

SPORTFIRST

Autumn 2009

the magazine of **sportscotland**

Featuring

One **sportscotland**
sportscotland fit for the future

Creating a legacy
Glasgow 2014 and beyond

National centres
**Three centres,
one great adventure**



GOLDZONE

Target: Vancouver
**Scotland's curlers
push for Winter
Olympics success**

Over the water
**John and Sinead Kerr
on their international
support team**

Looking to the future
The institute's new approach



Putting sport first

sportscotland
the national agency for sport

Increasing participation and improving performance

by investing in and joining up the people,
places and thinking that make sport happen.



FIRSTWORD

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Chair Louise Martin introduces sportscotland's new magazine

Welcome to the inaugural edition of *Sport First* – the new sportscotland magazine designed to give our partners and stakeholders a regular update on our work. Representing 'one sportscotland', *Sport First* incorporates news and articles from the institute of sport, highlighted in the *Goldzone* section of this magazine, as well as an overview of our three national training centres.

Inside this edition of *Sport First*, our Chief Executive Stewart Harris explains how sportscotland has evolved over the last 18 months. Plus, with the recent launch of the Scottish Government's Scotland-wide games legacy plan, we outline our role in this vital area of work. With the Olympic Winter Games in Vancouver just around the corner, we also take a look at the work of the high performance community and the prospects for our world-class athletes.

We hope you enjoy reading about our collective efforts and how, as the national agency for sport, we are putting sport first.

Louise Martin

Louise Martin CBE
Chair, sportscotland

Aberdeen and Glasgow enjoy new sports facilities



Two of Scotland's cities recently unveiled the next generation of sporting facilities as Aberdeen Sports Village and Toryglen Regional Football Centre opened their doors to the public.

Toryglen to benefit community

Hampden may be the home of football in Scotland but the new Regional Football Centre at Toryglen in Glasgow is certainly giving it a run for its money. The vast complex houses Scotland's first full-size indoor, synthetic grass football pitch, with seating for 700 spectators. There are three further synthetic pitches outdoors and one natural grass pitch, along with changing, backroom and entertainment amenities designed to meet the demands of



Scotland's national squads and top football teams. The local community is also benefiting from the facilities, which give young players the opportunity to train and play in the same venue as some of their football heroes.

New approved Olympic training venue for the north east

The huge range of facilities at Aberdeen Sports Village has earned it a place on the approved list of training venues for the London 2012 Olympic Games. The Village, which is a joint venture between Aberdeen City Council, Aberdeen University and **sportscotland**, boasts a full-size indoor football pitch, a multi-use sports hall, fitness suite, indoor athletics facility and much more, all under one roof. The facility will be used by the University, by Aberdeen Football Club and by the region's top athletes. It will also be open to the general public, enabling the local community to benefit from the state-of-the-art facility.

As part of the Government's National and Regional Sports Facilities strategy, both facilities benefitted not only from **sportscotland** funding (£7m for Aberdeen Sports Village and £3m for Toryglen) but also from the expertise of the facilities team who provided specialist guidance and technical support to the delivery partners right through the design and build process. The results are outstanding!

Win a place at the 2009 Sunday Mail Sports Awards!



sportscotland is proud to once again support the Sunday Mail Sports Awards –

arguably Scotland's highest profile sporting awards. Featuring categories which cover the breadth of sporting achievement from grassroots to high performance, this year's awards take place on 3 December and we're giving *Sport First* readers a chance to be there!

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For more information see our feature on p13.
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sportscotland's annual review

Our new 2008/09 annual review will be published in November, detailing the progress that **sportscotland**, together with our partners, has made in a landmark year for the organisation.



The annual review will be available to download from mid November from www.sportscotland.org.uk

Exciting new web resource for coaches

Coaching Fundamentals is a new web resource created by **sportscotland** to help coaches improve the physical literacy of young children participating in sport.

14 Scottish governing bodies were involved in the project and now their coaches are set to reap the rewards when the website launches in the next few weeks. Qualified coaches will be able to access over 170 videos demonstrating the core skills and practices identified as key to preparing young athletes to be more comfortable with learning the specific skills of their sport.

The videos come with voiceovers giving detailed explanations of the techniques and 'show-cards' to demonstrate how each activity breaks down. The thinking behind the concept is that with regular use at coaching sessions, the techniques will give young athletes the basic techniques they need to build confidence and improve their skills – leading to better learning experiences. Downloadable session plans and coaching advice from Children 1st supplements the support available for coaches.

Work has already started on developing an e-learning tool to allow coaches all over the country to learn more about physical literacy and the important part it plays in holistic child development.



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For more information on Coaching Fundamentals please contact the coaching team at **sportscotland** on 0141 534 6500.
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Get out there!

Out There (2009), **sportscotland's** policy document on sport and physical recreation in the outdoors, presents our position on issues that are important to sport and physical recreation practised in the outdoors.

Out There promotes the need to appreciate and consider sport and recreation interests in the outdoors. It's designed to encourage debate and to inform our partners' approaches to managing and providing for sport and recreation in Scotland's outdoors.

A great example of an *Out There* principle in practice is Nevis Red, the recently opened, intermediate mountain bike trail at Nevis Range near Fort William which received £67,000 from **sportscotland**. Already renowned as the home of the UCI Mountain Bike World Cup, the red trail provides riders not quite at the top level with the opportunity to experience the thrill of a downhill challenge. The route also provides Scotland's up and coming riders with a technically challenging course to test their skills and develop their potential.

Through strategic planning and making the most of the natural resources available, Nevis Range has developed from a winter sports resort to an outdoor centre providing sustainable year-round activities in a huge range of sports.

Download your copy of *Out There* from **sportscotland's** website at www.sportscotland.org.uk/outthere

Celebrating The National Lottery's 15th birthday



Making a difference

The National Lottery is recognised as one of the biggest funders of sport in Scotland but did you know that it's about to celebrate its 15th birthday?

Scotland has benefited from over £2b of Lottery Good Causes funding since its inception in 1994 – of that, over £240m has been invested in sport in Scotland, funding a diverse range of projects including facility development, community regeneration and support for athletes.

sportscotland will be taking part in celebrations at the Scottish Parliament on 18 November to show MSPs some of the fantastic projects where lottery funding has really made a difference.

Diary dates

28 – 29 October	sportscotland institute of sport High Performance Conference, Peebles
14 November	Commonwealth Games Awards Dinner, Glasgow
17 November	sportscotland Partners Meeting, Glasgow
29 – 30 November	Queen's Baton Relay for Delhi Commonwealth Games, Scotland
3 December	Sunday Mail Sports Awards 2009, Glasgow

One sportscotland

Stewart Harris, CEO **sportscotland**, introduces an energised organisation fit for the future.



“The last 18 months have been a period of substantial change for **sportscotland**. While the process of change has at times been challenging, I have no doubt that we’ve emerged as a stronger and re-energised organisation that is better placed to lead the development of sport in Scotland.

Just 14 months after the Scottish Government announced our relocation to Glasgow, the move was complete – on time and under budget. We are now firmly established in our temporary headquarters, just a stone’s throw from the new National Indoor Sports Arena and Velodrome, the site of our permanent home in Glasgow’s east end.

The **sportscotland** institute of sport is now established as the high performance arm of **sportscotland**, responsible for delivering our investment in high performance sport. We are building on the experience and expertise within our single organisation, embedding and improving structures and ways of working that will ultimately allow us to help strengthen pathways between grassroots and performance sport. We are also working across all areas of our business to increase efficiency.

Developing regional infrastructure

Our plans for the development of six regional sporting partnerships are progressing. It is our intention that these partnerships will ultimately bring together and coordinate the work of our partners, rationalising and simplifying the sporting landscape. We are committed to joining up the people, places and thinking that make sport happen. And the development of regional partnerships are a building block in achieving this goal.

New ways of working

Just as **sportscotland** has changed in the last 18 months, so too has the context for the delivery of sport. We’ve begun to see major changes in the

delivery of public services as a result of the national performance framework and the concordat between the Scottish Government and the Convention of Scottish Local Authorities (COSLA). We are embracing these new ways of working, developing outcome-based planning and reporting, and strengthening our partnerships to maximise our contribution to sport and to Scotland.

