



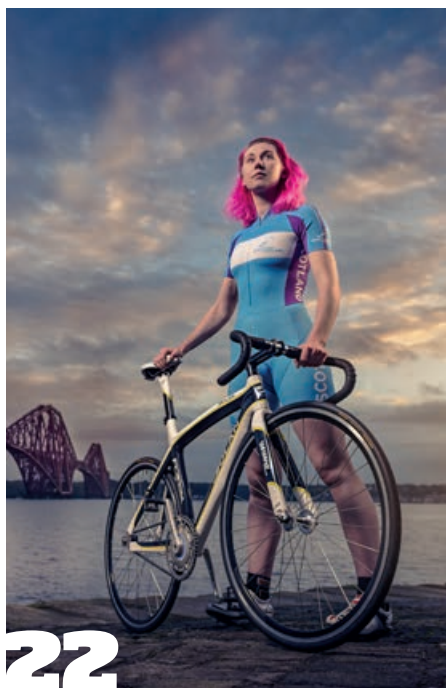
# SPORTFIRST

the magazine for **sport**scotland stakeholders

**GLASGOW 2014:**  
.....  
**GRASSROOTS  
TO GLORY!**

Putting sport first

**sport**scotland  
the national agency for sport



Photography: Glasgow 2014, Commonwealth Games Scotland, Alan Richardson Photography, Rob Elyton-Jones Photography, David McIntyre Photography, JSH Pix, Alastair Devine, Stuart Gray and Getty Images

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# FIRSTWORD



Welcome to the twelfth edition of Sport First and the first in 2014 - a year that promises to be the most exciting in the history of Scottish sport.

2014 got off to a phenomenal start in Sochi with some terrific performances from our athletes, supported by twelve **sportscotland** institute of sport experts out in Russia, which is a terrific endorsement of the capabilities of our high performance team.

This is not only an incredibly significant year for Scottish sport, but also in the autumn Scotland will vote on its constitutional future. **sportscotland** will be ready to ensure that our sporting structure is sophisticated and robust, however the people of Scotland vote in September's referendum.

Working closely with our partners in the Scottish Government, National Lottery, local authorities, sports, and clubs, we are already delivering a lasting sporting legacy from hosting Scotland's largest ever multi sport event.

We are using Glasgow 2014 as a catalyst to accelerate our plans to implement a world class sporting system at every level, and it is an opportunity we are determined to fully capitalise on.

Although multifaceted, our legacy ambitions can be summarised by two fundamental objectives: to improve and develop Scotland's high performance system and community sport.

Thanks to increased investment from the Scottish Government and the National Lottery, Scottish athletes are receiving outstanding levels of support from our experts, coaches, and practitioners at the institute. Coupled with the dedication of the athletes and sports, this means that our athletes will be the best ever prepared Team Scotland to compete at the Commonwealth Games.

This is why we are confident that the target set by Commonwealth Games Scotland, in conjunction with **sportscotland**, to improve upon our previous highest ever medal tally of 33, will be realised at Glasgow.

Community sport is benefitting tremendously from our community sport hubs programme. There are already 126 hubs operating the length and breadth of Scotland and we currently have plans for 167 to operate across all 32 of Scotland's local authorities by 2016. A key strength of the hubs is that they are each tailored to meet the requirements of the local area they serve and provide people of all ages and abilities with the opportunity to take part in a wide range of sports and physical activities.

Added to all of this is a significant investment into club sport and regional development posts for sports, which has now created a strong pathway from school to club to performance sport.

The next edition of Sport First is scheduled for publication ahead of the Games and will naturally focus on Glasgow 2014.

It is a truly wonderful time to be involved in Scottish sport and I hope our excitement is conveyed to you in this edition of the magazine.

**Stewart Harris**  
Chief Executive, **sportscotland**

**sportscotland** documents are available in a range of formats and languages.

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



[www.nationalcentrecumbrae.org.uk](http://www.nationalcentrecumbrae.org.uk)



[www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)



[www.nationalcentreinverclyde.org.uk](http://www.nationalcentreinverclyde.org.uk)



[www.sisport.com](http://www.sisport.com)

# EVERYONE WINS

**Thanks to Glasgow 2014,** sportsotland is accelerating its plans for a world class sporting system at all levels.

We are supporting and developing community sport hubs across Scotland. This means more and better opportunities to get involved in sport.



Putting sport first

**sportsotland**  
the national agency for sport



# Scots Sweep Up in Sochi

Congratulations to the Scottish Olympians and Paralympians on delivering world class performances at Sochi 2014.



scottish athletes 34% of Team GB  
 sportscotland and its partners continue to make an important contribution to the high performance sports system in the UK

**MEDALS WON**  
 1 silver  
 2 bronze

[www.sisport.com](http://www.sisport.com)

# GETTING THE LEGACY YOU PLAN FOR

What is a sporting legacy, and how is it secured? As we enter the home straight in the race to Glasgow 2014, **sportscotland's** Head of Strategy Mary Allison looks at the evidence around the impact of sporting events and discusses how long term planning and commitment are the keys to unlocking the potential of events like the Commonwealth Games.



LEGACY 2014  
XX COMMONWEALTH GAMES  
SCOTLAND



Around the world, across decades of major international events there are three claims commonly made about what major sports events do for sport. First, that watching elite athletes inspires others to take part, this is known as 'the demonstration effect'. Second, that there is a general desire to get involved or associated with the event in some way and that could include taking part in community sport, known as 'the festival effect'. Third, the more diffuse claim of a 'feel good factor' which may make people more interested as a result of having a generally more positive outlook on sport.

But when it comes to defining and evidencing the long term effects of hosting major sporting events, the facts are less clear. Here's what the Scottish Government's 'Review of Evidence on the Legacy from Large-Scale Sporting Events' tells us about these and broader legacy outcomes:

- The amount of robust evidence on legacy from past large scale sporting events is limited and varies in quality and rigour
- There is a lack of long term assessment of legacy
- Some studies show increases in economic growth and employment, however many rely on estimates and short term post event assessments
- The evidence for increases in physical activity is very limited and many of the studies in this area have been low quality

So the truth is that there is little evidence to suggest that simply hosting a major sporting event like an Olympics or Commonwealth Games leads to positive outcomes for a country. But does that mean the Games can't make a lasting difference to a host country? No, but the evidence tells us it does need careful consideration:

- Long term legacy needs to be carefully planned and implemented with a focus on the processes and steps that lead to positive outcomes
- A long term perspective is essential: things like infrastructure need to be built with lasting use as the priority

■ Clear roles and responsibilities across organisations are essential: this could include encouragement of grassroots-level participation in sport and cultural programmes, as well as allowing the community to be part of the planning and delivery of programmes

The concept of a 'legacy' has been at the heart of planning for both London 2012 and Glasgow 2014 and our programmes are more comprehensive than past events. And while that's no guarantee of success, we are in a stronger position than previous Games.

In 2009, the Scottish Government and a range of partners developed a Scotland wide Games legacy plan to realise a vision to 'host a successful, safe and secure Commonwealth Games that delivers a lasting legacy for the whole of Scotland and maximises the opportunities before, during and after the Games in 2014'.

This set out a collective ambition for a 10 year period to 2019 and has four legacy themes: Flourishing, Active, Connected and Sustainable. A sustainable legacy for sport falls under the broader 'Active' outcomes.

**What does 'a sustainable legacy for sport' mean for sportscotland? Quite simply it means accelerating our plans to develop and support a world class sporting system at all levels.**

The sporting system in Scotland needs to support our athletes, young people and communities to get involved and develop in sport as a result of these Games.

Those ingredients of a successful legacy – long term focus, strong partnerships, community engagement – are central to our two key legacy commitments around sustainable community sport and the high performance sport infrastructure.

The two weeks of competition later this summer will be an important milestone in the development of these programmes. The high performance system will come to the fore as Team Scotland competes during the Games. And community sport hubs will be an important feature of both the Queen's Baton Relay and in the immediate aftermath of the Games, when the attention inevitably turns to legacy.

However both of these commitments are long term aspirations which require a continued commitment that goes beyond 2014. And it is critical that we're able to understand – through robust evidence – the positive outcomes that these programmes are having in order to demonstrate impact and improve planning into the future.

If we can achieve that, the Commonwealth Games in Glasgow can leave a fitting legacy for generations to come.

*With thanks to Elinor Ore at the Scottish Government, author of 'Legacy from Past Sporting Events, Review of the Evidence'*

[www.legacy2014.co.uk](http://www.legacy2014.co.uk)

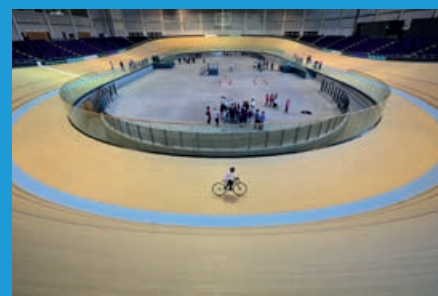


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**The National Lottery**®

# Accelerating to world class

The Glasgow 2014 Commonwealth Games will be Scotland's biggest sporting event in a generation. But the Games are about so much more than two weeks of competition in the summer; they're a chance for all of us involved in sport to aim higher, achieve more and make a lasting difference to our athletes, coaches and communities for years to come.

