

SPORTFIRST

Autumn 2011

the magazine of **sportscotland**

Featuring

A bright sporting future

Harnessing the power of sport

Youth leaders in action!

A new generation of volunteers

Keeping talent in mind

Could a growth mindset be an athlete's biggest asset?

A world class sporting system at all levels

The national agency's new corporate plan

Economic growth cycle

Reaping the rewards at Nevis Range

High performance at the House of Sport

A new sporting hub on the edge of Edinburgh

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the national agency for sport

WORLD CLASS

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to sport and athletes in Scotland*


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FIRSTWORD



Chair Louise Martin CBE looks forward to a world class sporting system

In this, our Autumn 2011 edition of *Sport First*, we celebrate a significant landmark in the appointment of a dedicated Minister for Commonwealth Games and Sport and hear firsthand from Shona Robison MSP on the Scottish Government's ambitions for sport over the next four years.

After months of consultation with partners and stakeholders across Scottish sport, **sportscotland** launched its 2011-2015 corporate plan earlier this year. This new plan describes a clear focus for **sportscotland** over the next four years – a world class sporting system at all levels. We share further details of this new plan, and its six priorities of school sport, club sport, performance sport, people, places, and planning and partnerships.

At the start of this new plan our Chief Executive Stewart Harris discusses the principles that will guide our investment over the next four years. He also explains the organisation's responsibility to provide Scotland with a return on public investment.

Also in this issue you will find an overview of work in the area of youth leadership development; an update on the work of the Active Schools Network; information on talent initiatives currently rolling out through Gold4Glasgow and news on the investment in high performance equipment at the House of Sport. We also profile the progressive sport of triathlon and give an update on how the community sport hub initiative is working on the ground.

I hope you enjoy the magazine.

Louise Martin CBE
Chair, **sportscotland**

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NEWS ROUNDUP

Gold medal for Lanarkshire's International Children's Games

The 2011 International Children's Games, hosted in partnership between North and South Lanarkshire at the start of August, were hailed a huge success by all concerned.

The Children's Games is the world's largest youth sport event, with teams from 77 cities, representing 33 countries, coming to Lanarkshire for three days of intense competition. A total of 1,300 competitors, coaches and officials took part.

At the close of the games ICG President Torsten Rasch summed up his experience in Lanarkshire: "I would like to thank all our friends in Lanarkshire for doing such a wonderful job in organising this outstanding 45th International Children's Games.



"Over the last few days – wherever I have gone – everyone knew about the Games. This is what we have never experienced before."

Coaches from around the world also had praise for the Games, as Terry Lakes from the Marion USA squad explained: "The welcome of the people of Lanarkshire has left us humbled. Their willingness to help and talk is something that we don't get too often back home in the USA, but it is something that we can learn from."

New sportscotland board members

Earlier this year **sportscotland** welcomed two new members to its board – David Gass and Rodney Stone.

David Gass is a partner in an international management consultancy based in Edinburgh and is also a former director of Scottish Enterprise. He has always had a keen interest in sport and is involved in a number of sports clubs in his local community within the Scottish Borders. David has worked closely with local authorities in Scotland over the last 10 years and brings a strong knowledge of the wider public sector.

Rodney Stone brings extensive experience of managing sport for various local authorities and is the former Chair of VOCAL, the professional body representing senior officials for sport and culture in local government. As well as his professional involvement in sport, Rodney is a former runner who competed at club and international level for 20 years.

These appointments will be for two years and will run from 1 March 2011 until 28 February 2013.

Club sport framework launched

sportscotland has launched a new framework for club sport that works towards our vision of sport being a way of life in Scotland. To achieve this, the focus is on developing and supporting a world class sporting system at all levels which connects school sport to club sport to performance sport.

The club sport framework has been developed following the corporate plan consultation and is based on the opinions of professionals and volunteers that hold a stake in Scottish sport. It provides flexible guidance, relevant to clubs of all sizes and levels of performance.

For more information please visit www.sportscotland.org.uk

A greener sportscotland

sportscotland was one of 37 public sector organisations to graduate from the Carbon Trust Management programme in June this year.

The programme is designed to help organisations deliver energy savings and reduce their carbon footprint, ultimately saving money on energy bills.

Diary dates

October	Year of Active Scotland – go canoeing
29 October	Commonwealth Games Scotland – Annual Sports Awards Dinner – Radisson Blu, Glasgow
29 November	SCUK Coaching Awards – Carlton Tower, London
1 December	<i>Sunday Mail</i> and sportscotland Scottish Sports Awards – Thistle Hotel, Glasgow
February – March 2012	Lead 2014 conferences – various venues throughout Scotland
23-25 March 2012	Sport Relief
11-15 June 2012	Bank of Scotland National School Sport Week
25 June 2012	London 2012 World Sport Day

Event Team Scotland

Event Team Scotland (ETS) is a new web-based portal that matches volunteers across Scotland, whatever their level of experience, with exciting sporting and cultural events. Delivered by EventScotland and Volunteer Development Scotland, as part of *A Games Legacy for Scotland*, ETS will provide a platform for the development and training of an experienced volunteer workforce – vital in the years leading up to Scotland hosting both the Ryder Cup and the Commonwealth Games in 2014.

For more information or to register please visit www.eventteamsotland.com

Summer tour highlights the Year of Active Scotland

Getting Scots more involved in sport and physical activity is one of the government's top priorities. Over the summer, the Minister for Sport and Commonwealth Games visited activity showcases across Scotland as part of a tour to highlight the Year of Active Scotland.

The tour, which included visits to Fort William, Stranraer, Kirkcaldy and Elgin, provided the opportunity to celebrate local heroes who have been instrumental in raising the profile of sport in their communities.

More from the Minister on the Scottish Government's plans for sport on page 4.

Sunday Mail and sportscotland Scottish Sports Awards 2011

sportscotland is delighted to be supporting the 2011 *Sunday Mail* and sportscotland Scottish Sports Awards. The awards acknowledge achievement at all levels of the sporting system, celebrating the success of athletes, clubs, schools and volunteers across the country.

Nominate online before the closing date of 23 October by visiting www.sundaymailsportsawards.co.uk

Winners will be announced at an awards ceremony on 1 December, with STV broadcasting coverage later in the month.



Trainer Billy Nelson accepts an award from Louise Martin CBE and the *Sunday Mail*'s Bruce Waddell on behalf of 2010 Sports Personality of the Year winner Ricky Burns.



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Commonwealth Youth Games



As this magazine went to print the 2011 Commonwealth Youth Games were drawing to a close. Scottish athletes picked up an impressive 22 medals, which came from a total of nineteen individual medallists. Scotland finished sixth on the medal table; with five gold, six silver and 11 bronze medals.

Youth Team Scotland, General Team Manager Vicky Strange said: "I am absolutely delighted how we have performed as a team. The athletes have done superbly well and to have 22 medals from 19 different medallists is certainly encouraging for the future. These Games are about development opportunities, and I know that every member of the team will take something positive away from the experience."