We also recognise the impact of the economic downturn and the difficult decisions that our partners are facing in the allocation of resources. Although our own funding is secured until 2011, we can anticipate budget pressures ahead. At a time like this it is critical that we strengthen our partnerships to ensure that everyone involved in the delivery and development of sport is working together towards shared outcomes. It is also critical that we demonstrate the contribution that sport can make across the wider government agenda.

Sharing the potential of sport

We passionately believe in the benefits of sport and the unique contribution that it makes to Scotland’s economy, health and identity. Sport has a unique ability to help reduce inequality and bring communities together, helping to make us a wealthier and fairer, smarter, healthier, greener, safer and stronger nation. Our challenge is to influence decision makers and encourage them to recognise the potential that sport has to create a more successful Scotland.

As a re-energised **sportscotland**, and in light of the changing context for sport, we published an updated corporate plan which will guide the

organisation’s work for the next two years. This revised plan is the last stage in an extended period of change for our organisation and is covered in more detail in the following article.

In everything we do we aspire to act in the best interests of Scottish sport – this is **sportscotland**’s unique position. Over the last year we put in place a new management structure which has brought fresh ideas and fresh thinking into the organisation. I am incredibly excited about working with this new team to grow and develop the value that **sportscotland** adds to Scottish sport.

Our expertise in action

Targeted investment will always be a central part of our role; however, as I’ve said many times before, progress is down to people. Going forward, I am determined that we maximise our contribution to the delivery of sport by supporting our partners through our staff, as well as through our funding.

.....
“We passionately believe in the benefits of sport and the unique contribution that it makes to Scotland’s economy, health and identity. Sport has a unique ability to help reduce inequality and bring communities together...”
.....

We will continue to invest our expertise and time to support our partners in the planning and delivery of sport.

Our vision is a Scotland where sport is a daily part of everyone’s life and where Scotland consistently wins on the world stage. Despite the difficult economic conditions that exist for us all, Scottish sport has much to look forward to and be positive about with London 2012 and Glasgow 2014 on the horizon. With a new team in place and clear, re-focused priorities, **sportscotland** has never been better placed to lead and support our partners towards making our vision a reality.”

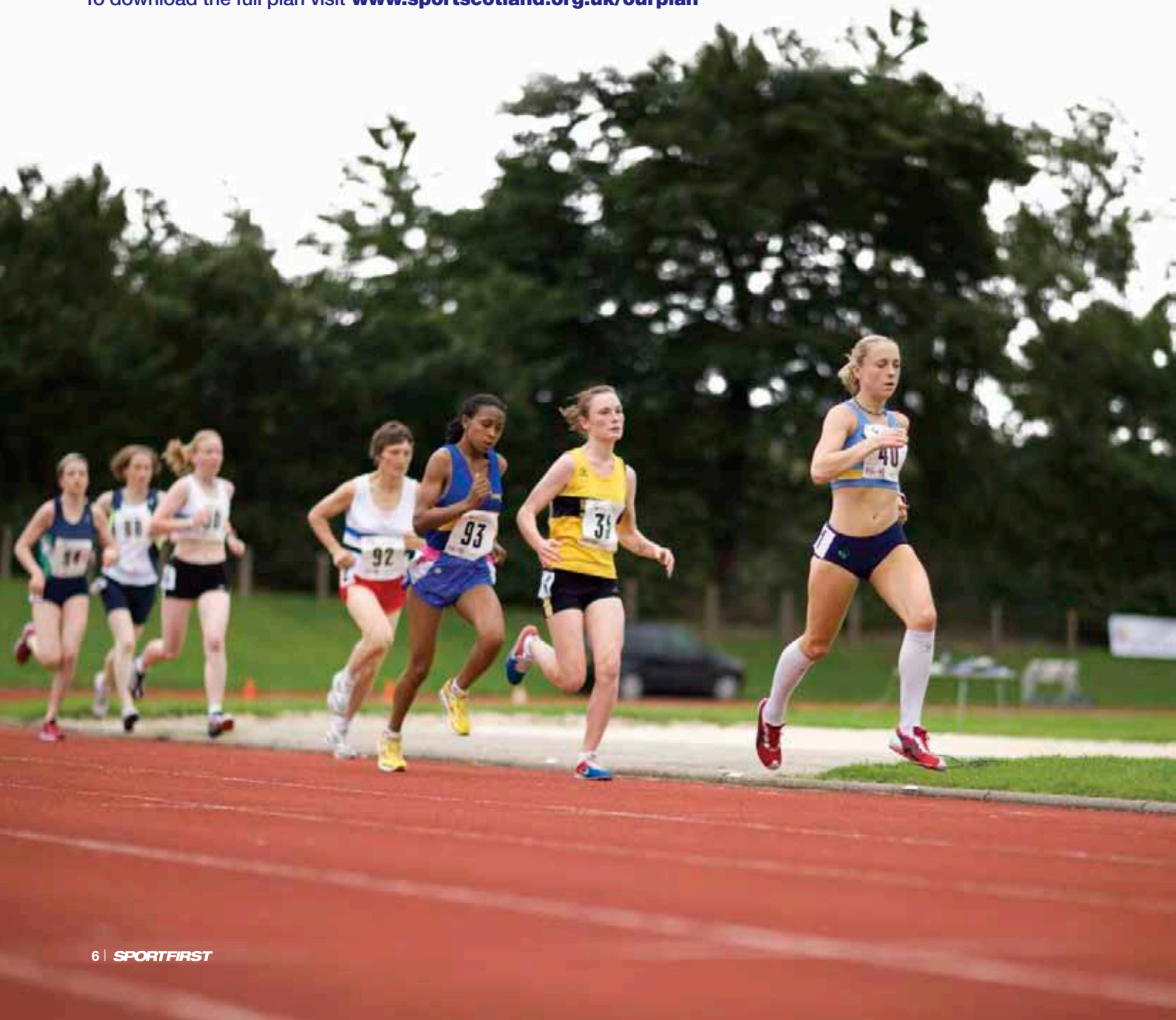
A new gameplan

Following a mid-term review of our existing corporate plan, **sportscotland** introduces a revised corporate plan for 2009–11.

In June of this year we published a revised corporate plan for 2009–11. Our mission and remit remain the same as we work with our partners to realise the vision outlined in *Reaching Higher*, the national strategy for sport – yet a great deal is new.

- We have merged with the institute of sport and have integrated planning for our high performance arm.
- We are developing regional sporting partnerships to bring together and coordinate the work of partners.
- We are embracing new ways of working brought about as a result of changes to the delivery of public services, developing outcome-based planning and strengthening partnerships at local and national levels.

To the right is a list of our corporate plan principles and priorities.
To download the full plan visit www.sportscotland.org.uk/ourplan



Our principles

Creating effective sporting pathways

Sporting pathways are all about creating opportunities for people to participate in sport at any level and at any stage in life.

Developing a strong infrastructure

The development of Scottish sport is dependent on an infrastructure of people, organisations and facilities. This infrastructure has to be maintained, grown and sustained in the long term.

Working in partnership

We will work with our partners to maximise our shared contribution to sport and to Scotland as a nation.

Embedding ethics and equity throughout sport

We are committed to ethical and equitable sport, tackling discrimination, promoting equality of opportunity, and ensuring safe and fair participation and performance.

Achieving performance and success

From the individual benefits that people experience when performing at their best, to the collective pride of Scotland achieving on the world stage, we are committed to the principle of achievement in sport.

Our priorities

School and Community Sport

- Continue to develop Active Schools and improve pathways between schools and community sport.
- Build and support the capacity of Scotland's network of sports clubs and support other community organisations.

Performance Development

- Support the planning and implementation of performance pathways for developing athletes and coaches.

High Performance Sport

- Continue to support medal success on the world and Commonwealth stage.
- Use London 2012 and Glasgow 2014 to grow and establish the performance system in Scotland.

Quality Facilities

- Support improvements in the quality, sustainability, affordability and accessibility of Scotland's sporting facilities.
- Help to identify and deliver facility priorities that will make the greatest impact on sport, from community to high performance sport.
- Use our statutory planning role to protect and improve facility provision.
- Promote and develop opportunities for the sustainable and responsible use of our natural resources for sport.