We take a look at how the national agency is using the profile of the Games to accelerate our plans towards a world class sporting system at all levels.





# Making a lasting difference - our legacy commitments

## Sustainable community sport

Community sport hubs are a key component of **sportscotland's** contribution to the Scottish Government's 2014 legacy plan. They are designed to increase the number of people participating in sport across local communities in Scotland, by bringing people together and providing a home for local sport clubs.

An annual budget of £1.5 million National Lottery funding is being allocated on a geographical basis to develop hubs according to local needs and resources – each one is different and they are based in a variety of settings; sport centres, community centres, schools or the natural environment.

As well as bringing the local community together, hubs also provide information, support and advice on a wide range of sports and physical activities to make it easier for people to get involved and engage in a more active and healthier lifestyle.



To date, 126 community sport hubs have been set up across Scotland, and we have plans in place for another 41 to be set-up by the end of 2016, exceeding the original target of 150.

Additionally, thanks to the Legacy 2014 Active Places Fund, we are also supporting local projects right across Scotland, from skate parks to walking routes and everything in between. The £10m programme supports the Scottish Government's legacy ambitions to encourage more people to be active and take part in sport, with grants of between £10,000 and £100,000 available for a very wide range of community led projects.

## High performance infrastructure

**sportscotland's** investment into the institute of sport network in the lead up to the Glasgow Games has ensured that high performance sport has better structures and support than ever before.

Heading into new Olympic, Paralympic and Commonwealth cycles, our experts at the institute of sport will continue to work with sports and athletes to ensure we build on the momentum generated by the home Games.

Over the last 20 years, Scottish Government and National Lottery investment has changed the face of sport in Scotland. Thanks to this funding, Scottish athletes - whether based in Scotland or as part of GB programmes - now receive some of the best support in the world. During 2011-15 our investment into the 17 Commonwealth Games sports increased by 23.46 per cent to over £38 million compared to 2007-11.

As well as ensuring that the athletes in Team Scotland will be better prepared

than ever before, this investment is readying the sports for the anticipated membership rises and demands as a consequence of Glasgow 2014.

Through Mission Glasgow 2014 we are ensuring that the 17 sports have a clear performance plan in place for the Games. The planning framework established through this programme will continue into future cycles, providing a clear methodology for major Games preparation.

## Supporting the Games

### High performance expertise:

**sportscotland** institute of sport experts support all 17 Games sports and their athletes across a range of disciplines.

**Mission Glasgow 2014:** performance programme focused on supporting the 17 Commonwealth Games sports towards a successful Scottish performance at the 2014 Games.

**Performance coaching:** supporting a range of programmes, including Coaching Matters and the Inspire programme.

**SAPAs:** providing financial support of £3,000, £5,000 or £10,000 to potential medal-winning athletes for Glasgow 2014.

**Team Scotland:** investing almost £50m in the governing bodies of the sports

that will feature in 2014, including Commonwealth Games Scotland, since Glasgow won the Games bid in 2007.

**World class facilities:** investing over £30m into facilities that will be used during the Games. This includes our single biggest award of £15m into the Emirates Arena.

## Inspiring & motivating

**Active Schools:** delivering a broad range of activities and programmes designed to motivate and inspire young people to get involved in sport up to and beyond Glasgow 2014.

**Support a 2nd Team:** programme of events to engage the cultures of the Commonwealth and further develop links with Commonwealth countries.

**ICCE Global Coaches House:** working with partners to support this extensive programme of world class seminars, lectures, presentations and discussions for coaches.

**Lead 2014:** conference programme that helps develop and enhance young people's leadership and volunteering skills, while raising the profile of Glasgow 2014.

**Celebrate fund:** investing £1m National Lottery funding into helping communities celebrate the 2014 Commonwealth Games.

**Volunteering:** Volunteer Scotland is working with **sportscotland** and our local partners to direct the 50,000 Clyde-sider applicants to continue their involvement in sport after the Games.



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

# SOMETHING FOR EVERYONE; THE MANY FACES OF VOLUNTEERS

## Sarah and Lorna Halley

Sarah and Lorna Halley, twins from Fife, have been involved in badminton since primary school and were encouraged to attend coaching sessions after showing promise in the sport.

They have played for numerous clubs and in the last three years decided to take up volunteering in the sport after seeing line judge opportunities arise with **BADMINTON**scotland.

The twins made such great progress as line judges that they are now part of the Glasgow 2014 technical officials programme supported by **sport**scotland and Glasgow 2014. This programme has helped develop Scottish technical officials in a range of sports to officiate in the Games, which they are both looking forward to, as Sarah explains; "Being part of the technical officials programme is an amazing opportunity. This is the first Commonwealth Games to be held in Scotland in our lifetime. Therefore we feel privileged to have been selected as line judges for the whole event."

Lorna explains what's involved; "Essentially it's about making either an 'in' or 'out' call depending on where the shuttle lands. As the top players can smash the shuttle faster than 200 mph this requires a great deal of concentration at all times. It is the line judge's job to communicate the line call to the umpire, players and spectators, so it is very important to make clear decisive calls – no pressure!"

**BADMINTON**scotland, through the grants given through the programme, have been able to support them both in their volunteering journey to the top, for which they are both extremely grateful.

Volunteering has become an important part of their lives and they frequently take annual leave from work and give up their free time to take part. Sarah tells us "Volunteering is a unique way to not only be involved in sport, but to watch your favourite sport from the heart of the action. Without volunteers, major Scottish badminton events would not take place."





During London 2012, the Gamesmakers made the headlines for their instrumental role in the success of the Olympic and Paralympic Games. However for many people up and down the country, volunteering in sport has been a major part of their lives for many years. These volunteers work tirelessly and without them and their varied roles, we wouldn't have so many opportunities to get involved in sport. Here three volunteers, who dedicate their time on a daily basis, tell us how much hard work really goes in to making it happen.

## Gavin Cruikshanks

By most people's standards, Gavin's to do list is eye watering. On top of his full time role at his local petrol station, he's the club treasurer at Grove Menzieshill hockey club in Dundee. In between work and managing the books, he's usually coaching youth hockey for Dundee City Council or taking every opportunity he can to develop his skills as an international standard hockey umpire.

"After I finish my day job, I will do something hockey related every day, and each day will involve some sort of task related to the club's finances – whether it's collecting fees from players, banking money, answering questions, and generally keeping things organised."

Being club treasurer isn't perhaps the most glamorous of roles, so what's in it for Gavin? "Most people involved in the club do their bit. And when I started playing hockey back at secondary school, I had a great experience thanks to various volunteers – from the teachers who took us on a trip to Holland, through to the people who gave up their time to run this club, which I joined in my early teens.

"I'm qualified in finance, so it's my way of giving back. Hockey has given me the best experiences and opportunities – whether it's the friends I've made through my local club or the opportunities to umpire at the Youth Olympic Festival in Australia and the European U21 championships next year – so it's good to be able to put something back in to make sure others have the same chances I have had."



Volunteers come from all walks of life. And as you can see from the case studies, volunteers' collective efforts in many different types of roles really do make sport happen. It's hugely encouraging that the campaign to recruit Clyde-siders – the volunteers for this year's Commonwealth Games – attracted around 50,000 applications. Some will already be active volunteers in sport, just like those individuals we've profiled here; others will be completely new to the opportunity. So, alongside our colleagues at Volunteer Scotland, **sportscotland** is working to understand the needs of those who took part in that application process. And we will support our local partners in harnessing the interest and enthusiasm of those applicants who are new to volunteering in sport and help direct it into becoming a life long involvement.

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

# SPREADING THE 2014 WORD

2014 is finally here and Scotland's 32 local authorities are making the most of the opportunities this exciting year in sport will present. We caught up with two local authorities set on maximising the local benefit of Glasgow 2014, to find out more about their plans for the year.





### Queen's Baton Relay

The Queen's Baton Relay (QBR) comes to North Lanarkshire on Monday 23 June 2014 with the baton stopping at five schools to give pupils and staff a once-in-a-lifetime opportunity to get involved and be a part of the build-up to the Games.

To make the most of the QBR, sports events will be running during the school day in four schools and an after-school event will be held in a fifth school.

The baton will also stop at a range of other local landmarks, including Ravenscraig Regional Sports Centre, where a celebration event is being planned with a large number of pupils. At Summerlee Museum of Scottish Industrial Life, the baton will be carried around using different modes of transport from past and present. The baton's last stop will be an evening celebration at Strathclyde Park – a fitting climax at the Games' triathlon venue.

Further south, excitement is building in Dumfries and Galloway (D&G). Community engagement groups have been developed in four areas to deliver the Games for Scotland event programme, recruit volunteer stewards and promote Queen's Baton Relay activity. These groups have been established by Active Schools and the Community Sport Network, which include the four community sport hubs in the area.