Equality update

sportscotland is committed to meeting its obligations under the Equality Act 2010, and the Equality Standard for Sport provides an opportunity for sports to consider equality in all of their functions and services. As a result of this new legislation, we are now referring to a state of being equal (rather than equitable) and reflecting the aim that everyone in Scotland will have the same opportunities to participate in sport at all levels.

sportscotland supports Scottish governing bodies of sport who are working with the framework detailed in the Equality Standard for Sport, which will ultimately increase participation and membership for under-represented groups.

To find out more on how the legislation affects your organisation please see either the sportscotland website at www.sportscotland.org.uk or visit www.equalitystandard.org

A bright sporting future

Shona Robison MSP, Minister for Commonwealth Games and Sport, looks at the power of sport and **sportscotland's** role in developing and supporting a world class sporting system at all levels.

I am delighted to contribute to the first edition of *Sport First* since the Scottish Parliament elections in May when Scotland again returned the SNP to form our Government. As part of our responsibilities, I am honoured to have become Scotland's first ever Minister for Commonwealth Games and Sport – an appointment which brings significant opportunities and a number of key challenges. As I said in Parliament on 2 June, where there are good ideas or suggestions that will help to deliver the

best possible outcomes for sport and physical activity in Scotland, I am keen to engage with the range of opinions and views available, both from sport and from those sectors where we believe sport makes a significant contribution.

We are consistently reporting that these are exciting times for sport due to the build up to London 2012 and Glasgow 2014 – and they are. We are uniquely placed to reap considerable benefits from sport and physical activity through

our hosting of the Commonwealth Games and Ryder Cup in 2014 and it will, of course, also be the second Year of Homecoming. We continue to work hard with partners to ensure that Glasgow 2014 is a huge success and it is exciting to see the developments in Glasgow's East End where the Sir Chris Hoy Velodrome, National Indoor Sports Arena and the athletes' village are all being progressed. However, we need to consider the totality of the benefits that sport brings to the nation.

Shona Robison MSP at the Dundee International Sports Centre (DISC), a facility in her local constituency.





The power of sport

Sports-related consumer spending alone amounts to more than £1.8 billion a year and accounts for more than 51,000 jobs in Scotland. Major sporting events have an annual net impact on Scotland of £25 million excluding the domestic spend associated with those events. We also hear so much about the power of sport and what it can do to lift the mood of the nation, as well as the contribution it can make in so many other sectors such as health, education, regeneration, the economy and combating crime.

While sporting events can stir our passions and rally a sense of national pride, the maximum benefits of sport can be realised at community level. Community engagement and development lie at the centre of our manifesto commitments on sport. We will build on the success of delivering the first 56 community sport hubs, in 12 local authority areas, by creating at least 100 new hubs by 2014. These hubs have at their heart local sports participation, local engagement and local leadership. They are a catalyst for local partners, groups and individuals to work together for sport and that is why I announced, on 2 June, the creation of a new fund to encourage community ownership and management of sports facilities.

Benefiting children and young people

The sport and physical activity on offer to children and young people has undergone a remarkable transformation. School-based sport and PE can build confidence, self-esteem and social skills, as well as embed a lifelong love of sport and physical activity.

I know everyone in sport wants to see progress made on two hours of PE per week, and our Government remains committed to delivering this quota for every primary school child and at least

two periods of PE for every secondary pupil in S1 to S4. Good progress has been made with 55% of primary school children now benefiting from at least two hours of PE and 60% of secondary schools now delivering at least two periods of PE across S1 to S4. But we recognise the need to do more and will work with the Convention of Scottish Local Authorities to ensure the delivery of those commitments by 2014.

I would also like to highlight the remarkable success of the Active Schools Network. With schools across all 32 local authorities taking part and generating 5 million opportunities in the past year to participate in more than 70 different activities delivered by more than

rely on the support and commitment of partners, particularly local authorities and Scottish governing bodies of sport. We recognise what local authorities deliver for sport and I know that **sportscotland** values them as partners. **sportscotland** has also been instrumental, through its partnership with Scottish governing bodies of sport, in reforming the accountability mechanisms for investment in each sport – key to improving performances and developing the sporting workforce. During 2011-2012 **sportscotland** will invest up to £15 million in governing bodies.

I have recently approved **sportscotland**'s new corporate plan. **sportscotland** is in a unique position to see and influence all

sportscotland has also been instrumental, through its partnership with Scottish governing bodies of sport, in reforming the accountability mechanisms for investment in each sport...

10,000 volunteers – there is no doubting its success. That is why we will continue to commit up to £13 million of annual investment. Furthermore, I announced on 2 June that we want to introduce a new school-sports awards programme that will give proper recognition and reward to individual schools that embed sport and physical activity in their culture and strive to achieve excellence.

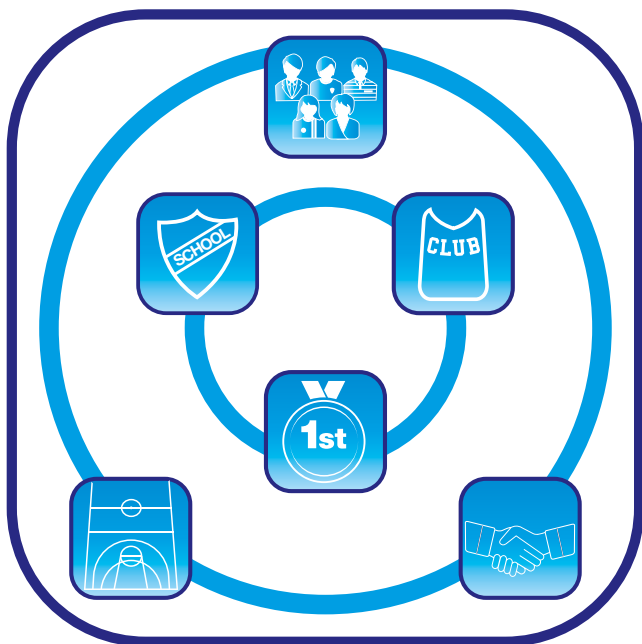
We also want to work with local government to increase the level of access to the school estate for community use of sports facilities, where there is demand from the local community.

The role of sportscotland

sportscotland is key to the success of making the improvements that we all want to see delivered. However, they will

elements of the sporting system in Scotland and its connections to the UK and beyond. The plan (2011-2015) offers a unique opportunity to realise the power of sport. It has been the subject of consultation across the sporting landscape and reflects Scottish Government's two specific policy documents *Let's Make Scotland More Active – a Strategy for Physical Activity* and *Reaching Higher – a Strategy for Sport*. Its one clear focus is to develop and support a world class sporting system at all levels of sport. This will, in turn, deliver the lasting legacy that will allow our people and athletes to continue to grow and develop in sport beyond 2015, capturing people's imagination and enthusiasm for the role that sport can play in a more active life. **SF**

Picture this: a world class sporting system



The next four years will be some of the most exciting that Scottish sport has ever seen. With so much to look forward to it's vital to ensure that we make the most of the opportunities that we have.

sportscotland's new corporate plan outlines our direction for 2011-2015 and defines a single clear focus: developing and supporting a world class sporting system at all levels.

