspects of the curriculum we deliver.

For more information on Bank of Scotland National School Sport Week, visit www.schoolsportweekscotland.org

Primary pupil
Rachael Lee from Dunard Primary

Last year 800 primary school pupils from 25 schools came together at Scotsoun Stadium for an Olympic-themed event for Bank of Scotland National School Sport Week. With input from Glasgow City Council and the Active Schools team, the day kicked off with an Opening Ceremony followed by a world record relay attempt and a range of sports including hockey, basketball, football and badminton.

Of the 191 pupils involved in the successful world record attempt, Rachael was the last to cross the finish line, cheered on by Sir Chris Hoy.

“I was loving the race and it was only when people started passing me that I started to get nervous. I turned around and saw there was no one behind me – but I knew I was going to finish no matter what. When I turned the last corner everyone was cheering and shouting my name. It felt amazing and my nerves disappeared. I felt like a proper athlete!”

“When I finished Sir Chris Hoy was the first person to congratulate me, he asked me how I felt and told me I did really well. That was the best bit, an Olympic athlete telling me that I’d done a great job! It is something that I will definitely never forget. Now that I have met an Olympic athlete, the Games seem more real to me. Since then I have been doing a lot more activities – I especially love cycling now (of course) and I can’t wait to watch that event when the Olympics are on. It’s going to be really exciting.”
In 2006, Team Scotland took the swimming world by storm winning a record 12 medals in the pool at the Commonwealth Games in Melbourne.

Six years later, Scotland’s home-grown swimmers are ready to face an even bigger challenge as they prepare for the London Olympics. Ashley Howard, Chief Executive at Scottish Swimming, talks about how the governing body has been gearing up for success.
“...we made the decision to focus on quality teaching and coaching as our core strategy for all parts of the aquatics pathway.”

From Scottish Swimming’s perspective, it’s incredibly encouraging that all of those swimmers, in one form or another, are products of the system here in Scotland.

Fifteen years ago we took a step back and reviewed our sport from top to bottom. In addition to the fundamentals – good governance, great partnerships, a strong team and a forward-thinking organisation culture – we made the decision to focus on quality teaching and coaching as our core strategy for all parts of the aquatics pathway. We really believe that coaching is the key to future, sustainable success.

This focus on coaching has required a dynamic change in the way the sport is run. Like many sports, we rely on volunteer and amateur coaches, but there is now an acceptance that professional coaches, with a commitment to professional development, raise standards across the board.

In performance terms, the engine room of our future success is the performance development coach model, putting more full-time coaches on the deck than ever before. And while performances are down to the athlete and the coach, we believe our long-term focus on coaching has definitely played a part.

Partnership working has been crucial in supporting this change. Working with universities, sportscotland, local authorities, leisure trusts and swimming clubs, our combined investment into coaching has really allowed us to deliver our vision for the sport.

Although that initial investment is critical, it’s been our experience that full-time coaching posts funded through these partnerships generally become sustainable, or self-sustaining, within three years.

In some cases it has been possible to link revenue generated by local ‘learn to swim’ programmes to help fund coaches.

These ‘learn to swim’ programmes teach children an essential life skill, but also provide the first rung on the ladder for Scotland’s next generation of competitive swimmers. We’ve worked to streamline the pathway from a child’s first time in the pool, to our best athletes competing on the world stage, by linking what’s happening in the pools to the club structure.

By investing in performance development coaches within the clubs, kids can develop locally, allowing them to represent the club which has nurtured their talent while still having access to the high level of coaching required to pursue their competitive ambitions.

We’re fortunate that our strong network of coaches, clubs and programmes is complemented by world class facilities. We already have 50m pools in Glasgow, Stirling and Edinburgh, with more planned in Dundee and Aberdeen. Our ultimate aim is to ensure that swimmers who choose to stay in Scotland have access to the best performance structure possible with plans to develop four or five performance centres around these 50m pools, similar to the Intensive Training Centre in Stirling.

There are already great examples of multiple clubs based in the same facility working together and sharing best practice. At the Royal Commonwealth Pool, Warrender coach Laurel Bailey – whose swimmers include Craig Benson – works closely with Chris Jones, the Edinburgh University coach, to share expertise, while Matt Trodden brings in the East Lothian squad to give his swimmers valuable exposure to the regime of top level coaches and swimmers.

With London 2012 and Glasgow 2014 on the horizon, Scottish swimmers have two huge opportunities to showcase the talent that exists here in Scotland, and demonstrate the impact of the strategic direction taken by Scottish Swimming and its partners.*  

Craig Benson

17-year-old Craig Benson from Livingston is one of the Scottish swimmers to have come up through the system.

Identified as ‘one to watch’ for the future, the Warrender Baths swimmer exceeded everyone’s expectations by setting a new Scottish record (1:00:47) in the 100m breaststroke at the GB Olympic Swimming Trials and subsequently gaining selection for the London Olympics.

Craig, who won three gold medals at the Commonwealth Youth Games last year, has received institute support for the past four years and credits both the sportscotland institute of sport and Scottish Swimming for the part they have played in helping him to develop as an athlete.

“You get everything you need from the sportscotland institute of sport. From physios to nutritional advice and even a psychologist if I want it. Combined with the support I receive from Scottish Swimming it is all really beneficial and had a huge positive impact as I prepare for London.”
There is often a sense that British athletes thrive on being the underdog, allowing them to perform under less pressure than their ‘big name’ rivals. At the Olympics in London our athletes won’t have that luxury. Without underestimating the motivation provided by competing in front of a partisan crowd, home advantage can bring its own challenges for athletes – namely the weight of expectation.

Some athletes respond positively to the added pressure of being the home favourite, while for others it can become overwhelming and they are unable to cope. Sir Chris Hoy, for example, recently spoke of the impact of the crowd at the track cycling test event in London. With half a lap to go, Chris wasn’t sure if he was going to make it, but when he made his move, the roar of the crowd spurred him on to win. In contrast, at the Beijing Olympics in 2008, China’s rowers were hotly tipped to take the pairs title but they buckled under the pressure and failed to even make the podium.

Of course we’ve known for some time now that London 2012 is coming and in the same way that coaches have been mapping out training programmes, the psychologists at the sportscotland institute of sport have been working with athletes to ensure they have the tools they need to focus on their performance.

Coping with performance expectations

sportscotland institute of sport psychologist Misha Botting believes there is a growing awareness among coaches and athletes of the beneficial role of sport psychology in performance sport. One of the most challenging aspects of Misha’s role is to help athletes maintain their focus and minimise the psychological impact of performance expectation among more experienced athletes.

“It can be very difficult for an athlete to handle expectations. Throughout training they are fully aware of media reports about their event and they...
constantly communicate on the likes of Twitter. So to keep the athlete focused, we encourage them to set highly specific goals to be worked on, perhaps in a single training session."

For example, as swimmers reduce their training intensity (taper) prior to major competitions and have more time to think ahead, the psychologist has a role to play in helping the athlete to recognise the impact of changes to their sleeping and eating patterns and to remain highly focused on only those aspects in their training that they can control.

Working with nerves
Misha, who works with the likes of Hannah Miley and Robbie Renwick, points out that a healthy level of nervousness prior to competition isn’t necessarily detrimental to performance – indeed it can be the opposite.

