

the magazine for sportscotland stakeholders

SPORTFIRST

Issue 16 Autumn 2015

THE BIG INTERVIEW

Paratriathlete Alison Patrick

ON THE ROAD TO RIO

Our Olympic journey begins

ACTIVE LEGACY

Skate park is a big hit

UP AND RUNNING

How the corporate plan is being put into action

Putting sport first

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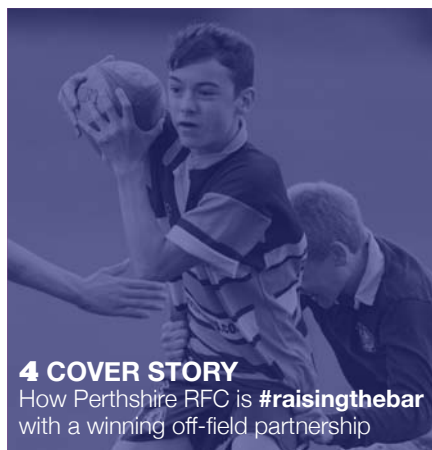


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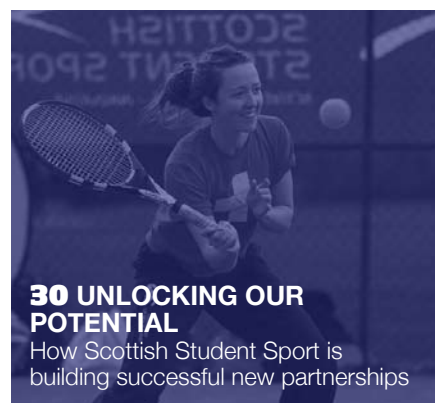


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Active Girls Day is on Friday 2 October this year. Find out how **YOU** can join in

FIRSTWORD



 Louise Martin CBE at the General Assembly where she was elected CGF President

Over the last few months, with the launch of the new corporate plan, it has been a very positive experience to meet colleagues at all of our sites and talk through the opportunities that lie ahead for ourselves and our partners over the next four years.

The team at **sportscotland** is committed to a shared vision with key partners in Scotland where sport is a way of life, where sport is at the heart of Scottish society, and has a positive impact on people and communities.

Everyone involved in sport has a role to play in achieving this vision and we have taken time to understand the connections that are required to realise our ambition.

Our mission to build a world class sporting system for everyone in Scotland is ambitious, but sport thrives on such ambition. Yes, there are challenges that lie ahead in the

delivery of our plans, but we are clear on our commitment to driving it forward through continuous improvement.

I am now looking ahead to the regional events we have coming up around the country. These sessions will allow us to speak to many people across the sporting workforce, and spend a day together looking at our individual roles in the world class sporting system and how we can better collaborate across schools, education, clubs, communities and performance environments.

Alongside these events, we will engage in strategic conversations with local leaders to make our ambitions a reality. Strengthening collaboration through partnerships is key and I look forward to more opportunities to work together in the next few years.

Finally, I want to take this opportunity to congratulate our Chair, Louise Martin CBE, on her successful election to

become President of the Commonwealth Games Federation (CGF).

Louise was the first woman to be appointed to the CGF Board when she became Honorary Secretary in 1999 and she now steps up to the role of President — again, the first woman to be elected to that position.

This is a fantastic achievement personally and professionally for Louise, but is also great news for **sportscotland**, Scottish sport and the UK sporting community as a whole.

Stewart Harris
Chief Executive
sportscotland





Youngsters learn about teamwork during a rugby event at the club

From the brute force of the front row to the fancy footwork of the backs, rugby is all about teamwork. Pulling together is just as important off the field too, as this successful partnership between **sport**scotland, club, school and governing body proves.

WORKING TOGETHER



Perthshire RFC is supported by **sport**scotland direct club investment.



The School of Rugby is funded by the SRU and delivered in Perth Academy by the Perthshire Rugby Development Team.



The curricular programme gives pupils in S1 and S2 an opportunity to learn through rugby, dealing with lifestyle, physical competence and classroom subjects via four rugby sessions every week.



The programme embraces the Curriculum for Excellence and is a great example of collaboration between governing body, school and club.

What makes a great rugby tackle?
A combination of timing, tenacity,
strength and bravery — and the
same can be said for the best way
to approach an effective partnership.

Perthshire RFC is an example of
successful partnership working, delivering
a flourishing club programme, supported
by **sportscotland** direct club investment.

Andy Cummins, Director of Rugby, told
us: “We are always looking at new ways
of encouraging participation in rugby.
Working in partnership enables us to
reach a wider group and it’s a great
way of maximising resources. There’s
no doubt that working in partnership
has helped us to strengthen our offer
to the local community.”

One example of a successful
collaboration that keeps the club, school
and governing body working closely
together is the School of Rugby, which
has been a catalyst for other partnership
developments. This link between
Perthshire RFC, Perth Academy and the
Scottish Rugby Union (SRU) works as a
successful participation and progression
programme — and is a great lesson in
working together.

Andy told us: “We have some excellent
examples of pupils taking part in the
School of Rugby and going on to
become club members, gaining skills
in refereeing as well as playing.

**“The School of Rugby builds
self confidence and rewards
hard work; valuable lessons
that pupils can apply far
beyond the rugby field.”**

The School of Rugby illustrates
the characteristics of successful
partnerships:

Timing matters

Identifying the right time for an effective
partnership can make all the difference.
The timing needs to be right in terms
of other commitments from the parties
involved, resource availability and a
sense of shared priorities at that time.

Never giving up

A partnership programme like this would
never come to fruition if those involved
were the kind of people who gave up
easily. Tenacity is important so partners
can support each other for the duration
(it may be a long time) to keep going until

the finish line. The team at Perthshire
RFC believe this is a key component
of working together.

Jerry Saunders, Head of Senior and
Under-18 Rugby, told us: “We’re always
looking for new partnership opportunities.
If we don’t immediately get the answer
we’re looking for, we always try to look
at the issue from a different angle, try to
understand the other party’s concerns
and overcome them if we can.

“The partners involved in the School of
Rugby are all committed to delivering a
programme that brings tangible results
to the children involved and we work
hard together to constantly develop
the programme.”

Stronger together

One of the major benefits of a successful
partnership is the opportunity to combine
strengths to make the sum of the parts
greater than the individual parts.
The success of the School of Rugby
programme is down to the combined
strength of the partners. Individually,
each partner would not be able to
deliver the programme, but together,
resources and expertise can be
maximised, creating opportunities
for young people to play rugby.

Feeling brave

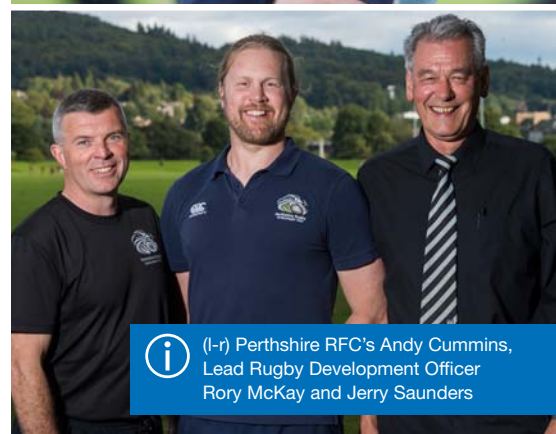
There are times in every partnership
when the people involved need to
have the courage to share their vision.
Perthshire RFC’s strategy of prioritising
club and school links, focusing on club
development at every age and reaching
out to the wider community — for
example by encouraging more girls
to play rugby — are all brave steps.

While a rugby tackle may be measured
by immediate and short term impact, the
approach being embraced at Perthshire
RFC is a long term game. The club is
thriving and has its eyes firmly set on
developing and extending community
partnerships which they believe are
the most sustainable way to a
successful future.

As a club, they are committed to a
culture of positive communication — and
the energy and passion for participation,
development and partnership is clear.



www.perthshire-rfc.co.uk
www.perthacademy.org.uk
www.scottishrugby.org



(l-r) Perthshire RFC’s Andy Cummins,
Lead Rugby Development Officer
Rory McKay and Jerry Saunders



THE inside TRACK



i Strength Conditioning Coach Luke Birmingham in the gym with Alison

Visually impaired athlete Alison Patrick took the World Championship title in her first-ever season as a paratriathlete in 2014, then struck gold again this year in the European Championships in Geneva. We caught up with her between training sessions to find out more about her sporting life.

Hi Alison. How did you get into paratriathlon and when did you start taking it seriously?

I used to be an international runner – I was actually world 800m champion back in 2007 – but problems with my Achilles stopped me from ever reaching my full potential. Someone then suggested that I tried triathlon so I could vary my training. I did a couple of local triathlons and absolutely fell in love with it. My first season in paratriathlon was 2014 and it was amazing!