To download a copy of **sport**scotland's new corporate plan visit www.sportscotland.org.uk/worldclass



School sport

Our goal is to ensure that there are more, and higher quality, opportunities to participate in sport within schools and that these opportunities are well connected to, and supported by, other local and national partners.



People

We will focus on enhancing the education, skills and knowledge of people in sport to deliver and develop high quality sporting experiences, and inspire people of all ages. For those on the world stage we will invest in successful performance coaches and specialist practitioners.



Club sport

We will work with partners to support community-led sport, developing welcoming, safe and fun environments for people to play in. We will provide leadership for club development that increases the capacity and capability of more clubs and community sports associations.



Places

Our work will centre on developing an accessible network of facilities with the right quality and capacity to meet the needs of sport. We will work with partners to plan and invest at all levels and use our statutory planning function to protect and improve places where sport happens.



Performance sport

We will develop high performance programmes that deliver specialist services in flexible ways to meet the needs of sports and athletes. We will work with partners to ensure performance pathways are clear and that we are well integrated with our UK partners.



Planning and partnerships

We will work with, and invest in, local and national partners to develop integrated plans which will improve the quality and delivery of sport at all levels. A key component of this work will be to support improved governance and accountability for outcomes.

Investing in the future

Chief Executive **Stewart Harris** talks about how **sportscotland** is investing for the future and why, more than ever before, the sporting system needs to be focused on delivering real outcomes.



“Our approach will always be to work with partners to help tackle issues head on and be part of a solution – putting sport first.”

“The last few months have been an exciting time for everyone at **sportscotland** as we set out on a new journey with a clear focus on developing and supporting a world class sporting system at all levels. At the beginning of this new corporate plan (2011-2015) we are genuinely energised by what lies in store over the next four years and we look forward to working with liked-minded organisations across the sporting system to make our world class ambitions a reality.

At the national agency we provide a wide range of support and services to Scottish sport – from advice and guidance on building a sports facility, the knowledge and support of our sports development team, the specialist expertise of the high performance staff in the institute network, to the training and coach education delivered by our national training centres. These ‘added value’ services are critical elements of our support and over the next four years I’m keen to explore any additional assistance we can provide to help develop the sporting system here in Scotland.

Targeted investment of public funds

However, in addition to these ‘added value’ services, a fundamental part of our role remains to provide targeted investment of public funds – Scottish Government and National Lottery – into sport. And of our total budget of around £64 million, approximately £30 million is invested directly into Scottish governing bodies of sport and local authorities.

In today’s economic climate, this is a substantial investment by the people of Scotland into the sporting system. It is our job to ensure that this investment makes the largest impact towards two specific outcomes: increased participation – more people playing sport, and improved performance – more Scots winning medals.

To coin a phrase heard often on *Dragon’s Den*, we need to ensure that the public gets a return on its investment. That’s why, over the last four years, we have been clear with partners that our investment is based on achieving outcomes – specific targets designed to be ambitious, while realistic and attainable.

Expected outcomes

When it comes to delivering against these outcomes, our strong partnerships with governing bodies and local authorities will determine the right tactics for each sport or area. Our partnership managers are on hand to inform that process, providing support and expertise where they can add value, but ultimately our partners will decide how they are going to deliver the expected outcomes.

When it comes to setting investment levels for the future, the first question we ask is what impact our investment has had over the last four years.


Where our investment has made a difference and partners have delivered against outcomes, we will continue to invest in their future aspirations and work together for even greater success over the next four years. Where the opposite is true, and where outcomes haven’t been delivered, we need to spend time understanding the reasons why.

The impact of our investment

We know that sport is not an exact science and that results cannot be guaranteed. However we also know that with so much focus on sport over the next four years, the Scottish sporting system is expected to deliver great success. We therefore need to ensure that lessons are learned and continually strive to maximise the impact of our investment.

This is where our partnerships are tested. But if our relationships are mature enough and strong enough to have an open and honest discussion about how we can learn from our experiences and use them to improve in the future, we can move on to bigger and better things.

At **sportscotland**, we have a responsibility to ensure that our investment delivers a return for the people of Scotland. But we also have a responsibility to help sporting organisations get to where they need to be in order to deliver these outcomes.

I’ve said many times recently that in this time of economic uncertainty, we are not going to spend our way to a world class sporting system. We’ll get there by being targeted, innovative and more effective in working together to achieve outcomes. Our approach will always be to work with partners to help tackle issues head on and be part of a solution – putting sport first. 

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For more information on **sportscotland**’s investment principles, visit www.sportscotland.org.uk
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Community sport moves forward

Community sport hubs – part of **sportscotland**'s contribution to the Scottish Government's 2014 legacy plan – have the potential to hugely strengthen club sport in Scotland and positively impact on sport participation numbers. We caught up with those closest to the initiative to see how it is working on the ground.

Two years after the launch of the legacy plan, the community sport hub numbers demonstrate momentum and progress. "Since the project started, we've engaged with all 32 local authorities, and we're on track to develop community sport hubs within each of those areas by March 2012," said James Steel, Lead Manager, **sportscotland**.

And it seems that one of the reasons for this progress is down to the simplicity of the concept. Community sport hubs exist to strengthen local sport clubs and make it easier for everyone to get involved in sport in their area.

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If you are keen to find out more about the potential the community sport hub concept has to offer your local area please contact your **sportscotland** partnership manager or visit www.sportscotland.org.uk
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Cricket coaching at Loch Leven Community Campus.





Tryst Community Sport Hub, Stenhousemuir

Jamie Swinney, Head of Sport at Tryst Community Sport Hub in Stenhousemuir, is currently developing the first hub in the Falkirk area: “Initially I wasn’t sure, but now that I’m involved I can see it’s an incredibly exciting project. Put simply, it gives local clubs the platform and support they need to work together, grow their membership and the number of sporting opportunities they offer.”

Back in August 2010, the hub project at the Tryst hadn’t yet started, but now, just over 12 months on, they’ve got nine clubs working together. The school-based model has Larbert High School facilities at its core and has built links to facilities at the local golf, cricket and football clubs. Highlighting the immediate benefits, Jamie said: “Over 200 young people are now taking advantage of what’s on offer. In fact, some are now involved in two to three sports – and they’re staying involved. These young people may not have had the same opportunity if we hadn’t created the hub.”


So what experiences would Jamie share with other partners embarking on their own hub project? “Don’t get caught up in looking for a blueprint. There is no template. The hub is about working out what your area needs. For instance, we’ve now got a gymnastics and table tennis club on board. They simply didn’t exist before – and they were started because that’s what the community wanted.”

Inch Park Community Sports Club, Edinburgh

A few miles along the M9 corridor, in Edinburgh, Malcolm Gillies, Chairman of Inch Park Community Sports Club, started his own community sport hub journey back in 1993.

At the time there were three clubs working out of one park with very poor facilities and Malcolm was at the forefront of improving the situation for them. Over the next few years he worked with the local authority to reach an agreement to lease the park for the use of the clubs – a unique concept at the time.