By working in partnership with schools the local authority is looking to utilise the skills of Lead 2014 participants to deliver the Games for Scotland programme across the region. Links have also been established with Northern Ireland, and a delegation of young people from Belfast will be part of the region's relay celebrations.



### Support a 2nd Team

Dumfries and Galloway has partnered with Northern Ireland and Grenada as part of the **sportscotland** led programme, Support a 2nd Team.

This partnership with Northern Ireland and their Commonwealth Games Council was confirmed at the Active Games in September 2013, when a civic presentation was given as part of the day's events.

Thirty young leaders and teachers from Belfast supported the 2013 Active Games event and a return leg is planned with Team D&G travelling to Northern Ireland in May. The event will see young people from different communities in Belfast participate and compete with the young athletes from Dumfries and Galloway.

North Lanarkshire is supporting Malaysia and the Cook Islands and has set up a programme to make links to these two countries through local schools.

The schools in the Cook Islands have a direct link to a school in North Lanarkshire to give the pupils opportunities to share experiences and cultures. In addition, other schools have a programme of "challenges" that are set up to create awareness and build relationships with Malaysia and the Cook Islands.

### Active Games programme, Dumfries and Galloway

Active Games is an annual sporting event which the local authority has been working hard to grow and develop in the run up to the Games. In 2013 the final event included 510 children representing primary schools from across the region, competing as one of 16 different Commonwealth nations.

Young people got involved in pre-Games activities across Dumfries and Galloway, taking part in taster and coaching sessions and competing in new region-wide heats and qualifying events. Local clubs supported the Active Schools and Community Sport team in delivering the programme, and the event is a key legacy initiative with funding support provided by EventScotland and a number of local sponsors.

The focus for 2014 is widening the range of sports available, linked closely to the sports on display at the Glasgow Games. It's hoped the Active Games can be a catalyst across the region, aiming to make the most of the 'bounce' effect of Glasgow 2014 and encourage more young people to make the transition from PE and school sport to club sport.

### North Lanarkshire, a host venue location

North Lanarkshire is incredibly proud to be a host venue for the Commonwealth Games and is delighted to be involved in the recruitment and deployment of volunteers for the triathlon event at Strathclyde Park on 24 and 26 July. So far, 200 volunteers have been recruited to offer a fantastic Games experience. And hopefully their services and skills can be retained to support local sport in the future.

As well as hosting the triathlon, the local authority is also delighted that the cycle time trial passes through the community. Chryston High School, one of 10 community sport hubs in the area, is planning a special event for the community to help get people involved, enabling locals to see a major international event on their doorstep.

[www.northlanarkshire.gov.uk](http://www.northlanarkshire.gov.uk)

[www.dumgal.gov.uk](http://www.dumgal.gov.uk)

# What the panel

sportscotland believe that young people have an important role to play in developing and supporting a world class sporting system. With partners, through a range of programmes, we have provided some great opportunities for young people to influence and lead in sport in Scotland. The Young people's sport panel is central to this and provides a voice for young people in sport - for their views to be heard

and to shape decision making. The panel, and our other work with young people, represents an investment in our future leaders: providing a lasting legacy of confident, knowledgeable and experienced young people who throughout their life in sport will strengthen the sporting system.

After an incredible two years, our first ever Young people's sport panel is getting ready to make way for a new generation of young leaders in sport.

Working to influence and shape the future of sport, and raise its profile, the panel have had some amazing experiences, meeting world leaders, shaping programmes and attending events around the globe. We asked some of our current sport panel what they felt their highlights have been over the past 19 months, and this is what they said...

## Colin Millar (24)

My proudest achievement while being part of the #sportpanel has been the delivery of the Young Hub Leaders and School Sport Awards. Both will have a significant impact on every community in Scotland, developing leadership qualities in young people and encouraging development of quality sport provision to young people in schools and community sport hubs.

## Katie Clucas (25)

I genuinely believe that the #sportpanel has given me the confidence, motivation and belief to progress in my career in sport. It has reinforced my passion to make a difference and inspire young people to engage in sport and physical activity. I have absolutely loved encouraging other young people to take up this opportunity and get the experience of a lifetime.

## Nathan Arbuckle (17)

Being part of the #sportpanel has changed me as a person. My confidence has grown and so has my personality thanks to the experiences I have had, the events I have been involved in, and the people I have met.

## Meghan Plummer (18)

Being involved in the #sportpanel has meant that I have had some great opportunities to meet some very influential and inspirational people such as representatives of the Commonwealth Secretariat at the Commonwealth Sports Development Conference and Olympic athletes.

## Jodi McGinty (20)

Being part of the #sportpanel meant that I have been able to get a job in disability sport with Edinburgh Leisure. The skills and experiences I have gained through being part of the panel played a big part in giving me the confidence to go for the job.

Back row (L-R): Collin Millar, Kulbir Gabba, Chris Sellar, Connor Hughes, Adam Martin, Jodi McGinty  
Front row (L-R): Catriona Thomson, Katie Clucas, John Robertson, Nathan Arbuckle, Meghan Plummer,  
Sophie Gibson, Hannah Jolly  
Not present: Amy Harper, Morven MacGregor, Matt McCormick

# did next...

## Matt McCormack (16)

Travelling to Doha, Qatar would have to be my proudest moment while being on the #sportpanel. The trip allowed me to influence sport on a global scale as well as to speak to people from other countries and understand their challenges.

## Morven MacGregor (18)

My proudest achievement while being on the #sportpanel has been taking part in the Lead 2014 event in 2013. I spoke in front of a group of PE teachers as well as Active Schools coordinators about the opportunities I have been given as a result of my sporting experience. I hope that this inspired them to help create similar opportunities for children in their schools.

## Connor Hughes (19)

A highlight of being part of the #sportpanel for me has to be the Scotland's sporting workforce event that was held at The Emirates Arena – I was lucky enough to open the event as well as host a section of the day.

## Adam Martin (23)

My highlight of being part of the #sportpanel has been shaping the future of community sport hubs through the creation and development of the Young Hub Leaders project. It's a fresh new approach to involving young people at all stages of the sport decision making process at club level.

## Hannah Jolly (19)

My proudest achievement while being a member of the #sportpanel has been the role we have played in the development of the Youth Sport Strategy and how much our opinions and views have been respected and taken on board by Parliament.

## Chris Sellar (25)

Being part of the #sportpanel has meant that I have been able to share my knowledge and confidence and provide similar opportunities to a group of young people within the community sport hub where I work.

We are currently in the process of recruiting our next Young people's sport panel and hope to introduce them to you in our next issue.

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

twitter #sportpanel

# Playing the numbers game

When it comes to boosting the Scottish economy, sport is playing the game. Sport has the power to inspire and encourage people, while also providing jobs and boosting business; supporting our economy and society as a whole.





## ECONOMIC IMPACT (GVA)



**£1.8**  
BILLION  
CONTRIBUTION TO SCOTLAND'S ECONOMY

**1.9%**  
OF TOTAL GVA  
IN SCOTLAND

\*GVA (Gross Value Added) is used to calculate the value to the economy. It is the sum of wages and profits generated within the sector.

**GVA for golf alone**  
estimated to be:

**£123m**

MOUNTAIN BIKING PREDICTED TO BE WORTH MORE THAN £155M TO THE ECONOMY

**£155M**

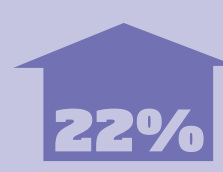


## EMPLOYMENT

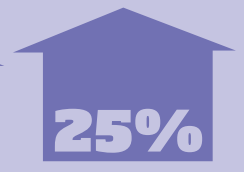
**46,300**  
FULL TIME SPORT RELATED JOBS



**2%**  
OF ALL JOBS  
IN SCOTLAND



increase since 1998 in absolute terms



increase in percentage of Scottish total employment since 1998

## CONSUMER EXPENDITURE

**44%**  
OF SPORT-RELATED EXPENDITURE FROM PARTICIPATION



CLOTHING & FOOTWEAR



EQUIPMENT



SUBSCRIPTIONS & FEES



**2.5%**  
OF TOTAL CONSUMER EXPENDITURE IN SCOTLAND

SPORT-RELATED CONSUMER EXPENDITURE

**£1.9**  
BILLION



increase since 2004 adjusted for inflation



increase since 1998 adjusted for inflation



**MILLIONS  
OF SPORTING  
OPPORTUNITIES**



**DEVELOPING  
A WORLD CLASS  
SYSTEM**



**CREATING  
A CULTURE  
OF SPORT**



**RECRUITING  
& SUPPORTING  
VOLUNTEERS**



**32  
LOCAL  
AUTHORITIES**



**91  
ACTIVITIES**



**1  
PROGRAMME**



**400+  
COORDINATORS**



**19,000  
PEOPLE  
DELIVERING  
SESSIONS**



**2,600  
SCHOOLS**



The Active Schools Network is celebrating 10 years of providing more and higher quality opportunities for children and young people across Scotland. As the programme reaches this significant milestone, we get the lowdown on the difference that Active Schools has made, from the people that matter most.