What's been the highlight of your sporting career to date?

Winning the 2014 World Championships in Edmonton during my first season in the sport was a pretty amazing feeling. I knew I wanted to win but I didn't think I would get the gold. I'm really proud to say I'm a world champion.

Most interesting place you've been with your sport?

I just got back from Rio – it's a truly amazing city

So what's your next big goal?

To keep focused and do everything I can to get ready to compete and retain my World Championship title in Chicago this month. I'm really excited but it feels a little different going in as one of the favourites rather than the underdog.

How do you keep your mind focused on your performance when the going gets tough?

Sport psychology has really helped me to focus on the processes, techniques and other things I can control, rather than the things outside my influence. It's simple but it really works for me.

Best sporting event you've ever been to, as a competitor or otherwise?

I really enjoyed the triathlon and track cycling at Glasgow 2014

Describe yourself in three words:
Independent, happy and determined

How does the sportscotland institute of sport (SIS) support you and what difference do you think it makes?

My support from the institute involves some physiotherapy from the lovely Maggie Hendry. She's encouraged me to become more robust as an athlete by helping me structure my individual warm ups and cool downs. I have some great support in strength and conditioning (S&C) from John Coogans, Luke Birmingham and Scott Crawford.

I've also done some great work with Julie Paulding on the Performance Lifestyle team. They've been there in such a crucial way over the last year and I couldn't have done it without them. The SIS support staff also coordinate and work with my coach, Jonathon Rioll (Head Coach at British Triathlon) as well as linking with the British Triathlon support team to ensure continuity through all of my training sessions and competition calendar. It's been fantastic.



i Alison (left) and guide Hazel Smith cross the line in Geneva

What does a typical day look like for you as an athlete?

I train at the **sportscotland** institute of sport in Stirling. Training is mostly a combination of swim, run, bike or S&C. I usually do two S&C sessions with the institute each week and receive physio from Maggie once a week. I train in Stirling on a Wednesday and the rest of time is spent at home in Dunfermline or working with my guide in Edinburgh.

Finish this sentence: I wish I could tell my younger self...

...to make sure you appreciate everyone around you and make sure they know just how much you appreciate them

Chocolate or cheese?

Both! I could never choose one over the other

Outside of sport, what inspires you?

I love spending time with my sister and her kids. My two wee nephews keep me smiling no matter what.

Whenever you decide to stop competing, what do you think you'd like your next big challenge to be?

Well, I'm a qualified physiotherapist and currently work at Victoria Hospital in Fife, although I'm winding down soon to leave the world of work and focus completely on my sport. I think in the future I'd really like to resurrect my physiotherapy career as I find it really rewarding. Although I'd also like to continue in sport, so perhaps I'll do something a bit different, like a half iron man, to really push myself.

Should disability sport be integrated like Glasgow 2014 or stand alone like the Paralympics?

Although Glasgow helped to raise the profile of disabled sport, the integrated

approach doesn't really do it justice. There are too many classes of disability in sport and way too many sports for it to be integrated fairly. There should just be a continued increase in profile for disability athletes and competitions, and the performances will speak for themselves.

Who do you look up to in sport? Have you met any of your heroes?

Rather than looking for heroes, I take inspiration from the people I see working hard around me daily. They're the ones who motivate me to keep pushing myself.

And finally, what's the best sporting advice you've ever received?

You can only ever do your best!

Favourite sport to watch, apart from triathlon?
Athletics or tennis

 www.sisport.com

 [@ali_p87](https://twitter.com/ali_p87)



new horizons



sportscotland's Director of High Performance Mike Whittingham reflects on a successful major Games cycle – and looks ahead to the next set of challenges in Rio and beyond.



i Scotland enjoyed record success at Glasgow 2014



For some, a new horizon can be daunting, endless and unreachable. For others it signifies a new and exciting challenge, a new dawn for retiring athletes like Euan Burton and Lesley Macdonald as the sun sets on one career and unfolds on a new one. And in many ways 'new horizons' arguably sums up where the future lies for high performance sport over the next eight years.

A hugely successful four years saw Scotland win a record number of Olympic and Paralympic medals in London and Sochi, and culminated in a record haul of 53 medals and fourth on the medal table in Glasgow. Our new horizons must now be to build on this success by capturing the momentum and continuing to be a nation that performs consistently on the world stage.

The 2012/2014 celebrations may be over, yet the performances remain indelibly scribed in the record books. Scotland must continue to think big and it is our job, and responsibility, to drive that vision with tangible goals that are translated into operational delivery.

Rio will be our fifth summer Olympics/Paralympics since the institute was first established in 1998 and National Lottery support began.

Team GB has already qualified in the region of 120 athletes, and Scotland will be well represented with a good mix of seasoned, serial medallists and those anticipating their first major Games as an experience to develop towards higher results in 2018.

Team GB and ParalympicsGB have set an ambitious and aspirational target of



i ParalympicsGB aim to build on the success of 2012, in which Sam Ingram won silver for judo

being the first nation to exceed their home Games achievements – this means a medal target of 66 and 121 medals respectively.

The real challenge will be whether we can sustain 29 or more gold medals – the major differentiator in calculating medal table positions. ParalympicsGB similarly will require more than 36 golds. No other nation has achieved this, though China has had the closest attempt with only a 12% drop-off from when they hosted the Games.

Our headline goals are equally challenging but have been placed within a realistic framework that we can influence and manage. The Olympics/Paralympics are the pinnacle of so many summer sports and in world terms, Rio will provide the ultimate test for many of our athletes. Qualification itself will be a challenge, plus each athlete will have their own individual and team targets.

From our perspective, we will be looking for a series of 'best away' achievements – most number of Scots on Team GB/ParalympicsGB, best contribution to Team GB and ParalympicsGB, highest number of Scottish medallists – all within an 'away Games' context. Perhaps the most controllable of these will be the best prepared 'away' team.

We again anticipate a number of our high performance staff will take on roles within Team GB. Our close partnership with the British Olympic Association (BOA) and British Paralympic Association (BPA) will ensure holding camps are world class and that we use and build on our experiences towards Gold Coast 2018.

With continued National Lottery and Scottish Government support, our new horizons must continue to lay the foundations and components of a world class sporting system for the next generation of athletes. **sportscotland** will use Rio as a catalyst to add value and keep raising the bar, and this is already happening with many exciting projects under way.

We'll soon have a new National Performance Centre in Edinburgh with a dedicated medical centre and intensive rehabilitation unit. Performance education and training



i Rowers Helen Glover and Heather Stanning won gold at London 2012

initiatives will increase understanding of what it takes to be a world class athlete, coach or practitioner. And our High Road initiative, implemented for Sochi and Glasgow 2014, will continue to set a culture of excellence.

The road to Rio has already begun for many sports with a packed calendar of World Championships.

This year has demonstrated how Glasgow 2014 has instilled a new sense of belief and confidence in the next generation of athletes and helped sport move more confidently onto the world stage.

Our British and Scottish swimmers have proved this at both the IPC Championships in Glasgow and the World Championships in Kazan, with a record number of medals won by all the home countries.

Scottish athletes should also feature strongly in a wide range of sports in Rio and there could be genuine medal hopes from our homegrown world class sporting system.

With less than a year to go, we have every reason to be excited. Scotland and Scottish athletes have moved on, grown in confidence and found new belief. High challenges require high support and this will be our focus for the next 12 months.

So how good is your Portuguese? These are the headlines we want to see:

**TRIUNFO! SUCESO!
UMA MISSAO BEM SUCEDIDA!**

Translation: Mission Rio successfully accomplished!



www.sisport.com



AN ACTIVE LEGACY

The Legacy 2014 Active Places Fund has certainly got the people of Scotland moving. The £10million fund, which concluded in April, was set up to build or improve facilities across local communities and help get people active. A new skate park in Inverness is just one of the 188 projects that has had a successful impact on local participation.



The new Inverness skate park has been used by up to 100 youngsters at a time

With £10million directed into a pot to get more people active and improve the lives of communities across Scotland, the Legacy 2014 Active Places Fund has lived up to the high standards set by the Commonwealth Games in Glasgow last year.

As part of the Scottish Government's commitment to ensuring Glasgow 2014 delivers a positive and lasting legacy for Scotland, the Legacy 2014 Active Places Fund has been supporting projects that create or improve places in local communities. The fund, which ended in April this year, provided capital investment for projects that encourage more people to be active and take part in sport. The aim is to make a real difference to the lives of as many people as possible in local communities across Scotland.

One such project to benefit from the Active Places Fund and create a lasting and beneficial legacy is the Inverness skate park.