"Feeling nervous is a natural and essential element of high performance. In fact, if someone doesn’t get nervous and maintains a completely relaxed state of mind, you could argue that he or she isn’t mentally ready to compete. Without a healthy dose of nerves, an athlete is unable to mobilise their potential to perform at their very best.

"The key is for the athlete (and psychologist) to be able to recognise a healthy level of nervousness. When an athlete’s psychological skills are not sufficient to cope with the demands of the competition, self-doubt comes into play and the level of their performance decreases," explains Misha.

Individual and team psychology
While a sports psychologist provides highly individualised support throughout the year, Misha highlights that in swimming, the moments prior to a major race when swimmers gather in the call area, are when athletes can reveal a preferred method of maintaining focus.

"Different swimmers deploy different techniques to deal with those moments in the call area. Some like to chat as a distraction from the forthcoming race while others, like Michael Phelps (multiple Olympic gold medallist) for example, spreads his arms across the seat to his left and right so no-one can sit there! Many competitors choose to listen to their iPods – some to get into the rhythm of their race or simply to play motivational tunes. However they choose to prepare, it’s our job to help the athlete achieve the right amount of mental activation."

And while the techniques deployed will differ from individual to individual, Misha notes that the challenge markedly differs when switching from an individual sport to a team sport like rugby 7s.

"In the likes of wheelchair tennis or swimming, the unit of coach, athlete and support staff is very tight. However, in a team sport like rugby 7s, you have to consider how the mindset of every individual impacts on both him- or herself and other team members. Players will react differently to perceived pressure. It’s my job to raise awareness of how players affect each other and to help them achieve the collective goal."

Another home games
For Scotland’s athletes on Team GB there will be another opportunity to compete on home soil when the Commonwealth Games come to Glasgow in 2014. With the experience gained from London, our athletes will be better prepared than ever before to handle the pressure and the ‘team behind the team’ at the sportscotland institute of sport will be with them every step of the way.
Ticket to Success

It’s the dream of winning big that captures the imagination of so many of us each week as we pick our numbers for the next National Lottery draw. But for every new millionaire that’s been created since the launch of the Lottery in 1994, thousands more have benefited from Lottery investment into good causes across Scotland.

To date, the National Lottery has invested more than £2 billion into projects across the country, supporting more than 38,500 projects from Gretna to the Shetland Isles. And following the 1998 National Lottery Act, which identified sport as a key beneficiary, a substantial proportion of that investment (over £340 million) has been invested into Scottish sport through sportscotland. All areas of the sporting system have seen the benefits, from community regeneration projects to Scotland’s best athletes competing on the world stage.

So if your numbers don’t come up again this week, take some comfort from the fact that you’ve made an investment into Scottish sporting success in the future!

“At the highest level it’s nigh on impossible to achieve if you need to work as well as train because it means that any time you’re not training you’re at your job, so your body doesn’t get the chance to recover. Lottery funding through sportscotland’s Athlete Personal Awards could be the difference for me in the next few years between medalling at Glasgow or not.”

Susan Egelstaff, badminton player
“Lottery funding came on board in 1998 just when I was finishing university and it couldn’t have come at a better time for me. I personally benefited massively from that and the public can stake a claim to being part of all the success we have had because they have essentially funded Olympic sport in this country.”

Sir Chris Hoy, cyclist
Preparing to perform

Hosting the biggest sporting event in the world is a huge logistical challenge that has been seven years in the making. In the run-up to the Games, the focus of the ‘London Prepares’ programme has been on ensuring that everything from the scoring systems to the responsibilities of the staff and volunteers at each venue, has been tested and re-tested to iron out any potential glitches before the clock counts down to zero and the Games kick off.

Right in the midst of these Olympic preparations is David Frame, Sailing Manager at sportscotland’s national training centre Cumbrae. David has spent the last 18 months working with the London Organising Committee of the Olympic and Paralympic Games (LOCOG) and the Royal Yachting Association (RYA) on preparations for the sailing competition being held in the waters of Weymouth Bay and Portland Harbour in Dorset. David explains: “There is a long list of safety issues and race management details associated with running an event at this level. The expertise that we have at Cumbrae has allowed us to work alongside LOCOG, race organisers, officials and volunteers to ensure that all these issues are addressed before Weymouth plays host to 10 days of exhilarating competition.”

For David and the team at Cumbrae, this has meant 18 months of frequent round-trips across the UK, delivering (in collaboration with the RYA) its national mark-laying training programme to many of the national technical officers (NTOs) who will be at the Games. The Cumbrae team also resourced and worked at major sailing regattas (including Skanda...
Sail for Gold throughout last year, culminating in the LOCOG-organised Weymouth and Portland International Regatta in August.

Olympic test event

“Arriving confident and excited, apprehension set in and small butterflies began to flutter in my stomach.” These are the words that David used as he described his experience of the LOCOG regatta and how this test event introduced sailors and officials alike to the unique ‘Olympic feel’ that makes the Games so different from other major events.

It was also the last chance for the race management teams to work so closely together before the Olympics. David recalls that it was immediately clear that this was much bigger than just a sailing event: “Things were definitely different. Shore-side officials and athletes were separated and we had our own secure rest area and shore-side facilities. Communication was through tetra radios and earpieces, and the committee and windward marking boats were kitted out with the latest in wind recording electronic technology, which provided crucial, accurate wind readings before race start times.”

As well as David and the Cumbrae team having the chance to work with the NTOs they had spent time training, they also held senior race management roles in the Women’s Match Race and Laser Race course areas. Cumbrae also provided a ‘super-sub’, a roving role to help with on-water safety management and marshalling as well as liaising and working with the event doctor, Royal National Lifeboat Institution, the coastguard and paramedics.

How did it go?

David sums up the experience: “By the end of the 11 days, we had seen and delivered some fantastic racing across the Olympic classes and race conditions with the presence of the international race officials keeping everyone on their toes. For the athletes I hope all was exactly as they would want – but crucially we learnt plenty.”

David will once again make his way to the Dorset course in the coming weeks to join the teams as he takes up his role as Senior Mark Layer for the Laser racing course when the sailing competition begins on 29 July (and runs until 11 August). It is testament to the skills and expertise of the staff at Cumbrae that their work is contributing to the Olympic experience.

**DID YOU KNOW?**

- Weymouth Bay and Portland Harbour was the first London 2012 Games venue to be finished.
- Great Britain was the most successful nation in the sailing competitions at Sydney 2000, Athens 2004 and Beijing 2008.
- The sport’s name was changed from yachting to sailing at the Sydney 2000 Games.
- More than 2.5 million people around the world regularly take part in different types of sailing.
- Sportscotland’s national training centre Cumbrae delivers a wide range of RYA recognised training courses.
Young Ambassadors is a leadership programme, delivered through the Active Schools Network, designed to encourage young people aged 14-19 to lead and enthuse other young people in sport. There are more than 350 Young Ambassadors across the country, and 16 of them were selected as Games Makers for the Paralympics through the Young Games Makers programme.
We caught up with Lyndsey Cackette (16) and Sean McPhee (16) from Firrhill High School in Edinburgh ahead of their trip to London later this summer.

How did this amazing opportunity come around for you?