Malcolm explained: “We’d been working on our ambition to improve Inch Park for some time when we began talking to **sportscotland**. The community sport hub initiative has helped us accelerate our development plans. Since leasing the ground, we’ve managed to raise the finance to build eight changing rooms, social areas and a community room.”

The number of clubs involved at the park is also increasing and their links to local primary and secondary schools strengthening. Summing up his experience, Malcolm added: “The key thing to remember is that you need to keep all partners talking to each other and ensure they keep an open mind – the initiative does work and it can really help sport in your local area.” 



Keeping talent in mind

The Gold4Glasgow programme started as a partnership between the institute of sport and governing bodies of sport designed to discover athletes capable of competing in the Glasgow Commonwealth Games. Three years on, the talent programme has evolved into much more...



First rolled out by the **sportscotland** institute of sport in 2009, Gold4Glasgow had one objective – to discover hidden sporting talent with the potential to compete at the highest level. Since then, the programme has received around 500 applications from athletes across Scotland, with 140 going on to be assessed at a series of events designed to fast-track their progress.

The initiative has successfully identified a number of potential high performance athletes – one of the most notable being runner-turned-cyclist Jane Barr, who has subsequently gone on to be Scottish Road Champion twice, and even made last year's Scottish Commonwealth Games team. With three years to go, it looks highly likely that a number of other athletes identified will be competing in Glasgow 2014. A good result for the investment certainly, but perhaps more important are the lessons learned that will help shape the institute's plans for talent identification going forward.

The right mindset

Gold4Glasgow's initial approach to athlete assessment involved mass physical screening – popular in countries with large populations. This has now been altered to a method better suited to Scotland's smaller population – placing increased importance on having the right mindset as well as the right physical qualities.

For example, Jane Barr was singled out for her 'growth mindset', described on her assessment card as a "readiness to learn, overcome and benefit from setbacks, and embrace a challenge." Having a 'growth', as opposed to a 'fixed', mindset will help get you noticed by **sportscotland** Talent Manager Tony Stanger and Talent Scientist Sarah Hood, who developed and manage Gold4Glasgow.

Tony, explaining the mindset concept further, said: "The moment you use the philosophy that natural talent is something an athlete must have to be successful, and you can't coach that into them, then you take the edge off coaching because you accept there are some things you can't change. But, as coaches, we can't accept that and

know we must be able to influence talent in some way rather than just relying on our athletes having it."

Tony believes talent can be earned and developed through focused work and, as a result, has changed the emphasis of the talent programme at the **sportscotland** institute of sport by allocating 80% of resources to supporting development of athletes already in a sport, and the remainder to talent identification.

Growing the talent initiative

The original Gold4Glasgow programme, based around bespoke events, is drawing to a close and netball will be the last Gold4Glasgow branded search conducted in the run-up to 2014. But of course the talent initiative will continue to grow: "We're getting to the point where it's going to be too late for the Glasgow Games, but it's important that we keep giving people the opportunity to fulfil their potential in sport," said Sarah Hood. "We'll be looking at the Rio Olympics in 2016 and the 2018 Commonwealth Games, and we'll also continue to work with SGBs to identify gaps in the talent pool."

The talent team have now developed a year-round talent assessment programme that is open to anybody who wants to try a new sport. For example a recent disability powerlifting assessment day brought on four new athletes and aims to start the sport's first coaching network across Scotland. Similarly a specific project with netball is due, evolving after Netball Scotland approached **sportscotland** to run an identification day in October to locate taller athletes for the sport.

"Part of this work is looking at ways to help grow the talent pool in Scotland and make sure there are more athletes in the right sports," adds Tony. "The other, far larger, area is looking at talent and making sure we are investing time, effort and money in the right athletes within the existing systems."


Tony challenges the traditional talent identification method of comparing athletes solely on current performance, irrespective of how long they have been

in the sport, and recommends that coaches should look at effort rather than just ability – a subtle change in focus to better understand talent. This approach is based on knowledge accumulated over the last three years, and the findings have been condensed to make them more manageable and useable, so they are now available for reference to every sport in Scotland.

Tony's ambition is to develop this method of talent identification so that it runs nationwide and is taken on board across all levels of the sporting system. This change is being welcomed among Scottish coaches – already cricket and judo are progressing with this method. However, Tony admits that the big challenge is getting sufficient numbers of sports and coaches involved to make the thinking accepted nationwide.

A new approach to coaching

He said: "We really need to do this in Scotland because sport is a vehicle for inspiration and it influences the national identity. What excites me is that people are willing to look at a new approach to coaching and even in the time between now and Glasgow 2014, it could become the norm to look at things in a new way, based on evidence.

"Scotland will always have a small population so we have to make the best use of it. But there is no reason why we shouldn't challenge ourselves in terms of mindset and have a world class talent system." 

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For further information on the talent identification and mindset research, please go to www.sisport.com/talent
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Youth leaders in action!

The sporting system in Scotland relies on a strong network of passionate volunteers across the length and breadth of the country. **sportscotland** is working with partners to support the next generation of young people as leaders and volunteers in sport – we get the lowdown from some of the young people involved.

Volunteering in sport is one of the most diverse and rewarding opportunities around, with volunteers playing a crucial role in encouraging and supporting participants at all levels. **sportscotland** has been working with Volunteer Development Scotland to establish a framework for the advancement and growth of volunteering, which will be launched later this year.

An integral aspect of this framework is to support the development of young people as volunteers, which will underpin the good work happening within community sport hubs and through the Active Schools Network across the country. **sportscotland** has also been working with partners to support and develop key programmes to motivate and inspire young people to become leaders and volunteers in sport throughout their communities and schools. So let's hear more about the programmes and some of the participants' experiences.

Lead 2014



Lead 2014 is a programme run by **sportscotland** and Youth Sport Trust, in association with Glasgow 2014 OC. It is

aimed at developing the leadership skills and harnessing the enthusiasm of young people in Scotland. This year over 900 young people, aged 14 and over, took part in six conferences hosted by universities across Scotland to learn the skills required to lead a Commonwealth Games themed sports festival at their own school.

Rachel Cairney, a student at Edinburgh University, was trained to lead young people in conference sessions. She explains: "I have gained a lot of confidence by standing up in front of

groups, which is an amazing skill to have for the future. Giving your time to volunteer is so rewarding and I get a huge amount of satisfaction from passing on the leadership skills that I have learned."

It hasn't stopped at the Lead 2014 programme for Rachel, who is also involved with sports clubs in her local community. "I try to get involved as much as possible with my local Active Schools team, leading the young people in their after school clubs. It's something that I am thoroughly enjoying and I feel I am making a difference to my community."

Young Ambassadors



The UK-wide Young Ambassador programme is run in Scotland by **sportscotland** and the Youth Sport Trust, and is delivered by the Active Schools Network. Central to the initiative is the

aim for young people (aged 14-19) to drive opportunity, engagement and change in sport for other young people (aged 5-19). Their role involves increasing participation while promoting active and healthy lifestyles and the Olympic and Paralympic values.

