

the magazine for **sportscotland** stakeholders

SPORTFIRST

Issue 15 Spring 2015



BUILDING CONNECTIONS

Working towards a bright future

Putting sport first

sportscotland
the national agency for sport



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FIRSTWORD



Reflecting upon the past four years encompassing our 2011-15 Corporate Plan, it has clearly been an incredibly exciting time for everyone involved in Scottish sport.

The stunning success of Team Scotland at Glasgow helped raise sport's profile, but as soon as Glasgow was chosen to host last year's Commonwealth Games in November 2007, we began working closely with our partners in local authorities, sports, and the Scottish Government to put in place a strategy to capitalise on hosting a major Games.

That collaboration has significantly

strengthened Scotland's sporting structure as we move into our new 2015-19 Corporate Plan and there are a number of indications that the collective work we have undertaken is having a positive impact.

Local authorities' funding, supported by sportscotland's investment, has vastly improved our facilities across Scotland, which are being well used by the communities they serve and provide excellent bases for our performance athletes.

There has been a terrific increase in the number of United Kingdom Coaching Certificate (UKCC) Awards over the last five years with Level One coaches rising from 4,808 to 16,489 and Level Two coaches growing from 764 to 4,202.

We are connecting those improved places and greater numbers of coaches to the schools and clubs in our communities, which is helping to grow capacity in Scottish sport.

Active Schools figures are at record-breaking levels of participant sessions, distinct deliverers and activity sessions. The Active Schools Network has also established a record 21,000 links between the schools and clubs.

Community sport hubs are supporting and strengthening those connections. There are 137 hubs across Scotland's 32 local

authorities which have more than 800 clubs affiliated to them with over 85,000 individual members, and almost 60 per cent of hubs are based in schools.

There have also been encouraging increases, overall, in memberships of Scottish governing bodies of sport (SGBs).

None of these achievements would be possible without the strong partnerships we have with local authorities, SGBs and clubs. If we keep collaborating in Scottish sport then capacity will continue to grow.

Over the next four years, we will continue to build a world class sporting system for everyone in Scotland, linking schools and other educational institutions with clubs and communities, which will help to maintain success on the global stage in performance sport.

Our vision is for sport to be a way of life in Scotland, right at the heart of Scottish society which positively impacts on our people and communities, and our data suggests that we are heading in the right direction.

Stewart Harris
Chief Executive of sportscotland

SOCIAL ROUND-UP P34

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The sportscotland group is made up of sportscotland and the sportscotland Trust Company (national centres).



www.nationalcentrecumbrae.org.uk



www.glenmorelodge.org.uk



www.nationalcentreinverclyde.org.uk



www.sisport.com

A WORLD CLASS SPORTING SYSTEM FOR EVERYONE

Stewart Harris
Chief Executive of **sportscotland**

The last four years have been exciting for Scottish sport and we have much to celebrate. We've progressed our goal to develop and support a world class sporting system at all levels.

Across Scotland people are working together to improve the connections

between school, club and performance sport. This has been supported by a high quality sporting estate, better engagement and use of data, and better planning and management within sports organisations.

Our new Corporate Plan builds on these strong foundations, and has people and communities at its heart.

Through consultation, we know partners are committed to the idea of a system for sport and want it to guide the sports sector in Scotland.

Over the next four years, we will work collaboratively to continue building this sporting system and aligning our resources with the people, places and profile that are needed to deliver opportunities for participation and progression in sport.

In schools and education, clubs and communities and in high performance sport, we know that people, places and profile are what enable great sporting opportunities. When opportunities are high quality, we know that sporting pathways and a journey through sport,

for life, becomes possible.

To drive improvement in the system over the next four years, we will focus on achieving greater diversity and inclusion in sport. We will also work more

collaboratively to improve connections in the system and better support people's journeys in sport. Finally, we will focus on developing the capability and leadership of people working in sport.

Our new Corporate Plan will have much clearer measures of the difference we wish to make. These 'impact measures' are currently under development. We expect the final version of the plan to be published in May 2015.

A WORD FROM THE MINISTER

Jamie Hepburn
Minister for Sport, Health Improvement and Mental Health

Scotland's sporting profile has never been higher the Glasgow Commonwealth Games in particular – the best in the history of the Games – must be a catalyst for increasing participation in sport and physical activity.

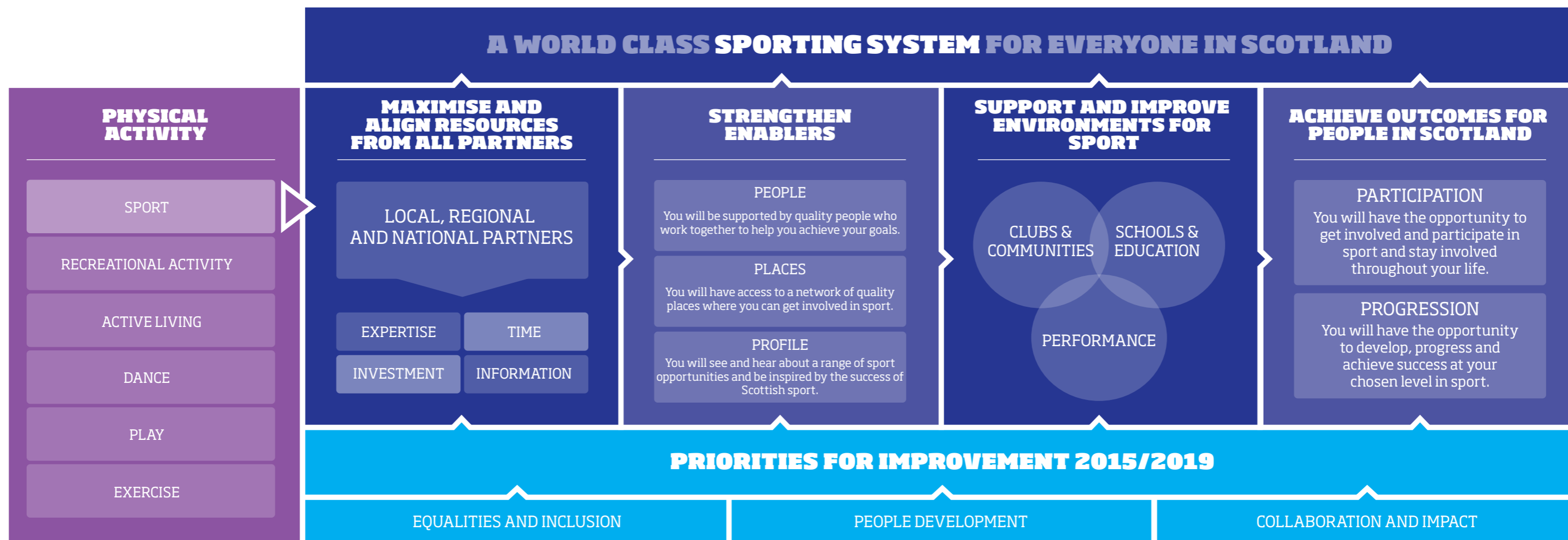
Providing more and better opportunities for people of all ages and backgrounds to enjoy active and healthy lives is a significant aspiration and is clearly set

out in our Programme for Government. Our new Active Scotland Outcomes Framework will drive and focus the efforts of a wide range of organisations to make Scotland a more active nation. I am excited by the contribution **sportscotland** plans to make to this aspiration with its new Corporate Plan for 2015-19, with equal access and opportunity for all central to its approach.

sportscotland has already developed a world class system for sport, working with partners to support and improve school, club and performance sport across the whole of Scotland. Now is the time to widen and deepen the world class system.

sportscotland's Equality Advisory Group will have an important role to play in advising on equality, inclusion and access in sport. I want to ensure that those currently excluded from sport for whatever reason are enabled to take part. I am confident **sportscotland**, with its partners, can help people achieve their full potential.

I am determined to ensure that sport plays a positive impact on closing the gaps between different parts of society in health outcomes. Seeing such improvements will require the best efforts of Government and its agencies, and I am sure that **sportscotland** stands ready to play its part.



LOOKING TO THE FUTURE

Taking on the world's best in front of sell-out Glasgow 2014 crowds was the perfect way for Scottish Thistles netball captain Lesley MacDonald to bow out of competitive action. Now focused on developing the next generation of players, Lesley is delighted to be part of **sportscotland's** Coaching Futures programme.

Following a highly successful career, in which she won a record 127 international caps, Lesley took the difficult decision to retire from the sport and move into a coaching role at Netball Scotland, where she is currently in charge of the U23 side.

Thanks to **sportscotland's** Coaching Futures apprenticeship programme, eight former athletes, including Lesley, have been given the opportunity to support and progress their new careers as coaches. This involves taking on two year roles within their sport's governing body supported by individual professional development opportunities.

With many ex-athletes naturally drawn towards coaching, the Coaching Futures programme aims to increase the number of home grown performance coaches delivering in Scotland, retain vital knowledge and expertise within sport, and provide a stream of coaches capable of working at national level. Lesley explains her experience so far.