Coaching and Volunteering

- Work towards established, leading-edge communities of coaches, meeting the needs of player pathways.
- Continue to develop a sustainable volunteer infrastructure for Scottish sport.
- Recognise and value the contributions of coaches and volunteers.

Stronger Partners

- Develop partnerships to support and promote participation and performance.
- Bring together and coordinate the work of sporting partners.
- Ensure sustainability and strengthen the capacity of our partners.

Stronger sportscotland

- Provide clear direction, leadership and understanding of sportscotland's contribution to *Reaching Higher*, the national strategy for sport, Scotland Performs, the national performance framework, and the Scottish Government's games legacy plan.
- Help to facilitate a coherent and systemic approach to the development of sport in Scotland.
- Continue to develop a strong, supportive management culture and skilled staff.
- Develop organisational processes to improve our efficiency, innovation and impact.

Talking tactics – our ten goals for developing Scottish sport

At sportscotland we know success comes from working in partnership – these ten goals represent our ambitions and will be achieved through effective partnerships.

- 1 More people playing sport more often.
- 2 Scotland winning more medals on the world stage.
- 3 Stronger sporting pathways creating opportunities for people to participate and compete in sport at any level and any stage of life.
- 4 More children active through Active Schools, and an Active Schools Coordinator working in every school in Scotland.
- 5 More people of all ages benefiting from physical activity and outdoor recreation.
- 6 Two hours of physical education per week in schools as part of the curriculum.
- 7 Stronger sports clubs and successful community sports hubs.
- 8 More qualified coaches and volunteers actively coaching and volunteering.
- 9 More and better places for people to play sport.
- 10 Glasgow 2014 – Scotland's biggest ever team, winning the most ever medals (including the most ever gold).



Creating a legacy

On 23 July 2014 the 20th Commonwealth Games will open in Glasgow, marking the start of 11 days of world-class competition and showcasing the endeavours and achievements of 17 sports. Glasgow will host as many as 6,500 athletes and officials from 71 Commonwealth countries and territories, not to mention visitors and spectators from across Scotland and the world.

Glasgow 2014 and other major sporting events happening both in Scotland and across the UK between now and 2014 will bring a wealth of opportunities that are about far more than simply delivering world-class sport. They are about creating a lasting legacy for Scotland. They are about making better progress towards a healthier nation, developing healthy communities and a flourishing economy. Above all, they are about making the whole of Scotland fit for the future and enhancing Scotland's international reputation.

Lasting benefits

It was against this backdrop that on 1 September 2009 the Scottish Government launched its keenly anticipated Scotland-wide games legacy plan, along with Glasgow City Council's legacy plan for the host city. Fronted by First Minister Alex Salmond and Deputy First Minister Nicola Sturgeon, the launch outlined how the Scottish Government and its partners are aiming to deliver long-lasting benefits from the Games.

A fantastic opportunity

As a staunch supporter of the Commonwealth Games, **sportscotland** passionately believes that hosting the Games in Glasgow provides a fantastic opportunity to leave a lasting legacy for the whole of Scotland. Indeed this was the underlying rationale for the bid and one of the factors that helped to secure the Games for Scotland. So we were delighted that after months of consultation, the launch of the legacy plans sees us officially embark on this important next step of the journey. However, it is vital that we now start to turn our aspirations into actions if we are to succeed.

What is sportscotland's role?

Over the next five years, we will invest £25.5m on specific projects which contribute to an Active Scotland. The investment will support athletes, improve facilities and coaching, and together with key stakeholders will help to create a network of community sports hubs across the country.

Developing community sports hubs

Our key focus will be on leading the development of a new network of community sports hubs which aim to increase the number of people of all ages participating in sport and physical activity in local communities across Scotland. This will be done in partnership with the Scottish Government, local authorities and COSLA.

These hubs, which will be based in local facilities such as sports centres, community centres and schools, will bring local people together and provide a home for local clubs and sports organisations. They will also provide information, support and advice on a wide range of sports and physical activities to make it easier for local people to get involved and engage in more active and healthier lifestyles.

The specifics of where the hubs are situated and what they offer will vary according to local needs and resources, however they will all share the same guiding principles and aim to deliver common goals.



“We aim to have a record number of Scottish athletes meet the selection criteria for the Games and win a record number of gold medals.”


Investment in high performance success

Bold performance targets have been set for the 2014 Commonwealth Games. We aim to:

- have a record number of Scottish athletes meeting the selection criteria for the Games
- win a record number of gold medals and have a record number of medallists of any Scottish team at a Commonwealth Games
- compete with distinction in all sports
- leave behind an infrastructure of well defined performance pathways and expertise to help achieve future success.

Elite performance and our targeted medal success in 2014 is a priority issue for **sportscotland** and we are providing investment to support this. We are making significant progress working with Scottish governing bodies of sport to ensure that enhanced performance pathways are in place in the 17 Commonwealth Games sports, which will help to deliver success in Glasgow and beyond.

“It is vital that we now start to turn our aspirations into actions if we are to succeed.”

We are currently working on the details of plans in each of the above areas. However, everyone has a significant role to play in the challenges and opportunities that lie ahead and we look forward to working with our partners to ensure long-lasting benefits for Scottish sport. 



A lasting legacy for Scotland

The legacy plan aims to create a healthier Scotland through Active Nation, the Government’s new physical activity programme. With health as the unifying theme, the plan focuses on four key areas:

- **Active Scotland** – getting Scotland more active with people from all backgrounds living longer, healthier lives.
- **Connected Scotland** – promoting learning and culture and creating strong international links.
- **Sustainable Scotland** – encouraging greener lifestyles and supporting the regeneration of the east end of Glasgow.
- **Flourishing Scotland** – developing business, skills, employment and tourism and promoting a positive image of Scotland as a place to live, visit, work, learn, invest and do business.



Realising potential

Developing local sporting outcomes, indicators and actions to help maximise the potential of sport.

In November 2007 the Scottish Government and the Convention of Scottish Local Authorities signed a concordat which committed both to moving towards Single Outcome Agreements for all 32 of Scotland's councils and extending these agreements to Community Planning Partnerships (CPPs).

These agreements set out how each authority will work towards improving outcomes in a way that reflects local circumstances and priorities, within the context of the Government's national outcomes.

Sport has a unique ability to contribute to these national outcomes, helping to make Scotland a wealthier, fairer, smarter, healthier, greener, safer and stronger nation.

Keep it local

To realise the potential of sport, local authorities and CPPs need to consider developing local sporting outcomes, indicators and actions which will have the greatest impact on local communities.


These considerations include:

- Local participation rates, considering variance across different groups of the local population and across different sports.
- The range of sports facilities and opportunities available across all sectors, including local clubs, schools and local authority leisure facilities and the accessibility of such services to all groups of the population.
- The extent of PE and extra-curricular sport in schools.
- Links between sporting organisations to ensure pathways are in place for people to develop at all levels, including into Scottish governing body regional programmes.
- How to support and develop the people involved in delivering sport, both staff and volunteers, across all sectors.
- The local sporting industry, events and new opportunities for economic growth through sport.
- Particular local issues, such as crime or anti-social behaviour, that sport can help address.
- Partnerships with local and national sporting bodies.

Delivering the national strategy

Alongside local authorities and CPPs, **sportscotland** and Scottish governing bodies both have roles to play in delivering *Reaching Higher*, the national strategy for sport, and can support local authorities in achieving their local outcomes.

Sport has the potential to contribute across a full range of national and local outcomes and therefore specific sporting indicators and actions can be developed throughout Single Outcome Agreements.

Local outcomes need to increase participation in sport, and should have a delivery plan to underpin them. This provides an effective means of developing local sport and realising its full potential across all national and local outcomes. 

How a local outcome for sport could look

Outcome

To increase sports participation in the local authority by 3% by 2011.

Local indicators

- % of adults participating in sport.
- % of women participating in sport.
- % of over 55s participating in sport.
- % of children participating in sport.
- % increase in admissions of those with a disability to leisure facilities.
- Hours of PE delivered in schools.
- Local sports club membership.