**Sarah Ross, Active Schools Coordinator, High Life Highland**

The biggest challenge we face in Skye is the distance between the 14 primary schools. With widely dispersed communities, including a school on the island of Raasay, transport costs and other challenges need to be considered.

In addition, five of the schools have less than 20 pupils which limits the range of activities you can do.

Despite these obstacles Active Schools has proven to be a big success on the island, offering new opportunities to children in a rural area. We have built a support network for volunteers and local clubs, as well as creating strong links with head teachers, schools, youth workers, and other partners as we strive to raise the awareness and importance of leading a healthy lifestyle. Active Schools has also allowed us to ensure that our volunteers have the opportunity to achieve national coaching qualifications locally.

**Leanne Hillan, Active Schools Coordinator, Glasgow City Council**

I have been involved in the Active Schools programme since its inception 10 years ago and the journey has been both fulfilling and engaging.

The programme has developed over the years and is now embedded into the fabric of everyday school life. We have become indispensable to schools, as they now rely on us for guidance, support, and coordination of all sport and physical activity programmes.

The Active Schools network was launched in 2004 with the clear aim of increasing the number of opportunities available to children to participate in sport, before, during lunch, and after school. Ten years on, the network is going from strength to strength, working with local and national partners to give young people access to more sport. The numbers speak for themselves:

- **sportscotland** invested £11,925,900 in the Active Schools Network over the 2012/13 financial year
- National network of over 400 Active Schools managers and

coordinators working in every local authority in Scotland

- 5.1 million visits to participant sessions in 2012/13 school year – a 13% increase from the previous year
- 270,000 activity sessions (a 12% increase), with children having the opportunity to take part in over 100 different activities
- 19,000 people helping deliver sessions – 85% of whom are volunteers
- 2,423 sports clubs working with at least one school

The work we do for schools is pivotal as they aim to achieve the recommended level of activity, both within curriculum and out of school hours.

Over the years we have established effective partnerships with schools, local clubs, community programmes, and national initiatives. This has taken hard work and dedication by the whole team but it has helped to get more children, more active, more often which is what it's all about.

**Bob Foley, Head of Health & Well Being Faculty, Newbattle High School, Midlothian**

Active Schools has been one of the PE department's closest partners over the last 10 years and has helped transform the school. Previously we had few girls participating in PE and the boys only wanted to play football, but now our department is thriving from early morning, throughout lunchtime, to twilight sessions and weekends.

Pupils have been provided with a host of new opportunities, including training and leadership roles, with the contribution of Active Schools coordinators certainly helping to enrich our teaching.

Coaching qualifications are also available to pupils through Active Schools, enabling them to gain skills that will help them beyond school.

Organising everything from transition events linking with our six associate primaries, to summer festivals and after-school clubs, the contribution of the Active Schools team is incredible and we couldn't be without them.

The collaborative approach to getting pupils involved in sport and physical activity has been a huge success.

**Andrew Marley, 16, S5 pupil at St Mungo's Academy, Glasgow**

I have been involved with Active Schools from the age of seven. Having initially attended a range of Active Schools clubs I then become an Activ8tor in primary six, which allowed me to deliver sessions for children in primary one to five.

When moving up to secondary I continued to take part in many after-school clubs, which helped me release any frustrations of daily life and, in turn, allowed me to channel my positive energy into my school work and life.

Active Schools has rewarded me from a young age, giving me the support and skills needed to help me grow and give something back to the community. I now volunteer with many organisations outside of school, coaching younger children and children with disabilities.

The Active Schools programme has given me countless opportunities and has helped me develop into a well-rounded individual.



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

# Team WITHIN THE team

On the 23rd of July all eyes will be on the athletes marching into Celtic Park for the Opening Ceremony, ready to represent their country on the world stage. But behind that team is another team. The experts and volunteers who ensure that the athletes have the support they need to focus solely on performance at Games time.





Team Scotland has recruited an impressive army of experts to ensure that this will be the best prepared Scottish team at any Commonwealth Games. Sport First talks to two of the **sportscotland** staff selected to join the 'team behind the team': Physiotherapist Fiona Mather and Triathlon Team Manager, John Lunn.

**sportscotland** institute of sport Head Physio Fiona Mather is no stranger to major events, having been part of the Team GB set up for the Olympics in London and providing physio support at other multi sports events. And while Glasgow will be her first Commonwealth Games, Fiona has been making the most of her experience in the run up to Scotland's largest sporting event in a generation:

"It's quite unique to have two back-to-back home Games and I've used the experience gained from working with Team GB to help in the planning along with Team Scotland Head Physio Lyndsey Thompson. To coin a phrase, we are the 'team behind the team' making sure that the detail is in place and that no stone is left unturned in terms of preparation.

"My role on Team Scotland dovetails very nicely with the day job. It's important for the athletes that when they go into a Games environment they don't see a load of new faces, people who don't know them or their medical background and injury history. We want to provide continuity for the athletes and as the majority of the institute physios will be involved with Team Scotland, I have been able to ensure that those physios were working with the athletes on the team in the lead up to the Games. It's all about planning.

"It's so important that we don't get complacent and think 'oh well it's just down the road so we can drop in and out'. We need to prepare as we would for any Games and while you may only be five or ten miles from home, you need to be fully committed to the role at Games time.

*"It's a fantastic privilege to be with athletes as they are about to undertake what could be the biggest challenge of their sporting career."*

"Often the physiotherapist is the last person the athlete speaks to before they compete. At that point it's almost like the physical and mental aspects of the performance come together.

"A home Games brings added pressure so at that point, our role is about managing the distractions, trying to get the athlete in the frame of mind that actually this is just another competition. It's important to keep to their normal competition routine because in those last few moments, that's when they can really have a wobble.

"We need to make sure the athletes are confident in their physical body. We can remind them of all the preparation they have done to bring them to that point and to reach their full physical potential

"I am enormously proud and privileged to be in the position I am in and I'm very, very grateful to the institute for giving me this opportunity."

For John Lunn, **sportscotland** Head of Pathways, while there is initially no direct link to the day job in his role as triathlon team manager it's his planning skills and triathlon knowledge that made him the perfect candidate for the job.

"My background in triathlon goes way back but I got involved in team management for the Commonwealth Games in Manchester 2002 as I was coaching two athletes who were potentially going to make the team. It was something I was really interested in and having undertaken the role at world championship level, I had previous experience to offer.

"My role is to support the coaches and athletes dealing with the policies and procedures, the technical aspects, making sure they understand what is expected of them. I generally try to reduce the pressure on the coaches, I'm kind of the 'go to guy'.

"The advantage of working for **sportscotland** is that I know most of the people involved with the team and have regular contact with them, which is really helpful. But managing the time commitment within the realms of the day job can be hard so it's a lot of evenings and weekends.

"There's a lot of experience among the managers on Team Scotland and a real mix. Some are full time in the sport and it becomes part of their job, while others are volunteers and board members. There are three or four new faces but the rest have experience of previous Games - for some this is their seventh or eighth Games. They see a real value in it and people really commit to it.

"For me, I don't look to gain from doing this role; rather I want to give back to the sport. I haven't competed at a Commonwealth Games but I have raced internationally so I do understand the athlete's point of view and just hope to make it easier for them by passing some of my experience on.

"I'm really looking forward to seeing our athletes competing, doing what they do best and hopefully doing it really well."

"It's a great experience. Being part of the team is as close as you'll get to being an athlete without being an athlete."

[www.sisport.com](http://www.sisport.com)

[www.goscotland.org](http://www.goscotland.org)



# THE INSIDE TRACK

Since first sitting in a racing wheelchair five years ago, Meggan Dawson-Farrell has never looked back and was one of the first athletes to be confirmed for Team Scotland in the T54 1,500 metres. We caught up with this extraordinary young woman to hear more about her journey in sport.

**Q. How did you get in to wheelchair racing and when did you start taking it seriously?**

My first introduction to wheelchair racing was when I joined a sports club in Grangemouth - The Forth Valley Flyers. I had been at a sports camp a few weeks earlier with the Scottish Spina Bifida Association, when I was spotted and invited to train with the Scottish regional team. I trained for a year in my day chair before my parents bought me a second hand racing version. We named him "Herbie" as it was old and knackered! But once I got Herbie it brought a new competitive side of me out. I love racing other people and knew it was a life changing moment for me.

**Q. What does a typical day look like for you ?**

A typical Monday for me starts at 6am. I eat breakfast before heading to the local gym for my 7am start with my support team from the **sportscotland** institute of sport. I begin work with my strength and conditioning coach David Leith for 60 – 90 minutes. At the moment I am really focused on core stability as this is an area of weakness for me due to my spina bifida. I'm home mid-morning and ready to do my "Theraband" work - a proactive programme that my physiotherapist Stewart Kerr has designed for me. It focuses on my upper body control and strength. After lunch I chill for a while before getting ready to travel to Glasgow to work with my coach Ian Mirfin at Crownpoint Stadium.