**Sean:** The idea that we could actually be at the Games as Young Games Makers was out of this world! Our Active Schools coordinator, Fiona, approached us with the idea to get a team from across the Edinburgh area to apply.

**Lyndsey:** Basically we had to complete a huge application form! Then 16 of us were chosen to take part.

How does it feel to be involved in the Games?

**Lyndsey:** We feel so special. Think of all the people in the UK and we have been chosen to take part out of so many who applied – it’s a really privileged position to be in.

**Sean:** I think it feels extra special because we are the only Young Games Makers team from Scotland – we are definitely going to turn up with kilts on and make sure everyone knows!

What sort of training have you been through so far?

**Sean:** When we went to London for the initial stage we went through some team building exercises – because we are going as a team they needed to see how we worked together.

**Lyndsey:** We are going to be ball retrievers and court moppers at the sitting volleyball event at the ExCel Centre so we’ve had to learn the sport, watch videos of it but also try it out for ourselves – it’s really difficult!

**Sean:** LOCOG want us to be as good as the Wimbledon ball boys and girls – they have to go through five intensive training days.

What would you say to any potential new Young Ambassadors?

**Sean:** Just go for it, you have to just say yes to things, to make it really worthwhile.

**Lyndsey:** I agree with Sean. And also – try not to be too nervous for your initial interview. Fiona (the Active Schools coordinator) and some of the older Young Ambassadors do interviews and I was really nervous, but you just have to be yourself – that’s so important.

Did you ever think you would get to go to the 2012 Olympics and Paralympic Games when you first started out?

**Sean:** No, not in a million years.

**Lyndsey:** Not at all! It’s great though and I am so glad we are going, it will be an amazing experience – we can’t wait.

Our Ambassadors

- Lyndsey Cackette
- Sean McPhee
- Michael Burgess
- Kelly Vaughan
- Calum Connelly
- Katherine Corbett
- Roy Stewart
- Hannah Rutherford
- Hannah McCaig
- Clare Tracey
- Chris Sneddon
- Chanelle Martin
- Robbie Dougal
- Haseeb Ibrahim
- Daniel Shields

This year, sportscotland, working in partnership with Youth Sport Trust, is delivering eight regional Young Ambassadors conferences across Scotland. We are giving every secondary school an opportunity to identify two young people to become Young Ambassadors. For more information, speak to your Active Schools coordinator.

Sitting Volleyball

Sitting volleyball is played by two teams of six on a 10m x 6m indoor court divided by a net. The object of the game is to land the ball in the opposition’s half of the court, with each team allowed three touches of the ball before it must cross over the net. Matches are the best of five sets. In all sets, a margin of at least two points is required for victory. Sitting volleyball made its debut as a Paralympic medal sport at the Arnhem 1980 Games. A women’s event was added to the Paralympic programme in 2004.
Scottish Cycling sensation Aileen McGlynn is one of Scotland’s most successful para-sport athletes. Come this summer she’ll be looking to add to her already impressive medal haul of three Golds and one Silver. Aileen took some time out of her final preparations for the Olympics to give us her thoughts on London, Glasgow and breaking a world record on her second day on the track.
1. What does it mean for you to be Scottish?  
I'm a very proud Scot and really looking forward to competing at the Commonwealth Games in Glasgow in 2014 – it’s the only time I will be able to compete for Scotland which definitely gives you a sense of pride. Of course, competing as part of ParalympicsGB in London will be amazing but there is something really special about competing with a saltire on your back!

2. How did you get into cycling and when did you start taking it seriously?  
I've cycled since I was about six years old but it wasn’t until I went to university that I took it up seriously with time trials and so forth. Then, after university, I started working and stopped training. I remember watching Chris Hoy win his Gold at the Commonwealth Games in Manchester and I was inspired. I went onto the British Cycling website and made enquiries about the para-cycling team and was asked to travel to Manchester to try out tandem cycling at the velodrome. I was pretty nervous as I had never ridden on a tandem or on a track before. Barney Storey was my partner and on the second day we beat the world record for the Flying 200m!

3. What does a typical day look like for you?  
Well I don’t have to get up too early, which is nice! It really depends what kind of training I am doing – it could be a three-hour ride if we’re focusing on endurance, then a two-hour gym session or any number of different training blocks depending on what we’re working on. It’s hard work but I really enjoy the challenge.

4. What is your diet like on an average training day and does that change before competition?  
Endurance days require more carbohydrates and protein but my diet doesn’t change too much before competition. You just have to watch the fat content and make sure you’re not eating too many treats! I get support from nutritionist Ruth McKean at the sportscotland institute of sport who keeps me right on what I should and should not be eating.

5. What is your favourite competition venue and why?  
Well, Manchester is great – I feel so privileged to be able to train there and London looks amazing too. I can only imagine how fantastic the atmosphere will be there. I have to say though, I can’t wait until the track is finished in Glasgow. Being able to train in a world class facility in my home town will be wonderful.

6. How do you keep discipline and focus when the going gets tough?  
I constantly remind myself why I’m doing it. I think even when it gets tough I try to keep in mind how much I enjoy the sport and how lucky I am to be in this position. I find that if I train hard and am prepared then the race takes care of itself. In my experience, preparation is everything – every training day needs focus and planning so that it comes together on race day.

7. What sporting accolade are you most proud of?  
I think probably winning two gold medals at the Paralympics in Beijing. At that point there had been some major changes in the sport and the sprint had been dropped for the woman’s tandem and we were forced to compete in the pursuit. That’s why it was a special result for me and, of course, it was really nice that we had such a great result from such a massive challenge.

8. How special is a home games like London 2012… more pressure or less pressure?

I think a home games is going to be utterly fantastic and a privilege to be a part of. It’s a great period to be involved in sport in the UK. There is a certain weight of expectation on athletes from Britain to do well, but then we also have the advantage of home support and the amazing atmosphere there will be in London – having the crowds cheer us on will be amazing!

9. Whenever you decide to stop competing, what will your next challenge be?  
I think I would like to stay in sport and get into coaching. I’m currently doing British Cycling’s coaching course and will make a decision once I finish it. I’ve been doing it since last September and I think I’d like to take it further and progress to the next level.

10. Obviously you have an extremely strict and high-pressure lifestyle, how do you blow off steam?

I don’t really find that I have to go out and blow off steam. Obviously in my spare time I like the usual things like going to the cinema, meeting up with friends and that sort of thing. As an elite athlete, you can’t afford to go out partying a lot but I’m always mindful that I’m really fortunate to be a full time athlete and that I can cycle for a living – which I love!
sportscotland would like to wish Team GB and ParalympicsGB the very best of luck at the London 2012 Games.

Go to www.ourgreatestteam.com to send your message of support or via Twitter #OurGreatestTeam.
Good Luck to Our Greatest Team

Scotland would like to wish Team GB and ParalympicsGB the very best of luck at the London 2012 Games. Visit www.ourgreatestteam.com to send your message of support or via Twitter #OurGreatestTeam
Edwin Corley Moses is, by any standards, a sporting legend. Instantly recognisable with his large glasses and smooth running style, he will be remembered for one of the longest winning streaks in athletics history, dominating the 400m hurdles throughout the late seventies and eighties. Ed was recently in Scotland to speak at the sportscotland institute of sport High Performance Conference where we had a chance to hear his story and get his thoughts on performance, competition and the advantage of a home games.