Actions

Develop and implement our local sports plan in accordance with *Reaching Higher*, the national strategy for sport including:

- **Implement a facilities strategy** – upgrade two leisure facilities, provide a home to six local clubs, open the school estate to public use, open crèche facilities at two local facilities
- **Schools** – increase PE in school provision by one hour per week and deliver a programme of outdoor sports to all 13-year-olds. Maintain Active Schools volunteers and increase school to club links.
- **Participation incentives** – deliver new, tailored programmes to increase participation among women and elderly people. Increase access to the outdoors for sport and recreation.
- **Clubs** – employ three officers to work with local clubs to establish youth sections, increase female membership, establish long term club development plan and ease facility access.

Further information

Visit www.sportscotland.org.uk/potentialofsport for more information on how you can realise the potential of sport.



The Sunday Mail Sports Awards

From local hero to lifetime achievement the Sunday Mail Awards highlight outstanding achievements in sport.





sportscotland is proud to support the 2009 Sunday Mail Scottish Sports Awards. The awards, which celebrate achievement in sport at all levels from grassroots participation to elite competition, will honour sporting inspirations across the country. The comprehensive line-up of awards span categories such as Local Hero and Amateur Performance to the Sports Personality of the Year award and the Lifetime Achievement award.

sportscotland's Chair Louise Martin CBE believes the awards highlight the outstanding achievement of Scottish stars at every level.

"Sport plays a vital part in Scottish culture. Whether we are active participants or avid spectators, sport has the power to captivate the nation and it is important that we celebrate success and encourage future generations to aspire to what others have achieved.

"We are delighted to be sponsoring the Sunday Mail Sports Awards for the third successive year, highlighting the outstanding achievements of Scotland's athletes, coaches, clubs and volunteers, from grassroots through to those winning on the world stage."

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 "We are delighted to be sponsoring the Sunday Mail Sports Awards for the third successive year, highlighting the outstanding achievements of Scotland's athletes, coaches, clubs and volunteers, from grassroots through to those winning on the world stage."

A new award for local clubs

"Local Club of the Year" is a new award for 2009 which is designed to acknowledge that sports clubs make a real contribution to everyday life in our local communities.

Jacqueline Lynn, Head of School and Community Sport at **sportscotland** said: "There are so many local clubs that are invaluable to communities, from those that work with children from disadvantaged backgrounds to offer them a sporting chance in life, to others that allow people with disabilities to discover new experiences in sport. This award will help recognise the huge contribution that many sports clubs make to community life in Scotland."

The winners will be announced at an awards ceremony on Thursday 3 December at the Hilton Glasgow. **SF**

Further information can be obtained on the awards website www.sundaymailsportsawards.co.uk.

Win a place at the Scottish Sports Awards



Your chance to experience the action at this year's Awards! We're giving away two tickets to the Awards which take place at the Hilton Glasgow on 3 December. To enter, all you need to do is answer the following question:

Who won Sports Personality of the Year at the Scottish Sports Awards in 2008?

If you know the answer, send an email to marketing@sportscotland.org.uk with the subject Sunday Mail Sports Awards Competition. Closing date is Friday 13 November.

Prize includes two tickets to the awards ceremony, including overnight accommodation at the Hilton Glasgow. For full terms and conditions email marketing@sportscotland.org.uk

Community regeneration

For the last three years, **sportscotland** has invested in some of Scotland's most deprived areas through our Community Regeneration programme. This programme has involved our partnership managers working with local authorities to develop – and ultimately invest in – sporting activities in Scotland's poorest communities.

Over £2.6m has been invested through the programme. How this money is invested is dependent on local needs and circumstances, with a range of programmes funded across club development, volunteering and diversionary activities.

Although the outputs of the programme vary from area to area, our funding and support have helped to develop sporting infrastructure in Scotland's most deprived areas, successfully harnessing partnerships and increasing recognition of the potential of sport to contribute to wider local aims and objectives. Here we take a look at just one example of how our funding and support has helped make a difference.





Open All Hours: a case study in Edinburgh

Over the past year **sportscotland** has supported the Open All Hours programme – a partnership between Edinburgh Leisure, the City of Edinburgh Council and two of the city’s voluntary organisations – FABB and Café K.

Open All Hours is a programme designed to provide young people in the city’s most deprived communities with access to affordable opportunities for sport and physical activities at the weekend. The programme has been rolled out across 11 different Edinburgh Leisure facilities and offers a wide range of activities, including team sports, dance, swimming and use of gyms.

Working in small teams, sports development staff, youth workers, coaches and volunteers developed projects targeted at engaging young people, focusing on making sport fun and enjoyable, while ensuring a pathway for young people to develop their skills and learn.

Local management works in partnership

The programme is managed, and planning decisions are made, at a local level through area groups that meet bi-monthly. These groups include members of the youth development team, duty managers and youth work senior managers. FABB Scotland staff ensure that young people with additional support needs can access the programme and be successfully integrated into these mainstream physical activity opportunities.

Activities take place on Friday and Saturday evenings and are specifically targeted to help young people make positive and healthy choices – so far the results are impressive. Regular weekly attendance is between 350 and 450 young people, with over 34,000 visits between April 2006 and September 2008. As many as 40 young people with additional support needs also regularly attend the programme.

But beyond these numbers, the programme has also helped to develop the people and partnerships that make sport happen in the city. For example,

with exposure to youth work practice, leisure centre staff have increased their capacity to engage with, and encourage young people to participate in, sport and physical activity. Volunteers from Youth Coaching Edinburgh (which has also benefited from funding through the community regeneration programme) were encouraged to help at Open All Hours and their coaches have contributed significantly to the programme. Partnerships with Scottish governing bodies have allowed quality coaches to introduce sports and appropriate pathways to young people attending the programme.

Building in sustainability

A key challenge for any programme like this is ensuring sustainability. It’s a testament to the impact of the programme that Edinburgh Leisure are now actively seeking funding to continue it and are dedicated to working closely with partner organisations to ensure that Friday night activities for young people can continue in the city. **SF**

.....
 Partnerships with Scottish governing bodies have allowed quality coaches to introduce sports and appropriate pathways to young people attending the programme.




Coaching Matters

sportscotland has teamed up with Scotland's University for Sporting Excellence – the University of Stirling – to design a programme that supports the development of performance coaches across the country

The **sportscotland** funded programme, Coaching Matters, was formally launched on 2 October in Stirling – a significant time in the sporting calendar since it marked almost one year until the 2010 Commonwealth Games in Delhi.

So, what's special about this new offering? Alan Lynn, Senior Teaching Fellow at the University of Stirling explains: "Coaching Matters brings performance coaches together into a challenging and supportive learning environment. Each coach will have their own areas of expertise and we'll be tapping into this to share best practice. By taking part, coaches will have the opportunity not only to develop their effectiveness through the learning opportunities we've created but also to share their knowledge and expertise to help colleagues solve their own complex coaching problems."

sportscotland's Fiona Wernham, Head of Coaching and Volunteering, adds: "Finding ways to enhance coaching is a priority for us. This programme allows **sportscotland** to bring together the people and thinking that make sport happen. Put simply, it will add value to the hard work and success of our coaches and performance professionals. We will continuously develop the content of Coaching Matters, assess the impact it will have and look forward to working with partners and coaches in Scottish sport to ensure it is a success." 



Further information

The programme is free, accessible and flexible – delivered through a series of workshops across Scotland.

If you have any questions or would like further information, please contact Sheena Carroll (**sportscotland**) at sheena.carroll@sportscotland.org.uk or Alan Lynn (University of Stirling) at alan.lynn@stir.ac.uk

GOLDZONE





Looking to the future

Mike Whittingham, Director of High Performance, talks about how the institute is evolving to meet the 'one **sportscotland**' approach, and how flexible and adaptive ways of working enable the institute to meet the demands of high performance sport.





“The last eighteen months have been a watershed for the institute of sport as we focus on the future as part of ‘one **sportscotland**’. One of the key strengths of the institute has been our ability to respond to the increasing and changing demands of high performance sport. This flexible and adaptive approach has enabled the institute to evolve into the high performance arm of **sportscotland** while continuing to deliver its mission – preparing Scotland’s best athletes to perform on the world stage.