I train six days a week, getting a Saturday off.

**Q. What achievement are you most proud of in your sporting career so far?**

To date my most memorable moment is completing my first marathon (London) in 2012 and then again in 2013. I hold the Scottish marathon record, and am currently ranked second in Britain. My time was 2hrs 18mins but I know I've got much more to give. I'm also really chuffed to have the fastest Scottish qualifying time thus far for the 1500m race at the Commonwealth Games (3.42mins).

**Q. How are you feeling about your performance leading up to Glasgow 2014?**

My build up to the Games so far has been a little hampered. I had to have emergency brain surgery in October, which put me out of training for a few weeks. Then, when I was just getting back in to my winter training programme,



I damaged my rotator cuff. I was out of training again for over a month. The good news is I've been back in my chair now for three weeks and I'm focused on getting back on track to pull the performance of my life out at the Games.

**Q. How special is a home Games like Glasgow 2014 - more or less pressure?**

Glasgow for me will be my biggest event to date, with that comes great pride. The desire to please your home crowd by bringing home a medal is huge. This brings pressure to perform at the top of your game. The flip side is that it is a home Games, and I know Glasgow – it's my 'turf'!

**Q. What part of being an athlete do you find the most rewarding?**

Finding confidence in myself, athletics brought purpose and meaning to my life. I know I'll only get out what I put in, so every PB makes me really happy. I also get great pleasure out of working with

younger disabled children. I want to help and encourage them to find their passion in life. I had a really tough start and I'd love to help them realise their potential.

**Q. How do you blow off steam and relax?**

One word: JIGSAWS! I spent a lot of time on my own before I got in to athletics; it's my escape from thinking about what's going on around me.

**Q. What are your aspirations for your career?**

My goal is to be one of the best wheelchair athletes Britain has ever produced. I'm aiming to be one of the top athletes in the world for my sport. This is a huge ask of myself, but I believe I've got the guts and determination to get there. In five years' time I'm hoping to be the "one" everybody else is chasing! I also hope I can inspire other disabled or vulnerable people to believe in themselves.

## QUICK FIRE ROUND

**Winter or summer?**  
Summer

**Person you most admire in sport?**  
Tatyana McFadden (USA) wheelchair racer – She is AWESOME!

**Favourite food (healthy)?**  
Brussel sprouts

**Favourite food (unhealthy)?**  
Chinese food

**City or Country?**  
Country

**Christmas or Halloween?**  
Christmas

**Most interesting place you've been with your sport?**  
Switzerland (they have cool cows with bells on)

**Favourite musical guilty pleasure?**  
Dolly Parton (9 to 5)

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# Team Scotland

Now in 2014, the year we have all been waiting for, Commonwealth Games Scotland has released a new set of athlete images depicting 'ones to watch' for Glasgow 2014 which will be used throughout Team Scotland's back the team campaign - 'Go Scotland!'

The photos have been shot at iconic locations around Scotland, with some of Team Scotland's prospective team members and medal hopefuls. The strong common theme of the photos is 'Proud' and is a clear demonstration of what it means for athletes from across the length and breadth of the country to represent Team Scotland in Glasgow next summer.

Thanks to the support of **sportscotland**, images for the remaining eight sports will be released later in 2014.

## Ones to watch with 200 days to go



Athletics - Eilidh Child,  
Hampden Park, Glasgow



Lawn bowls -  
Alex Marshall,  
Kelvingrove Art Gallery,  
Glasgow



Cycling - Katie Archibald,  
Forth Rail Bridge, North Queensferry



Boxing - Josh Taylor, Edinburgh Castle, Edinburgh



Para-sport powerlifting -  
Micky Yule, BAE Systems, Glasgow



Badminton - Imogen Bankier,  
Eilean Donan Castle, Kyle of Lochalsh



Para-sport athletics -  
Meggan Dawson-Farrell, Falkirk Wheel



Shooting - Shona Marshall, Carnoustie



Judo - Euan Burton, Wallace Monument, Stirling



Gymnastics - Dan Purvis,  
SSE Hydro, Glasgow



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@teamscotland

# WEAVING IN HISTORY

Commonwealth Games Scotland (CGS) has unveiled the striking new tartan that will be used to make the Team Scotland parade uniforms for the Glasgow 2014 Commonwealth Games.

The new look has been designed by internationally renowned textile designer and artist, Jill Blackwood, and the tartan has been produced by House of Edgar at the Isle Mill in Keith, Aberdeenshire.



Jilli Blackwood, a native of Glasgow and graduate of Glasgow School of Art, was commissioned by CGS to bring contemporary style and flair to the parade uniforms and ensure that when the eyes of the world are on Scotland for the Games Opening Ceremony next summer, they live up to expectations.

Explaining how it all began, CGS Chief Executive and Team Scotland Chef de Mission Jon Doig said: "The Scottish team has always made a big impression when it enters the stadium at a Commonwealth Games, mainly wearing the traditional kilt. However for 2014, whilst we want to retain iconic Scottish elements we want to introduce a contemporary twist.

"Over the years we have had special team tartans made and sometimes we have drawn links to the Games host country such as Indian style shirt collars in Delhi 2010, but the look has largely remained consistent and traditional. The women in particular have always felt that the design is very male oriented and lacks a sense of style and attention to detail.

"So for 2014 we decided to engage a designer to work with us, to ensure that we bring a contemporary look that works for everyone and one that showcases the best of Scotland's vibrant design industry.

"We saw the stunning outfits that Jilli Blackwood designed for the cast involved in the Glasgow section of the Delhi 2010 Closing Ceremony and decided to discuss our ideas with her.

"Now seeing the tartan on the weaving loom, I am delighted with her interpretation of our original brief. It is fantastic to watch the design for such an iconic symbol of Scotland, designed in Scotland, and produced in Scotland, unfold at the Isle Mill.

"I have no doubt the Team Scotland 2014 tartan will make a huge impression as part of the final parade uniform, when as the host team we are last to enter the stadium at the Opening Ceremony."



**"You instantly know who the Scottish team are because the kilt and the tartan are unique to us and we're very proud of it and it makes you stand tall."**

Blackwood's aim has been to "create a strong and confident look through colour and texture, which is loosely inspired by the Highland landscape" as well as reflecting the "warmth of hospitality and character" of the host nation. She has chosen a vibrant colour palette, bringing together an unusual and bold combination of turquoise, fuchsia, burnt caramel and navy blue to create a tartan she believes best encapsulates the four distinctive seasons of Scotland.

The new tartan is a significant and deliberate contrast with the more traditional CGS corporate tartan. Jilli explains: "I experimented with a range of colours and elements of the existing CGS tartan before producing this. It's just so different from what has gone before.

"The colours are unique and it is a lovely tartan which radiates warmth. We are a warm nation and I think that is reflected in this."

Athletes have been consulted throughout the uniform design process, and among the first athletes to get a glimpse of the tartan was Commonwealth gold medallist Hannah Miley. Hannah hopes to be in action at the Tollcross International Swimming Centre this summer to defend her title on day one of the Games.

Swathed in the tartan straight from the loom, Hannah said: "I really like the look of the tartan, it is bright and colourful and everybody will know when Team Scotland arrives in the stadium.

"You instantly know who the Scottish team are because the kilt and the tartan are unique to us and we're very proud of it and it makes you stand tall.

"Jilli has done an amazing job of designing it and I feel very privileged to get a sneak preview. I will be really proud to wear the tartan next summer after I hopefully qualify for the team in April."

Other athlete reaction to the tartan on Twitter included Scotland Sevens captain Colin Gregor:

**"Looking forward to hopefully rocking the @Team\_Scotland tartan during the summer. #bestdressedteam"**

And Shooting Commonwealth gold medallist Neil Stirton added:

**"Our bold and vibrant @Team\_Scotland tartan. We WILL be noticed walking into the stadium. #Glasgow2014 #ProudToBeScottish"**

The full parade uniforms that Team Scotland athletes and officials will wear for all formal functions at Glasgow 2014 will be revealed later in the year.



[www.goscotland.org](http://www.goscotland.org)

@teamscotland

# READY, STUDY, GO!

**What do Scottish Golf Order of Merit champion Jack McDonald; half of Scotland's women's football 'A' squad and European U23 1500m bronze medallist Laura Muir have in common? Apart from being gifted athletes, they're all students - Winning Students, to be precise. Scotland's colleges and universities are brimming with sporting talent and Winning Students, the national sports scholarships for student athletes, is supporting them all the way.**

**WinningStudents**



**W**inning Students was established in 2008, funded by the Scottish Funding Council and run by the University of Stirling. In the past six years, it has invested £2.9 million in scholarships to some 355 athletes studying in 30 colleges and universities across Scotland.

Working in partnership with the **sportscotland** institute of sport, athletes are identified by governing bodies of sport and receive a crucial combination of funding and academic flexibility.