Connor Hughes, 17, is a Young Ambassador in South Lanarkshire. He explains: "I jumped at the opportunity to participate and haven't looked back! I have visited my local primary schools explaining my role and encouraging children to get involved in sport, and recently hosted the first Active Schools dance competition in front of 500 people."

Connor has been selected to represent Scotland at the UK Young Ambassadors steering group which means he will be involved in discussions around promoting the Games to get young people involved in contributing to the 2012 legacy.

He adds: "The main skill I have gained is being able to speak confidently to large groups of people and explaining the benefits of having an active lifestyle. I have also moved into coaching at my local swimming club and the skills I have gained as a Young Ambassador have helped me to do this."

Glasgow Sport Young Leaders



The Young People in Leadership and Volunteering programme was set up by **sportscotland** to maximise the potential of young people and recognise the positive impact they can have on their local communities.

Glasgow Sport Young Leaders is one of the projects in the programme and was developed by Glasgow Life, who deliver sport, leisure and cultural services to Scotland's largest city.

Its main objectives are to increase the number of young people undertaking leadership in sport awards and progressing to coaching, sports administration and event organisation. In addition, it was the first project in Scotland to achieve the London 2012 Inspire Mark for work in leadership in sport.

For three of the Glasgow Sport Young Leaders – Hope Gourlay (20), Lisa Laughlin (17) and Salim Ben Boudinar (16) – a major highlight of their involvement has been visiting the London Olympic site which they all agreed was an inspirational experience. But the programme has given them so much more. Salim explains: "I have improved my leadership skills through new qualifications and feel able to deal with challenging situations when I'm coaching. The programme has meant that I am able to deliver a higher

standard of coaching and has allowed me to feel more confident."

Hope has been able to use her skills volunteering at some large events, including the Great Scottish Run, and has her sights set on even larger events on the horizon: "I would love to be a volunteer at the Games in 2012 and 2014 and this programme is giving me the skills to do so." And Lisa has been able to use her new expertise to volunteer at her school: "I have been volunteering to help people with visual impairment and I also coach hockey to P7 girls. I want to be a PE teacher and believe that the programme and my volunteering experience will help me to become a stronger coach and teacher in the future."

For more information about volunteering in Scottish sport please visit www.sportscotland.org.uk/volunteering



Gymnastics
Viki, aged 10

Active Schools

under the spotlight

Seven years after it was first established, Active Schools continues to be a flagship programme in **sportscotland's** corporate plan 2011-2015 and is, for many, a springboard to club sport and the first step to a world class sporting system.

The programme has its roots in two **sportscotland** initiatives from the 1990s, namely the School Sport Coordinator Programme and The Active Primary School Pilot Programme, that were designed to help get Scotland's pupils more active.

Now in 2011, increasing participation remains at the heart of the Active Schools programme and it has gone from strength to strength, recording over 4.7 million participant sessions last year alone – essentially meaning that children took part in extracurricular sporting activity 4.7 million times.

Looking ahead to the next four years, the Active Schools Network's focus will be to continue to increase activity levels of children and young people by ensuring there are more, and higher quality, opportunities for them to participate in sport, and that there is a network of volunteers to help deliver sessions.




An exciting new phase

Active Schools Manager, Andy Garnett, explains how these plans translate into the day-to-day activities of the Active Schools Network in Angus: “The next four years are incredibly exciting for sport in Scotland and our focus is to ensure the children have more chances to participate in the sporting activity of their choice, throughout school life and beyond, and to inspire the communities to provide these opportunities through teachers, parents and volunteers.”

As Scottish sport enters this exciting new phase, Active Schools aims to capitalise on the unique opportunities provided by 2012 and 2014 to motivate and inspire children and young people to get involved in sport and physical activity. One such initiative is Bank of Scotland National School Sport Week. Delivered in partnership by the Bank of Scotland, **sportscotland** and Active Schools, it works to use the power of London 2012 to inspire young people to get involved in sport.

During this year’s initiative the schools from St Luke’s Cluster in Barrhead, East Renfrewshire, hosted Scottish cycling legend Graeme Obree. Famous for designing and building the bike upon which he broke the world hour track record, Graeme spoke to the children and captivated them with his enthusiasm for sport. Active Schools Coordinator for the area, Kirsteen Torrance, said: “When I arrived at school, the day

Speaking about Active Schools Maureen McKenna, Executive Director of Education at Glasgow City Council, said: “It is essential that our young people participate in sport at all levels and Active Schools is, and will continue to be, a fantastic example of children, young people, volunteers, teachers and coaches, all coming together to become more active. Through Active Schools, we continue to have an outstanding range of opportunities for children and it is about getting them there and keeping them engaged.” 



Active Schools is, and will continue to be, a fantastic example of children, young people, volunteers, teachers and coaches, all coming together to become more active.

after Graeme’s visit, I met one of the children who had taken part. He was still talking about the event and told me he went out on his bike for an hour the previous night – a direct result of Graeme’s talk.”

Motivate and inspire

That’s exactly the kind of impact Active Schools seeks from its ‘motivate and inspire’ programmes. It is clear sport has the power to transform lives and Active Schools is an excellent example of how creative and innovative work can shift perceptions and engage children and young people in a more active lifestyle for the benefit of themselves, their families and their communities.

Key dates for your diary

Sport Relief

23-25 March 2012

sportscotland, the Scottish Government and Comic Relief are teaming up once again to raise awareness of Sport Relief among people of all sporting abilities in Scotland.

Bank of Scotland National School Sport Week

11-15 June 2012

Theme: Stage your Games

www.schoolsportweekscotland.org



Coaches required



Get your nominations in for the 2011 **sportscotland** Coaching Awards!

After a successful inaugural year, the awards are already on track to exceed the 70 nominations received in 2010 – testament to the invaluable work and efforts of dedicated coaches in Scotland. There are six categories, including disability coach, performance coach and young coach. Winners will receive an official certificate, trophy and a coach development grant and are also automatically entered into the annual UK Coaching Awards in London on 29 November, hosted by sports coach UK.

Jess Reid

Young persons' coach of the year winner 2010

Principal Physical Education teacher Jess Reid was the first ever winner of the young persons' coach of the year award. She impressed the judging panel with her passion and success in the sport of volleyball, including her overall achievement of voluntarily building up the most successful junior club in Scotland at Marr College, Troon.

Jess coaches four junior age-group squads, four times a week – totalling 15 hours' worth of voluntary coaching every week – and has raised the skill and performance levels of many young players to reach international junior standard, with seven of her players being selected to represent Scotland at the 2010 UK School Games.

“Mrs Reid is a great coach and earned this award.”

Corrie Gwynne

Jess first became involved in volleyball over 40 years ago, when she added the sport to her after-school activities and went on to play club volleyball for much of her adult life, even representing her country. She conducts an annual tour of primary schools for the Marr College catchment area to encourage young people into the sport and make them aware of the positive impact it can

have on their lives. She anticipates the take-up is around 70-100 pupils each year – testament to her undeniable enthusiasm and dedication.