Q. How is the programme benefiting you?

The Coaching Futures programme is allowing me to gain invaluable coaching experience, from grassroots to elite level, whilst being mentored by the best coaches in the country.



Learning from the other coaches has also been essential to my development. Having access to coaches from different sports, sharing good practice and seeing how potentially this can be transferred to your own sport has been brilliant.

Q. How have you found the transition from player to coach and what differences are there in your daily routine?

As most retiring athletes will probably say, it's one of the most difficult decisions you have to make. I played international netball for 16 years at senior level and have had the privilege of being involved in 13 European Championships, three World Championships and last year's Commonwealth Games.

As athletes you are used to a certain routine, where everything is pretty much organised around training, so it is a little strange when that is no longer the case.

I certainly don't miss the early morning training or fitness testing but I do miss the buzz of competing at international level.

The transition from player to coach has certainly been made easier thanks to the Coaching Futures programme, and by having the opportunity to experience and develop the coaching role prior to retiring as an athlete.

Q. What are your aims, hopes and ambitions within coaching?

My ambition is to be the best coach I can be and hopefully coach the Scottish Thistles one day. Having captained the Thistles for nine years, I would love to be able to give a bit back and coach the current crop of talent to deliver success on the court for Scotland.

Q. What qualities can you bring to help upcoming athletes?

The style of the game has changed so much during my career. It's faster, more dynamic and more physical so players need to be fitter, stronger and faster to ensure they can compete at international level. For me, this key element has to be introduced to the younger athletes to prepare them properly.

The experience of being a player helps, as you understand how athletes are feeling or what might work best for them. Having been there personally, I feel that I can pass on the appropriate knowledge, whether it is information on how to look after your body properly, nutrition and dietary tips or recovery practices after fitness sessions.

Q. Who are you currently coaching and are there any exciting prospects to look out for?

I am currently leading the Junior National programme for U17 and U23, and I am coaching the U23 squad.

Over the next couple of years we have the U21 European Championships and the U21 World Cup. This means that across both squads we will be developing a team over the next three years to compete on the world stage at U21 level.



Bethan Goodwin is an U17 player who is currently in the Scottish Thistles long squad competing for a place at the World Cup in Sydney this year and 17-year-old Bethany Sutherland has already competed in a World Youth Cup and is now aiming for a place in the senior World Cup squad.

Both athletes are now supported by the **sportscotland** institute of sport and are certainly ones to look out for!

www.netballscotland.com

www.sportscotland.org.uk/coaching

OFF TO THE WORLD CUP

With an international reputation for delivering world class sailing events, the team at the **sportscotland** national centre Cumbrae are preparing to play a key role at a prestigious global competition later this year.



BUSY TIMES AT CUMBRAE

The past 12 months have proved to be the busiest yet for the team at Cumbrae, and they are all set for what 2015 has to bring.

A new school programme, which provides a full range of shore and water activities for primary children, is already proving popular.

By linking up with the **sportscotland** national sports training centre Inverclyde in Largs, the team at Cumbrae have been able to extend the season.

Although less time is spent on the water, the pupils get to live on Cumbrae and have an introduction to water sports, while also experiencing many other activities at Inverclyde.

Cumbrae will also work closely with our other national training centre, Glenmore Lodge, over the coming year. The Lodge has been a leader in the kayaking world for many years and over the coming months their instructors will be working at Cumbrae, using the centre as a base to deliver aspects of their sea kayaking programme.

An exciting new Hebridean cruise programme, using Cumbrae's two yachts, Somerled and Santa Vey, will run throughout July and August. St Kilda, Skye and the Outer Hebrides are just some of the destinations.

The Duke of Edinburgh expedition programme run at Cumbrae continues to grow in strength. Using the centre's yachts, the Cumbrae team run training and expeditions at both silver and gold level.

There's lots going on at Cumbrae – and even the unpredictable Scottish weather won't hold them back.

The International Sailing Federation (ISAF) World Cup is held at six locations around the world, with London 2012 venue Weymouth and Portland set to host the fourth stage of the event in June.

A number of Cumbrae staff have already been working hard behind the scenes, alongside colleagues at RYA (Royal Yachting Association) UK, to help identify the race management teams.

Cumbrae's Chief Instructor, David Frame, has been appointed as the Event Safety Officer and will coordinate a massive safety fleet across seven race areas spread over

five miles out on the water.

And two key figures at Cumbrae, David Kent and Andy Gibb, have now been selected by the RYA for important positions to help with the event delivery.

Both David and Andy had significant roles during the London Olympics, and were chosen due to the expertise they can bring to this event.

David, who works as a Sailing Development Manager at the Scottish Sailing Institute, **sportscotland's** championship sailing venue, will be the Race Officer in charge of the of 470 class

fleet racing. Andy, Cumbrae's Marine Maintenance Manager who is also involved with the Cumbrae Coastguard Team, will have a roving role as Deputy Safety Officer.

David said: "It's very exciting to be involved in such a big event and it's even better that the organisers have asked us to get involved.

"It's very rare to get the opportunity to use the skills that we have developed over the years in a Grade A event. So to get the chance to practice what we have been learning at the very highest level is great.

"I'm delighted that the organisers of the ISAF World Cup asked us to help run such a prestigious event. It's a real endorsement of the quality of work that is going on at Cumbrae and the Scottish Sailing Institute.

"The experience of working with other officials at this level will be invaluable and will undoubtedly be of great benefit to everyone from Cumbrae and the Scottish Sailing Institute."

The event will run from 8-14 June, with the fifth day of racing deciding who will take

home the medals in a spectacular medal race day format for all classes.

Weymouth and Portland will join Hyères, France, as the other European venue and will add to the 2015 ISAF Sailing World Cup line-up which started in Melbourne in December, before visiting Miami in January, and will arrive in China in September.

With the best Olympic class sailors competing for a place at the final in Abu Dhabi in November, the stage is set for intense racing.



FROM MONIFIETH TO THE MASTERS

It's the pinnacle for any aspiring golfer. To savour the hallowed, pristine turf, smell the azaleas, take a deep breath and then compete for a coveted green jacket. It's a theatre where the game's leading actors thrill and inspire, a stage where some of the greatest golfing tales have been played out. For four days every April, millions tune in, captivated and spellbound. It's The Masters at Augusta National. In golf, there is nothing like it.

Aged only 19, The Blairgowrie Golf Club's Bradley Neil will play out his sporting dream when he tees up at the iconic Georgia venue from 9-12 April. Only two years ago, he lifted the Scottish Boys title. From Monifieth to the Masters in 24 months, it's a story for any up-and-coming young golfer to draw inspiration.

By virtue of winning The Amateur Championship at Royal Portrush last summer, the first Scot to do so since Forfar's Stuart Wilson a decade previously, Neil's young career is on the up, doors now flying open. Days after his Amateur success, when he joined a roll of honour including José Maria Olazábal and Sergio García, he was among the game's elite for his Major championship bow at The Open at Royal Liverpool. A traditional invite to The Masters later dropped through his letterbox, with a spot at the US Open at Chambers Bay in

Washington in June also secured.

For the Perthshire player, who ended his career in boys' golf by representing Europe at the Junior Ryder Cup over his home course, there is huge excitement at the magic of The Masters. He remembers sitting up late as a boy to watch Tiger Woods in his pomp, and, despite his young age, knows all about other defining Augusta moments played out by the likes of Nicklaus, Ballesteros, Lyle and Faldo down the years.

"It's incredible to think I'll be playing in The Masters," says Neil, who enjoyed a fact-finding mission to Augusta in January before competing in the prestigious amateur event, the Jones Cup. "I've seen a lot of things on TV, but Augusta is an exceptional place in terms of the course and how exclusive it is. It's going to be unbelievable to get the opportunity to not just be there, but compete in the one tournament everyone talks about in the world."

Neil, one of five Scots named in an initial Great Britain & Ireland (GB&I) squad for September's Walker Cup match, is a confident, talented teen, but he refuses to lose sight of where he has developed. Indeed, he is indebted to the support

networks around him who have helped him flourish, notably Blairgowrie GC, the Scottish Golf Union, including Regional Performance Coach Kevin Hale, and the **sportscotland** institute of sport, including support for physiotherapy, psychology and strength and conditioning.

"For me, it's been a good progression since I came into the Scottish Golf Academy in 2008 aged 12," he explains. "I've moved through the stages. I won the Scottish Under-14s titles in successive seasons, adding the English Under-14s in 2010, when I was initially coached by Spencer Henderson, the former national junior coach.

"I then started working with Kevin Hale, who is based in St Andrews. I won my first Boys' cap in 2011, then represented GB&I for the first time in 2012, before coming out on top at the Scottish Boys the following season. Since the European Team Championship in 2013, when I was a late call-up to the Men's team when

we finished runner-up to England, my progression has rapidly increased. Going to Royal Portrush, I had seven top-10's at Men's level so I was confident of doing well there."