That can mean everything from an essay extension to studying part-time, as is the case for University of Glasgow vet student Laura Muir. Laura, who will make her Commonwealth debut at Glasgow 2014, said: "It's a huge, huge benefit to have the support from Winning Students.

"This year I'm doing third year part-time and that's helping a lot as even part-time it's more demanding than quite a

lot of courses. My schedule means I just can't afford to work and running is an expensive sport.

**"Ever since I was little I really liked working with animals and I couldn't see myself doing anything else really. I'm really enjoying the course and hope to qualify and get a part-time job so I can still run."**

Graduates of the programme leave armed with a college or university qualification and will have progressed towards their sporting goals. A recent progress report found 72% of athletes noticed an improved sporting performance as a result of the support and 30% stated they would have to consider giving up their sporting ambitions without it.

Mike Whittingham, Director of High Performance at the **sportscotland** institute of sport, has helped to shape the scholarships, serving on its advisory board.

He said: "Winning Students is a key component of the world class

performance system we are building. It is crucially important as it allows elite athletes to combine their sporting career and their educational career. In the current climate, a higher education qualification is more important than ever, and this initiative sends out a strong message to parents, athletes and all our sporting agencies and partners.

"The Scottish Funding Council should be commended for its foresight and wisdom in supporting this innovative Scottish programme and there are already figures to prove we are having a major impact. We are also very excited to be planning the next stages, further strengthening the role of the further and higher education sectors in Scotland in delivering a truly world class system."

Applications for support are managed through the governing bodies of sport. Please visit the website ([www.winningstudents-scotland.ac.uk](http://www.winningstudents-scotland.ac.uk)) for full scholarship details.



**A promising teenage tennis player, Joe Gill had a decision to make at 18. Focus solely on his sport or consider a life beyond the game. Instead, he chose both.**

The Yorkshire-man headed north to the University of Stirling, where he combined studies in sport, politics and management with practise and training at the Scottish National Tennis Centre, housed at the University.

Whilst studying, Gill achieved a doubles world ranking, won three Aegon British Tour events and represented his university at the elite Master-U BNP Paribas International.

Now graduated, Gill is one of eight apprentice coaches employed through **sportscotland's** Coaching Futures programme. Working for Tennis Scotland, Gill works across a variety of roles, from coaching the next generation of elite players to running participation programmes in schools and clubs.

"The role is fantastic as it allows me to learn from great coaches, share my experiences



as a player with top juniors and see what direction I want my career to go in," said Gill.

"Week to week the role differs as sometimes the national coaches are at competitions so then I step up and take the lead coaching role and when everyone is around I can shadow and learn on the job.

**"I've been coaching back home since I was 15 and it's something I always wanted to do. The dream one day would be to manage my own tennis programme which was why I studied Sport Management."**

Whilst at university, Gill received support from Winning Students, something he believes was critical in his progression.

He added: "It was a massive support financially and without it I wouldn't have been able to afford to compete abroad and improve my game. It also allowed me to balance my studies – I still completed all the essays and sat all the exams, but at times which worked around my tennis."

Gill is one of more than 100 graduates of the scholarship programme, with alumni pursuing careers as lawyers, doctors, plumbers, police officers, full-time professional footballers, coaches and sports scientists, to name but a few examples.

[www.winningstudents-scotland.ac.uk](http://www.winningstudents-scotland.ac.uk)

[facebook.com/winningstudents](https://facebook.com/winningstudents)

@WinningStudents

We all know that being successful in sport often comes down to how hard you work. To paraphrase the classic theme song, if you want to be the best and beat the rest, dedication is what you need. But whilst Performance Lifestyle Advisor Mary McClung might not disagree, she's also likely to point out that there's much more to being a top class athlete. We hear how Mary and her colleagues help athletes balance their sporting commitments with their careers and education.



# EMPOWERING PERFORMANCE

Former international 800m runner Mary McClung has achieved a huge amount in sport, travelling all over the world to compete at the very highest level. These days, in her job at the **sportscotland** institute of sport, she's responsible for helping athletes make the choices off the field of competition that increase their chances of performing at a high level on the field.

Mary works with athletes based in the east of Scotland across a range of sports including judo, gymnastics and lawn bowls, all of which we will see on the world stage in this year's Commonwealth Games. On the face of it, three very different sports requiring different abilities and attributes. But the issues the athletes have to face on a daily basis are not unique to their sporting discipline.

"Career and education is a huge area for many of our athletes," says Mary. "Most of them do other things in their life as well as train and compete – they have jobs or are in education, sometimes both. Within these areas we work with employers and education providers to establish flexible working or study paths for the athletes, to ensure they can combine both areas in the most effective way for them.

"Many of our school age athletes have reduced timetables, which gives them free periods during their normal days to spend studying. This frees up their evenings for training, rest and recovery. We also work with athletes to prepare them for life after sport. This is especially relevant right now as we anticipate a number of our athletes retiring after the Commonwealth Games."

Changes in athletes' lives and circumstances need to be managed successfully, Mary stresses. "Transitions are a big area for us. It's about forward planning and preparing for forthcoming change, whether it's moving through education stages, changing coaches, life events or injuries. It's about reducing the stress on the athletes and supporting them through potentially difficult experiences. It's about providing them with the best opportunity to succeed in their sport."

If Scotland is to compete successfully, the support available to them has to be of a world class standard. And Mary has no doubt that the athletes supported by the **sportscotland** institute of sport are supported by an excellent range of services.

"We have tremendous expertise in Scotland," Mary asserts. "We are a small nation and, as a consequence, we have a relatively low number of athletes in comparison to the likes of England, the US, and Australia. However our ratio of supportive experts to athletes is very strong. We are up there with the best in the world and are constantly striving to improve ourselves and performance lifestyle is only one of our areas of focus."

While the modern demands of elite sport mean that the days of sports stars being able to party as hard as they train are now a distant memory, Mary knows that when it comes to performance lifestyle, there's no one-size-fits-all approach to rest and relaxation.

**"The performance lifestyle team is there to help an athlete manage the factors that affect their sport, so what is bad for one could be good for another. I will suggest that an athlete who has an awareness of how their lifestyle impacts on their performance and adapts it when required would be far better placed to perform at their best. However what constitutes a 'performance lifestyle' is very individual to each person."**

"It comes down to understanding yourself as a person, and how your behaviour impacts on your training and competition. We can only help athletes become more self-aware, the decision is always theirs. There may be some behaviour that I wouldn't necessarily recommend for a performance athlete. However, if it works for that particular person and allows them to perform at their best, then who am I to argue?"

So what are the right choices?

"Essentially we help the athlete manage their life alongside performance sport," Mary explains. "We are there to educate athletes about high performance behaviour within the high performance sporting world. Our job is not to pass judgement on athletes, but to help them make better decisions by considering all the options, and understanding the immediate and long term impact of those decisions. We support and suggest, we do not lecture. But we have the evidence to support all the guidance we give.

"I would compare it to building a house - the quality and sustainability depend largely upon the foundations on which it is built. Performance Lifestyle helps athletes get the right foundations and maintain them, so that the building can be changed and adapted to its best."



[www.sisport.com](http://www.sisport.com)



# READY FOR THE RELAY

14<sup>th</sup> June, the Queen's Baton enters Scotland for the final leg of its journey towards Glasgow 2014. For 40 days the baton will make its way around the country as local communities celebrate the coming of the Games.

Working with Glasgow 2014 and Commonwealth Games Scotland, **sportscotland** is delighted to be an official partner of the Queen's Baton Relay (QBR). Our networks are supporting the event with Active Schools teams across Scotland involved in local celebrations, and community sport hubs set to host many events along the route.

We're also excited to announce that during the QBR and Games we'll be running a promotional campaign to encourage people to get into sport.

We're working with local partners to identify opportunities on the route where our promotional team can support events with a range of fun, interactive activities and giveaways. Our team will also encourage people to check out their local sports clubs and other organisations, and get involved in sport and physical activity.

If you're involved in planning around the QBR in your area and would like to know more, get in touch with your partnership manager at **sportscotland** on 0141 534 6500.



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



# EVERYONE WINS

**Thanks to Glasgow 2014,** sportscotland is accelerating its plans for a world class sporting system at all levels.

We are investing in facilities across Scotland that are available to all. This means more and better opportunities to get involved in sport.



# BE THE GAMES

As the Glasgow 2014 Commonwealth Games draws closer, final preparations are under way for what will be the biggest sporting and cultural event Scotland has ever seen. Elite athletes across 71 nations and territories are preparing to make history at Glasgow 2014, participating in 17 sports in 13 venues over 11 days.

Alongside the sporting action, communities will come together as an invigorating mix of entertainment, culture and fun takes over the country. There are lots of ways you too can become part of history this summer by taking part in the Games and the celebrations, even if you can't be there in person.

We've put together 10 ideas on how you can 'be the Games'.