Opened in December 2014, the new park is without doubt one of the best in the country, covering an area of 1,200 square metres. The total build cost of the park was £455,000, with the Active Places Fund awarding £100,000, accounting for 22% of the total amount raised. The Big Lottery Fund also contributed to the project with an award of £230,000 from their Community Spaces programme.

The Highland Skate Parks Association (HSPA) is a registered charity that is responsible for the creation of the park. HSPA's vision is to serve the needs of all those interested in wheeled sports.

With the addition of a planned bike park in 2015, Inverness is set to become a major wheeled sports hub. This means that many young people in the area will have the opportunity to become more active doing something they enjoy. Families can also benefit as they now have a new venue to take young children to enjoy fresh air and activity.

The number of people using the new park has been really encouraging with 20, 30 and even up to 100 people turning up when the weather has allowed. This encouraging start to life as a popular local facility is down to the hard work and dedication of HSPA and their vision for



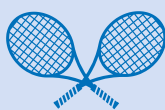
i The new skate park boasts a large bowl and three grindable surfaces

IMPACT OF THE LEGACY 2014 ACTIVE PLACES FUND

GRANTS OF UP TO
£100,000
to help build or upgrade facilities

£10M
total amount invested

188
projects benefited across
all 32 local authorities



Projects included skate parks, outdoor and adventure facilities, multi-use paths and tennis court upgrades.



Projects had to demonstrate a difference in terms of impact on physical activity or sports participation.

the skate park. The park is free and open to all in the community, although there are rules in place to protect the park and its users.

Andrew Urquhart, Chairman of HSPA, said: "Our focus is to make sport more accessible and the Active Places Fund has allowed us to create this impressive facility that the local community can be proud of, where young people have a base to meet friends and take part in grassroots lessons, regardless of ability.

"We're really excited by this new facility. It will benefit the young people and community of Inverness now and well into the future."

The skate park has over 10 features including a large bowl, three grindable surfaces and a 9ft pool bowl.

The Loch Ness Monster is even featured, with Nessie's head forming part of a dramatic 50-metre jump section. A fully rideable coloured 'thistle' is also part of the extensive street section, which has so far been a hit with skateboarders of all ages.

The landscaping is natural using stone, grass, rocks and ground cover and areas are being set aside for wild flowers. To attract families and events there are also picnic tables, a stage for bands and a large brick barbecue.

Stewart Harris, Chief Executive, **sportscotland**, said: "This £10million investment has helped deliver an impressive breadth of community, school, outdoors, and sports-based projects and is an integral component of the significant and positive legacy from Glasgow 2014."

All the projects that benefited from the Legacy 2014 Active Places Fund had to meet the required criteria set out for each applicant. This ensured that all projects applying would leave a lasting legacy for communities across the country.



www.legacy2014.scot



[@Legacy2014scot](https://twitter.com/Legacy2014scot)

Bouncing BACK



After a gruelling spell on the sidelines battling cancer, an Aberdeenshire woman was inspired to return to the game she loved by the Bounce Back to Netball programme – and gained a new lease of life.

The initiative – which encourages people of all ages and abilities to get involved – has played a significant role in helping Netball Scotland record an encouraging rise in players taking up the sport.

The figures were released earlier this year to show memberships of the governing bodies responsible for the 17 sports at Glasgow 2014 – with netball enjoying substantial growth.

35 Total number of Bounce Back clubs

OVER 700 People taking up netball since 2014



58% Rise in netball participation since Glasgow 2014

The Scottish Thistles netball team in action at Glasgow 2014



Gillian Gibson is one of many people who have recently returned to the sport of netball and rediscovered her enjoyment of the game through the governing body's Bounce Back to Netball programme.

The 47-year-old mother of two became involved last year, after going along to her local club, and has found that getting involved has provided great benefits in her recovery after her fight with breast cancer.

"I'd enjoyed netball in primary school and thought it would be a gentle way to do some exercise – but I soon found out that it's an energetic, fast-paced and fun game," said Gillian, from Alford in Aberdeenshire.

"The first few sessions I had to have a rest halfway through but over the weeks, I built up my stamina and could feel muscles I'd never felt before.

"But it was such fun I didn't even notice I was doing exercise. Netball is such a sociable game because you're part of a team.

"We're all at different levels of fitness and ability but it doesn't matter as we're having a laugh. I love it and I've made new friends.

"Netball got me out of the house, gave me back my energy and confidence and lifted me out of depression after a gruelling year when I had surgery to remove a tumour, chemotherapy, drug therapy and radiotherapy.

"Now I'm sleeping better and I feel great.



 Gillian with her husband David, 46, and sons Daniel, 9, and Matthew, 13

I have a much more positive outlook and live more for the moment."

Gillian finished her treatment in November 2013 and took up netball the following year.

"It was a brutal year coping with all the side effects and it left me weakened and tired and lacking in energy," she said.

"When I was having chemotherapy I hardly went anywhere because my immune system was depressed and it would have been easy for a minor

infection to turn into a life-threatening one. After I'd come through the treatments I knew I'd survived breast cancer, but I didn't feel like myself any more.

"I didn't want to go anywhere as I was recovering and taking things slowly. I turned inwards and just wanted to stay with my close family and shut out the world.

"Netball helped me get back into the world and restore balance to my life. I feel so much better physically and mentally."

HELPING OTHERS BOUNCE BACK TOO

The Bounce Back to Netball (BBN) concept is a Legacy initiative designed by Netball Scotland to respond to the positive impact of netball on the Scottish public following the Glasgow 2014 Commonwealth Games.

It encourages people of all ages and abilities over the age of 16 to participate in regular, fun, safe and affordable netball sessions, which will have a positive impact on health and well-being.

The programme provides the

opportunity for people to ignite or rekindle their passion for netball in a fun and sociable environment.

Many existing clubs, local authorities, corporate businesses and community groups provide opportunities for recreational netball and the BBN programme aims to build on their good practice to empower people to bounce back to netball.

After being launched in October 2014, the total number of Bounce Back clubs

is already at 35 and rising. With over 700 new people taking up netball since last year, figures released by **sportscotland** confirm that netball has performed the best out of any sport in Scotland, in terms of increased participation in the aftermath of the Games, with a rise of 58%.



bounceback.netballscotland.com

www.netballscotland.com

ALL THINGS BEING =EQUAL=

The words 'world class sporting system' mean different things to different people. But one thing is equally important to everyone – an inclusive approach and clear strategy to ensure equality everywhere. Our corporate plan has made equality and inclusion a priority for improvement, and we've already seen some strong examples of it in practice across a range of sports. We've also produced a downloadable Equality in Practice Guide, with case studies of fairness in action. Here, we share three such examples – and outline why equality is so vital.



THE 9 PROTECTED CHARACTERISTICS

1. SEX
2. AGE
3. RACE
4. DISABILITY
5. RELIGION AND BELIEF
6. SEXUAL ORIENTATION
7. GENDER REASSIGNMENT
8. PREGNANCY AND MATERNITY
9. MARRIAGE OR CIVIL PARTNERSHIP



The SFA is now working to tackle the gender gap on the football field

You probably hear words like 'diversity' and 'inclusion' in relation to sport on a regular basis — and in this issue we would like to demonstrate what they actually mean in practice.

There's been significant progress in some sports where equality programmes and initiatives have been successfully implemented, for example in cricket.

Female participation has been identified as a development area for Cricket Scotland and their programme to develop tailored events and competitions has resulted in increased female participation.

This has been achieved through the introduction of an indoor tournament for women and girls as well as the national league that was formed in 2011, giving women's teams the opportunity to play regular cricket games during the summer.

There are several other examples across clubs and communities where equality and inclusion are at the heart of sport development. On this page, you'll find three interesting case studies. Each of them demonstrates good practice, and may give you some ideas to help you improve the approach in your area.

Teamwork

To deliver a sustainable inclusive approach and to embrace diversity in sport, we need to work together. Working collaboratively across the sector, it's important to take steps to understand the needs of people who share the nine protected characteristics defined in the 2010 Equality Act. We also need to address issues that may be preventing or constraining people from getting involved and progressing in any aspect of sport.

Delivering equality in sport involves connecting Scottish governing bodies of sport at every level, strategically and operationally. By considering some of the good practice taking place across a range of sports, your sports community may be able to get new ideas around your approach.

So ask yourself: What are the steps that could be taken to develop an inclusive strategy and implement a supporting programme that reaches your entire audience?

PUTTING THE BALL IN EVERYONE'S COURT



A good example of an inclusive approach comes in squash and racketball.

The governing body, Scottish Squash and Racketball Limited (SSRL), successfully rolled out information to the Lesbian Gay Bisexual and Transgender (LGBT) community to positively promote the sports directly to this group.