Neil went on to help GB&I claim St Andrews Trophy glory over the Continent of Europe, before playing a key role in Scotland's top-10 finish at the World Amateur Team Championship in Japan. Another exciting year now lies ahead, with Georgia certainly on his mind.

"The amount that I've learned in the last year has been brilliant," he added. "I just need to keep improving. Kevin Hale is coaching me, Ian Rae, national coach, has his input, and I've got all the **sportscotland** institute of sport support. It's got me to this stage and I just want to keep improving."



" I JUST WANT TO KEEP IMPROVING "

@BradleyNeil1

www.scottishgolf.org

HOME SWEET HOME

The Commonwealth Games in Glasgow saw success at numerous levels. For many though, the lasting memory will be the electric atmosphere of the crowds that packed the venues and gave enthusiastic support to every competitor that took to the stage. This year the spotlight will be cast on Scotland once more when it plays host to three international competitions as part of UK Sport's National Lottery funded 'Road to Rio' major events campaign.



Life changing

The IPC Swimming World Championships and the World Artistic Gymnastics Championships in Glasgow, as well as the FEI European Eventing Championships at Blair Castle, will offer the chance to recapture the sizzling atmosphere of Glasgow 2014.

With a number of Team Scotland athletes hoping to compete, is there an advantage to them performing on home soil?

"Competing on home soil can have a significant impact on performance," says Sport Psychologist Misha Botting, from the **sportscotland** institute of sport.

"But the noise of the home crowd and the pressure of representing your country have the potential to overwhelm. The key is for athletes to use it to their advantage and be mentally prepared."

Access to sport psychologists is an important aspect of National Lottery support to athletes. Misha helped the Team Scotland swimmers prepare for Glasgow 2014. Harnessing the power of the home advantage was a key aspect of their preparation.

"There are techniques athletes use to find focus and not be distracted or overpowered by the roar of the crowd. For instance acknowledging what they can't control – the noise in particular – and focus instead on what they can – their own performance.

"Having your family and fellow team mates watch you compete can also have a positive impact."

Research by UK Sport shows that, on average, host nations achieve a 25 per cent increase in their results in comparison to when they are not hosting. Swimming and judo are two sports that fare particularly well.

A range of factors are often linked to home advantage, including familiarity of the venues and travel time, but more often than not it's the home crowd – and their ability to roar them on – that gives an athlete the edge.

We heard it first hand from our athletes during Glasgow 2014.

After winning his first gold of the Games, cyclist Neil Fachie, one of 1,300 National Lottery funded athletes, said: "If it hadn't been for that crowd cheering us on at the end I'm not sure we would have made

it round, we were going so slowly there at the end, we were hurting badly, but the crowd kept us going so I can't thank them enough for what they did."

And who could forget the gratitude of Charlie Flynn after each performance in the ring, thanking the crowd for their support: "Unbelievable, absolutely unbelievable. I was feeling tired in the ring and I could feel it, but the crowd, they give you that energy, they give you that buzz, and I'd like to thank the crowd because, honestly, they give you the extra in there."

So, in an environment where winning margins can be a fraction of a second, the home advantage could make all the difference. The National Lottery funded Gold Event Series offers an opportunity to build on the legacy of Glasgow 2014 and get behind our athletes on their journey to Rio 2016.

ABOUT THE ROAD TO RIO GOLD EVENT SERIES

The Gold Event Series is UK Sport's £27 million National Lottery funded programme that aims to bring more than 70 major international sporting events to the UK. Building on the success of London 2012 and Glasgow 2014, the programme has been developed to make the most of the facilities and skills we have to offer and establish the UK as one of the world's leading host nations.

10

days of prestigious competition at the 2015 World Artistic Gymnastics Championships in Glasgow's SSE Hydro Arena.

80

competitors from 16 nations will take part in the FEI European Eventing Championships 2015 at Blair Castle.

650

swimmers from over 50 countries will compete in the 2015 IPC Swimming World Championships in Glasgow's National Lottery funded Tollcross International Swimming Centre.

www.lotterygoodcauses.org.uk

www.uk sport.gov.uk/events

TEAMWORK PAYS OFF



One of the most iconic moments of the Commonwealth Games for Team Scotland was the look of utter disbelief on swimmer Ross Murdoch's face when he realised he had won gold in the 200m breaststroke. So, we caught up with the standout performer to find out about all the preparation which went into his golden summer.

For general sports fans it may have seemed like Ross had come out of nowhere to snatch the title ahead of the favourite - and team mate - Michael Jamieson, but those in the know were ready for something special.

"Going into the Games I had a few good performances from December onwards, but in the couple of months before the Games I hadn't really swum that well," Ross said. "With 25 races in the space of three weeks my body was broken and I was dying for a rest. So leading up to the Games I wasn't as confident as I thought I would be."

Back at the **sportscotland** institute of sport, the team behind the team had been working closely with Ross, his coach and Scottish Swimming, to identify potential weaknesses impacting on performance, and setting out a personalised programme to give him the best opportunity to deliver on the world stage.



Strength and Conditioning Coach Neil Donald devised a land-based training programme with Ross to complement his work in the pool.

Neil explains: "The key things we needed to work on with Ross were strength and power. Breaststroke is a real power stroke so we had to maximise Ross' physical development to give him the core strength he needed. There's no doubt that work had a significant impact on his development as a swimmer."

"The most important factors were to understand Ross' goals, to fully profile him, identifying any muscular weaknesses and to agree on appropriate interventions.

"Working as a team, we monitored him closely to see where changes were happening and what needed to be adjusted to increase performance improvements.

"I really enjoy working with athletes like Ross. He is highly motivated and understands the role of the support staff, what they can bring to his programme and ultimately how they can help him to achieve his goals.



"Ross not only recognises that, but he respects us and what we do - that's so important."

That sentiment is echoed by Ross himself: "In the three or four years I've been involved with the **sportscotland** institute of sport I've had massive support from hundreds of people but there are three in particular who stand out.

"Adrian Campbell, the physiologist - the programme just wouldn't function without him. Louise Imrie, my physio, who has put a lot of time and effort into keeping me intact so that I could keep training in the lead up to the Games, and Neil Donald, the strength and conditioning lead coach for swimming, who is a very bright man and knows exactly what he is talking about. What we did in the gym transferred into the pool, he absolutely mastered that.

"Those were the three that were closest to my heart in the lead up to the Games."

Ross also credits a move to the University of Stirling as being a critical success factor in his development.

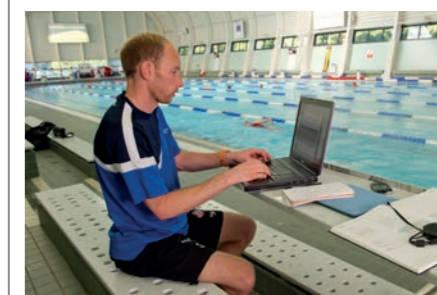
He added: "The change in environment, moving to the University of Stirling, made a huge difference, just being surrounded by like-minded athletes who are prepared to do whatever they can to achieve their dreams. When you're surrounded by people like that it makes your job a whole lot easier."

But this is by no means an easy job. With Scotland punching above its weight in the breaststroke, Ross didn't underestimate what he had to do.

"The strength and depth of breaststroke in Scotland is world class," he said. "Between Michael, who is an Olympic silver medallist, Craig Benson, a world junior champion, and myself there is fierce competition at our national championships.

"Flexibility is crucial for a breaststroke swimmer and mine was poor when I first started working with the institute, but I have now become a much more efficient and faster swimmer since attending Louise's classes."

That attention to detail ultimately gave Ross the edge he needed to perform when it really mattered.



He said: "After the Team Scotland holding camp and working with my coach, the experts and my team mates I was confident and I was able. After the heat swim, that was when I knew that I'd be able to put something down that evening. I was ready."

And he certainly didn't disappoint.

www.sisport.com

www.scottishswimming.com



BATTLING

Snowsport is renowned for the damage it can wreak on the human body. It is high speed, high octane, action packed and when it goes wrong, it tends to be spectacular. British No 1 slalom skier Charlie Guest's injury story has been well documented but still has a few twists and turns to make before she crosses the finish line.

Charlie was on the slopes in Sweden with her coach Stefan Moser in November last year, when she crashed into a boulder. She was then strapped to a board for over six hours as an ambulance drove 250km to the nearest hospital in Ostersund. In an instant, her excitement about pre-selection for the World Championships in America seemed like a very distant memory.

She had fractured four transverse processes of her lumbar spine - the bits that stick out from the vertebrae. It is the sort of trauma you might expect to see from someone who had been in a motorbike or car crash.

The day after the accident, Deputy Head of Sports Medicine at the **sports**scotland institute of sport (SIS), Dr Niall Elliott, received a call about Charlie's situation and began a collaborative approach with Stefan and Charlie to get her home and back to physical fitness.