Speaking to Ed Moses, it is easy to recognise the composure and focus that were his hallmarks throughout a remarkable athletics career that saw him dominate the 400m hurdles for a generation. As he talks, his dry and evenly paced, matter-of-fact delivery gives little indication of his extraordinary achievements. His story is a Hollywood scriptwriter’s dream. A complete unknown in the sport, he qualified for the US Olympic trials in his first ever competitive 400m hurdles race, while on an academic (not sporting) scholarship at Morehouse College, Atlanta. Months later, when he needed funding from his college to go to the trial, he guaranteed he would not only qualify but that he would become an Olympic champion and break the world record. The principal agreed to give him the $3,000 he needed to go to the trials and Ed proved to be a man of his word. His fortitude helped him to win two Olympic Golds and two world championships, to break the world-record four times and, incredibly, to remain undefeated for nine years, nine months and nine days, winning 122 consecutive races.

“You have to believe in yourself. Going to the Olympic Games is no joke. You’re going up against the best people, the best minds – some of the most tenacious, dedicated people in the world”, he says. “I think that was probably why I was able to win for nine years, nine months and nine days – because I really believed that I could do it. It was a belief that was rooted in science and technology and was housed inside my body, and I absolutely believed that was what I was going to do.

A sports pioneer

A major in physics and engineering, Ed used his scientific background to become a pioneer in disciplines of sport that are commonplace today, such as physiology, sports psychology and nutrition. He acknowledges the impact it had on his career:

“I think it played a huge role. It was a way of thinking, a way of analysing. As one of my mentors who actually competed in London in 1948 (Mr Herb Douglas, who won a bronze medal) said:

‘Strategise, analyse, initiate, and follow through’.

“And those are four processes that an Olympic champion or someone in any field – it doesn’t have to be sport it could be music, art, law, medicine, whatever – has to use in order to be successful. And that’s what I did.”

In today’s world of high performance sport, this scientific approach is widely accepted thinking. But it’s easy to forget just how radical it was when Ed started competing in 1976. And it laid the groundwork for another major contribution that the American has made to the world of sport – devising drug-testing programmes. An avid campaigner against performance...
enhancing drugs, Ed has worked tirelessly to advocate and promote the anti-doping message.

“I had to force myself to be tough. When you train for an event like mine, every day is a personal battle between whether you’re going to finish and do everything properly or not. If you’re at the end of your day and you’re down to the last couple of runs, the overwhelming desire for your body is to not want to do anything.

“Some people can’t overcome the physicality of it. So you have to trick yourself into doing it. I know I did many, many days. You start that last run and say ‘I know this is really going to hurt’. Those are the only ones that really count.”

Competing on home soil

Turning his thoughts to London 2012, Ed fully appreciates what it is like to compete at an Olympics in front of a home crowd as he won his second Gold at Los Angeles in 1984.

“That’s going to be fantastic. When the UK team walks into the arena at the opening ceremony, no member of that team can really imagine it. It’s an experience that you will remember for the rest of your life because the crowd’s going to go wild, and I’m talking about people from all over the world, not just the UK people.

“Everyone stands up and cheers when the home team comes into the stadium and that’s going to be something you will want to remember for the rest of your life.”

Looking ahead to Glasgow 2014, Ed has encouraging words for Scotland’s chances of success against the best in the world.

“Scotland does have more than most countries on earth in terms of facilities, resources and infrastructure – people aren’t starving”, he observes. “It’s continuing that cycle of having people in sport who are able to learn and absorb and gain higher education degrees, learn about physiology, medicine, psychology and bring that back to the sport system”.

Looking forward

It remains to be seen whether a new pioneer and trailblazer of Ed’s stature emerges during the London Games. We’ll soon find out!

Edwin Moses is managed by Siu-Anne Marie Gill at 11th Hour Global Management, London.

www.11thhourglobalmanagement.com
After years of planning and preparation focused on getting an athlete to the top of their game for a major games, an everyday illness such as a cold or infection can have a devastating effect on an athlete’s performance. The institute’s Dr Niall Elliott will be one of seven doctors on hand to work with Team GB in London during the Games, helping our best athletes stay fit, healthy and ready to perform.

Medical matters
Read more online at www.sisport.com/medicalmatters

The institute website www.sisport.com has had a makeover ahead of London 2012! As well as providing information on schedules and results of Scottish athletes, we’re also showcasing some of the fantastic work that experts at the sportscotland institute of sport have been doing with some of the 2012 Olympic hopefuls. Here is a taster of what’s available – for the full story visit www.sisport.com

The team behind the team
As Scotland’s athletes make their final preparations for competing at the Olympic and Paralympic Games, a number of experts at the institute of sport are getting ready to join as part of ‘the team behind the team’ in London. They include Exercise Physiologist Helen Alfano, Deputy Head of Sports Medicine Dr Niall Elliott and Head of Physiotherapy, Fiona Mather.

Read more online at www.sisport.com/staffatthegames
The sport/life balance
Finding the right work-life balance is a challenge that many of us struggle with. But for Scotland’s best athletes it can be particularly tough. The institute of sport’s performance lifestyle team plays a vital role in supporting many of Scotland’s best athletes by making their ‘sport/life balance’ easier to manage. For Commonwealth gold medallist Hannah Miley, this means working to ensure that she is able to train for London 2012 while also studying towards a sports science degree.

Read more online at www.sisport.com/sportlifebalance

Making every calorie count
One of the biggest challenges in sports with weight categories – sports like judo, boxing and wrestling – is ensuring athletes get the energy they need for high intensity training, while still remaining within their fighting weight. As a nutritionist and dietician working with many of Scotland’s best judokas and boxers, it falls to Nikos Jakubiak to help ensure that come ‘fight time’, our Olympic stars are on the right side of the scales.

Read more online at www.sisport.com/caloriecount

Biomechanic man
Biomechanics is the study of the forces exerted by muscles and gravity on the skeletal structure. Working at the ‘sharp end’ of the discipline are physiotherapist David Brandie and Alison Alcock, a special projects and skill acquisition scientist at the sportscotland institute of sport.

Using a state-of-the-art motion analysis system, David and Alison have been working with hammer thrower Andy Frost.

Read more online at www.sisport.com/biomechanics

Check out www.sisport.com for more London 2012 content, including:

- **Athlete biographies** – keep up to speed with the Scots on Team GB and ParalympicsGB.
- **Events schedule** – get the lowdown on where and when Scottish athletes are competing.
- **The team behind the team** – check out how the experts at the institute of sport support our best athletes on their journey to London.
- **Social media** – follow the Scots on Team GB on Twitter.
A culture of world class club sport in Scotland. That’s the goal outlined by sportscotland in the new Club Sport Framework, introduced in our last edition of Sport First. It’s an ambition that resonates with one athletics club in East Ayrshire that has some big plans for the future. We spent some time with Kilmarnock Harriers to find out more.

Speak to Jim Young about his first memories of Kilmarnock Harriers Athletics Club and he’ll tell you about the smell of olive oil and wintergreen ointment. Having gone along to try the sport due to some encouraging words from a school teacher, 15-year-old Jim had no idea that, 64 years later, he would be ushering in the club’s 125th anniversary as its club coach and president.
A new home

2012 is an incredibly exciting year for the Harriers. Not only will the club celebrate a landmark birthday, but 2012 also sees the Harriers move home to a brand new, purpose built athletics stadium on the outskirts of the town.