The institute of sport and its area network have more than ten years of experience and expertise that we are building on, together with new ways of working that the joined up ‘one **sportscotland**’ approach makes possible. Scotland is unique in that we now have one organisation that supports the whole sport and performance pathway.

Flexibility is key

sportscotland’s new high performance strategy 2009-2016 – to be published in the coming months – focuses our attention on the challenges ahead. With a limited talent pool to draw on we must be flexible and smart in our approach

as we endeavour to help Scottish athletes and sports achieve higher goals in Vancouver, London and Glasgow 2014. Our ability to do this evolves from our experience over the past ten years.

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 “Mission 2014 was established with the aim of creating collective responsibility and commitment to achieving ambitious goals in 2014 and beyond.”

Mission 2014 was established with the aim of creating collective responsibility for, and commitment to, achieving ambitious goals in 2014 and beyond. To realise these goals, investment decisions for performance sport will have the input and advice of experts working on the ground to make things happen and financial awards will be weighed alongside specialist services to ensure the right resources have the right impact.

sportscotland has a clear understanding of how it provides high performance expertise to sport and athletes in Scotland through the institute. Performance targets for Scottish teams and athletes remain focused on the Games and sports that matter most to Scotland. Clearly

the Glasgow 2014 Commonwealth Games will heavily influence the next six years, but success for sport in Scotland happened before and will continue beyond 2014. Our immediate focus is on supporting

Scottish athletes who are likely to make up 40% of TeamGB at the winter Olympics and Paralympics in Vancouver early next year.

2010 is also the year of the Delhi Commonwealth Games which is an important milestone. It is arguably more important in terms of a progress marker toward 2014 than for medal results. Indeed, Delhi will provide a mix of challenges that will affect the medal count. We need to take a realistic approach to the 2010 games. Judo is not part of Delhi while swimming is in a re-build phase post Beijing and a repeat of the success of Melbourne would exceed expectation. That said, Commonwealth Games are always a priority for Scotland, so enhanced packages are being considered to >>>



help sports and athletes perform with distinction.

Preparing for Glasgow 2014

It is no secret that five years before Glasgow 2014, certain sports are not quite where we want them to be and we are working with our Scottish governing body of sport (SGB) partners to address this. The institute is also working with Commonwealth Games Scotland to ensure all Scottish athletes are properly prepared.

The next 18–24 months are crucial. If Scotland is to achieve the goal of our biggest ever team and best ever results in Glasgow the work we do now is what will make this happen. From November 2010, which marks the four-year countdown, bold and tough decisions will be needed. Our ten years of experience means that we understand the importance of, and are well placed to make, the right decisions.

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“We want everyone to be part of this approach. Working together will provide a massive leap forward for Scotland in 2014 and for the next generation.”

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Building on experience

Our new, flexible ways of working build on our experience in what continues to be a demanding competitive environment. This is familiar territory to **sportscotland's** high performance arm. On the one hand the institute must minimise risk and maximise investment in established sports that are producing results.

On the other hand we must take risks and be creative in our approach to increasing available talent.

There is also the challenge of simultaneously supporting and delivering both British and Scottish programmes. This support is not mutually exclusive but rather illustrates how performance sport in Scotland needs to get smarter and faster while maintaining robust programmes. By way of example, the institute's talent initiative Gold4Glasgow has already helped Scottish cycling extend its performance programme (detailed in this issue) and potentially increased the number of elite women cyclists available to Scotland and TeamGB. Lessons learned from working with organisations like McLaren Racing could improve our performance feedback loop thereby building capacity of institute experts.

Ten years of experience, hard work and commitment has given us crucial intelligence to help understand the world of high performance sport. Our past efforts provide a sound basis for our next important phase, 2009–2016. We want everyone to be part of this approach. Working together will provide a massive leap forward for Scotland in 2014 and for the next generation.”

The institute - five ways of working

Our position in Scotland requires unprecedented flexibility. Recognising this we've changed how we work with individual sports so that we can help deliver better results. There are five different approaches to how we work with sports in Scotland:

Fully-managed programmes –

A British programme managed by a national governing body of sport (NGB) or a Scottish programme managed by an SGB or by the institute.

Jointly-managed programmes –

A British programme managed in partnership with an NGB or a Scottish programme managed in partnership with an SGB or by the institute.

Targeted athlete programme –

A personalised programme targeted around identified athlete/s and managed by the institute/ area institutes of sport (AIS) or an NGB/SGB.

Projects and service level agreements –

An agreed level of services targeted to deliver expert solutions that add value to an existing sports programme already run in-house by a sport.

Outsourcing placements –

A sport-specific or personalised athlete programme that is positioned in the best environment for success. This could be anywhere in the UK or the world.





Harder, better, faster, stronger...

At the sportscotland institute of sport, ever increasing importance is placed on adding value to existing structures within Scottish sports programmes. Malcolm Fairweather, the institute's Head of Sports Science and Innovation, has been working with the Scottish Rugby Union on a speed and support skills project which has helped to influence successful results for the 7s squad.

Stevie Gemmell, Scottish Rugby's National Academy Manager and Scotland 7s Head Coach, had previously worked with institute staff on academy projects when he requested the institute's special project support for the Scotland rugby 7s team.

Working together

After initial analysis, the main area of focus was the successful completion of line breaks, or in layman's terms, scoring a try after breaking the initial defensive line of the opposition team. Stevie wanted players to improve their speed and reaction time coupled with improved ability to manipulate the opposition's defence, ultimately leading to more try opportunities.

"For us, a greater importance was placed on working closely with the experts at the institute and keeping consistency with what we were doing as a team and the speed and reaction work that Malcolm would be doing. We wanted the speed work to relate to what I was doing as the coach, and promoting in our game plans, so that the players would buy into it. We could then reinforce any input to our speed and reaction work in our training before and during tournaments. Rather than having an external person come in and teach skills in isolation, we wanted it to all tie together."

Expert analysis

The speed and reaction sessions were carried out at the indoor facility at Heriot Watt University. After each session, performance analyst Andy Kerr would go away with footage from the session, and he and Malcolm would create individual DVDs of what had happened during the session

with key themes and cues to reinforce each player's skill acquisition requirements. This meant that between sessions, coaches and players used constant reinforcement to help aid player development. In addition, the footage of the squad at tournaments could be reviewed by the institute team when they returned to base.

Stevie notes: "The impact of the project was that the players were able to recognise attack opportunities more quickly, and were more readily able to deliver vital support opportunities earlier in the mix. In 7s, if you manage to create a line break, you need to score as opportunities at international level are few and far between. The impact of the project became apparent as a number of the team were involved in both 2008 and 2009 programmes. Tournaments and game stats could therefore easily be compared. It was definitely encouraging to see the project's effects in action."

A dramatic difference


Players' reactions were visibly faster on video and their confidence and ability to spot potential line breaks then get into vital support positions was dramatically improved. As an example, two of the biggest tournaments of the 7s season are in London and in Edinburgh in May. Last year (2008) in London, players completed 68% (11 of 19) line break opportunities. This year, after the institute project, they completed 80% (12 of 15). Even more impressively, in Edinburgh in 2008, the team

only completed 50% of line breaks, whereas this year in Edinburgh they completed a massive 93%. The impact of these statistics on winning games was also significant. Scotland achieved their best ever results in both 2009 tournaments, narrowly missing the final in Edinburgh following an extra-time defeat to the world's

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"The techniques made a huge difference and the project really made an impact on my running."
.....

highest ranked team, South Africa, in the semis.

Scotland and 7s internationalist Ally Hogg said of the project: "The techniques made a huge difference and the project really made an impact on my running. It helped make my running position better so I could run longer, faster and cover a greater distance. Throughout pre-season we have continued with the project, working in even greater depth which will stand me in good stead for both Edinburgh games and next season with the 7s".

Stevie concluded: "We're five years out from Glasgow 2014, and will be working closely with the institute of sport to build on our recent successes and create even more consistency with players. We want to continue to increase speed reactions and effective support play, plus influence the speed endurance to keep going right to the end of the game at full speed. We're very happy with the project to date and want to continue working hard and aiming higher to produce even better play and more wins." 