Charlie said: "After the initial shock wore off, I was pretty scared about what exactly rehab and recovery consisted of, as well as anxious about how long it would take. I think mainly I was just gutted to come to terms with the fact that my season was on hold after such a long and successful pre-season."

Niall rallied the support team at the SIS, which included Physiotherapist Kelly Horne and Strength and Conditioning Coach Scott Crawford. Together they created a collaborative plan for Charlie's rehabilitation and she excelled at sticking to it.

Scott explains: "Skiing forces an extreme amount of pressure through the athlete's body. We have recorded as much as 16 g-force which has to be absorbed by the body as they fly down the slopes. Our ability to positively impact and support

snowsport athletes often depends on how much we can improve their robustness and consistency when they compete. Charlie's focus and positive attitude made the process go really smoothly."

The early stages of her rehab mostly consisted of medical check ups and physiotherapy. Three weeks after the crash, Charlie had the green light from Kelly and Niall to get back in the gym with Scott. They worked initially on getting normal movement back through the spine before eventually loading and building the strength through the injured

She explains: "It was a brilliant reminder that you can, with the right work and help, get back to where you left off. Obviously I'm not winning world cups yet but I'm still aiming for the same goals that I set myself pre-injury. I also got some tips from cyclist Charlene Joiner who suffered a similar injury last year but made it back in time for the Commonwealth Games."



BACK TO



FITNESS

area. Scott's approach in the gym matched the ethos of the work done with Kelly and Niall, putting the emphasis on helping Charlie to listen to her body and push herself whilst also, crucially, remaining pain-free.

"Using visual coaching technology and daily updates on her progress from Charlie and her coach Stefan Moser, the support team worked together to ensure her programme included a wide variety of ski specific drills, swimming, strength exercises and soft tissue rehabilitation for mobility," Scott continued.

"The key was ensuring she had lots of choice and control over her own recovery which helped to build her confidence and speed up the recovery process."

Another great little boost to her confidence was watching American alpine ski racer, Lindsey Vonn, come back from two years of injury to win the speed series in Canada whilst Charlie was working on her recovery.

Reports from Stefan and Charlie at 12 weeks post-crash put her estimated level of performance at only five per cent off her pre-crash target, which is no mean feat. Her commitment and perseverance have paid off and she recovered well enough to head to Colorado with the British squad for the FIS Alpine World Ski Championships.

On the support from **sports**scotland, Charlie said: "The expertise from the team at the SIS was just incredible. There is absolutely no way that I would have got back to racing and training in 10 weeks without the help from Niall, Kelly and Scott. To know that they were there for me, helping me through the injury with only the best intentions for my career was a great confidence boost."

Charlie looks set to compete with absolute confidence for the rest of the season, safe in the knowledge that she has already overcome the biggest challenge of her skiing career to date, before even setting foot on the snow.

www.sisport.com

www.charlieguest.com

A SPRINGBOARD TO SUCCESS



After a challenging two years, gymnastics in Scotland is in a stronger place than ever and 2014 marked one of the most successful years in the sport's history. The Team Scotland gymnasts did their country proud, while Scottish Gymnastics continues to make great strides at grassroots level.

Scottish gymnasts claimed five medals at Glasgow 2014, including the first gold medals since 2002, when Steve Frew won gold on Rings at the Manchester Commonwealth Games.

Scotland won a historic first Men's Artistic team medal, silver, while the "two Dans", Purvis and Keatings also enjoyed medal success. While the performance of Scotland's men's gymnasts dominated the headlines, Scotland's women's artistic gymnasts equalled their best ever result at a Commonwealth Games by finishing fifth, and Rhythmic gymnast Lauren Brash qualified for the Individual All Around final.



The performances of all of Team Scotland's gymnasts will certainly have inspired a new generation of gymnastics fans and participants, and Scottish Gymnastics are already seeing evidence of this.

Membership rose seven per cent last year to 17,805 members and Scottish Gymnastics' newly launched online club finder has had more than 9,000 visits since the Commonwealth Games.

As part of the expected Commonwealth Games bounce, Scottish Gymnastics surveyed their clubs in advance to understand their requirement to deal with an increased demand. The results of the club survey influenced the programmes provided by both the development and education teams.



Scottish Gymnastics strived to enhance club development, and in 2014 they held their first ever Club Managers Course. This course is designed to support and develop club leaders and managers of those clubs who are, or have aspirations to develop their professionalism. The Club Managers Course had 16 people from 15 clubs represented, and was the first of its kind to be run in the UK for gymnastics. Following the success of this programme Scottish Gymnastics will be delivering a nationwide programme of club leadership and development opportunities in the coming year.

As Scottish Gymnastics looks to build on the feel-good factor surrounding the sport, a new Chief Executive took the helm in October last year. Euan Lowe, who joined from **sportscotland**, has brought with him a new organisational direction and renewed vigour.

He said: "My first six months have been exciting and challenging in equal measure. I joined on the back of a successful Commonwealth Games, membership continues to grow year on year and our sport is in an extremely strong place. I look forward to working with our staff, clubs and volunteers in implementing our new organisational strategy as we strive to develop our sport further."

With the 2015 World Gymnastics Championships being held at the SSE Hydro in October, Scottish Gymnastics is already preparing for a second bounce effect. The governing body's Education

and Development teams have been working closely with the key partners of the World Gymnastics Championships and are set to launch a number of new coaching and participation initiatives to maximise the legacy of the event being held in Scotland.

It is fitting in the year that marks Scottish Gymnastics' 125th anniversary, that the country will welcome the world's best gymnasts. As Scottish Gymnastics look to the future development of their sport, they will begin to implement a new organisational strategy and vision from April. The new strategy is focussed on promoting world class at all levels of the



sport, across all gymnastics disciplines.

The 12-year strategy takes a longer term view, acknowledging more has to be done to ensure home grown Scottish gymnasts can excel on a world stage. The strategy has four key pillars – clubs, gymnasts, people and corporate. And the new vision is clear and simple – a strong Scottish Gymnastics inspiring, and nurturing emerging talent.

After a successful 2014, and an exciting year ahead, it is looking likely that gymnastics in Scotland will continue to go from strength to strength.

www.scottishgymnastics.org

A PATHWAY TO EXCELLENCE

With so many Scottish athletes performing well at the Sochi Winter Olympics and Paralympics last year, it helped to inspire people across the country to get involved in snowsports. And now the next generation of winter sports athletes are training hard to follow in their footsteps, as they aim to compete at future Winter Games.



Name: **Fin Bremner**
Age: **15**

Training and support: Fin trains with the GB Park and Pipe Team at on-snow snowboard camps throughout the year. He is also part of the Aberdeen Freestyle programme, a snowsports programme offering training opportunities for the next generation of freestyle athletes and others who want to improve their freestyle performance.

Running for almost two years now, the Aberdeen Freestyle programme is embedded in the Aberdeen Snowsports Centre and Club culture and relies heavily on the facilities, coaches and volunteer support from the club. The programme also benefits from the facilities network and further support offered by the **sportscotland** institute of sport.

With access to technical coaching from Specialist Development Coach Ben Kinnear at Aberdeen dryslope, and on-snow training at local Scottish resorts, Fin receives a mix of technical

and discipline exposure to develop as a strong technically-rounded snowboarder.

However, it's not all about snowsports. In order to build strong physical literacy the freestyle programme encourages a multi-sport approach, based on individual's preferences and commitments.

Fin said: "Aberdeen has a large number of activities on offer including gymnastics, trampolining and diving. The Aberdeen Freestyle programme has built strong relationships with these sports and others that offer cross-over skills and benefits. One of the key focusses of the programme, and my training, is a tailored gymnastics programme developed specifically to meet the conditioning and skill requirements of a freestyle athlete."



Even though snow conditions in Scotland are often good, reliability for training is crucial. As a result, many winter sports athletes train abroad, which can often be time consuming and expensive. Snowsport Scotland and its partners are keenly aware of this and work together to provide high quality opportunities for athletes to train across a wide range of activities. And thanks to a coach-led multi-practitioner programme in the Aberdeen area, the next generation of athletes are benefitting from a coaching structure, which is helping to reduce travel and support training locally.

Two young athletes, Fin Bremner and Duncan Gibb, currently receive full-time coaching, supported locally, that meets national requirements. It's a packed schedule full of strength and conditioning (S&C), local training and on snow competitions – but it's getting results.

Here we take a look at what goes into a day's work.



Name: **Duncan Gibb**
Age: **17**

Training and support: Duncan, who recently led the junior GB Team at the Opening Ceremony of the European Youth Olympics, is the Junior British cross country ski champion and is part of the British Nordic Junior and Senior Team. He attends the Gordon Schools in Huntly and trains with coach Alex Standen at Huntly Nordic Outdoor Centre. Through the **sportscotland**

institute of sport, both Fin and Duncan are part of a physical preparation programme receiving strength and conditioning, physiotherapy and performance lifestyle support in the local area. Duncan also receives physiological testing at the University of Stirling. This provides him with the best opportunity to train his body to reach its full potential with maximum benefit to his performance.