## 01

### TICKETS

There has been huge demand for tickets for the Games and there are still opportunities to get up close to the action for a limited number of sports. This is your chance to be part of the Games, so don't miss out on the opportunity to experience the electric atmosphere and the emotion of being part of the crowd. Your ticket takes you right to the heart of the action, joining spectators and athletes from across the world.

To book please visit [www.glasgow2014.com/tickets](http://www.glasgow2014.com/tickets)



## 02

### CULTURE 2014

Culture 2014 has arrived! Throughout the year it showcases and celebrates the best of Scottish culture alongside creative work from across the globe. At Games Time, as the eyes of the Commonwealth fix on Glasgow, the city will respond by launching Festival 2014, a fascinating programme of events designed to connect communities by filling venues and streets with an interactive mix of games, sport, dance, music, theatre, visual arts and so much more!

To find out more please visit [www.glasgow2014.com/culture](http://www.glasgow2014.com/culture)



## 03

### THE QUEEN'S BATON RELAY

The Queen's Baton Relay is a unique tradition that unites the two billion citizens of the Commonwealth in a celebration of sport, diversity and peace. It's already covered tens of thousands of miles, with communities from every corner of the Commonwealth taking part in the festivities and cheering on the batonbearers.

To find out more about the Scottish leg of the relay visit [www.glasgow2014.com/queens-baton-relay](http://www.glasgow2014.com/queens-baton-relay)



## 04

### BIG LOTTERY FUND UK

Glasgow 2014 and the Big Lottery Fund want to help the sporting community attract the funding and resources you need to develop your sporting and physical activity. If you belong to a sports club or voluntary organisation, you can apply for a grant of between £300 and £2,000 to help with coaching costs, sports kit, equipment purchase, venue hire and much more.

For funding information visit [www.biglotteryfund.org.uk/prog\\_2014\\_communities](http://www.biglotteryfund.org.uk/prog_2014_communities)



# 05

## MARK THE OCCASION BY HELPING OTHERS

Glasgow 2014 is working in partnership with UNICEF - the organisation working for children in over 190 countries - and the Commonwealth Games Federation to benefit every child in Scotland and children in every Commonwealth country. Why not use the power of sport to help transform children's lives by organising your own charity sporting event? There are lots of ways you can raise money while having a great time and keeping fit.

For ideas visit [www.unicef.org.uk/Children](http://www.unicef.org.uk/Children)



# 06

## LEGACY 2014 ACTIVE PLACES FUND

There's still time for your community to apply for a grant of between £10,000 and £100,000 from **sportscotland** to help with a community led project of your choosing. New projects include bike and skate parks, outdoor adventure facilities, walking routes and projects within school estates.

For more information please visit [www.sportscotland.org.uk](http://www.sportscotland.org.uk)



# 07

## STREET CELEBRATIONS

Show your support for the Games by organising a street party or hosting a Games-themed event at your home. Commonwealth Games merchandise is available and includes t-shirts, backpacks and other party essentials. Get in touch with your local newspaper or radio station and share your ideas with others in your community.

To get your merchandise please visit [www.shop.glasgow2014.com](http://www.shop.glasgow2014.com)



# 08

## GET SCOTLAND DANCING

This project will inject our public places with an infusion of dance, helping people to become active in the process. The main event - where amateur and professional dancers will come together - is the Commonwealth Ceilidh, which begins at 19.30 GMT on Saturday 21 June 2014. Together with dancers around the world you can be part of a global 24 hour ceilidh to celebrate the Games.

For details of the fun visit [www.getscotlanddancing.org](http://www.getscotlanddancing.org)



# 09

## LIVE VENUES

On 23 July 2014 Glasgow will burst to life as the Games kick off with a spectacular Opening Ceremony. This special event and the best of the sporting action will be beamed live to three main screens across the city - located at Merchant City, Kelvingrove Bandstand and Glasgow Green, which will also be the start and finish point of the Marathon and Cycle Road Race and Time Trial. You can join in the celebrations free of charge during Games time at any of these locations.

To find out more visit [www.glasgow2014.com](http://www.glasgow2014.com)



# 10

## JOIN THE MEDIA CAFÉ REVOLUTION

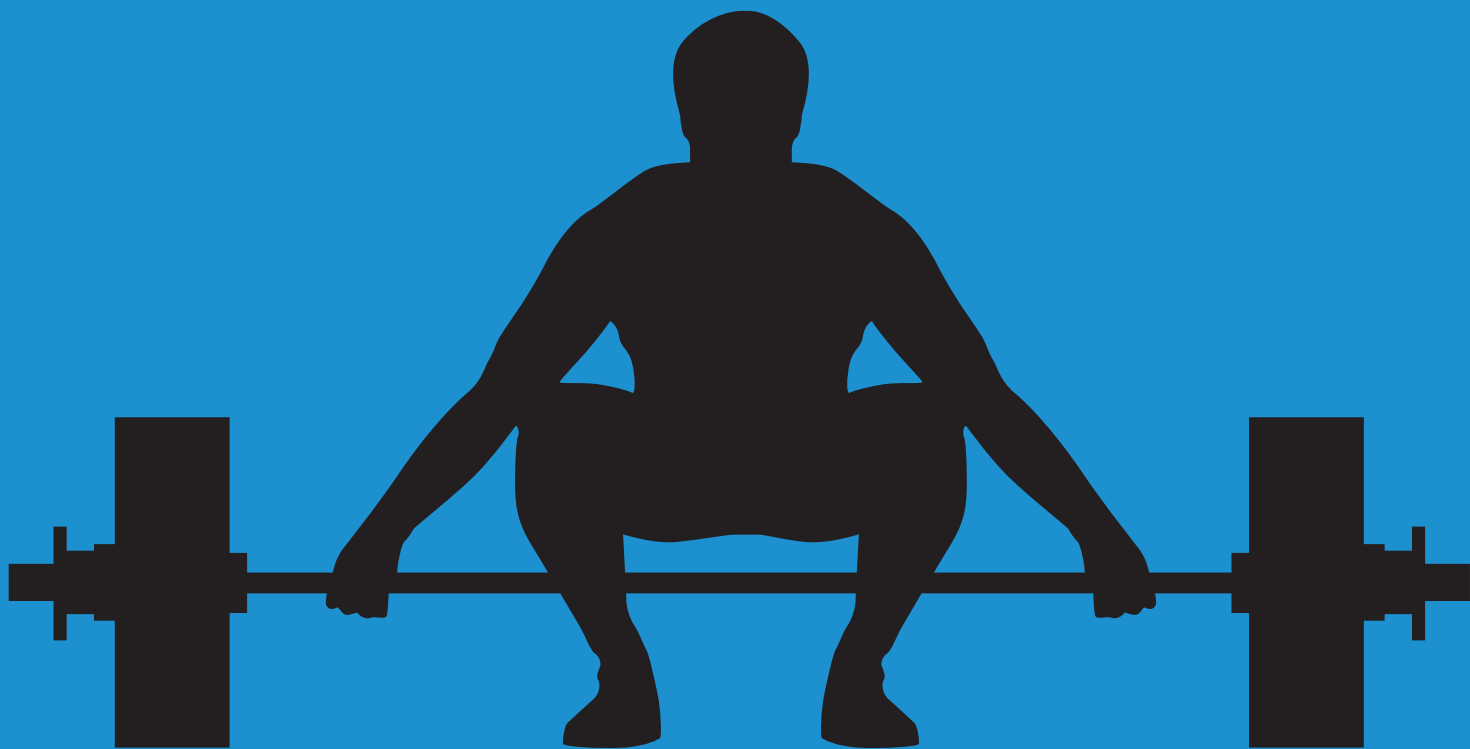
The Games will generate a wealth of exciting sport and cultural news stories. If you're eager to develop and share your own stories from the Commonwealth celebrations, then get involved in a series of specially developed community media cafés in a location near you. The sessions will help you get the best out of your podcasting, mobile audio and digital storytelling over tea, coffee and biscuits.

To find a café near you visit [www.celebrateit.org.uk](http://www.celebrateit.org.uk)



However you choose to get involved, it's going to be an exciting time for all of us. More details will be announced in the run up to the Opening Ceremony. If you've not already registered for updates, you can do it now on our website.

[www.glasgow2014.com](http://www.glasgow2014.com)



## STRENGTH, FOCUS, AMBITION

At the last Commonwealth Games in Delhi, weightlifter Peter Kirkbride gave a fantastic performance to confidently win silver, thoroughly entertaining spectators in the process as he passionately celebrated his achievement. We hear about how Peter has been working with experts at the **sportscotland** institute of sport to develop a key technique to help his qualification chances for Glasgow 2014.



Twenty-six-year-old Peter Kirkbride is no stranger to the Commonwealth Games. Having competed at both a Youth Games (Bendigo 2004) and two senior Games (Melbourne 2006 & Delhi 2010), he knows more than anyone that the journey to Glasgow won't be easy.

A self-confessed training junkie who once fell foul to injury following a grueling regime of 14 training sessions in 10 days, Peter has to balance his dedication to training with pushing himself towards optimum conditioning and peak performance. Hoping to add value to his strong work ethic and bolster his training, the team at the **sportscotland** institute of sport have been working closely with Peter and coach Charlie 'Chic' Hamilton to give them support.