“Mrs Reid encourages so many people to come to volleyball and we have a great team spirit. The whole volleyball squad at Marr supports each other – we are all great friends and we wouldn't be if it wasn't for Mrs Reid.”

Eilidh Cruse

Jess said: “Winning the **sportscotland** coaching award was a real buzz for my players – it proved to be inspirational for those starting out in the sport and an extra encouragement for my older pupils who were considering getting involved in coaching. I was very honoured to receive the award and the development grant will go right back into the sport to assist with player development.”

Who will you nominate?

Make sure you get your nominations in before the closing date of 14 October!

For more information on the awards please visit www.sportscotland.org.uk/coachingawards

Jess is pictured receiving her **sportscotland** Young Persons' Coach of the Year trophy at Marr College, surrounded by her pupils.



Rolling out positive change

In the last edition of *Sport First* we looked at the new Positive Coaching Scotland (PCS) programme and how it aims to create a positive environment for young people in sport. In this edition, we speak to the people involved in the rollout to get their take on how PCS is starting to impact on Scottish youth sport.

Positive Coaching Scotland is a culture change programme delivered in partnership with Winning Scotland Foundation, along with our local and national partners. It focuses on using sport to support the development of life skills.


Jo Buchanan-Smith is a PCS national trainer who provides new and existing tutors with the tools to go into their communities and develop understanding of the PCS principles among the key influencers in a child's life – coaches, parents, leaders and teachers.

“My role as a national trainer for PCS has been to produce relevant support material for tutors delivering at a local level so it is essential for me to work with the people managing the PCS programmes in their local authorities to develop their plans for tutor training,” explained Jo. Asked about developing the rollout she said: “I believe now we have the right balance of understanding of what PCS is and the chance to explore how and where change takes place. The level of enthusiasm for PCS from coaches, teachers and Active Schools staff has been amazing which emphasises how much it is needed.”

Jo, who has worked in sports development and education all her working life, is a firm believer in PCS and its principles: “The benefit of PCS is that it is focused on the child and improving their environment within sport. If we get that right, children will be drawn to sport, and stay involved longer, allowing sport to become a positive cornerstone of society, at every level.”

Jamie McBrearty is Sport Development Officer for Leisure and Culture Dundee and is their PCS project lead in **sportscotland's** implementation plan. He has worked with **sportscotland** on his plans to ensure that PCS tutors are developed across the local authority and, in turn, that coaches are hearing the PCS messages and applying them in clubs.

Jamie explained: “Twenty-four tutors have now been trained and we are currently identifying where they will be deploying their knowledge of PCS. We're planning to roll PCS out to clubs, volunteers, parents and community groups.” Asked why he believes PCS is important for Dundee, Jamie said: “Similar to other areas in Scotland, we experience a significant drop off in the numbers of young people participating in sport. We believe that the ethos of PCS can assist in changing this culture in Dundee, by creating better experiences in sport from a young age.”

sportscotland is managing the rollout of PCS across the country, along with the support of local authorities and governing bodies of sport, and we look forward to seeing the positive changes that PCS will bring to our children and communities in the not-too-distant future. 

Find out more

If you would like to find out more about the PCS programme then please visit www.sportscotland.org.uk/pcs where you can read about the key principles and explore real-life case studies of PCS in practice.

High performance at the House of Sport

A small corner of an Edinburgh business park is starting to make big waves in the world of Scottish sport. *Sport First* takes a look at how the national agency's former head office has become a 'House of Sport', and how new specialist facilities are supporting high performance sport throughout Scotland.

From the outside, **sportscotland's** former head office at Caledonia House in Edinburgh's Gyle is a modern office block like many others in the area. Step inside, however, and you quickly realise that this isn't just another corporate workplace.

Re-named the House of Sport in 2010, the building is now home to some 13 governing bodies of sport and 5 other

sporting partners, who all share low-cost office space with a range of centralised administrative services and free meeting spaces. But speak to anyone in the building and they'll tell you that the main benefits of the House of Sport aren't just the friendly reception staff or the modern décor, it's the fact that so many sporting organisations are all under one roof.

Sarah Hood (left), Talent Scientist at the **sportscotland** institute of sport, tests a potential athlete.





Kim Atkinson from the Scottish Sports Association explains: “Having so many sports organisations in one place is brilliant. Often in sport it’s the little things that count: the quick chat in the coffee room; the helping hand from a colleague in a different sport or just knowing that someone is close by to help out.

“Everyone can, from time to time, fall victim to working in isolation but the House of Sport has broken down barriers and encouraged the sharing of best practice. As the representative body of Scottish governing bodies it has helped us immeasurably, not only by having so many members in the same building, but also because the House of Sport is now a focal point that many of our other members use too.”

Specialised equipment

Alongside the rows of desks and PCs, a range of much more specialised equipment is starting to arrive in the building, all designed to support the work of a range of disciplines at the institute of sport.

The House of Sport has broken down barriers and encouraged the sharing of best practice.

Talent Scientist Sarah Hood is undertaking applicant interviews in the athlete consultation room, with physical testing taking place on the watt bike next door. “The watt bike is a fantastic piece of kit for us,” commented Sarah – who is an athlete herself. “It’s a bike that anyone can get on and ride, but it’s invaluable for us in determining the strength and endurance capabilities of applicants.”

Movement in 3D

The watt bike is housed in the motion analysis room, which also contains the impressive video capture equipment used by Alison Alcock, Sport Scientist and Dr Malcolm Fairweather, Head of Sport and Innovation at the **sportscotland** institute of sport. The new system features ten infrared Vicon cameras, which will allow the team to accurately analyse movement in 3D. Reflective markers attached to the athlete are tracked by the cameras and an image is then recreated through the computer software.

“It’s an amazing piece of technology that we’re really excited about using,” said Alison. “It’s the same system that is used by world class research centres and performance sport organisations, so we get really accurate images to help our athletes and coaches perfect technique.” Hammer thrower Andy Frost was one of the first to use the equipment and by reviewing his technique, he hopes to be able to add a few extra yards to his throws.

Rehabilitation is also provided at the House of Sport with a new anti-gravity treadmill on trial. The treadmill by AlterG features an airbag that holds an athlete’s legs from the waist down. The pressure inside the airbag is altered before running begins, unloading weight from the athlete to reduce the impact and allow them to begin running much sooner than in traditional rehabilitation.



Physiotherapist David Brandie comments: “There aren’t a lot of these treadmills in Scotland at the moment, so we are excited about the opportunities it offers and plan to explore innovative ways of making the most of its potential.” 1500m runner Alastair Hay is one athlete currently benefiting from the treadmill, which has allowed him to start running much sooner than anticipated as he works his way back from a leg injury.

Cutting-edge sports technology

The treadmill, watt bike and motion analysis equipment are examples of cutting-edge sports technology designed to support the very human experience and expertise delivered on a daily basis by specialists in areas including performance lifestyle, psychology and sports medicine. Each discipline has its critical place in an athlete’s journey to success on the world stage – and so each has its place in the House of Sport, where **sportscotland**, high performance expertise and governing bodies of sport come together to form an important hub in the Scottish sporting system. **SF**

The House of Sport has a range of meeting facilities that are available, free of charge, to organisations involved in sport. For more information contact 0131 317 7200.