Using market segmentation to help identify and reach their target audience, SSRL was able to highlight relevant information to the LGBT community and promote the message of open access and fair treatment for everyone.

INCLUSION IS THE GOAL

In order to engage more young females, particularly from an ethnic minority background, the Scottish Football Association (SFA) worked



in partnership to establish the football equity project

The team developed a plan to understand the potential barriers to participation and improve engagement within communities that were under-represented. The project resulted in a female-only participation centre where girls from a range of backgrounds can now participate in football every week.

Linking the group to several community clubs has also been successful in promoting integration and strengthening community links for a pathway approach.

BRUSHING UP SKILLS FOR ALL

The governing body for curling, the Royal Caledonian Curling Club (RCCC), is focused on increasing participation amongst all ages and abilities.



In particular the RCCC launched several initiatives to encourage people to try curling, regardless of any impairment, including:

- **Try Curling** – an initiative to promote curling to wheelchair users
- **Coach education modules** – for players with a visual impairment, deaf players and wheelchair users
- **I-Curl Bonspiel Competition** – an inclusive competition open to all curlers

Evidence of the success of the projects can be seen in the growing number of wheelchair curling clubs in Scotland, which now stands at 10.



[www.sportscotland.org.uk/
resources](http://www.sportscotland.org.uk/resources)

Winning num**3**rs

Each time you buy a National Lottery ticket, it's not just **you** who could hit the jackpot. Over the past 18 years, proceeds from The National Lottery have helped fund thousands of vital sporting projects the length and breadth of Scotland – and helped make dreams come true for thousands of athletes of all abilities. Here, we meet one of the oldest to benefit.

Ask most people about The National Lottery and they'll tell you what they'd do if they won. It's true – The National Lottery has created over 3,900 millionaires and changed the lives of ordinary people up and down the country.

But of course, they aren't the only winners. Thanks to National Lottery players, over 55,500 sport, arts, heritage, environment, education, health and community projects have been made possible across Scotland.

National Lottery funding plays a key role in the UK's sporting success. Lottery-funded athletes have won an amazing 633 Olympic and Paralympic medals since funding was first awarded to elite athletes in 1997.

And while medals grab the headlines, it's not just elite sport that benefits. National Lottery players fund thousands of opportunities for everyone in the UK – young, old and everyone in between – to get active.

Large National Lottery grants have opened up world class facilities on people's doorsteps. Venues like the Emirates Arena and Sir Chris Hoy

Velodrome in Glasgow, the new 50m pool in the Aberdeen Sports Village, and scores of new multi-sport 3G pitches the length and breadth of Scotland.

Smaller grants also have a powerful impact. Projects like the Erskine Commonwealth Games, which used £9,756 of Lottery funding to enable ex-servicemen and women to get active and feel a sense of connection to the Glasgow 2014 Games. The project gave veterans and their spouses – many of whom are elderly or affected by ill-health – a chance to participate in their own version of the event, including a torch relay, medal ceremonies, as well as boccia bowls, shot putt, weightlifting and netball. It recently won a National Lottery Award for its efforts.

So the next time you buy a National Lottery ticket, take a moment to reflect. Regardless of whether you win, think what that money will do, the people it will help reach – and the lives it will change.

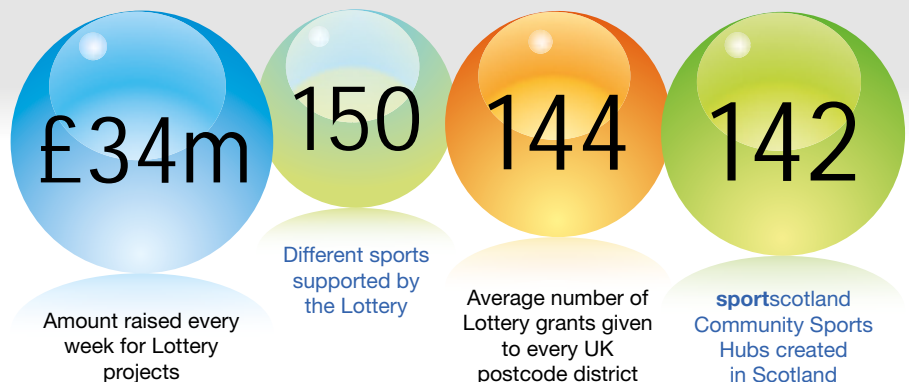


www.lotterygoodcauses.org.uk



@LottoGoodCauses

sportscotland's annual National Lottery budget is helping to build a world class sporting system for everyone in Scotland. Here are just a few fascinating Lottery facts and figures...





I'm back in the saddle

Army veteran John Bowman, 98, has lived at The Erskine Home in Bishopton, Renfrewshire, since 2013.

A keen cyclist and member of Lomond Road Cycling Club in Clydebank in his younger years, John felt the challenges of old age and ill health.


But the physiotherapy team at Erskine gave him the chance to get back to the sport he loved.



John was keen to take part in The National Lottery-funded Erskine Commonwealth Games from the off. He increased his exercise bike training which paid dividends, securing him a bronze medal at the Games.

Since then, John has continued to cycle three or four times a week. He also attends a physio exercise group twice a week.

John has recently faced some health problems. However, thanks to the Erskine Games his improved fitness has put him in a much stronger position to deal with his challenges, and he has recovered well.

 John Bowman poses with his medal after taking to the bike (inset) at the Erskine Commonwealth Games



Most Lottery grants are for £10,000 or less, helping small projects make a big difference in communities



Clydesiders who received Lottery funding to enable them to volunteer during Glasgow 2014



Elite athletes supported, enabling access to the best coaching, facilities and support staff.



Host City Volunteers given Lottery funding, enabling them to volunteer during Glasgow 2014



Percentage of Team Scotland medals won at Glasgow 2014 by athletes receiving Lottery support



Number of world class competitions funded across the UK, helping our athletes qualify and prepare for Rio 2016



HEART OF THE LEGACY

One year on from Glasgow 2014, new **sportscotland** data indicates that the Games legacy has resulted in Scotland's sporting landscape being in better shape than ever before. The provision of top class facilities has been reflected in rising participation, with our community sport hubs and Active Schools Network continuing to build strong connections. Away from the pitch, pool and podium, there's been a significant rise in governing body memberships and coaching qualifications. These impressive facts and figures show how together we're helping to build a world class sporting system for everyone.

COMMONWEALTH SPORTS

up **67%**
Netball Scotland

up **49%**
Triathlon Scotland

up **38%**
Scottish Cycling

up **38%**
Scottish Gymnastics

Some sports in Scotland have enjoyed significant and substantial growth between 2011/12 and 2014/15.

OLYMPIC AND PARALYMPIC SPORTS



UP **11,000**
a rise of 12%

Figures show a rise in Olympic and Paralympic sports that didn't feature at Glasgow 2014 — indicating benefits for sport in general between 2011/12 and 2014/15.

GOVERNING BODY MEMBERSHIPS



UP **16,000**
a rise of 8%

Figures for memberships of the governing bodies for the 17 Commonwealth Games sports showed an encouraging increase between 2011/12 and 2014/15.

SPORTING FACILITIES

For both performance athletes and community users, Scotland's sporting facilities are the best they have ever been right across the country. With world class facilities in place, we are helping to boost Scottish sport at every level. Here's a small snapshot of what's available.



Royal Commonwealth Pool, Edinburgh



Aberdeen Sports Village, Aberdeen



National Hockey Centre, Glasgow



Sir Chris Hoy Velodrome, Glasgow

COMMUNITY SPORT HUBS

142 community sport hubs **with** **994** SPORT CLUBS

114,577 ACTIVE MEMBERS

11,282 DELIVERERS

32 number of local authorities in which hubs work

almost **60%** of hubs are based in schools

Number of active members and deliverers based on 2014/15 monitoring reports from 935 sport clubs in 131 hubs

ACTIVE SCHOOLS NETWORK

333,000 ACTIVITY SESSIONS

2,587 CLUBS LINKING WITH SCHOOLS

OVER **20,000** DELIVERERS

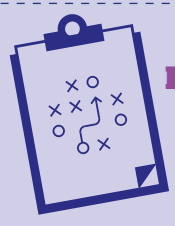
86% OF WHOM ARE VOLUNTARY

The Network enjoyed another fantastic academic year in 2014/15, building on the record-breaking success of 2013/14.

UK COACHING CERTIFICATE AWARDS

LEVEL ONE **19,203** up from 8,073

LEVEL TWO **4,969** up from 1,593



There has been a terrific rise in the number of UK Coaching Certificate Awards in Scotland between 2010/11 and 2014/15.

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www.facebook.com/nationalagencyforsport

Chris, can you give us an outline of your role?