The snatch was identified as a key lift for Peter to develop and is performed by lifting a barbell from the platform to locked arms overhead in a smooth continuous movement. Consultants to the institute, Elite Sports Analysis (ESA), were asked to join the support group working with Peter and Charlie, with a remit of enhancing the feedback available within and between the targeted lifting sessions.

Kenny More from ESA describes the project: "We quickly realised a mobile, high speed camera solution needed to be at the heart of the feedback we'd provide. Increasing the frame rate from

25 frames per second to 300 frames per second greatly improved the images Peter and Charlie had been used to. We also engineered a solution that meant the footage was delivered and archived in a very coach-friendly manner."

The snatch requires not only great strength but also huge technical skill, a high degree of shoulder, back and leg flexibility, excellent balance and explosive speed.

To help with analysing the raw data provided by the cameras, institute physiotherapist Kelly Horne was also drafted in to explain the lift from a physical perspective - for example, tightness in the hips or shoulders will affect bar placement and therefore the ability to get into position quickly enough. When reviewing the footage with Peter and Charlie, Kelly could explain the possible reasons for whichever aspect of the lift was under scrutiny. They would then look for ways to improve the musculoskeletal imperfections using release work, flexibility or strengthening work in conjunction with strength and conditioning coach, James Lowry.

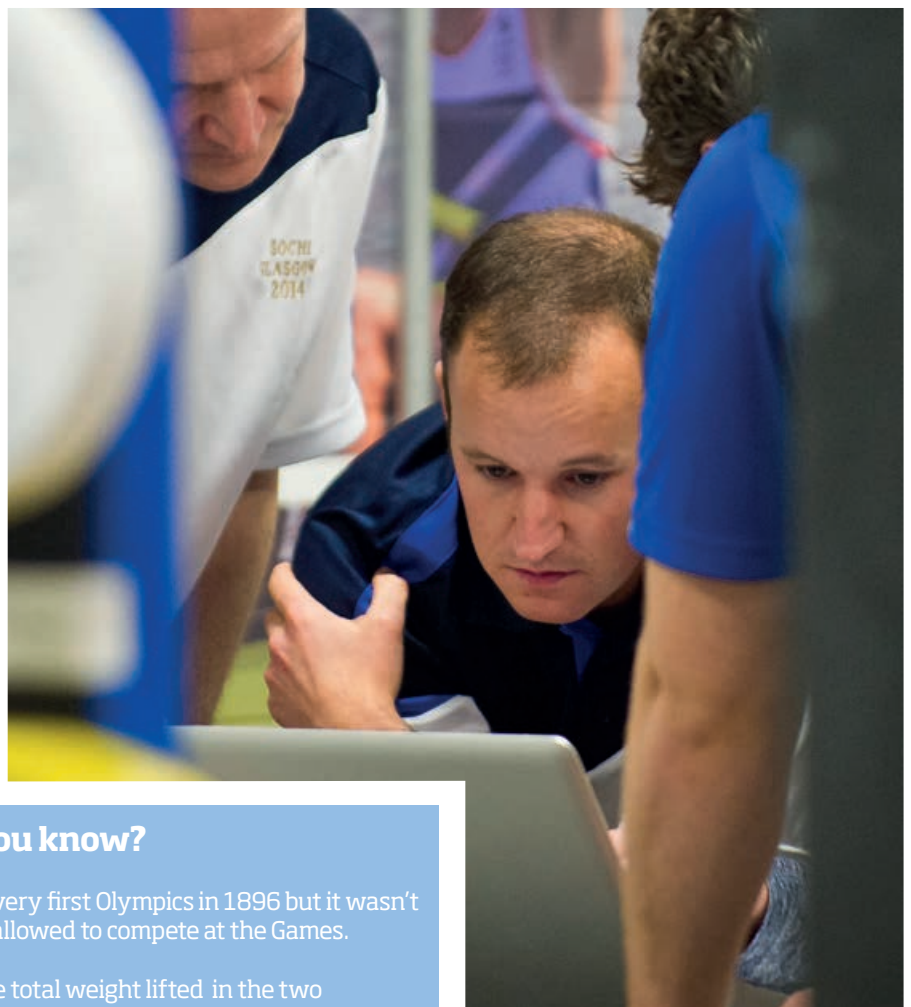
At each session the footage is shot from side and face on. This allows Kenny to present analysis from these angles, but also to quickly create synchronized composite images, as well as images that track bar path with a blue trace. The key is to have initial images available as immediate feedback, composite and bar path images at specific feedback moments within the session, and all images suitably archived for any post-session reviews. One final output is a series of images of key points in the lift. These can provide excellent comparisons across sessions, which can be both informational and motivational. This range of feedback also allows Charlie and Peter to receive in-session support from Kelly and James.

This integrated team approach proved to be a big hit with Charlie and Peter once they got the timings and format to gel with Peter's programme. Charlie explains:






**“Being able to visually show Peter the breakdown of different aspects of his own technique was fantastic in such slow motion. It really added to the coaching of those techniques and helped Peter to visualise his positioning and movement in a simple and impactful way.”**

Having started the project in April last year, Peter went to Malaysia for the Commonwealth Weightlifting Championships in November and snatched his highest score in two years. It's progress that Charlie is really pleased with.

“The instantaneous nature of the feedback has really helped Peter with the psychological aspects of performing the snatch. The sheer speed of the movement, and the precision that the lift demands, means that it can quite easily go wrong. This often affects an athlete's mental ability to perform it. The work of the team on this project has really helped Peter's confidence which is a crucial aspect of this lift and something which has made a difference to him.”



### Weightlifting: Did you know?

-  Weightlifting was part of the very first Olympics in 1896 but it wasn't until 2000 that women were allowed to compete at the Games.
-  Final placings are based on the total weight lifted in the two different lifts: the snatch and the clean & jerk.
-  The snatch involves lifting the weight above the head in one movement; the clean & jerk allows the weightlifter to raise the weight above the head in two movements.
-  Each lifter is allowed three attempts at the snatch and three attempts at the clean and jerk, with their best lift in each discipline counting towards their total.
-  When a tie occurs, the athlete with the lower bodyweight is declared the winner. There are 15 medal events in total.

[www.sisport.com](http://www.sisport.com)

# RAISING THE BAR



Constantly developing and improving the quality of coaching available to high performance athletes is vital to ensure Scotland continues to produce champions on the world stage. A personal development programme for performance coaches – Coaching Matters – was set up in 2009 to help achieve this goal. As the initiative enters a new phase, we caught up with one coach who has already reaped the benefits.

Chris Volley, Head Coach at **triathlonscotland**, has been a part of Coaching Matters since the very beginning. Having made a swift transition from athlete to coach, Chris believes that the programme has been instrumental in his progression over the past three years.

He explained: “Having been part of the initial intake for Coaching Matters, my journey through the process has been phenomenal. Coaching Matters has certainly improved me as a coach, because nobody knows it all and there are always areas which can be improved.

“I’ve been pushed a lot since moving to **triathlonscotland** in 2008, and having a programme like Coaching Matters gives you that confidence and support to know that the things you are experiencing are actually normal and there are ways to overcome them.

“Coaching Matters has given me further education on the soft skills required to take knowledge and pass it on. Alongside that, the Mindset project run by **sportscotland** Talent Manager Tony Stanger was another area which was also hugely beneficial. These **sportscotland** initiatives have been fantastic and have helped to improve me as a coach.”

Coaching Matters is run as a partnership between **sportscotland** and the University of Stirling. In its first year, a series of workshops helped performance coaches develop their effectiveness and stay up to date with coaching issues. As the initiative developed, sport-specific programmes were offered in which individual sports created a series of targeted workshops built around the specific requirements of their performance coaches.

As part of the latest update to the programme, coaches working with potential Glasgow 2014 athletes are

involved in monthly one-to-one sessions, providing individual support to help them reflect on and develop their skills.

“The evolution of Coaching Matters in the last few years has moved closer and closer to what I think performance coach development should be. And that is not just about sitting in a classroom,” Chris said. “It’s about checking and challenging people, going out and watching them perform and then feeding back into the process.

“This is certainly a unique programme which helps to link academia with real-life coaching experiences. Teaching softer skills and connecting the knowledge from the university, the input from experts and the support of the coaching community makes Coaching Matters a very powerful tool.

“Coaches push athletes to the limits, and Coaching Matters plays a part in stretching coaches to be the best they can be by helping them to constantly improve.”

Coaching Matters is continually evolving to help provide coaches with the tailored support required to make a real difference.

[www.stir.ac.uk](http://www.stir.ac.uk)

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# EVERYONE WINS

**Thanks to Glasgow 2014,** sportsotland is accelerating its plans for a world class sporting system at all levels.

We are supporting and developing the expertise behind our top athletes. This means more and better opportunities for Scottish success.



*Providing high performance expertise  
to sport and athletes in Scotland*