He said: "It has been an incredible experience being supported by the **sportscotland** institute of sport as it has helped me get an in-depth knowledge of high performance training. Seeing how successful the current senior athletes are performing on the world stage gives me great hope that with further and continued support I can also progress to compete at such a high level."

Duncan has also benefited from a number of multi-discipline training camps, bringing together freestyle, nordic and alpine skiing to facilitate cross training and peer to peer learning.

MON	TUE	WED	THU	FRI	SAT	SUN
TRAMPOLINING 2 HOURS	DIVING 2 HOURS	FREESTYLE 4 HOURS	S & C 2 HOURS	FREESTYLE UNCOACHED	WINTER ON SNOW	GYMNASTICS 2 HOURS

www.aberdeensnowsports.com

www.britishnordic.org

TOP OF THE CLASS



There are a number of factors involved in creating a dynamic and engaging physical education (PE) and school sports environment. The **sportscotland** School Sport Award, launched last year, is a national initiative designed to encourage schools to continuously improve the quality and quantity of their PE and school sport offering, creating better experiences for young people at school.

Through the **sportscotland** School Sport Award scheme we have identified nine core areas that support an excellent PE and school sport environment and here we look at two quite different schools, Larbert High School and Arinagour Primary School, which are excelling.



Name: Arinagour Primary School Local authority: **Argyll & Bute**

Where: Island of Coll, Inner Hebrides Number of pupils: **28**

According to the local website, the island of Coll has "no theme parks, amusement arcades, parking meters, street lights, traffic lights or double yellow lines". The island is remote, to say the least, and can only be accessed by ferry or a small eight-seater plane from Oban.

Arinagour is the only school on the island and with 28 pupils it is thriving due to the number of young families in residence. This "wild and secret island" is night and day from where most children grow up, however, this small and remote school has created an incredibly engaging PE and school sport programme and was one of the first schools in Scotland to be recognised with a Gold School Sport Award by **sportscotland**.

Recognising and rewarding sporting success is very important at Arinagour. Once a week, certificates are awarded for a wide range of sporting successes. There are also two annual award evenings: one for sailing and the other for football. Medals and certificates

are presented for winners, outstanding performances, progress, improvement and attendance.

In this small island community there aren't formally organised sports clubs, except for the sailing club, however there are a wide range of activities for children to get involved in. There are a number of activities offered in school that are also available out of school on a regular basis, including rugby, football, netball, sailing, table tennis, badminton and hockey. Everyone in the school takes part in the after school clubs and transport is arranged to take children home.

Sarah McCann, the PE teacher at the school, said: "We endeavour to make sure that all the children experience a planned PE programme offering quality, progression and enjoyment as well as a wide range of activities. This is supported by clubs after school and at the weekends, organised and run by community volunteers. We are very fortunate to have so many enthusiastic

and willing volunteers whose contribution means that there is something for every child."

Opportunities for the children to attend big events are limited due to the cost of travel, but this does not hold them back. On the island they host a number of events including Coll Sailing Club regatta, Coll half marathon, OLI orienteering competition, a swimming gala and mini rugby.

Currently all Primary 7 pupils at Arinagour hold the Sport Leaders UK Young Leader Certificate.

There is also an opportunity for pupils in Coll to become members of the school sport committee to help shape the sports activity provided and be responsible for looking after and issuing sports equipment. Leadership is seen as a fundamental extension to the curricular learning and development at Arinagour.

Name: Larbert High School Local authority: **Falkirk**

Where: Stenhousemuir Number of pupils: **2,032**

Two time winner of the Sunday Mail and **sportscotland** Scottish Sports Awards school category, and a current **sportscotland** Gold School Sport Award recipient, Larbert High has excelled at creating a first class sporting environment.

The school has made sport a focus, starting with a strong school sport committee consisting of six Young Ambassadors and two Young Hub Leaders. The committee gives pupils a voice and influence on school sport and PE at Larbert and provides leadership opportunities to pupils.

Fifth year pupil Claire Moffat said: "Larbert High School provides an excellent range of leadership opportunities for all pupils. Through my time as a Young Ambassador I have been given the chance to take on extra responsibilities and leadership roles within the school. As a result, I have been able to meet with staff and help implement changes to PE and school sport, which has been great."

The school is also part of the Tryst Community Sports Club, a partnership between Larbert High School, Stenhousemuir Football Club and Falkirk

Community Trust. The club currently boasts 16 junior clubs trained by the best coaches and clubs from the local area, creating a strong pathway for pupils from school activities into clubs.

With so much going on at Larbert High School it should come as no surprise that the school's motto is Optimum Sequi, which means 'follow the best course in all things'. They certainly have when it comes to sport.

The Golden Schools

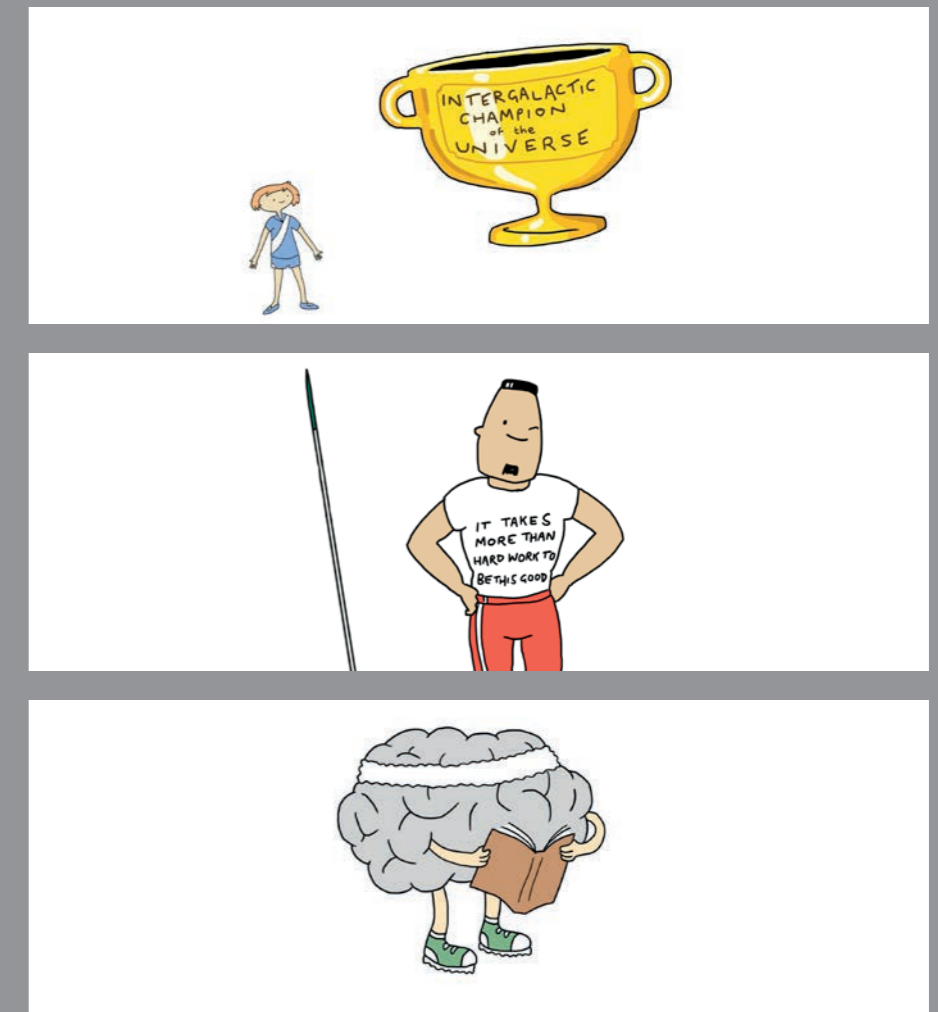
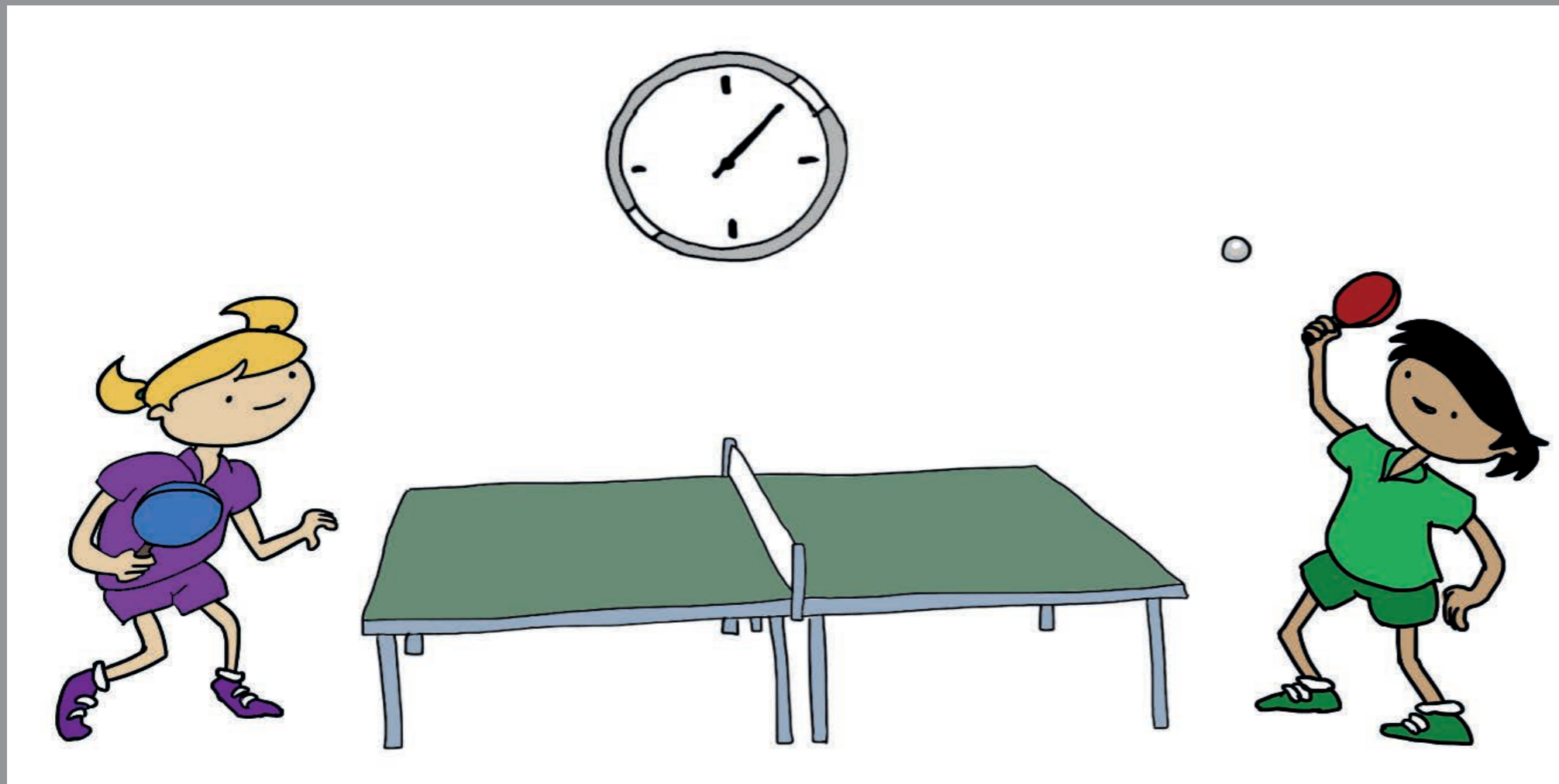
The School Sport Award panel met in January to review the first round of Gold Award applications for 2014/15.