Funded by East Ayrshire Council in partnership with sportscotland, the £8 million facility has been built to provide a brand new home for athletics in the area, and a base from which to grow the sport in the west of Scotland.

The floodlit arena features a wide range of high quality facilities, including both indoor and outdoor tracks, as well as dedicated spaces for javelin, pole vault, triple jump, shot put, discus and hammer throwing.

It’s all a far cry from Jim’s early days in the sport: “When I started with the club it was in the days of post-war rationing. The first one there had to turn on the boiler for hot water, and if you had a bad run and finished last, you were guaranteed a cold bath in water that was muddier than you!”

The new arena is really a dream come true and we’ll be working harder than ever to make the most of the brilliant opportunity it gives us to grow the sport of athletics.”

Planning for growth

The opening of the new arena, coupled with a major increase in the profile of athletics courtesy of London 2012, means that the club are gearing up for an influx of new members later this year.

They have ambitious plans for growth and are determined to play their part in building a lasting legacy off the back of high-profile events on home soil.

Through its ‘Club Legacy 2014’ plan, sportscotland have set a target to double the number of participants and coaches by time the Commonwealth Games comes to Glasgow in 2014.

As Jim explains, the Harriers are ready to play their part: “From past experience we know that the Olympics are a tremendous advert for the sport. If the kids come to us thinking they are Usain Bolt, then great. It’s up to us to give them a great experience here and try and keep them in the sport.

Everyone is welcome

An inclusive approach to the development of athletics is a central theme of the East Ayrshire Athletics Partnership. A collaboration between sportscotland, Kilmarnock Harriers and the sport development team at East Ayrshire Council, has responsibility for developing the sport in the area.

As well as working to produce ever more successful regional athletics squads and support coach development programmes, the partnership is focused on substantial growth in club, school and community athletics.

From the club’s perspective, this means supporting the partnership to implement a structured pathway where young people get a positive taste for athletics by participating in programmes such as sportshall athletics and cross country. Jim explains the rationale: “We want to totally dispel any idea that you need to already be really good to join an athletics club: we cater to all levels, offering sessions to parents whose children attend and social races. That’s a message that we’re keen to get across to all school kids in the area, and the Council’s leisure development and Active Schools teams are helping us do that.”

A quality experience

Gaining new members is clearly a major focus for the club, but Jim and his team recognise that the club needs to have the structures and systems in place to ensure that all of their members are guaranteed a good experience. Harriers were one of the first clubs to achieve sportscotland ClubMark accreditation, and are now actively working towards achieving the Podium Award.

This award recognises achievement across a number of areas, including membership retention, volunteering, community engagement, school links and support for talented athletes. In addition, Kilmarnock were the first club in Scotland to appoint a ‘Club Together’ officer under a scheme by sportscotland to grow membership and volunteer involvement in the sport.

That part-time post is already having a significant impact.

World class ambition

With a brand new facility to call home and ambitious plans for growth, Kilmarnock Harriers is a club that truly has world class aspirations. A strong focus on the future – developing new talent and membership on the back of London 2012 – means that for a club well into its second century, there’s plenty of life in the Harriers yet. 🏆
There are few athletes who embody the Paralympic values of courage, determination, and inspiration more than Britain's number one wheelchair tennis ace, Gordon Reid.

A rare spinal condition left him unable to walk at the age of 13, Gordon has had a meteoric rise to the top of his sport. At just 16 years old Gordon became the youngest men's tennis player selected to represent Paralympics GB in Beijing. And even that remarkable achievement will almost certainly be eclipsed this summer when he competes on home soil during the London Paralympics.

But despite reaching a career high of 11 in the world last December, life at the top of the sport doesn’t come without its challenges. Making the latter stages of tournaments more frequently has inevitably meant playing more games at high intensity, in turn revealing fatigue in the shoulder of Gordon’s all important, left playing-arm.

Fortunately, the sportscotland institute of sport has supported Gordon for the past six years. Lead Physiotherapist Craig More has been working with Gordon since 2007 and, together with Coach Karen Ross and Performance Analyst Andy Kerr, Craig identified the source of Gordon’s fatigue as an imbalance in the way he uses the muscles on either side of his body.

In order to confirm the diagnosis Craig requested the support of Dr Angus Hunter, an expert in the field of Electromyography (EMG), conveniently located at Gordon’s training base, the University of Stirling. Craig likens the EMG process to checking the electrical wiring in a house – it is the ideal device to pinpoint efficiencies and, more importantly, inefficiencies in the recruitment timings and patterns in the muscles of an athlete.

During the test, Craig helped Gordon simulate hard service, soft service and sliced service while Dr Hunter measured force production and electrical activity in both his racket and non-racket arms in a non-fatigued and a fatigued state.

“What it showed us was that Gordon over-utilises specific left-sided muscles for power and stability with no rest until they are extremely fatigued. So as his left side and shoulder get more fatigued, he changes the way he uses the muscles, recruiting through his weaker, right side to try and compensate.

“That changeover correlates closely to the point that his serving performance starts to dip.”

Diagnoses confirmed, Craig worked together with institute Strength and Conditioning Coach, Claire MacDonald, to make the muscles around Gordon’s shoulders more powerful, more efficient and more robust so he can last longer in matches.

Craig, Andy and Karen have also been teaching Gordon how to use the right-hand side of his body in a more proactive way to try and prolong the power output from his stronger left side.

As a direct result of the follow-up work, Gordon’s service technique has changed subtly and his injuries have not been as serious or as frequent as in previous years.

“The key thing is that there has been a group effort, bringing in different specialities to work alongside the coach’s expertise,” concludes Craig.

“We are constantly striving to make our processes as objective as possible. So as we continue with this project, our plan is to retest Gordon using EMG. Hopefully, over time we will see that Gordon’s movement patterns have continued to change so that he is a more efficient and powerful athlete, with a greater resilience to injury and improved consistency and power on court.”

The commitment that Gordon and the team have shown will hopefully pay off as Gordon takes centre stage in London – and this time he may be able to play his way to a place on the podium!
London 2012 World Sport Day took place on 25 June and was a chance for schools and communities across Scotland to celebrate the athletes and cultures of the world and support the teams competing in the coming Games.

With more than 200 Olympic teams and 170 Paralympic teams coming to the UK this summer, London 2012 World Sport Day was the perfect opportunity for schools to celebrate the final UK-wide ‘Get Set’ event before the London 2012 Games begin.

Schools got involved in lots of different ways – from hosting their own World Sport Day opening ceremony to showcasing the sports, cultures and traditions of Olympic and Paralympic teams from around the world and having some fun with flags.

London 2012 World Sport Day, presented by the Bank of Scotland, took place after National School Sport Week which is delivered in partnership with sportscotland through the Active Schools Network. It gave students the perfect opportunity to celebrate their final week of term with an international flavour.

Ten lucky Edinburgh schools attended the World Sport Day spectacular at the London 2012 Live Site at Festival Square, Edinburgh where they celebrated together on a grand scale with activities, VIP appearances and goodies.