Target: Va

As the curling world turns its attention to Vancouver, Scotland's curlers once again enter into the final push which could well take them onto the podium at the Winter Olympics in February.

Looking at both the men's and women's teams heading to Canada, it is clear that determination and commitment are unwavering. The talent has been identified, honed, shaped, stretched and enhanced by a dedicated team of high performance experts – courtesy of the **sport**scotland institute of sport.

Looking back to 2002, curling was the jewel in Scotland's sporting crown as Rhona Martin and her team curled their way into the record books. This era re-ignited a passion and enthusiasm for one of our country's ancient sports but beyond that its future was uncertain. Then in 2006, an innovative programme driven by the institute was launched in an attempt to combat a hiatus in the women's game. The Future Olympians programme sought to find successors to fill the shoes of Team Martin and focus collective energies on medal winning in 2010 and 2014. Perhaps one of the greatest successes of the programme is Eve Muirhead, now hailed as Scotland's youngest-ever women's curling skip, among other accolades.

Eve, along with her teammates, has worked tirelessly with institute high performance coach Nancy Murdoch, who took on the role of GB curling coach last year, to set the team's sights firmly on success in Vancouver.

Shaping a new team

Murdoch knows there are big shoes to fill but is confident of the team's ability: "There is no doubt that Team

Martin is a hard act to follow but the women's team have already earned their place in top flight curling and have the potential to achieve great things. By combining all that the institute has to offer along with the team's dedication and drive to improve their performance, our preparation for Vancouver is right on track. Being able to tap into a bank of first class expertise has made all the difference."

institute expertise helps target key areas

The men's team has also undergone a fairly drastic makeover thanks primarily to coach Dave Hay. He comments: "I was initially tasked with identifying players to form the team – then I needed to craft bespoke programmes to ensure they could operate at the highest level as a team. Tapping into disciplines such as performance analysis and psychology, we've been able to target core areas which have made a real difference to our preparations."



ancouver

A clear indication of the commitment and focus on both the men's and women's teams will see all ten GB curlers go full time – in order to maximise their training, team impact and performance – from the end of August for the women and the end of October for the men. According to Murdoch: "The training schedule for both the men and the women is very much in full flow and this decision by both teams will ensure we can maximise the available time and invest wisely in terms of the necessary support and strategies."

Curlers utilise a range of institute services

Through strength and conditioning specialist Ryan King the teams have been focusing their physical energies on leg strength to build consistency out of the hack while also generating weight behind the stone. Coupled with rigorous cardio-vascular training, the overall team fitness has been greatly enhanced while a targeted core strength and stability

programme has focused on building upper body and trunk strength, specifically for the sweepers.

times and effective warm ups. By integrating video analysis with this, we can gain insight into heart rates

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"Team Martin is a hard act to follow but the women's team have already earned their place in top flight curling and have the potential to achieve great things."
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"A key part of our strategy has been to utilise a range of first-class technology and expertise available through the institute. The impact of having these resources and personnel at our fingertips has been a defining element of our approach in the build-up to Vancouver," comments Dave.

at specific times of training and competition. Our core objective was to replicate the game environment while training in order to push the curlers in training and so reap the rewards at competition."

As part of this multi-disciplinary approach, the entire institute support team of nine experts joined the curlers and their coaches in Cyprus in June. Murdoch explains: "In Cyprus we combined work with heart-rate monitors with training to determine responses during sweeping as well as providing insight into recovery

The collective efforts of the institute coaches, coupled with the diverse array of support available, looks set to give both teams the very best chance to replicate past successes while also making their own distinctive mark on curling for years to come. **GB**





Over the water





Gerard Butler, Ashley Jensen, Dougray Scott, Shirley Manson and James McAvoy - just a few famous Scots who've honed their skills in the US. Now you can add the Scottish ice dancing duo, Sinead and John Kerr to the list.

Sinead and John left Scottish shores for the USA back in 2006. Three years on, they have reaped the benefits of the use of unrivalled facilities and an expert coaching team. How, you might think, does the **sportscotland** institute of sport, based over 3,000 miles away, fit into their daily training regimes? Well, the brother and sister duo have been supported by the institute for almost five years and their move over the water hasn't hindered this. With a team of seven, working in various guises, the Kerrs aren't missing out on the unique support provided by their home nation.

The benefits of this travelling support go well beyond the comforting sound of a Scottish accent and the welcome of a friendly face. The team have provided a hugely valuable addition to the Kerrs' New Jersey based support. Coordinated by Liz Mendl, who juggles the support for a number of Scotland's athletes, the Kerrs receive regular visits from several institute experts.

A long distance relationship

John recognises the value of this transatlantic approach: "It helps a lot when you work with the same people over a number of years as it allows them to better understand your sport and you have total faith that everyone is working towards helping you to achieve your season goals. Sue Warwick keeps our bodies in mint condition, Vanessa Zucco has helped improve our fitness, Neil Crosbie sets our weights programmes, Andy Kerr does our video analysis and Misha Botting has honed our mental preparation. They are all very much part of our support team and we have total trust in their ability to help us improve our performance."

Strength and conditioning coach, Neil Crosbie, has already been state-side a few times this year, most recently in September. Neil works closely with the duo's own coach Evgeny Platov, to ensure they have a fitness plan to match their competitive goals.

Neil said: "While some of the support we provide can be delivered remotely, it is essential that we also have some visibility in New Jersey. Not just for John and Sinead, but also for their coach. It is vital that we have a strong working relationship with Evgeny and the best way to do this is by going over there and working with him to complement what he's trying to achieve on the ice. It is also important for us to maintain continuity of presence with John and Sinead, not just dip in and out when they're in the UK."

Developing world class routines

Neil himself has a dance background and is currently competing in West Coast Swing and the contacts he's built have helped the Kerrs develop their choreography. Through his connections they have worked with world renowned choreographer Robert Royston (responsible for pop sensation Taylor Swift's routines) to help them with finishing touches to deliver a polished performance on the ice. This helped them pick up a bronze medal at the European Championships last year, something they are looking to build on as Vancouver nears.

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"While some of the support we provide can be delivered remotely, it is essential that we also have some visibility in New Jersey. Not just for John and Sinead, but also for their coach."
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Another of the institute's transatlantic jet-setters is video analysis guru, Andy Kerr. He too has logged miles both visiting the dancing pair over the water as well as travelling with them around the world as they compete.

Andy says: "Travelling with Sinead and John means I can film them in training and competition. Working with their coach, they can use this footage to receive immediate analysis of how they've performed. The footage can be accessed by everyone on a secure site, from their nutritionist to their physio, so they get all the benefits of seeing them compete without having to clock up the air miles."

What next for the siblings?

John says: "During the next six months we will be participating in important competitions which will hopefully help us to get into peak condition for the Olympics. From a training point of view it's just hard work all the way, on and off the ice. The goal for Vancouver is definitely a medal and we will be pushing 100% to achieve that."

So it's England, France, Japan and Estonia before they even get sight of a maple leaf. Their coaching and support team is the perfect blend of Saltire with Stars and Stripes. The American influence will be apparent in their new routines without losing the Scottish twist which always gives Sinead and John a tartan touch that their spectators relish. **02**





Gold rush

Over the years, Scotland has produced some exceptional sporting talent. And finding new potential stars to grace the world sporting stage is something that the **sport**scotland institute of sport takes very seriously.



Tony Stanger, Talent Manager at the institute, has been charged with overseeing a search for sporting talent. With the launch of the institute's talent programme Gold4Glasgow, he seems to have things well in hand. The first Gold4Glasgow talent event in May this year focused on women's cycling – three months after the initial testing we caught up with Tony, along with Gary Willis and Graeme Herd from Scottish Cycling, to find out how the programme is progressing.

Tapping new potential

Tony explains: "The programme was designed to 'find' female athletes with the potential to compete in Glasgow 2014 and I think we have been successful in that. There is a long way to go, but Scottish Cycling feel they now have maybe three or four young women with the potential to compete, which is a good return and shows that there are people out there. Once they are in the system, you never know."