The panel has awarded nine schools with a Gold Award - these schools will all hold their award until the end of the 2016/17 academic year. Including the pilot, there are now 24 schools with the **sportscotland** Gold School Sport Award.

The next School Sport Award panel will take place in May 2015 to review all remaining Gold Award applications for the 2014/15 academic year.

www.sportscotland.org.uk/schools

THE POWER OF THE PLAN



If you thought blockbuster sequels were only the realm of Hollywood movie makers then it's time to think again. Following the success of our Understanding Talent film in October 2013, which already has an incredible 62,000 hits on YouTube, a sequel has now been launched.

This will allow us to communicate key information to young people to help them better understand how they can get good at sport. Our new film, 'How can a pen and paper make you a better athlete?', is again targeted at young athletes and their parents and coaches.

In the first film, our aim was to help young people understand that being good at sport is much more of a choice than you might think. It encouraged young athletes to find a sport they love, and that suits them, then to work really hard to develop the skills they need to be successful. However, we also know that it's not always as simple as that, or everyone would do it! You can work as hard as you like but if you focus your effort on the wrong things, you won't reach your goals.

Our new film is designed to help young athletes identify the things they need to focus on most and how to develop a plan that will give them the best chance of success. We start by asking them to think about what they would like to achieve in sport and how good they would need to be in future to achieve their dreams. We encourage them to seek advice from suitable experts, like teachers, coaches or

parents, ask questions and think of ways they could find out more. The planning process is crucial in helping them learn how to fit everything in to their schedules.

To support this film we have created a document young athletes can download from our website to help give them a workable example of good practice. We ask them to write down what they can do on their own, what they can work on during training and consider what they could do before or after training. Planning how to spend more time practicing the right things will help them improve and

create small successes that will build their inner belief that becoming a top athlete is actually possible.

Our films are an important part of **sportscotland's** approach to address two key issues that we currently face with young athletes in Scotland. The first refers to the relatively high drop-out rate of young athletes who compare themselves to others when they're young and eventually convince themselves they are no good at sport. Secondly, when they reach a level of competency in their chosen sport, young athletes don't always recognise what they need

to work on or change that will allow them to further develop the skills they need to be good in future. This is no easy task and the key groups who support them – including their family, coaches, school, the clubs they attend and the sport they compete in – are all crucial to their development.

We aim to do more work with these key groups to make sure young athletes get a consistent message about talent and how to reach their potential. You can help by making sure they watch the new film, download the plan and use it to achieve their sporting goals.

www.sisport.com/talent

www.youtube.com/sportscotlandtv

OUTDOOR SPORT IN THE CITY



Outdoor sport is more accessible than you might think. Whether you live in a rural area, town or city, there are opportunities on your doorstep. Young people's sport panel member Danielle McGinness has been finding out just how easy it is to get involved in high octane sports and point you in the direction of some of the amazing facilities near you.



As we know Scotland has an abundance of resources when offering outdoor sport, from walking the West Highland Way to strapping on your skis or board and taking to the slopes in the Scottish mountains, mountain biking at our world famous 7stanes mountain bike trails or kayaking along our stunning coast line. However, what if you knew it wasn't just our beautiful rural areas that reap the rewards of outdoor and adventure sport?

A real emphasis has been placed on bringing access to outdoor opportunities to our more urban Scottish settings with more and more chances to try something new without having to make a long, arduous journey. Location is no longer a limit to what you can do.

Hosting Glasgow 2014 has left a permanent legacy for outdoor sports

enthusiasts. As part of the work to expand and enhance the facilities required to host the Games, the Cathkin Braes Mountain Bike Trails were constructed. Built in the heart of Cathkin Braes Country Park, located just seven miles from Glasgow City Centre, the trails have been a welcome addition to the sporting landscape. Scotland has never been more ahead of the game where cycling is concerned and the addition of this exciting facility so close to Glasgow provides an ideal opportunity to get on your bike and take in some outdoor sport. You'll be surprised how easily you'll take to it – it's just like riding a bike!

Winter in Scotland opens doors to a whole new range of activities. Whether you like skiing or snowboarding, sledging or skating, winter walks in the snow or the chance to climb some frosty peaks, there's ample opportunity to get out and get active in the colder months. The growth of snowsports in Scotland has been incredible in recent years,

becoming even more popular and easily accessible. The Cairngorms, the Lecht, Nevis Range, Glenshee and Glencoe are all resorts that have earned a reputation for attracting visitors from all over the UK to their amazing slopes, however they're not alone. Aberdeen has joined the race in providing unforgettable snowsport opportunities with the expansion of Aberdeen Snowsports Centre. So, you don't need to travel far for the chance to strap on your skis or board.

The chance to try something new and exciting is just a stone's throw away. If you're looking for something adventurous to unleash your daring side, try your hand at some rock climbing or mountaineering. Are you after something more thrilling to get your adrenaline flowing? Why not experience BMX biking or hit the skate park. Or are you just looking to get out on your bike with your family? Whatever you fancy the opportunity is at your fingertips, just grab it.

ON YOUR DOORSTEP

This recently-opened facility at Bught Park provides a cutting edge experience to enjoy at any age. Covering 1,200 square feet and more than 10 features, come along and see what you can do.



INVERNESS SKATE PARK

www.highlandskateparks.co.uk

Pinkston Watersports is an official Commonwealth Legacy Project and is home to a range of ways to get yourself on the water. From canoeing to white water rafting there is a way for everyone to dip their toes into something new. The exciting paddlesports facility sits just off the M8 and provides a chance to test and improve your skills in a safe and well-designed environment.