I wear many hats, but in short the role connects people and organisations and ensures there is an opportunity for all to participate in sport locally. I develop community partnerships to increase the capacity of sport within the south west of Edinburgh to ensure any rise in demand following the Glasgow 2014 Commonwealth Games can be met. This is managed and delivered through four key areas of work: enhancing people, club development, marketing and communications, and developing effective partnerships.

So what does a typical day look like for you?

I have a relaxed start to the day. In sport, you tend to find that activity happens into the night so the early mornings are precious, so I catch up on the news and head to work for 9am. Usually the first part of my day is catching up on emails and my to-do list, but after that I work to our meticulous weekly, monthly and annual work plans for each of the projects we have.

For example, one of the projects I'm working on at the moment is Active Community and involves meeting with Higher Education (HE) and Further Education (FE) institutions and SGBs to agree on a process for developing student coaches to then be deployed into schools, clubs and HE/ FE sport. This work plan and the development of community partnerships usually takes up my day, which is then followed by evening commitments a few nights each week. We meet volunteers several times a month; they usually have their own work commitments during the day so evenings are the time we have face-to-face meetings and forums. I also coach Heriot-Watt University Football Club on a Monday and Thursday evening.

What did you want to be as a child?

Like many boys, I wanted to be a professional footballer, but if that didn't work out it was always going to be some sort of role involved in sport.

When did you know this was the career for you?

I wouldn't say there was a definitive point. I loved PE, had great teachers and a great experience with my local

Chris Sellar has been the Community Sport Hub Coordinator for South West Edinburgh Community Sport Hub for over two years. Based at Heriot-Watt University, he was previously a college representative Football Team Manager at Scottish Student Sport. In the first of a new series, Chris gives us an insight into his career.



Chris was chosen to talk at last year's SSS Conference

community football club. That's one of the key reasons I went on to do Sport Studies at the University of Stirling. My time on the Young people's sport panel at **sportscotland** provided great networking opportunities, while my time at Scottish Student Sport (SSS) gave me insights into how different institutions connect with sport in the community.

What drew you to this role?

I learned lots at SSS, but needed to try something new and develop. I wanted to get experience in community sport and this was a great opportunity to do that.

What's the best decision you've ever made?

I would say going for the Sports Union presidency at the University of Stirling. I didn't get the role but the learning along the way was brilliant and enabled me to get the SSS position.

How do I get to be where you are?

Volunteering! Put yourself out there — there are plenty of leadership openings around sport. Create opportunities for yourself by asking your local club, community sport hub or Active Schools coordinator. Also, have a look at websites such as Volunteer Scotland.

What kind of experience or qualifications do you need to be a Community Sport Hub Coordinator?

Relevant qualifications are useful; they give you a platform. A college or university degree not only provides valuable subject knowledge, but also offers transferable life and work skills. Gaining coaching qualifications and other continuing professional development (CPD) opportunities help you grow within sport development. Experience is really important, so gain that wherever you can, as more informal training comes from just getting involved.

What kind of personal traits do you think are most important to this role?

Being friendly and approachable, having good values and sticking to them, but most importantly a smile! A can-do attitude and willingness to go over and above is important too.

What's best about your job?

I absolutely love my job! I work with lots of people from a variety of backgrounds with different expertise and I feel like I make a difference. Sport is a growing industry which means there are lots of opportunities.

Are there any downsides?

Work-life balance can be difficult as you need to be willing to work evenings.

What advice or life lessons would you give to someone wanting to follow in your footsteps?

Work hard, believe in yourself and surround yourself with good role models and mentors who can guide you.



www.sportscotland.org.uk/hubs

www.sportscotland.org.uk/jobs




@chrissellar
#csh



How I got

here



 Chris's journey to becoming a Community Sport Hub Coordinator has included (clockwise from top left) Camp America, the Young people's sport hub, Glasgow 2014 and the Homeless World Cup



Always keen to develop and improve, Sandwood Primary School are the perfect example of our School Sport Award in action. We paid a visit to find out how they're **#raisingthebar** in PE and school sport.

TOP MARKS

Sandwood Primary School are certainly raising the bar when it comes to PE and school sport — and they have a Gold Award to prove it.

The Glasgow-based school completed the **sportscotland** School Sport Award self assessment last November and reached bronze status.

Striving to improve, and inspired by their CAN-do motto — Challenging, Achieving, Nurturing — the school used the School Sport Award development plan template to review and restructure their PE and school sport offer.

The school then re-assessed their status and with a score of over 75% were eligible to apply for a Gold award. Following an external review the school achieved Gold status in June 2015.

sportscotland SCHOOL SPORT AWARD

The sportscotland School Sport Award is an excellent tool for measuring and evaluating sport and physical education (PE) in schools, giving them the chance to review what they offer and continually develop and improve.



“The staff are also committed to working with pupils during non-routine school hours and there are many retired teachers that volunteer to support our sporting events both on and off site.”

The school offers a number of lunchtime clubs that are now well established, with class teachers and management taking an active role in organising sport for the pupils to provide structure and promote their vision, values and aims.

They are also lucky to be well supported by students, coaches, staff and committed parents who all volunteer to support pupils.

Teacher Louise Carey said: “Our pupils have many opportunities to take up a new sport and develop a lasting tie with local clubs. They have a high attendance rate at clubs and some are making the step to junior level with an enhanced commitment to their chosen sport. We actively pursue new links in the community and welcome every opportunity from our local authority to provide physical activity and sport to our pupils across all stages.”

Delighted Head Teacher Fiona Donnelly said: “We completed the online assessment in November which enabled us to look at our school sport and PE objectively. We were able to establish our strengths and weaknesses and put a plan together to develop and improve.

“At Sandwood, we’re proud of our commitment to providing an extensive wide range of sport and physical activity opportunities for our pupils. We’ve taken every opportunity to work with our partners and utilise the Active Schools coordinator to provide support, ideas and leadership.



i Sandwood pupils enjoy a PE lesson



www.sportscotland.org.uk/schoolsportaward



@sandwood120
#SchoolSportAward

Youth Team Scotland recorded a fantastic performance at the Commonwealth Youth Games this month, returning home with three gold, 10 silver and eight bronze medals. Five of the eight sports won medals – boxing, tennis, swimming, athletics and weightlifting – with 18 athletes enjoying podium success. Here’s what some of our stars of the future had to say about their experience.



Erin Robertson, who stormed down the pool to take Scotland’s first gold in the 50m breaststroke, said: “I can’t believe it. As soon as I touched I turned around and when I saw that I’d won it felt like I was dreaming, like none of it was real. It’s really not sunk in yet.”

In athletics, **Cameron Tindle** smashed his previous best to grab an unexpected bronze in the men’s 100m. He said: “It means a lot because I’ve been working hard to even get selected. To come away with a medal is great. I just thought of my family back home and it drove me on.”

Weightlifter **Biatrice Gabell** exceeded her own expectations when she landed a silver medal in the 53kg class. She said: “I’ve loved meeting people from lots of different countries. Everyone’s so friendly and it’s really amazing to get to know the different cultures.”

“It’s an unbelievable feeling,” said boxer **John Docherty**, who scored our second gold. “Now I’m aiming for gold again at the next Commonwealth Games – the senior ones in Australia! I’m a senior next year and this is going to give me a big boost.”

Commonwealth Games Scotland Chairman, **Paul Bush OBE**, said:



i Youth Team Scotland pose with their medals

TALENT of tomorrow

“Huge congratulations to the team; they’ve done the nation proud. They’ve been truly inspired by the success of Team Scotland at Glasgow 2014 and have shown how much it means to represent their country on the international stage.”