Gary Willis, Performance Manager for Scottish Cycling said: "The biggest challenge was getting the programme off the ground, after the initial meeting with Tony it took about a year to get to the testing event itself. We didn't want the event to work in isolation, we wanted it to feed into something so it was crucial for us to have a programme with a coach that was ready to take these women and develop them as quickly as

athletes this time round, however, the fact that we have got a good group of women is fantastic."

Gold4Glasgow tests its metal

Gary continued: "We have now managed to integrate talent identification into the elite athlete programme which is what we had hoped for. In cycling we have strong established programmes delivering to athletes, but not necessarily resources to go out and engage with potential athletes or find new talent, so the Gold4Glasgow programme has solved that problem for us. Without the institute's support

they've put in so far. The lengthy registration process meant that unless the women had a genuine interest in the programme, they wouldn't have signed up, which I think is key to the quality of the athletes we're looking at.

"The group of cyclists is still quite large and whittling them down is taking a while. Each time I leave a camp I have a different idea of how to go forward; the evolution of the process is extremely fast. We're still fine tuning and finding the best way to measure the athletes so we can fast-track them in the most effective and efficient way.

.....
 "It's exciting stuff! We'd love to see some of the young women progress to the next level and it is there for the taking for the right candidates."


we wouldn't have been able to market the opportunity to find new talent, and that's where it has been particularly useful.

"The institute has been fantastic with its flexibility in how best to support Scottish Cycling through the Gold4Glasgow process. There has been a lot of 'moving the goalposts' in order to create the most successful results. It was important for us to create a suitable system that fitted the athletes we identified, and not the other way round. As we

"The opportunities for the athletes going forward are wide, varied and plentiful. There is still some way to go, but there are possible opportunities to form development squads and racing teams, then there's the elite athlete programme and we're continually looking forward to Glasgow 2014. It's exciting stuff! We'd love to see some of the young women progress to the next level and it is there for the taking for the right candidates."

New opportunities

Next on the Gold4Glasgow programme the institute will be supporting JudoScotland as they attempt to identify potential athletes for Glasgow 2014.

Tony comments: "We're very excited about this opportunity to work with JudoScotland and hopefully we will be able to help them in the same way we have with Scottish Cycling." 

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 "Without the institute's support we wouldn't have been able to market the opportunity to find new talent, and that's where it has been particularly useful."

possible. We had to work out exactly who we were looking for. By doing an analysis of the medal opportunities in 2014 and in turn looking at the gaps in the pathways and programmes, it was clear that female endurance athletes were a priority. The event itself was a complete success. For us, more importance was placed on coming up with a good system to find talent rather than finding specific

learn more, the goals and methods shift continually, so it's good to know that the support we have from the institute allows us to do that."

Graeme Herd, Scottish Cycling's Elite Athlete Programme Head Coach, says: "I've been very impressed with the quality and commitment of the young women we found through the programme and the amount of effort



Child's play

Super consistent 400m hurdler Eilidh Child has almost lost count of the number of PBs she has set in a remarkable season.

The 22-year-old trainee PE teacher's track life has been rejuvenated since her move last autumn to the joint coaching team of Stuart Hogg and Aileen McGillivray.

"I'm working harder at a higher level, in a better environment," said the Kinross athlete. "Stuart and Aileen have four other guys who have all competed at the Olympics, and you feed off that.

"It's become more exciting and new and I really got the buzz for it again. In the first race of the year I knew I was on form, I was hungry for it and ready to compete."

Since her opening race in May, Child has set five PBs, achieved the Commonwealth Games qualifying standards in every competition, and represented GB at both the World Championships and the European Team Championships.

In July's European Under 23 Championships in Lithuania, her season's overriding goal, she won the silver medal, missing gold by six hundredths of a second.

"I'm a great one for consistency but I don't expect this from anyone I'm coaching in the first year," said Stuart Hogg. "Eilidh has been an absolute model of consistency in her races. To run a PB in major championships is a tremendous achievement and I'm extremely proud of her."

As a UK Athletics World Class Plan athlete, Eilidh's coaching team draws on localised support from Tayside & Fife Institute of Sport. Through close partnership work with Hogg and McGillivray, Tayside & Fife has tracked Eilidh's progress methodically since last autumn, monitoring each training phase, testing her blood to ensure she is recovering fully, and providing nutritional support.

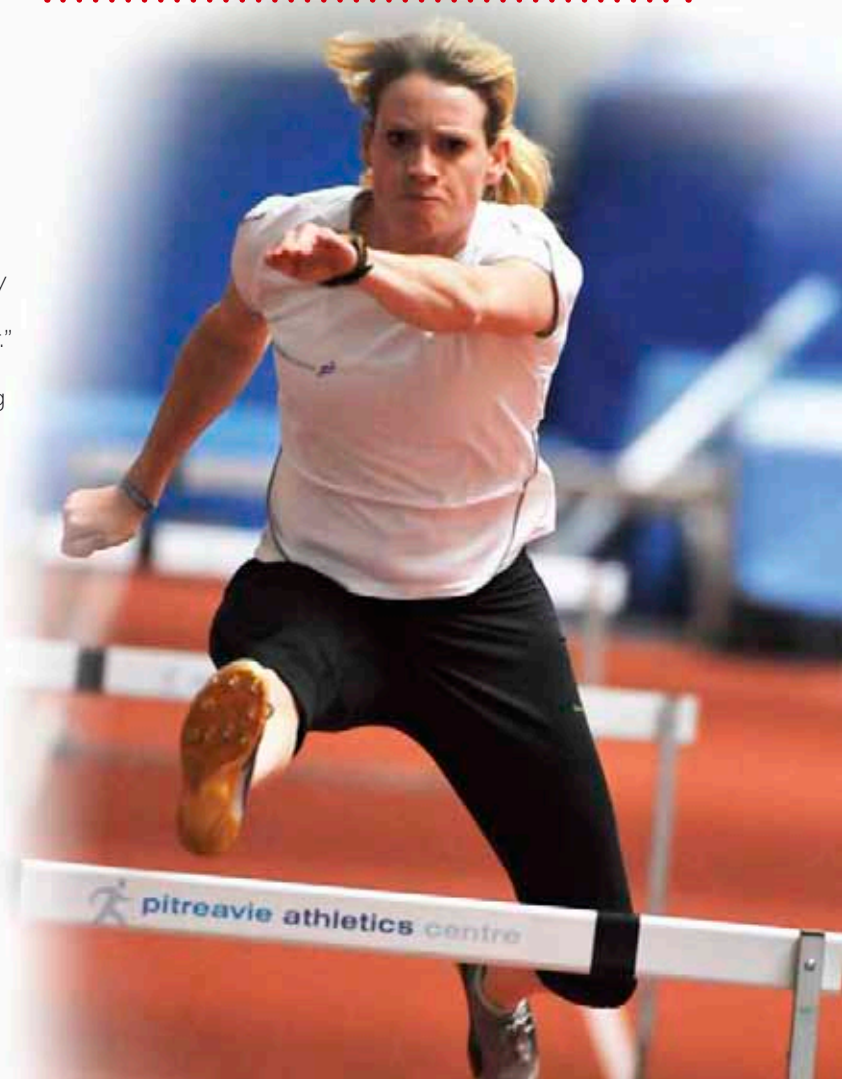
"Stuart looks after Eilidh's programme," said Aileen. "I do some of the technical work as well as look after her strength and conditioning training.

"It's a combination of creating the right environment with good coach leadership. The Tayside & Fife Institute support has been invaluable and three components of support have worked in an inter-disciplinary way so we can analyse everybody's feedback on a six weekly basis before we move on to the next phase."

Proving the integrated team approach is working, Eilidh has stayed healthy, remained injury free and been faster in every race.

"It's been a short season but a good one," said Eilidh after reaching the semi finals of the World Championships in Berlin. "This has been a good marker for the future and what I need to do. It's my first major championships and hopefully there's more to come." **az**

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"It's become more exciting and new and I really got the buzz for it again. In the first race of the year I knew I was on form, I was hungry for it and ready to compete."
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Back² basics

Bobsleigh's golden girl Gillian Cooke, who became World Champion this year after a four month crash course in the sport, has pulled out all the stops to make her start technique a world beater.