WATERSPORT PINKSTON

www.pinkston.co.uk



CATHKIN BRAES MOUNTAIN BIKING

This Commonwealth Games venue positioned only seven miles from Glasgow City centre is home to a series of world class mountain bike trails for all ages and experience. Hold onto those handle bars and have some fun on the 5.5km course.

www.cathkinbraesmtb.com



ABERDEEN SNOWSPORTS CENTRE

Scotland's answer to alpine skiing is now closer than you think. Grab your kit and your kids and make a day on the slopes in Aberdeen fun for all the family. Situated on the Garthdee Road on the South side of the city just off the A90, snowsport has never been more accessible.

www.aberdeensnowsports.com



EDINBURGH INTERNATIONAL CLIMBING ARENA

This adventure sports facility is located in Ratho, near Edinburgh. Built in a disused quarry, it is the largest indoor climbing wall in the world. There are over 11,000 bolt-on holds in the centre, with 300 routes ranging in difficulty. In addition, there are also bouldering facilities and an aerial assault course.

www.eica-ratho.co.uk

www.sportscotland.org.uk/unleash

THE STAGE IS SET

2014 saw a step-change for Scotland within the major events industry following the hugely successful delivery of the Commonwealth Games and Ryder Cup. And now EventScotland, the events directorate of VisitScotland, is preparing for another busy 12 months.



Scotland has held its reputation as the perfect stage for events for a number of years, but the confidence in the capacity, capability and credibility of the industry following 2014 has never been higher. To take two of global sport's most prestigious events and to deliver them at such a high standard within the space of three months is a significant achievement.

The Commonwealth Games, and in particular the new and refurbished infrastructure in Glasgow has been delivering an events legacy for several years already. With major events secured by EventScotland and partners in the lead up to the Games and a number of major Championships confirmed through to 2020, there is a clear level of sustained global interest.

The SSE Hydro in particular has been a huge development, hosting events during the Commonwealth Games, the 2014 BBC Sports Personality of the Year Awards and major cultural events such as the MTV EMA and MOBO Awards. A recent industry poll also revealed the venue is the world's second busiest live entertainment venue, which is testament to its success and popularity.



Scotland's portfolio for 2015 is truly world class, with World Championships in gymnastics, IPC swimming and orienteering joined by the European Championships in eventing, Tennis' Davis Cup tickets sold out in a matter of hours and there is an ever-strong programme



of major world class events in a number of sports including cycling, athletics, badminton, ice hockey and rugby.

Major events play a significant role in delivering economic impacts for Scotland with one-off championships adding to the value generated by Scotland's domestic portfolio. Large-scale projects like the Commonwealth Games give businesses outwith the sport and tourism sectors the chance to engage and benefit. Scottish companies secured over £510 million worth of contracts associated with Glasgow 2014, which supports continued economic growth and importantly, jobs.

The sporting legacy from the Ryder Cup is strong with the Scottish Government's ClubGolf programme introducing over 350,000 young people to the game. From an events perspective there is a commitment from EventScotland to continue supporting major events, with eight major events spanning the length of the country in the coming year.

July in particular highlights Scotland's position as the home of golf with the Scottish Open, The Open, The Ladies Scottish Open and the Women's British Open all taking place on consecutive weekends.

Scotland is also looking at a potential bid for the Solheim Cup, the biennial golf tournament which sees the very best female golfers from Europe and the United States go head to head. An expression of interest has been made with a decision on a formal bid to be made later in the year.

Since Glasgow 2014, Scotland's events portfolio has continued to grow and EventScotland, working with partners, has secured the 2017 World Badminton Championships, 2018 European Swimming Championships and four major curling events between 2016 and 2020.

These events will provide an ongoing platform to showcase Scotland on the international stage, while providing focal points for sports to engage with and deliver supporting activity to drive participation and profile.

There are a number of global examples of cities and nations, which have failed to capitalise or even sustain their position following the hosting of a mega-event. That is not the case in Scotland. The country is in the best possible position to capitalise on 2014, buoyed by its success and with a clear strategic focus to maintain a leading position within the global sporting events community.

EventScotland™

www.eventscotland.org

POWERING TO THE PODIUM

Throwing yourself down a frozen track at speeds of over 80mph with only a tiny sled for company isn't everybody's idea of fun, but for **sportscotland** institute of sport Exercise Physiologist Kim Murray, it's a dream come true.

A former long jumper who represented Great Britain in 2010, Kim also competes in 200m and 400m, but decided to put top level athletics on the back burner to concentrate on her career. We caught up with Kim to find out what made her make the leap from running track to ice track.

Kim was one of over 1,000 applicants to try out for the British Skeleton talent squad through the UK Sport Power2Podium initiative. Talent transfer has already produced some exciting results, including Sochi skeleton gold medallist Lizzy Yarnold, so Kim's interest was piqued when she saw the UK Sport advert for its new campaign.

"I didn't have a burning desire to do skeleton but when I saw the UK sport email advertising the Power2Podium talent search, as a strength power athlete I was interested," Kim said.

The selection process for the would-be sliders was intensive, with four phases used to whittle down the numbers.

Kim continued: "After the first phase I was quite confident as it was about speed and jumps, which was easy for me with my athletics background. In the second phase, the numbers were smaller and everyone was good. By phase four I realised how much it meant to me. I was upset at the thought of not being selected and that's when I knew it was for me.

"At the first camp in Lillehammer I had a reasonable performance and enjoyed the sport, but I still wasn't sure. But the selection team were pleased with my performance and the way I conducted myself so wanted to explore my potential further in the sport. When I finally got the selection call I was so surprised and excited."

Out of the hopefuls who initially applied, just four men and four women were selected for the talent squad.

One of the biggest challenges for winter sports athletes is the time demand, as athletes are expected to spend six months away from home for training, a massive commitment.



"I've been given additional leave from work to allow me to do this which makes me luckier than most of the others on the programme," Kim said. "Some of them have already had to give up work to allow them to participate.

"Working at the **sportscotland** institute of sport I feel I also have a big advantage over some of the others on the programme as I am already in that high performance environment, working with athletes competing at the top level."

Kim was one of the medical staff working at the Team Scotland preparation camp at Stirling University ahead of the Commonwealth Games last year where she helped to run the recovery



centre for the athletes and was based in the Athletes' Village during the Games themselves.

"Working at the institute also means I have a network of experts who I can call on for support and advice. They have been fantastic already and my colleagues in the physiology team have been particularly supportive, picking up work to allow me to focus on my training."

And focus is exactly what's required for Kim's new sport.

She explained: "It is a very challenging sport, mentally as much as physically. I hadn't expected that. When you see people who are really good at it, they make it look so easy and I didn't realise how technical it was. You have to learn new tracks, know where you are on the track so that you can anticipate what you need to do next and you need to be able to make decisions quickly so that you can make adjustments – it's so fast. And it's those subtleties that make it so difficult.

"The first time I went down the track was so much worse and so much faster than I expected. The coach said we would just trundle round the first two corners - that was not the case!

"During the second camp in Austria I kept crashing and no one else did. I found that really hard and had some self doubt about whether I was good enough, or whether I could even do it all. But I spent more time working things out with the coach then suddenly it just clicked and I loved it."

Next up for Kim is a three week training camp in Winterberg, Germany and Lillehammer in Norway.

Then there will be four training camps in Bath over the summer working on the push track where Olympic gold medallist Amy Williams first tried the sport.

All eight of the athletes selected on to the programme are under review until October so there's still a lot to prove, but Kim is ready for the challenge.

www.britishskeleton.co.uk



PULLING IN THE SAME DIRECTION

It is often said that too many cooks spoil the broth, but JudoScotland is reaping the rewards of working with multiple partners to establish an innovative disability coaching programme.

Having identified a need to increase the opportunities for people with disabilities to take part in judo, the governing body joined forces with Scottish Disability Sport (SDS) to try to address this.

And now, after a number of challenges along the way, JudoScotland has established a disability hub which is helping to educate other coaches who want to offer disability classes at their own club.

However, it is the partnership with SDS and a huge amount of assistance from Forrester/St Augustine's High School Community Sport Hub in Edinburgh and Active Schools, which have helped the project to flourish.

"We couldn't have done it without everyone pulling together in the same direction," said Stephen Somerville, Education and Development Executive at JudoScotland.

"It's been absolutely key having SDS involved from the outset, and then by working with all the other partners has ensured that we have been able to get to the point we're at now.

"The hub and the staff within it, as well as the SDS Regional Development Officers and Active Schools coordinators have all played their part in establishing this new hub for disability judo at Forrester/St Augustine's."

The process started with three workshops being delivered for coaches to upskill them on how to deliver sessions to children with disabilities – either physical, sensory or learning.

With a huge interest from both participants and coaches who wanted to increase their confidence in coaching disabled judo players it allowed JudoScotland to take the project to the next level.

"Off the back of the workshops we started to get invited along to a lot of multi-sports taster days when the judo sessions were really well received," Stephen said.



"A lot of coaches at mainstream clubs just need somewhere to gain extra experience of coaching players with different types of disabilities. With so few able to coach across the wide range of disability needs, we knew we had to address this if we wanted disability judo to grow.

"Having done a six week block of sessions in both the east and west, it became clear there was real demand for it in the east.

"The Forrester/St Augustine's High School Community Sport Hub provided us with the perfect base."