www.goscotland.org



@Team_Scotland

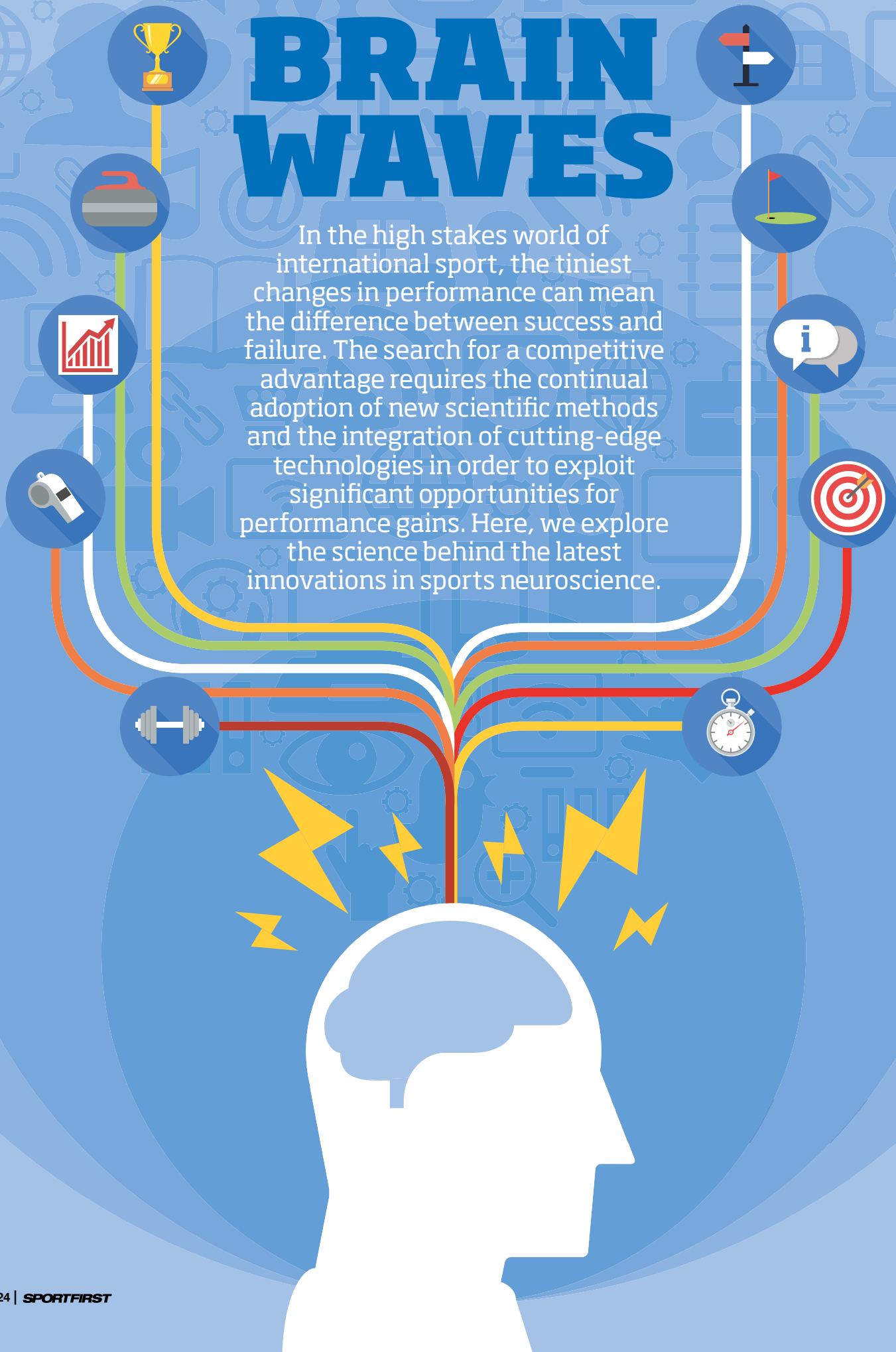


i Cameron Tindle celebrates bronze and (right) Erin Robertson and John Docherty in action in Samoa



BRAIN WAVES

In the high stakes world of international sport, the tiniest changes in performance can mean the difference between success and failure. The search for a competitive advantage requires the continual adoption of new scientific methods and the integration of cutting-edge technologies in order to exploit significant opportunities for performance gains. Here, we explore the science behind the latest innovations in sports neuroscience.



The modern world of international sport is a culture saturated with science, technology and data. And committed to giving our athletes a head start is Dr Malcolm Fairweather, Head of Sports Science and Innovation at the **sportscotland** institute of sport (SIS).

Over the past past three years, he's been working closely with two experts from the University of Stirling — Head of Psychology Professor David Donaldson and Postdoctoral Research Fellow Dr Joanne Park — on new technical processes and understandings of brain functions in high performance sport.

This project and their 2015 review paper, Making The Case for Mobile Cognition: Electroencephalogram (EEG) and Sports Performance, was published in February this year — and has caused serious waves in the sports neuroscience arena.

Together, the team provide the perfect combination of knowledge and skills for sports neuroscience research. David and Joanne have over 20 years of expertise in cognitive neuroscience, including EEG recording and analysis, and Malcolm's experience with sports research dates back to his 1994 PhD paper, Implications of Hemispheric Function for the Effective Teaching of Motor Skills.

Together, this has provided key insights into the potential offered by recent advances in mobile EEG technology to make skill acquisition and performance enhancement in sport a reality.

Malcolm explained: "David and Joanne work at the very cutting edge of EEG science on a daily basis. They have an applied foundation to their work and are keen to work with us to transfer this knowledge and understanding practically towards Scottish advantage in sport."

EEG is a non-invasive brain imaging technique where electrodes are placed at specific locations across the scalp. They then track and visualise brain activation patterns linked to the sensory, cognitive and motor processes that are known to be critical to sporting performance.

Traditionally, the EEG method has been restricted to the laboratory environment, while the sporting experience of an athlete is entirely dependent on the



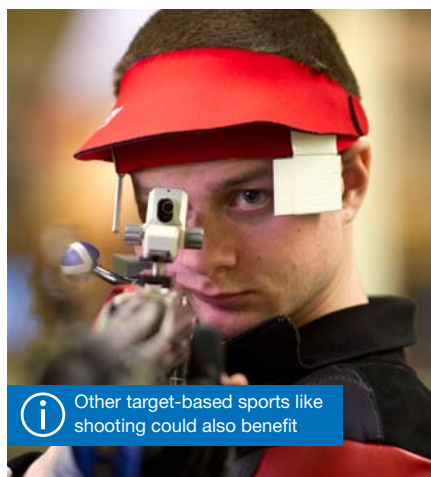
i Golf has been identified as a sport that could benefit from the project

real-world environment in which they compete and train. In practice even the best laboratory science cannot fully capture the complex cognitive states produced when athletes compete in high performance sport. However, in their 2015 paper, the team reveal that recent advances in mobile EEG technology now enable assessment of sporting behaviour in the field.

This means brain activity can be monitored in real-time, over many hours and in authentic sporting environments, making it possible to obtain a clear profile of cognitive processes implicated in mastery of sport-specific techniques and experiences on an individual basis.

The development of sporting expertise can now be tracked by measuring changes in the EEG patterns and monitoring the influence of practice, creating opportunities for bespoke interventions. In practice, a key methodological concern when using mobile EEG activity is physical movement, which can make recording brain activity impossible.

As a result, the relatively static and cognitive nature of target sports, such as curling, golf or shooting, are ideal for mobile EEG investigations, whereas applying EEG to high impact sports, such



i Other target-based sports like shooting could also benefit

as sprinting, boxing or snowboarding, remains a serious challenge.

Target sports require a complete clarity of focus and attention that can be time-linked with mobile EEG measures. In an article in Sport First 14 — 'Eyes on the Prize' — we explored a parallel project currently under way with Scottish Golf called 'quiet eye' and 'improving putting performance'.

Adding data from EEG to the eye movement process would provide coaches and support staff with a method of mapping shot-by-shot brain and eye movement activity to help guide and understand performance.

The team's review paper is published in one of the world's highest rated neuroscience journals, the prestigious Neuroscience and Biobehavioural Reviews. Their efforts in revealing what we know, what we don't know and what we need to know in the measurement of brain activity in sport has been noted internationally.

Looking ahead, the aim is to combine better understanding of optimal performance 'templates' with real-time EEG monitoring – AKA neurofeedback – to help athletes recreate optimal cognitive states, and as a result, improve their chances of performing to the absolute best of their ability.

Malcolm added: "In order to maximise returns from this work, the next stage requires systematic and longitudinal applications within Scottish high performance sport. This opportunity is sitting on our doorstep and does not require a 'dare to dream' solution — it simply requires a 'dare to be first' attitude!"

This opportunity represents an intriguing, innovative and highly exciting prospect for Scottish sport.

Training the brain is today's sport science and with equipment validated and the state of the playing field acknowledged, David, Joanne and Malcolm are keen to get started on the next phase of their work.



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Young people are at the heart of sport and we believe passionately in the role that they can play in delivering a world class sporting system in Scotland. By developing their leadership skills and giving them the necessary tools, we recognise that young people can make a valuable contribution to influencing and leading the way in sport.



Emily Greenan has been involved in the Young Ambassadors programme since 2011 and was the first Young Ambassador (YA) in the Stirling area. The 19-year-old, from Dunblane (left), has always had a passion for sport and has been a keen member of the Central Athletics Club since 2006.

Why did you get involved with the YA programme?

It was recommended to me by both a school PE teacher and our Active Schools coordinator. I was really keen to raise awareness of sport in my school

AMBASSADOR IN ACTION: Emily Greenan

and local community, while developing my own skill set to take forward into university and beyond.

What did you do during your year as a YA to develop sport in your school?

I was proactive in organising a number

LEADING THE WAY

sportscotland is committed to providing a lasting legacy of confident, knowledgeable and experienced young people who, throughout their life in sport, will help strengthen the sporting system.