Economic growth cycle

At **sportscotland** we have a passionate belief in the power of sport and the unique contribution it makes to life in Scotland. Sport helps us stay healthy, develops skills for life and brings communities together. It also plays a huge role in Scotland's economy, contributing an estimated £1.8 billion each year and providing jobs for over 50,000 people.



Sports tourism accounts for an estimated £700 million per year. Although sports like golf and football lead the way in terms of tourism spend, Scotland has developed a reputation as a centre of excellence for mountain biking, bringing an estimated £65 million into the Scottish economy and attracting 197,000 visitors annually.

Many of these visitors head to the Lochaber area, just outside Fort William. Marketed as the outdoor capital of the UK, this area is home to some of the most spectacular mountain bike trails in the country.

Cut into the northeast face of Aonach Mor, Nevis Range is home to a series of trails which accommodate every sort of rider, from cross-country to white knuckle. Most renowned is the orange-graded downhill track, one of the finest (and fastest!) downhill tracks in the world, and the UK's only official UCI World Cup downhill mountain bike track.



Up to the challenge

Nevis Range has been a staple on the UCI Mountain Bike World Cup circuit since 2003. The event, held in June, consistently attracts the world's best riders, and competitors from 26 countries entered this year's competition. With a field of this quality, the pressure is on to add new features and obstacles in order to keep challenging riders.

And the design team at the range are up to the challenge. This year's event saw a range of innovative new features including an iconic oval shaped starter hut; a totally revised 4X course and the 'puggy jump' – a new jump over a tunnelled walkway. But perhaps the most dramatic new feature is the 'Big Doon' – a 15ft road jump, which lands on an extreme downhill corner, known as a 'berm'. It's a challenge so intense that only world-cup level riders are allowed to attempt it.

With more than 17,700 spectators attending over the weekend, the World Cup brings a very welcome boost to the local economy.

These new features, built with the help of £65,000 from **sportscotland**, help keep the trail at the cutting edge of course design, and generate spectator and media interest. Most importantly, they make for some truly incredible racing, as event manager Mike Jardine explains:

"The challenge every year is not only to test the best riders in the world and to create talking points among spectators and the media – but also to provide a facility that can be used by sports riders and young competitors on a development pathway. At the same time it's good to have something very special like the 'Big Doon' that is exclusively for World Cup use.


With more than 17,700 spectators attending over the weekend, the World Cup brings a very welcome boost to the local economy.

"**sportscotland's** support for the Nevis Range Mountain Bike World Cup course upgrade has kept Fort William at the forefront of global downhill and 4X racing."

The downhill course takes riders down the face of Aonach Mor, the 9th highest mountain in the UK.

An important draw for tourists, 83% of spectators travel to the Highlands, which means that local hotels, bars and restaurants reap the benefits of a world class sporting event on their doorstep.



In total, it is estimated that the event contributes over £2.7 million to the local economy. With a budget of around £370,000, that represents a substantial return on investment for the Lochaber area – further evidence, if any were needed, of the unique contribution that sport makes to life in Scotland. Powerful stuff indeed! 





3 IS THE MAGIC NUMBER

Triathlon is one of the most physically and psychologically challenging sports around. If the three disciplines of swimming, cycling and running aren't enough there is also the small matter of two wardrobe changes along the way. We get the lowdown on how the institute is providing a range of services to this expanding sport.

Challenging as it is, triathlon is becoming increasingly popular in Scotland. Set across a variety of distances from sprint (a collective 26km) to long distance (154km) there are well over 100 events each year, hosted by a network of more than 40 clubs nationwide. Just last month, some 3,000 primary pupils experienced a taster triathlon in their local communities.

At the other end of the performance pathway the national performance programme currently offers coaching and support to 18 triathletes, with the primary focus on Olympic distance triathlon: a 1500m swim, 40km cycle and 10km run.

"To be a successful triathlete, you have to be physically robust, technically effective, aerobically fit and mentally adaptable," explains triathlonscotland National Performance Development Coach, Chris Volley. "It is an endurance sport lasting two hours so your movements need to be effective and the energy you use needs to be delivered efficiently. At the same time, you need to be able to deal with challenges you might face like suffering a puncture in the middle of a race."

Chris and Assistant National Coach, Blair Cartmell are based at triathlonscotland's Performance Centre

at the University of Stirling, Scotland's University for Sporting Excellence.

Chris adds: "There is already a high performance coaching and sports science environment within the institute of sport for us to benefit from and a University that understands and values sport. Then there are all the facilities on our doorstep, not just the swimming pool and athletics track, but great riding and running routes. It's not just about Stirling – through the institute network and the many triathlon clubs across Scotland, our triathletes can access support wherever they are."



In keeping with the triathlon theme, the performance programme has three squads: podium, development and foundation, supporting everyone from ex-Commonwealth Games competitor Kerry Lang to talented teenagers performing well at school and youth championships.

At the high performance end, support from the institute has been invaluable with assistance from several institute experts, including Physiotherapist Maggie Bush and Strength and Conditioning Coach Scott Crawford, who work closely with the national coaches to deliver bespoke support to the likes of podium performer David McNamee.

Expert assistance

The 23-year-old is now competing on the world circuit, winning a silver medal at the World U23 Triathlon Championships in Beijing this month, but eighteen months ago required a helping hand. Maggie said: “David had just completed a successful season but was suffering from a bout of back pain that was inhibiting his performance. We assessed him and found his neck and shoulder muscles were really tight and there was very little rotation in his upper back. We video analysed his running and then did lots of drills, tweaking certain things so he could use his body more efficiently. It was exciting to work with him and he is definitely a stronger runner this season.”

On top of the physio and strength and conditioning support, there is a whole host of other institute services which are

making a difference to the athletes. On hand with nutritional advice is Senior Performance Nutritionist, Irene Riach, while Senior Exercise Physiologist, Dr Marek Anestik, and his team will be carrying out lactate and blood monitoring and VO2 Max tests which provide data that can be used to help inform the coaching process.

On the right track

The development squad places the focus on getting the basics right. It also aims to integrate triathlonscotland’s programme with the University, the **sportscotland** institute of sport and the British Triathlon Federation, as well as benefiting from the expertise of a pool of Scottish performance coaches.

Just three years in, the programme is on the right track. Last month, the ETU Triathlon European Championships in Spain featured an all-Scottish men’s Junior team, with Scotstoun’s Marc Austin and Kinross-based Cameron Milne returning home with a gold medal for Great Britain in the relay. That same weekend, long distance triathletes Fraser Cartmell from Inverness and Ritchie Nicholls from Montrose took second and third at the Liverpool Triathlon.

“We encourage the athletes to be more professional and try to expose them to the professional side of the sport,” added Chris. “Across a variety of disciplines, Scotland has produced some of the most talented triathletes and there is no reason why we can’t continue to put Scots on the world stage.” **SF**

Case Study: Grant Sheldon



A keen swimmer and runner, Grant Sheldon first took on a triathlon two years ago on the recommendation of a member of his local swimming club.