"We then appointed Jo Imrie as the interim



lead coach at the disability judo club, as she is extremely experienced in inclusive coaching and is currently the Senior Great Britain Special Needs team coach.

"I can now oversee the whole project and move on to other areas across the country to set up a similar environment to help increase the number of coaches who have the confidence to deliver disability sessions.

"The hub has given us somewhere that coaches can come to learn the skills they need to allow disability judo to grow throughout the east of Scotland."

Having only got the disability club up-and-running just before Christmas, Stephen and the rest of the team are already starting to see an increase in the number of children attending, as well as real interest from a number of coaches who want to upskill.

The club already has children with a number of different disabilities, from wheelchair users to downs syndrome, and Stephen is confident that the club will continue to go from strength to strength.

It is now hoped that as more coaches become confident of delivering sessions for disability athletes it will help clubs to develop.

With plans to role this model out across the country, the governing body is aiming to capitalise on the interest in the sport which was generated after the success of Scottish judo players at the Glasgow 2014 Commonwealth Games.



www.judoscotland.com

ACTIVE SCHOOLS' VOLUNTEER HEROES

During the after-glow of the Glasgow Games and Ryder Cup, **sportscotland's** #ThanksVolunteer campaign led the way in highlighting the importance of Scotland's sporting volunteers. Whether it's the dedication of our community sport coaches, the expertise of officials, or the energy of sporting event volunteers - their combined efforts make sport happen. In this edition, Sport First says #ThanksVolunteer to two award winning volunteers who have been central to the success of our Active Schools programme.



Since 2004, the Active Schools Network – of over 400 Managers and Coordinators based across all 32 local authority areas – has successfully increased the number, range and quality of opportunities for children and young

people to take part in sport before and after school.

Recruiting and supporting a network of volunteers has been pivotal to the programme's achievements. For instance, during the 2013/14 school year,

Active Schools supported the delivery of 312,000 activity sessions across more than 100 different sports and 17,000 of the 20,000 people delivering these were volunteers.



CATHERINE MILLAR



One of those volunteers is 18-year-old Catherine Millar from Fife. A qualified coach who was already heavily involved in netball clubs across Fife, Catherine began to work with her local Active Schools Coordinator, Darren Wilson, to help create more opportunities to take part in sport in and around St Columba's RC school, in Dunfermline.

Record breaker

Delivering sessions to children and young people of all ages across the school community, Catherine clocked up a record 422 volunteer hours during last year. Talented in a number of sports, she's always been active in local netball clubs. Working with Active Schools, she created netball clubs for high school pupils and has now developed a route for girls to progress from playing netball at school to playing in community clubs – firmly cementing their continuing involvement in the sport.

Speaking about her impact, Darren said: "Catherine's engaged more young people in sport and her success is down to the fact she makes the clubs, and the other activity sessions she runs

for younger children, such fun. With support from Active Schools and the PE department, she's entered the netball squads from her clubs into local events."

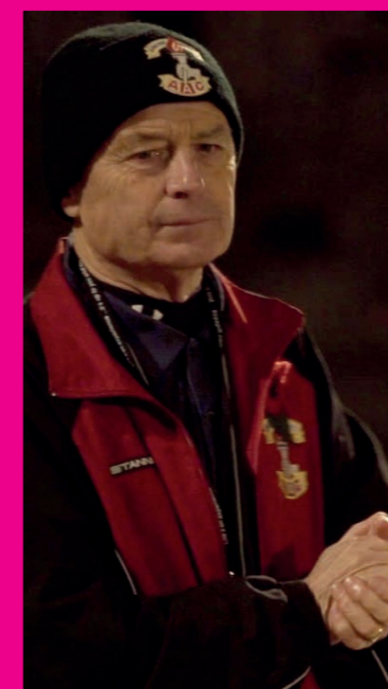
Giving back

Asked why she gives so much of her free time up, Catherine said: "I just wanted to give something back. Volunteers gave up time for me when I was younger. It's also great fun. It's given me a lot of confidence, so I get a lot of benefits from it too."

And, through her role as a **sportscotland** Young Ambassador, she's made younger pupils aware of volunteering opportunities and they now aspire to break her volunteering record, which can only be a benefit for local sport.

In recognition of her efforts, her local Active Schools team nominated her in the young volunteer of the year category at the **sportscotland** Coaching, Officiating and Volunteering Awards 2014. Catherine was joint winner of this award, alongside the equally dedicated fellow Active Schools volunteer Lucy Thompson from Dumfries and Galloway.

PAT KELLY



Across in the west of Scotland, Pat Kelly has clocked up 40 years as an athletics coach. Currently head coach at Law and District AAC, he trains his own squad four times a week. Over the years, he's coached hundreds of athletes and has had regular success at local, district, national and international level.

Limitless enthusiasm

On top of this, Pat regularly volunteers with local schools across North and South Lanarkshire, supporting his local Active Schools teams by freely giving his extensive experience and limitless enthusiasm to regularly run athletics sessions for children of all ages before and after school. And for many young people, this has been the start of their journey in sport, later moving on to participate in the sport at his club.

Lesley Scanlan, the Active Schools Coordinator based at Carluke High School, is quick to acknowledge her gratitude for Pat's support: "We are very lucky to have someone of Pat's experience and commitment

supporting us. He originally became involved in volunteering because his own children were active and I hope his story can encourage other parent volunteers to come forward to support Active Schools."

In neighbouring North Lanarkshire, Pat recently set up another athletics group called The BoltZ. It's based in a deprived area and, linking with the local school, Pat offers weekly sessions which are available to all. The ethos of the group is simply to enjoy sport and athletics.

Lesley McNicol, the secretary at Law and district AAC, said: "Through The BoltZ, Pat gives the group members confidence to believe in themselves. Through Pat, they've got the opportunity to come and join us at Law or stay and enjoy what Pat provides at The BoltZ."

Pat is the recent winner of the **sportscotland** Young Person's Coach of the Year award and also scooped the Volunteer of the Year Award from North Lanarkshire council.

#ThanksVolunteer

www.sportscotland.org.uk/volunteer

SOCIAL ROUND-UP

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RT

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Congratulations to all the schools awarded the GOLD #SchoolSportAward from the early round of applications



SportScotland

@TeamGB

How 'cool' is this? Good luck Andy!



Karen Dunn

RT

@Kazza0312

@NetballScotland

afterweeks of thinking about it I bounced back tonight and I survived!!!

Loved it!!!

#bounceback

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IN A CLASS OF ITS OWN

Ahead of last year's Commonwealth Games, **sportscotland** initiated a programme to accelerate the development of the country's coaching workforce within the 17 Commonwealth sports. Now Sport First takes a look at the benefits which sports involved in the Class of 2014 are already having since its introduction.

The Class of 2014 programme was designed to ensure that there is a platform for existing coaches to develop and progress within their sports, whilst at the same time introducing new coaches and helping them to continually improve and nurture young talent.

One sport which has seen noticeable benefits through the programme is judo. As a direct result of the Class of 2014 funding, JudoScotland has been able to provide a dedicated course for new and aspiring coaches in the Grampian and Highland & Islands regions, two areas which in the past have not had such opportunities available to them due to their remote location.

Tony Penfold, Education and Development Manager at JudoScotland, said: "Thanks to the Class of 2014 programme we have seen a clear increase in the coaching capacity in both of these areas and developed better communications with the regional clubs via these new coaches."

Paul Macpherson, a 41-year-old Highland Council worker from Inverness was one of a number of beneficiaries of the Class of 2014 programme. Having been involved in judo from a very early age, Paul spent several years away from the sport before rediscovering his passion through his two sons. Through the Class of 2014, Paul was able to complete and gain his UKCC Level 1 coaching certificate and is already looking towards the next level.

He said: "As I progress through the coaching ranks my main aim is to develop our local talent to be team players who support and encourage each other and to inspire the next generation to be fit, healthy and active."

As a celebration of the programme, **sportscotland** invited coaches from across the country to come together in Glasgow for the Class of 2014 Focus Event – a weekend of CPD workshops and a dinner - which was held in March.

Coaches were treated to some fascinating insights and anecdotes from a number of key-note speakers, including Scottish rugby legend Chris Paterson, who now works as a coach for Scottish Rugby.

Speaking after the event, Chris said: "Initiatives such as **sportscotland's** Class of 2014 are invaluable to coaches and clubs across the country. Whether you are on the local playing field or on the podium at national and international events, coaches are central to an aspiring athlete's journey in sport."

www.sportscotland.org.uk/coaching/classof2014



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EVERYONE WINS

Sport: whether you're participating, volunteering or spectating, it's enjoyable, exciting and sociable.

By building strong connections between schools and clubs it is helping to provide more and better opportunities for children and young people across Scotland. So we're all winners.






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EVERYONE WINS

Scottish athletes performing to their best on the world stage has the power to inspire a nation.

A well connected high performance system, with a clear pathway for progression, will ensure we are all winners through sport.



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