The former Scottish Commonwealth Games pole vaulter and long jumper had to learn her new role 'on the run' when Nicola Minichiello placed an advert for a brake woman on a social networking site last autumn. Gillian fitted the bill and four months later the pair won the World Championships in Lake Placid.

"I always thought it would be great to come out of this year, start learning and then go to the Olympics next year," said Cooke afterwards. "But everything has happened much more quickly than we'd expected."

February's Winter Olympics in Vancouver is still very much the focus. After a summer of physical conditioning, August held the first opportunity for the pair's on-ice training, a week's intensive 'push camp' in Italy.


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"What I've been doing obviously works because our starts were up there with the best in the world."
.....

"This is our first time on ice since the Worlds and the first time I've had a chance to break down my start technique," said Cooke, whose first competition is in November.

"This time last year I wasn't in the sport so I was thrown in at the deep end and all the pushing I had done was either in selection or race environments. What I've been doing obviously works because our starts were up there with the best in the world. But to be able to take it back, identify areas which aren't quite as good as they could be and put them right will hopefully make the improvement we need for next year. We've put a lot of things in place that will take us forward and we're better prepared this year than we were for the Worlds."

Supporting Cooke for eight years – in all her ventures – is the East of Scotland Institute of Sport (ESIS).

"I've been with the ESIS from when it began and the support is fantastic," she said. "The physical and medical back up has continued all the way through, even when I switched sports and I didn't have any proof that it was going to work, they believed in me."

Says ESIS Manager, Michael Cavanagh: "In our eyes it wasn't a massive gamble to continue supporting Gillian when she made the change to bobsleigh. We knew the kind of athlete she is and we knew she wouldn't be doing the sport unless she put everything into it." 



Three centres, one great adventure

Whether on land, on water or on a bike, as the national agency for sport we are committed to encouraging everyone to discover and develop their own sporting experience.

Our three national training centres – Glenmore Lodge, Inverclyde and Cumbrae – are integral to this. Here, we give you a flavour of the fantastic work being done at the centres and of the opportunities that exist for everyone to embark on their own adventure.

Glenmore Lodge

Glenmore Lodge is Scotland's national outdoor training centre. We develop and deliver residential training courses that provide pathways for Scotland's outdoor leaders, coaches and instructors. In addition we develop experience courses designed to increase participation or improve performances.

We also provide resource support to the outdoor community, stakeholders and partners. This support incorporates not just the physical resources at the centre, but also includes the expertise, advice and representation of our people – some of the most experienced instructors in the UK.

With the country's top instructors and coaches and the facilities and equipment to support a full and positive experience, Glenmore Lodge inspires adventure at every level, from absolute beginner to elite athlete.

Our courses include:

- Mountain sports: rock climbing, mountain biking, skiing, winter, summer.
- Paddle sports: sea kayaking, river kayaking, surf kayaking, open boat.
- Mountain medical and rescue, water medical and rescue.
- Custom courses tailored to individual requirements.

www.glenmorelodge.org.uk
enquiries@glenmorelodge.org.uk



Inverclyde

Set on the wooded hillside behind the Ayrshire seaside town of Largs, Inverclyde is an ideal setting for all types of residential and non-residential sporting activities. Our facilities are developed for elite sportspeople but are available to everyone.

We are one of the best-equipped residential sports centres in the United Kingdom – a centre of excellence for high performance training, coach education, team-building and player improvement for high performance athletes, national squads and governing bodies of sport.

But other groups can benefit from our facilities and top-class coaching too, including professional and voluntary associations, district sports councils, businesses and schools.

Our facilities include:

- Golf coaching centre with 6-hole practice area and 8-bay driving range.
- A fully equipped gymnastics hall.
- Range of floodlit football pitches, including 11-a-side ultragrass pitch.
- Four outdoor tennis courts.
- Performance laboratory and sports medicine clinic.
- 53 bedrooms (all en-suite).
- Conference facilities, including 160 seat lecture theatre and fully equipped restaurant and bars

www.nationalcentreinverclyde.org.uk
in.enquiries@sportscotland.org.uk



Cumbrae

Cumbrae is Scotland's premier watersports centre and instructor training facility located on the island of the same name in the Firth of Clyde, across the water from Largs. Surrounded by safe water with easy access to the open sea, the centre's position offers exceptional facilities for watersports enthusiasts of all levels.

We offer an impressive range of modern equipment and excellent shore-based accommodation and catering facilities. Most importantly we have a team of highly qualified instructors with a huge breadth and depth of personal and instructing experience.

Cumbrae's courses cater for everyone from the complete beginner to the experienced enthusiast. We also offer courses in junior and youth sailing, instructor training and shorebased training.

Our activities include:

- Dinghy sailing: a wide variety of over 50 sailing dinghies.
- Yacht cruising: we have two 37 foot cruising yachts.
- Windsurfing: over 25 boards and a huge selection of rigs.
- Powerboating: choose from 9 RIBs ranging from 150hp to 15hp.
- Kayaking: a fleet of sea and general purpose kayaks.

www.nationalcentrecumbrae.org.uk
cumbraecentre@sportscotland.org.uk



OFF THE WALL

Sport First talks to **Mike Roberts**, sportscotland's Director of Sports Development, about his role at sportscotland and his background in sport.

How did you get involved in sport?

My family – my dad played club rugby, so from the age of two I was on the sidelines of the rugby pitch on freezing cold afternoons watching him. Sport also played a massive role in the communities that I lived in as a youngster, initially in Wales, and later in West Lothian.

What sports did and do you play?

Just about every sport there is, from lacrosse to rock climbing and basketball to canoeing. However my enthusiasm was greater than my talent in most areas!

My main sport was Rugby Union – I was the first person from my school to be selected for the Scottish schools squad and I played Division 2 rugby in Wales as well as representing GB Colleges at Rugby League.

How did you get into a career in sport?

As a student I spent three months working in advertising sales and learned that to sell something you have to believe in it. Sport had always been my passion so after graduating I went for a job in the sport and leisure sector. A decade later I was managing the David Lloyd centre in Renfrew. After that I spent five years as Chief Executive of Scottish Gymnastics before joining sportscotland.

What attracted you to your role at sportscotland?

A love for sport and a genuine desire to encourage more people to get involved in it.

My role is fundamentally about growing and expanding opportunities for everyone – but particularly children and young people – to enjoy sport.

sportscotland is only a part of this but, as the national agency for sport, we're uniquely placed to join up all of the people, places and thinking that makes sport happen – leading and supporting our partners to develop sport in Scotland. To be in a position where I can play a role in this is a privilege.

What three things do you bring to the sportscotland team?

Strong partnership work ethic, experience across the sporting landscape and the drive to continually improve.

What are you working on at the moment?

Regional sporting partnerships – partnerships that will put in place a regional infrastructure for sport which I believe will ultimately be the link between national outcomes and local focus.

2014 is a big event on the horizon. We're working with partners on developing a community sports hub model and we've been working with governing bodies on their plans for 2014.

Improving the quality and quantity of coaches in Scotland is also a priority. Coaching Scotland is a key element as is the development of strong partnerships with other key agencies.

On the facilities side I'm keen to ensure that we make even better use of the expertise within our facilities team – working with partners to make sure new and existing sports facilities are developed to their potential.

What are the biggest challenges in your role?

Maximising our partnerships and working with others to achieve common goals. With the current economic climate we're all facing challenges, but there is a real opportunity to strengthen partnerships and become smarter about the shared use of resources. If we can do this we will maximise what we do and make sure that sport remains a priority.

Which four sports people would you have to a dinner party?

My Deputy Headmaster at school, Jim Telfer; Phil Bennet, my boyhood hero; Daley Thompson – an amazing athlete who transcended racial barriers and Chris Hoy who flies the flag for Scotland and Britain!

Favourite sporting moment?

Scotland winning the grand slam in 1984. Me and three school friends from Linlithgow were ball boys at the match – what an experience!

Who would you nominate for Sunday Mail Sports Awards this year?

Daniel Keating (Gymnast) – his silver medal at the Senior European Championships against the Russians and Romanians is the performance of the year for me so far as he is still a youngster in the sport.



Increasing participation and improving performance

by investing in and joining up the people,
places and thinking that make sport happen.

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