The rallying point of World Sport Day surrounded a ‘flag-tastic’ moment, when schools unveiled homemade flags in support of their chosen Olympic and Paralympic team. Traditional or unusual, this activity certainly continued the excitement generated by National School Sport Week and inspired creativity before the Games.

For more information on World Sport Day 25 June 2012, visit getset.london2012.com/en/world-sport-day

What’s gone on across the country:

**Mid Calder Primary School, West Lothian**

Supported by the Active Schools team, Mid Calder Primary School in West Lothian created the flags of their chosen teams – China for the Olympic Games and Spain for the Paralympic Games – out of small rectangular pieces of coloured card that all the students held high. What an amazing image!

**Burnfoot Community School, Scottish Borders**

Burnfoot Community School in the Scottish Borders demonstrated the success of its aim to celebrate both sport and culture on World Sport Day when students were rewarded with certificates and medals not only for sporting activities, but for using the Olympic and Paralympic Games values in their classroom environment.

**Airth Primary School, Falkirk**

In recognition of their plans for World Sport Day, students and teachers from Airth Primary School in Falkirk were rewarded with a once in a lifetime opportunity – travelling all the way to the London 2012 Opening Ceremony! While in London, Airth Primary, supported by their Active Schools team, will showcase what they’ve learned about a different Olympic and Paralympic Nation – Sierra Leone.

By supporting students and teachers to bring the seven Olympic and Paralympic values into schools, Bank of Scotland National School Sport Week and World Sport Day are building a legacy beyond the London 2012 Games, based on friendship, excellence, respect, inspiration, determination, courage and equality.
Bouncing back

To reach the upper echelons of any sport is a lofty aspiration which takes focus, dedication and an iron will to achieve. Yet as an elite athlete, despite meticulous preparation, there is still one thing which can stop you in your tracks without warning. So when an injury occurs, the experts at the institute of sport are on hand to get our best athletes back on track.
Injury is an accepted part of life in sport which can strike at any time. But with qualification points for a home games in London and a coveted spot on Team GB up for grabs, injury struck British badminton number one Susan Egelstaff at the worst possible time.

Last year, Susan’s performance throughout the season had been looking good to meet her objective of staying ahead of English badminton player and rival, Liz Cann, in the race to make Team GB. Then, in October 2011 at a competition in Brazil, disaster struck. During a match Susan ripped the cartilage in her right knee and chipped the end of her femur bone – a devastating blow to her Olympic preparation – but neither Susan nor the support team at the sportscotland institute of sport were willing to write off her chances.

Susan’s injury was successfully operated on at Ross Hall Hospital in Glasgow, but the prognosis was that it would be six months before she would be able to get back on court. With this in mind, the experts from the institute worked together intensely on a plan of action, with vital input and constant communication with Susan’s surgeon and her coaches at Badminton Scotland.

Senior Performance Nutritionist, Irene Riach, was part of the team of integrated service providers who took the opportunity to be ‘all hands on deck’ for the duration of Susan’s rehabilitation.

“The nutrition support kicked off right at the very beginning of the process, even before surgery, and because of that early involvement we were able help get Susan’s body ready to perform, as well as giving her a positive role in her recovery. Many things are outside a patient’s influence as far as the healing process is concerned but Susan could manage the nutrition side which gave her a positive focus and an opportunity to regain some control.”

The theme of regaining control and positive energy was also a key factor in Sport Psychologist Misha Botting’s role throughout the process. Misha explains: “Rehabilitation of an injury can be a very frustrating and negative process for an athlete if they feel like they have little control over what is going on. With Susan, we wanted her to stay focused and be in charge. This was achieved by ensuring she had input into what was being proposed for each phase of her recovery.

“Psychologically, it was very important for Susan to take ownership and manage her progression which she did in an exemplary way. The ‘high performance’ attitude which she displayed, from following direction and programmes religiously, to timetabling every hour of her day so that she was always active, was fantastic. She was instrumental in the success of the process.”

The team worked with Susan around the clock, keeping in constant contact throughout her recovery. There was also a great deal of communication with the surgeon who performed the operation. Physiotherapist Craig More was the lynchpin of this communication and the team was able to keep the medical progress on track as well as ensuring that the surgeon understood the demands of the sport in order to enable him to give the best possible advice on her recovery. The team analysed her physical data to monitor progress but also to check for potential negative developments and eradicate them as soon as they appeared.

Electrotherapy was used in the early stages of recovery to simulate load and keep up Susan’s strength without damaging the knee further. Strength and Conditioning Coach Paul Coyle and Exercise Physiologists Laura Forrest and Helen Alfano ensured that her entire body, aside from her injured knee, was kept in tip-top condition. In this respect, the injury provided a unique opportunity for Susan to focus on addressing areas of physical weakness while also maintaining her strengths. Alternative training modes and practices were introduced to ensure Susan continued to train hard without compromising the healing process.

As a result of Susan’s determination and guidance from the support staff she made remarkable progress and has come out of rehabilitation feeling physically lighter, fitter and stronger than she had been pre-injury. With the use of Pilates and other flexibility interventions, Susan also reports being able to reach positions on court which she’d struggled with previously.

Susan said: “The support of the team at the institute was amazing. There’s no way I could have done it without their guidance and expertise. The service I’ve received around this injury has highlighted how big a role they have played in my career to date and I couldn’t have done it without them.”

The outstanding work from Susan and the team meant that she was back on court a staggering three months earlier than predicted. The recovery time was effectively halved and she played her first competitive match post injury on 2 January 2012 in Korea.

The team’s hard work, focus and dedication really paid off. Susan has now been selected to compete in London 2012. She is delighted to be part of Team GB and is hoping to top off her dramatic journey with an Olympic medal.
behind the scenes, the Scotland Institute of Sport has played a key role in the success of the canoeing programme, providing world class expertise in the area of strength and conditioning over the last nine years.

Dave Clark, Head of Strength and Conditioning at the institute was first approached by Campbell Walsh’s coach, Dave Crosbee, in 2003 to address some issues around Campbell’s shoulders and general strength training. The support proved successful, and Dave continued to design Walsh’s programmes up to the 2004 Olympic Games, working in tandem with the physiotherapy team.

Post Athens, support was extended to other institute athletes on the programme, notably Fiona Pennie, David Florence and Tim Baillie. This continued until 2007 when GB Canoeing Performance Director, John Anderson, formalised the arrangement, contracting Dave as the lead for strength and conditioning for the GB Canoe Slalom programme for 80 days a year, available to all senior squad athletes.

Describing the development of the role, Dave says: “Since 2007 I have written programmes and coached about 20 paddlers including all the current senior squad at some time or other. I run strength and pool testing (flat water speed, acceleration and endurance tests) on five or six occasions each year and manage and communicate the results. Another important area is consultation with the athlete/coach team on general periodisation and planning, with specific reference to tapering for key races and the development of canoe slalom specific endurance. At the development squad level I have also given some lead and direction for the strength and conditioning programme, structure and content.”

While assessing the impact of such programmes is always difficult, in this case there is clear, objective data showing that all paddlers who have done the strength programme for a given period have increased in strength, power and postural control through the trunk. Explaining, Dave adds: “Since we moved to Lee Valley just over a year ago we have had regular pool testing which appears to show a link between an increase in strength and flat water speed/acceleration. Along with Al Smith, UK Sport Physiologist, we have undoubtedly challenged and changed the view on how to develop canoe slalom specific endurance according to new physiological evidence.”