Soon hooked, Grant showed early promise and was invited onto the national performance programme, but the 16-year-old suffered an early setback. Grant said: “I had been competing for Scotland at the Inter Regional Championships and I had a lot of pain in my lower legs, which turned out to be ‘shin splints’.

“I went to the institute and the staff worked with me on getting mobility back into my legs through stretching and really working my lower limbs. They taught me about maintenance of my body and staying on top of any niggles so they don’t develop into something more serious.”

Grant returned to action in February 2011, winning the Scottish Cross Country U17 Championship during his triathlon pre-season before earning a silver and bronze medal at consecutive British Triathlon Junior Super Series events. Achieving second place at the GE Strathclyde Park Junior Triathlon – the venue for triathlon in the Glasgow 2014 Commonwealth Games – led to his selection for the GE Great Britain

team at the ETU European Junior Triathlon Championship in Spain. Not bad for a first full season in the sport!

Grant added: “This is my first year as a Junior so I was just looking to gain some experience, not expecting to make a British team. Now that I know what I can achieve, next year will be a big one for me.”

Did you know?

Right now, Scotland has two multi-sport elite world champions: **Catriona Morrison** in duathlon and **Jane Egan** in paratriathlon.

Many of the Technical Officers required to deliver the Olympic Games sailing at Weymouth have been trained by staff at Cumbrae.



All aboard at Cumbrae!

sportscotland national training centre Cumbrae is setting high standards as Scotland's premier watersports destination and instructor training facility.

The isle of Cumbrae is Scotland's most accessible inland island, less than ten minutes on the ferry from Largs, Ayrshire. And just a short walk from the ferry terminal on the island, lies Scotland's national watersports training centre.

The centre's east facing harbour is ideally situated out of the way of the prevailing westerly winds, providing a sheltered launch for dinghy sailors, kayakers, windsurfers and powerboaters. This reliability makes it an ideal winter training base for Royal Yachting Association (RYA) Scotland national squads, whose members last year accounted for 1,200 of the centre's 9,000 annual 'student days', a day equating to one person on a one day course.

Among those who have trained at Cumbrae are laser radial competitor Charlotte Dobson and 470 competitor Luke Patience – both Cumbrae regulars working at qualifying for the 2012 Games. The centre was also used by

Olympic medallist Shirley Robertson and current Team GB Sailing Manager Stephen Park, whose teams from the last two Games achieved a double figure medal tally.

A modern fleet and full programme of affordable courses are available at Cumbrae as a result of ongoing investment from **sportscotland** to help

keep the centre at the leading edge. This season a new wet shore-based teaching facility was built, while last year an investment of £54,000 was made in a fleet upgrade. This paid for a replacement yacht integral to a cruising function that operates 24/7 during peak season, with courses ranging in length from a weekend up to the 18 week Professional Yachtmaster qualification.

Cumbrae staff also organise and supervise senior instructor training for RYA Scotland, both at the centre and at other Scottish venues, ensuring consistent standards across the country.

Cumbrae instructors work in partnership with the Largs-based Scottish Sailing Institute to deliver Scotland's major events. The pinnacle of this work was

“They are far more highly qualified and experienced than just about anywhere else I can think of...”

last year's Laser World Championships, contested by 570 boats from 57 countries. This year they are working together again to stage the International OK World Championships, while at next summer's Olympic and Paralympic sailing events, five Cumbrae instructors will act as race mark layers. David Frame, Sailing Manager at Cumbrae has been commissioned by the RYA to write and develop a nationwide mark laying



In addition to Cumbrae **sportscotland** has two further national centres providing an ideal training ground for professional athletes and sports enthusiasts alike:

Inverclyde



One of the best-equipped multi sport residential sports centres in the United Kingdom, Inverclyde is a centre of excellence for high performance training, coach education, team-building and player improvement. It features a range of facilities developed for elite sportspeople but available to everyone.

Tel: 01475 674 666


Web: www.nationalcentreinverclyde.org.uk

Email: in.enquiries@sportscotland.org.uk

training programme and qualification to improve standards of mark layers in the UK, leaving a legacy of better race management far beyond London 2012.

The centre has some of the most experienced and highly qualified instructors in the country – with four Yacht Master Examiners and numerous Trainers and Assessors on staff, there is a natural gravitation of the most dedicated and motivated instructors to the centre.

“Our instructors’ experience certainly rubs off on everyone and has a direct benefit to the public that come to the centre,” said David. “They are far more highly qualified and experienced than just about anywhere else I can think of, and at every level we have very highly motivated and qualified members of staff that are of huge benefit to our customers.

“Rather than standing still in the sailing world we play a leading role and are constantly driving forward. We really have created something unique at Cumbrae.” 



For further information on Scotland’s premier watersports centre and instructor training facility please call 01475 530 757, email cumbraecentre@sportscotland.org.uk or visit the website www.nationalcentrecumbrae.org.uk

Glenmore Lodge



As Scotland’s national outdoor training centre, Glenmore delivers residential courses for outdoor leaders, coaches and instructors, as well as experience courses for everyone, regardless of ability. Courses are available in mountain sports, paddle sports and medical and rescue in both mountain and water environments.

Tel: 01479 861 256

Web: www.glenmorelodge.org.uk

Email: enquiries@glenmorelodge.org.uk



Steve Lindridge 1960-2011



Everyone at **sportscotland** was deeply saddened by the death of photographer Steve Lindridge earlier this year. Steve was well known throughout the world of sport as a talented photographer, responsible for many iconic images of Scottish sport, particularly of Team Scotland at numerous Commonwealth Games. This shot he took of Robbie Renwick in Delhi was one he was particularly fond of.

For his friends at **sportscotland**, Steve was more than a photographer and colleague – we will miss his passionate, positive and infectious personality; his attitude, enthusiasm and pride; his skilled work; his genuine interest in the people he came into contact with; his hearty laugh and, of course, his cowboy hat.

His untimely passing is a great loss to Scottish sport.

WORLD CLASS

sportscotland has one clear focus: developing and supporting a world class sporting system at all levels. To find out more visit www.sportscotland.org.uk

Awarding funds from
 **The National Lottery**®

With support from **sportscotland**, Active Schools teams across the country are creating high quality opportunities for children to get active.

Often based around schools, community sport hubs are designed to provide a home for club sport and make it easier for people to get involved.

We are working with partners to support a new generation of young people as leaders and volunteers in sport.



Putting sport first

sportscotland
the national agency for sport

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The **sportscotland** group is made up of **sportscotland** and the **sportscotland** Trust Company (national centres). **sportscotland** incorporates the **sportscotland** institute of sport, the high performance arm of **sportscotland**.



www.nationalcentrecumbrae.org.uk



www.glenmorelodge.org.uk



www.nationalcentreinverclyde.org.uk



www.sisport.com

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Tel: 0141 534 6500
Fax: 0141 534 6501

sportscotland institute of sport swimming athletes training at the Speirs Centre in Alloa with physiotherapist Louise Wright.

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