One way in which we are delivering on this commitment is through the framework of Young People as Leaders in Sport. This framework is intended as a reference point for the whole sector to provide a means to reflect on current practice, and develop and improve the range and depth of opportunities for young people.

Five roles have been identified as key opportunities through which young people can contribute as leaders in sport:

- **Deliverers/coaches**
- **Technical officials**
- **Event/competition organisers**
- **Decision makers**
- **Ambassadors**

Working closely with our partners in local authorities and Scottish governing bodies of sport, we are giving young people access to a range of openings which can help to create strong leaders in sport, both now and well into the future.

One of the projects that **sport**scotland

of sporting events including a mini-torch relay around Dunblane that involved my school and three local primary schools. I regularly delivered presentations to my peers and I helped raise awareness of disability sports.

What skills did you learn and how did you develop as a person thanks to Young Ambassadors?

There were so many benefits to taking part in the programme – I absolutely enhanced my communication, event planning and leadership skills. I've grown in confidence and improved my public



i Over 600 Young Ambassadors work together at our annual conferences

leads on to help create young leaders is the Young Ambassadors programme which trains and supports young people in school between the ages of 14 and 17.

At the heart of the programme, the core principles are that the views of young people are heard, they are valued, they can influence decision making and they are actively engaged in driving change.

There are two key roles for a Young Ambassador, the first of which is to **promote**, **motivate** and **inspire** other

young people to get involved in sport in schools, local sports clubs and the community itself. The other is to **influence** key aspects of school sport including PE, leadership opportunities and extracurricular sport.

Over 600 young people a year have the chance to attend one of the conferences that are run across six regions. Here they have the opportunity to hear from inspiring Commonwealth and Olympic athletes — and be trained in an equally inspiring new role.

speaking. I was given the opportunity to speak at the opening ceremony of a YA conference in Perth, which was certainly nerve-wracking, but was really enjoyable and helped improve my self-confidence.

Have the skills you picked up as a YA helped you get where you are today?

The YA programme helped me discover what I wanted to do when I left school. At my first YA conference my athlete mentor was the Paralympian Tim Prendergast — his story inspired me and helped me discover that I wanted to study prosthetics and orthotics. Without

Young Ambassadors I simply wouldn't have thought about this as an option, so I'm very thankful for the opportunities that the programme has given me.

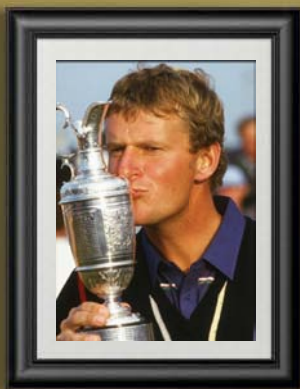
After graduating, I hope to develop as an athlete and as a volunteer in a coaching capacity, while becoming more involved in disability sport.



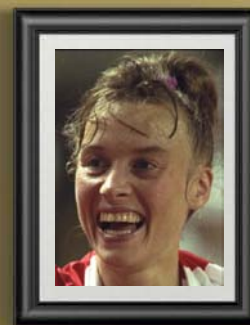
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WHO'S IN THE FRAME?



This November will see five more iconic sporting heroes being inducted into the Scottish Sports Hall of Fame. They'll join a host of sporting legends from across the ages, representing a wide field of sports. Ahead of the big names being revealed, we find out how the Hall of Fame celebrates our country's rich sporting heritage.





“

I remember being at the launch of the Hall of Fame and being in awe at the inductees. To now be part of that is unbelievable. It's a huge honour to be the first curler inducted. I've set a trend for the people I coach and given them something else to aim for.

**Rhona Martin MBE,
Olympic gold medallist**

i Curling icon Rhona Martin was inducted into the Hall of Fame

The Scottish Sports Hall of Fame recognises and honours the many great champions this country has produced.

Launched in 2002, and with a series of induction ceremonies so far, the initiative was created to provide a public record of Scotland's greatest sportsmen and women. It also aims to inspire future generations and promote a culture of recognising and celebrating Scottish success across a range of sports.

The current 93 members of the Hall of Fame represent 32 sports, ranging from athletics to wrestling.

Some of the Scottish sporting legends who have already been inducted include Sandy Lyle MBE (golf), Colin McRae MBE (motor racing) Isabel Newstead MBE (athletics, shooting and swimming), and most recently Rhona Martin MBE (curling).

Chair of sportscotland, Louise Martin CBE, said "We are delighted to be welcoming another five deserving sportsmen and women into the Scottish Sports Hall of Fame, which continues to build on the huge array of sporting

achievements we witnessed in 2014. The Hall of Fame highlights the longstanding heritage of sportsmen and women who have contributed to Scottish sport and can inspire future generations.

"The public have the opportunity to submit their nominations for future inductees on the website, and myself and the selection panel are always overwhelmed by the number of well-deserving names we receive.

"We can only take forward a limited number of sportsmen and women for each induction year, but it's fantastic to receive so many nominations and reflect on what a great sporting system we have here in Scotland."

Names of this year's inductees will be revealed in November. Until then, you can find out more about the Hall of Fame by visiting the exhibition at the National Museum of Scotland in Edinburgh. You can also find out more about the wide range of inductees and nominate on the Hall of Fame website.

And don't forget to keep an eye out on our social media for more information and announcements closer to the time.

“

To be picked out from so many great players and be put in the Hall of Fame alongside people like Gavin Hastings, Finlay Calder, and David Sole is a real privilege.

**Ken Scotland,
international
rugby icon**



“

Being inducted into the Scottish Sports Hall of Fame is up there with anything I have achieved in my career because it's not just for football, but for all sports.

**Archie Gemmill,
international
football legend**



www.sshf.co.uk



#SSHF15



Scottish Student Sport is currently working hard to drive forward student sport in an integrated way. Liaising with a wide range of Scottish governing bodies of sport (SGBs), the results are already impressive – and the focus is now on how to create even more first class partnerships.

i Scottish Student Sport is building links in a range of sports including tennis and football

Picture: Craig Doyle

UNLOCKING OUR POTENTIAL



Teamwork is key for Scottish Student Sport (SSS) as it works hard in its ambitious strategy to build powerful partnerships across the country.

As a headline target, SSS is pursuing formal agreements aimed at improving the opportunities for students and promoting lifelong involvement in sport.

The results of these partnerships are already starting to bear fruit, with membership of Scotland's 550 student sport clubs up over 10% in the past year to the current total of over 29,000.

Through working with SSS, a number of SGBs are now able to galvanise a key population group and engage them in high quality experiences, whether as players, coaches, officials, volunteers or leaders.

Formal partnership agreements — typically covering six key areas of work — are already in place with the likes of the Scottish Football Association (SFA), Scottish Hockey, Badminton Scotland and Scottish Target Shooting.

9 Bodies taking part in Reffin' Brilliant & Coachin' Brilliant

By the end of the year it is expected that this existing good work will be cemented with a number of other sports such as basketball, judo, netball, rowing, rugby, sailing, snowsport, swimming, tennis and volleyball.

By jointly agreeing a rolling plan, SSS and governing bodies are able to add value to one another's work and, crucially, provide a complementary set of opportunities to the student clubs and participants.

Success via partnership

There is already strong evidence to show the impact and benefit of close working between SSS and its partners. Nine governing bodies took part in SSS workforce projects Reffin' Brilliant and Coachin' Brilliant in 2014-15, helping 220 students get started on their journey as a coach or official.

It is expected that this number will continue to grow and that the closer working relationships will help us to retain as many of these recruits as possible over the medium term. Margaret Ann Fleming, CEO of Scottish Volleyball, said:

THE KEY AREAS

MEMBERSHIP AND AFFILIATION

Designing an SGBs membership package that is of value and jointly promoting this to all student clubs and participants

COMPETITIONS AND EVENTS

Working together to deliver with quality to various ability levels

MANAGING THE PARTNERSHIP

Joint commitment to regular development group meetings and ownership of a shared action plan

WORKFORCE

Providing tailored and accessible opportunities in coaching, officiating and volunteering

COMMUNICATION AND VISIBILITY

Teaming up to promote opportunities and celebrate success

CLUB DEVELOPMENT

Translating good practice resources and providing support directly to the student clubs - often via an Approved Community Club Link

"The new Reffin' Brilliant and Coachin' Brilliant programmes, which are uniquely tailored to 19-21 year olds at university and college, have been hugely successful for Scottish Volleyball, both in terms of membership increase and in capturing the imagination and passion of young people for our sport.

"It is truly encouraging to see that many participants are females and that a significant number are now associated to a club and hopefully volleyball for life."