“...all paddlers have increased in strength, power and postural control through the trunk.”

Canoe Slalom Head Coach, Jurg Gotz, has an unequivocal belief in the contribution that the strength and conditioning programme makes to the sport’s overall success. “Dave is a world class operator and has made a massive contribution to our sport. Prior to his involvement the coaches were responsible for this area with only limited subject knowledge, but now we have had access to Dave’s extensive experience and expertise.

“He has introduced Olympic lifts as part of a year-round strength and conditioning programme, even to the extent of creating a mobile gym which travels with us. He is a great team player and has a fully integrated approach, working closely with the physiotherapists and sports psychologist, which has been hugely beneficial.”
GAME ON FOR LONDON 2012

Hazel Williamson is a National Development Officer for the Youth Sport Trust (YST), an independent charity devoted to changing young people’s lives through sport. She is set to embark on an adventure as a volunteer at the London 2012 Olympic Games. This is her story.

**July 2005**

What a brilliant start to the family holiday! We’ve just heard that London will host the 2012 Olympic Games! YST worked closely with the bid team, especially on the Singapore Promise (using the power of the Games to inspire the youth of the world to re-engage with sport) – I knew it would help clinch it for us! Now to develop our programmes and maximise the impact of the Games on the young people in Scotland… bring it on!

**Summer 2006**

Amazing news that the Young Ambassador programme has been awarded the first Inspire Mark by LOCOG! I was thinking back to the early days of the programme and now to our strong partnership with sportscotland – it’s fantastic to get this recognition. The Olympic legacy won’t just be in facilities and venues, it’ll be in our young people.

**Winter 2010**

So LOCOG want to recruit Games Makers: 70,000 volunteers to help make the Games a success! They want to use the Young Ambassador network to spread the word, but they need adult volunteers too. I wonder if I could do it…?

**January 2011**

LOCOG have committed to interviewing 100,000 potential Games Makers and to training each of the 70,000 chosen. Wow – apparently this is the UK’s biggest peace-time recruitment drive. The plan is that Selection Event Volunteers (SEVs) will interview Games Makers, but first they need people to train the SEVs. Glasgow 2014, sportscotland and YST have worked closely together on the Lead 2014 programme, and Glasgow 2014 asked if I would apply to be a trainer. I did… and I’m through!

**February 2011**

More info from LOCOG on the role of the Selection Event Trainer. They need to recruit over 2,500 SEVs – their training is ‘pivotal’ as all Games Maker applicants need to receive the same high-quality interview experience. No pressure then! Work has been brilliant and I’ve taken time off to volunteer for this amazing opportunity. A day’s training at Canary Wharf done and things are moving quickly now!

**April 2011**

It was fantastic to meet the SEVs at the Hampden training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 80 people from all walks of life – training session; 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Community sport hubs
We’re developing four community sport hubs across the city – Inch Park Community Sports Trust, the Colinton Road Corridor, Forrester’s/St Augustine’s School and Broughton High School. The hubs are designed to get local people involved in sport and physical activity and are being built based on the needs of the community.

Active and healthy
This is our programme for getting inactive and under-represented groups involved in physical activity. Initiatives include the Games for Scotland Dance Fest, cycling projects and a social marketing campaign. We also use our www.activity.info website to promote local activities.

Live site
We’re delighted to host the only London 2012 Live Site north of the border. Festival Square will be transformed with a large number of activities showcasing what’s going on throughout the city. The big screen will also show a range of events live from London, courtesy of the BBC.

Cultural Olympiad
We’ve been working to support partners across a range of events, including NVAs Speed of Light project, which will see hundreds of runners create a visual display as they climb to the summit of Arthur’s Seat wearing specially designed light suits.

Torch relay
We hosted the Olympic Torch relay on 13 June and it was brilliant to see the streets of the Capital lined with crowds as the Olympic flame made its way through the city. We had a fantastic evening of celebration at Edinburgh Castle, including a performance by singer Emeli Sande, before the torch arrived, carried by Lesley Forrest, a multiple medallist at both the British and World Transplant Games.

Pre Olympic training camp
We’re very proud to be hosting the British swimming team at the Royal Commonwealth Pool as they put the finishing touches to their preparations for London. British Swimming underwent a pretty exhaustive search for the ideal venue and they’ve made the right choice!

Royal Commonwealth Pool
The Grade-A-listed pool recently reopened following a comprehensive £37 million refurbishment, with £5 million of support from sportscotland. When it hosts the diving competition in 2014 it will become the only venue in the world to have hosted three Commonwealth Games!

Festival of sport
Founded in Edinburgh in 2009 this popular festival has been adopted across the region. It’s a good example of a programme that harnesses interest in the Olympic Games to get people involved in sport. Working with a range of governing bodies, it’s a real showcase, including sports events, club and facility open days, taster sessions and healthy living activities.

Bank of Scotland National School Sports Week
Over 70% of Edinburgh’s schools were involved this year with hundreds of pupils participating in a wide range of sporting activities and events. A real highlight was 500 pupils from Portobello doing the mascot dance at Meadowbank Sport Centre!

Scotland’s 32 local authorities are getting right behind London 2012 and Glasgow 2014. We take a look at just some of the activity happening in two very different local authorities, both set on maximising the local benefit of these international events.
Shetland sport week
Held at the start of October this is our annual celebration of sport. With over 100 sporting events and activities, it’s a week that everyone looks forward to. This being an Olympic year, we’re looking to expand the event to include dance, para sport, music and culture, using our Youth Legacy Ambassadors to assist as planning partners.

Torch relay
It was amazing to have the Torch here in Shetland. We had 19 Torch bearers carrying the flame around the streets of Lerwick, followed by a celebration event involving local clubs and associations and a programme of dance, music, song and family entertainment. It was a really memorable day for the islands, creating a real connection with the Games.

Get Set programme
We’ve been working with schools to embrace the London 2012 Get Set educational programme, which provides a range of flexible and interactive resources for schools. The highlight was a visit from Olympian Rhona Simpson, Scotland’s most capped hockey player, who came to Sandwick Junior High School on 7 May 2012.

Shetland’s own games
The day after the Torch relay came to Shetland, we held our own very special Games. The island of Foula, 14 miles west of mainland Shetland, played host to the schools from our other small islands. We created an athletes’ village, where the visiting children and coaches stayed for three days of competition. We even had our own opening and closing ceremonies!

Young Ambassadors
We have Young Ambassadors in every junior high and high school across the islands. They have attended local conferences and heard from inspirational speakers in enterprise, outdoor education and coaching to help inspire them to fulfil their roles. The programme has been making a massive contribution towards extracurricular sport and physical activity in schools.

Global Classroom Partnerships
The Games have been a real theme for our Global Classroom project. Four of our schools have established partnerships with schools from India, South Africa, Ghana and Gambia. The idea is that, using the wonders of modern technology, the schools build relationships to learn and share ideas.

The Big Dance project
The Big Dance project was the UK’s largest celebration of dance and thousands of schools across the country took part. We had a dance graduate who worked with us and who led the Big Dance project here in Shetland.

Cultural Olympiad
Shetland is also leading the Hansel of Film project which will take films made by the Shetlanders and others to over 20 venues across the UK from Shetland to Southampton. This will culminate in a marathon screening of over 120 short films at Screenplay 2012 between 4-9 September 2012.
We’re under starter’s orders for the Glasgow 2014 Commonwealth Games. Following the London Olympic and Paralympic Games this summer the countdown is now well and truly on for Glasgow 2014 when the eyes of the world will turn to Scotland.

We get the lowdown from the team at Glasgow 2014 on their preparations for the host city.

When the last spectator leaves the Closing Ceremony of London 2012 we want them – and the rest of the world – to know that it’s next stop Glasgow in less than two years time!

Already plans and preparations for Glasgow 2014 are coming to life with some venues completed and others due to open to the public for exciting events later this year.

The Commonwealth Arena and Sir Chris Hoy Velodrome will open to the public in October 2012 with a full programme of events, including World Premier Netball Club Challenge, Glasgow World Cup Gymnastics, Glasgow Aviva International Athletics Match and Revolution World Series Track Cycling.

The refurbished Royal Commonwealth Pool was officially re-opened in March by former Olympic gold medallist David Wilkie who trained in the pool as a youngster. The two-and-a-half year refurbishment cost £37 million and it took a total of 6.5 million hours to restore the pool. It will host the diving events for the Games, as well as being selected by the British Swimming squad as the venue for their final training camp in July ahead of London 2012.

The Glasgow 2014 Organising Committee (OC) and its partners will also be making the most of the Olympics with events and chances to join in with the spirit of the Games from Glasgow.

Our national stadium, Hampden, will host some of the Olympic football games including the tie between the reigning women’s champions France who take on the USA on 25 July.

Glasgow 2014 will also be working with partners, including sportscotland, at strategic events in London that help to put Scottish sport and Glasgow 2014 on everyone’s radar as the next stop in the UK’s ‘golden decade of sport’.

Making the most of the opportunities presented by joint initiatives at London 2012 is an essential part of building the excitement towards our Games, and rides on the back of a number of milestones and announcements from Glasgow 2014 and its partners in recent months. The Official Glasgow 2014 Tartan, which will be synonymous with our Games, was recently unveiled to the public.

This twenty-first century tartan will be a defining image of the Games and will be used in the lead-up to and throughout the Games. It was designed by 15-year-old Shawland’s Academy pupil Aamir Mehmood, who beat thousands of
young people from across Scotland in a national competition. His winning design was created using Glasgow 2014’s brand colours.

The tartan, which will become an international symbol of Scotland’s biggest ever sporting and cultural event, was showcased by one of the nation’s strongest men, and one of the country’s most passionate kilt wearers – Gregor Edmunds.

Lord Smith, Glasgow 2014 Chair, explained the reasons behind choosing Aamir’s design: “It really is a wonderful tartan, it is recognisably ‘Glasgow 2014’, showcasing all the brand colours, and I really believe the design highlights what the Games will be like for everyone involved when they are here in 2014: stylish, genuine, passionate and fun.”

The next major development is the soon-to-be-revealed Glasgow 2014 mascot. The search to find a mascot was launched last year as part of a UK-wide children’s competition in conjunction with the BBC. The winning idea, which is being kept completely under wraps until its launch, is being brought to life by creative digital agency nerv.

Glasgow 2014’s Head of Marketing and Advertising, Martin Reynolds, said: “After an extensive search, we are delighted to appoint creative digital agency nerv to lead the final design stage of our Glasgow 2014 mascot. Their approach was ambitious, innovative and engaging – all key qualities we hope to see realised in the mascot itself.

“This is a hugely exciting and highly visible project. Knowing the strength of nerv’s ambitions and ideas, we can’t wait to introduce our mascot to the world later this year.”

The mascot will be unveiled soon after the London 2012 Paralympics draws to a close, another good example of how key activities are being developed with and around the Olympic Games to make the most of the unique and close proximity between the world’s two largest multi-sporting events.
My journey to 2014

The Lead 2014 programme aims to harness the enthusiasm of young people to volunteer and get involved in the 2014 Commonwealth Games. Student Tutors within universities were chosen to train Young Leaders from secondary schools to organise their own 2014 themed festival. One of the Student Tutors gives us the lowdown on her experience with the programme.

“I first learned about the Lead 2014 volunteering role when Debbie, the RGU Sport Team Leader, approached the sport science students and explained the Student Tutor role to us. She outlined the benefits of participating in an event like Lead 2014 and how it could support our careers by helping us gain valuable experience. It also sounded like an extremely rewarding, fun event, so I decided to get involved.

**Student Tutor training begins**

The process began with a whole weekend of intense training for the selected volunteers. On day one we discussed the Games and the different sports involved with icebreakers and team building games mixed in. We went over the activities the young people would be doing and how they could be used to facilitate active learning. On day two we were leading activities and games ourselves and teaching the other Student Tutors, which was great experience for conference day.

**The support was invaluable!**

There was a lot of support and guidance provided by the trainers from Youth Sport Trust (our trainers for the weekend) so we were confident everything was in place. The night before the conference it really sank in that I would be leading a group of 15-20 young people as their “teacher”. That’s when the nerves kicked in!

**Conference day arrives at RGU**

Despite my nerves, the conference was a huge success. Thank goodness! Once the first ice-breaker was out of the way the Young Leaders soon realised the day was going to be fun and active and everyone became more relaxed.

I enjoyed seeing how much more motivated and willing they were to learn when they completed activities first and then moved to discussing the skills that were needed to complete the task successfully. The young people were really engaged and enthusiastic, and by the end of the day the huge sports hall was covered in lists of team-work skills, diagrams and event plans!

**What will I take with me?**

The skills I developed through participating in Lead 2014 have allowed me to engage more successfully with university and work colleagues. Since Lead 2014 I’ve become involved with my local Active Schools team and even applied to become a Games Maker for the London 2012 Olympic Games. I’m hoping this might lead to volunteering in 2014, by which point I’ll be a pro!

When I graduate I hope to get a job that will allow me to motivate others and promote the importance of a healthy and active lifestyle. Through Lead 2014 I’ve learned lots that will help in my future career – one thing has been the importance of making learning fun and exciting.”
Maggie is part of Eilidh’s support team at the Institute of Sport. They’ve provided high performance expertise in a range of disciplines, helping her get ready to perform at London 2012.

Physio Maggie Hendry has been working with Commonwealth silver medallist Eilidh Child for the last two and a half years. Lately they’ve been focusing on Eilidh’s strength and flexibility through her trunk and hips.

Eilidh’s not alone. Through the institute, or our wider investment into governing bodies of sport, the majority of Scottish athletes on Team GB will have been supported by sportscotland at some stage on their journey to London.

sportscotland has one clear focus: to develop and support a world class sporting system at all levels. To find out more, visit www.sportscotland.org.uk
This year, more than 1,950 schools took part in Bank of Scotland National School Sport Week, designed to encourage pupils to try sport and learn about the values of the Olympics.

Bank of Scotland National School Sport week is one of a range of programmes delivered by sportscotland designed to inspire young people to get involved ahead of a home Games.

We’re using the profile of London 2012 and Glasgow 2014 to accelerate the development of sport, raise its profile and help motivate the nation to be more active.