220 Students given help to become coach or official

Steady investment by the SFA in student football over recent years has also assisted SSS to engage over 40 new student teams in regular competition.

This has helped to meet the appetite for colleges and universities to play together on a more regular and more regional basis - something which will now be explored with a handful of other sports over the coming year.

SSS Approved Community Club Links

are also helping to sustain activity and provide a useful mechanism for collaboration between institutions and their local community. One such link is between Dundee & Angus College and the Arbroath Lawn Tennis Club, helping both parties to strengthen their offer to the local population.

SSS is very much 'open for business' and is always delighted to hear from sports large and small about the prospect of closer partnership working.

In doing so, SSS can help create a world class system that is robust, integrated and valued - and the sport in question can realise the potential of students in terms of lifelong membership, competition and administration.



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Ian (second left) and Lauren (far right) tackle a tricky exercise at a Young people's sport panel workshop

HEART & SOUL

Lauren paid tribute to the tireless work done by volunteers up and down Scotland.

She said: "Sport, particularly at grassroots level, relies on volunteers who give up their time to develop the next generation of young talent.

"The role volunteers play in clubs is crucial to the running of sport organisations up and down the country. Volunteers are the heart and soul of the sporting community, they keep our clubs going.

"We want to say **#ThanksVolunteer** to all of those who give up their time — just like Ian."



ONE

ON



ONE



LAUREN JOHNSTONE
AGE: 18 **FROM:** East Ayrshire

SPORTING LIFE: Has played for Kilmarnock Ladies FC since the age of nine. Now coaches their Under-13s

CAREER: Wants to combine her love of sport with journalism and is about to begin a Media course at Ayrshire College



IAN RAE
AGE: 19 **FROM:** East Kilbride

SPORTING LIFE: Played basketball since the age of 11, starting for Calderglen Spartans and starting his own school basketball club. About to start coaching the South Lanarkshire Colliers

CAREER: Now studying to be a PE teacher

Guest writer Lauren Johnstone goes toe-to-toe with Ian Rae, her colleague on the Young people’s sport panel. The former Kilmarnock Academy pupil finds out how he became a basketball coach – and how volunteering has helped him.

As part of the current Young people’s sport panel, I’m very fortunate to have the opportunity to work alongside some talented and inspiring people.

Brought together by our passion for sport, we’ve all dedicated time and effort into something we love – none more so than my fellow panel member and volunteer, Ian. I decided to find out more about his role and discover exactly how volunteering has helped him.

So Ian, how did you get involved in volunteer basketball coaching?

My decision to get involved came in my latter school years, after realising that I wanted to give something back to a sport that’s given me so much.

My background in sport stems largely from playing basketball throughout my secondary school years, before joining my local club – Calderglen Spartans.

I began to volunteer during my senior years at school. I felt suited to a coaching role and therefore made the decision to start my own basketball club within my school. I ran the club for two years before leaving school and after a lot of hard work, it’s a great testament that the club is still running. I’m now about to begin a new coaching chapter with the South Lanarkshire Colliers.



i Ian with his team-mates and former head teacher and coach Tony McDaid

What kind of experiences have you had since you began volunteering?

My first opportunity was a transition day for P7 pupils about to take the leap into secondary school. Without knowing what to expect, I said yes and from that day I’ve never looked back. I’ve been so lucky with my volunteer experiences — they’ve taken me to places like South Africa, the London 2012 Olympics and the Glasgow 2014 Commonwealth Games.

Volunteering has given me a huge amount of diverse experiences and opportunities. Volunteering can be achieved in many different ways and it’s all about finding what suits you best.

Was there anyone in particular that supported you on your journey?

On reflection, I’m really thankful to my school teachers who helped me all the way and supported me, along with the local Active Schools coordinator, who opened my eyes to the opportunities that were out there.

Did you gain any qualifications to help you in your coaching career?

I completed the level one basketball coaching qualification which gave me a varied skillset to deliver quality sessions.

And finally, how has volunteering shaped your career path?

Volunteering is something that can help define you as a person. I’m amazed at strengths I never knew I had, like my ability to remain calm under pressure, and my passion and motivation to make a difference. My volunteering has helped shape my career path as I’m studying to become a PE teacher. I want to continue working in sport, and motivate others.

 www.sportscotland.org.uk/volunteer

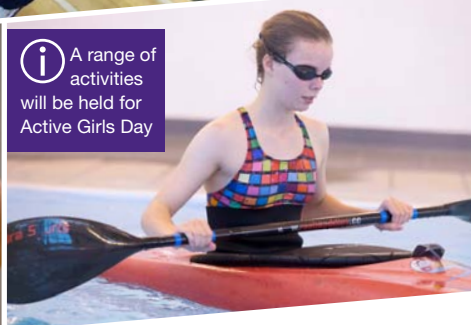
 [#ThanksVolunteer](https://twitter.com/ThanksVolunteer)

JUMP TO IT!

Active Girls Day 2 October 2015



i A range of activities will be held for Active Girls Day



Fit for Girls
YDance Active
Girls on the Move



This year's Active Girls Day will see girls and young women leap into action on Friday 2 October. From dramatic dance displays to fun fitness workshops, they'll take part in a wide range of exciting activities – so make sure you don't miss out!

Active Girls is an initiative funded by the Scottish Government, managed by **sportscotland** and delivered in partnership with YDance, Youth Scotland and the Youth Sport Trust.

The aim of the programme is to increase girls' and young women's participation in PE, sport and physical activity.

So what's happening this year for Active Girls Day?

This year Active Girls Day will be held on Friday 2 October. Some of the exciting activity planned so far includes:

Fit for Girls

All schools who are engaged with Fit for Girls, the joint initiative between **sportscotland** and Youth Sport Trust,

will be promoting physical activity among girls and young women and focusing their activity on girls' participation.

YDance Active

YDance Active are creating a nationwide YDance sequence, which will be learned by young dance leaders across the country. All participating groups will perform the dance in their local communities on Active Girls Day.

Girls on the Move

Girls on the Move is celebrating with The Big Ideas Weekend on 3-4 October. Young leaders can get involved with dance, sports and fitness workshops, gain accredited qualifications and meet other girls and young women from across Scotland to share experiences and get inspired.

Active Girls Day is a chance to get girls across the country active and celebrate the amazing work that goes on in Active Girls. Events will be happening across Scotland so you can get involved or even organise your own.

Remember, it's all happening this year on Friday 2 October — so make sure you don't miss out!



www.sportscotland.org.uk/activegirlsday



@sportscotland
#ActiveGirlsDay
#ActiveGirls



MY PART — IN THE — PLAN

sportscotland Community Coach of the Year Debi McPhee runs the JUMP Gymnastics Club in Cumbernauld, coaching 650 children a week. Here she tells us about her work and how she's helping to **#raisethebar**.



“ I've always loved sport. Following an SVQ in Gymnastics Coaching I had a variety of roles in local clubs, authorities and dance schools.

In April 2015 we were delighted to welcome the First Minister to our club to launch the Youth Manifesto, which meant we hit the headlines in national newspapers and TV. Two of our gymnasts even appeared on the front page of The Herald!

It was fantastic for the children and the club's profile. Interest soared and we noticed a positive impact on social media, plus new enquiries from parents who weren't aware they had a club on their doorstep.

The future for JUMP is certainly exciting as we have confirmed a move to a larger facility where we will double our space, so we can meet the demand there is within our local community.

“ After a short break to bring up my family, I developed my own after-school session, supported by **sportscotland** and my local Active Schools coordinator and Community Sports Hub Development Officer.

From a few pupils, it soon turned into the JUMP Gymnastics Club. With funding and support we were then able to buy our own equipment and unit. I was overwhelmed with the support from the local community who helped us clean and decorate.

With support from nurseries, schools, parents and the Active Schools team, we began to operate seven days a week, running 92 sessions over five venues.

“ Our first gymnast reached the Scotland Tumble Squad in 2014 and two others have since joined. They now train in Dundee towards goals set by the National Coach and the club. We're now working together to ensure the gymnasts reach their targets ahead of the Scottish Tumble Championships early next year.

Our display squad of 26 gymnasts performs at a variety of festivals and next year will travel to Disneyland Paris to perform their new display.

It's a great opportunity to showcase their work and is really exciting for the gymnasts, their families and the club.



These areas are all integral parts of the corporate plan. Download a copy at: www.sportscotland.org.uk/raisingthebar





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The National Lottery®

RAISING THE BAR

Our mission is to build a world class sporting system for everyone in Scotland.

By world class we mean being ambitious and aspiring to be the best we can be at all levels in sport.

We see a Scotland where sport is a way of life, at the heart of society, making a positive impact on people and communities.

Across Scotland, people are already working together to make this happen.

It's now time to build on this work and raise the bar.

#raisingthebar



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