

the magazine for **sportscotland** stakeholders

SPORTFIRST

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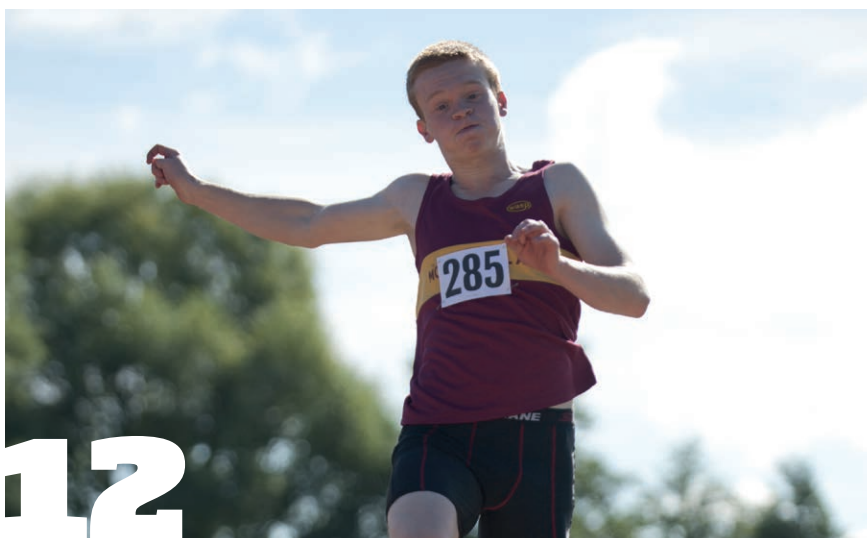
XX COMMONWEALTH GAMES EDITION

Glasgow 2014: It's Games Time



Putting sport first

sportscotland
the national agency for sport



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FIRSTWORD

Welcome to the commemorative Commonwealth Games edition of Sport First. In this issue we'll take a look inside Glasgow 2014 and the effect the Games will have on our sporting culture.

The wait is nearly over. The largest ever multi sport event in Scotland's history is nearly upon us.

Years of meticulous preparation for Glasgow 2014 will come together on 23 July when the opening ceremony kicks off in a packed Celtic Park.

It is such an exciting time for us all to be involved in sport in Scotland. The action taking place in our tremendous facilities will be witnessed across the world by over a billion people.

I can say with absolute confidence that Team Scotland has never been better prepared, and we're on track to bring in our greatest ever medal haul.

The dedication and expertise of the athletes, sports, partners and **sportscotland** staff will make these Games the best ever.

The moment the Games were awarded to Glasgow in 2007 remains one of the most exciting in my life. I was very privileged to lead the successful bid alongside a talented team with a long-term vision of what the Games could bring to our country.

Years of planning went into the bidding process with many more to come after. When the day finally comes everyone involved in that lengthy process should feel proud of all their hard work.

And while the Games will close on 3 August, there is so much more to Glasgow 2014 than world class athletes and medals.

At **sportscotland** we are capitalising on this defining moment in sport by accelerating our plans for a world class sporting system at every level. And we have made terrific progress.

Our high performance operation at the **sportscotland** institute of sport is the most sophisticated it has been, with the team behind the team providing first-rate support to Scotland's athletes.



Our scientists, coaches and experts are playing a pivotal role in ensuring Team Scotland are better prepared than ever to deliver on the global stage.

The Games has also allowed us to continue developing our community sport offering; providing people of all ages and abilities the chance to get active.

We now have many excellent community structures. These developments mean everyone in Scotland has more and better opportunities to take part in sport and physical activities, regardless of their age or ability.

A key component of **sportscotland**'s contribution to the Scottish Government's legacy plan is our strategy to have at least 150 community sport hubs across all 32 of Scotland's local authorities by 2016.

We are well on track to meet that target with 131 already up and running. The great strength of the hubs is that they are driven by the communities and each one meets the local demand for sport.

This innovative development of local clubs, along with direct club investment and additional development officers, has significantly improved the pathways between school, club, and performance sport.

We are also continuing to harness the growing numbers of volunteers and coaches who are all so essential to delivering a sporting legacy from the Games.

Glasgow 2014 will be a marvellous spectacle and I hope you all enjoy it as much as I will.

Louise Martin CBE
Chair, **sportscotland**



TEAM SCOTLAND TAKES SHAPE FOR GLASGOW 2014



With a mixture of experienced and first-time Games competitors, Team Scotland is shaping up to deliver Scotland's finest performance at what promises to be the best ever Games in Glasgow this summer. Over recent months Commonwealth Games Scotland (CGS) has selected athletes from the **17 sports** on the programme, and will have its biggest ever team. Everything is on track and final names and numbers will be confirmed in June.

Read on for details of some of the sports all set for Glasgow 2014.

Aquatics

Team Scotland will send its largest aquatics team ever to a Commonwealth Games, with 38 swimmers and two divers selected in April. The para-sport swimmers and any other swimmers securing selection times in events with available spaces were announced in June.

Aquatics is one of 10 core sports at the Commonwealth Games and since the Games began in 1930 Scotland has won a total of 73 medals (including 20 gold), more than any other sport.

Tollcross International Swimming Centre will host the excitement for 2014 when the action gets underway between 24-29 July. Look out for Olympic and Commonwealth Games silver medallist Michael Jamieson in the 200m Breaststroke, as well as Delhi gold medallist in the 400m individual medley, Hannah Miley.

Diving takes place at Edinburgh's Royal Commonwealth Pool for the third time, making it the most-used venue in Commonwealth Games history. Look out for 16-year-old James Heatly. James is the grandson of the legendary diver Sir Peter Heatly, who will turn 90 shortly before the Glasgow Games.

Lawn bowls

Scotland had no difficulty filling its quota of five men and five women bowlers for Glasgow 2014. Nine of the 10 have competed in a total of 18 Commonwealth Games between them and with three gold medals to their credit. Their international experience will be key to success when they take to the greens at the Kelvingrove Lawn Bowls Centre from 24 July-1 August.

Look out for Alex 'Tattie' Marshall MBE who will make his fifth Games appearance and will be aiming to add to his two gold medals from the last two Games. He is the only person to have won five world indoor singles titles and holds a number of record world titles with 19 wins. He is also the current World Pairs Champion, both outdoors (2012) and indoors (2013), with partner Paul Foster. This is the first time in the history of the sport that one pair has held both world titles simultaneously. Paul Foster is the current International Open Singles Champion and world ranked number 1. The duo will team up again in Glasgow.



Margaret Letham, pairs gold medallist from 1998, will also make an impressive fifth successive Commonwealth Games appearance in Glasgow. She is the current World Outdoors Fours Champion and World pairs bronze medallist from 2012.

Glasgow 2014 will see Scotland's para-sport lawn bowlers compete in the Games for the first time since winning gold in 2002. There are two events: the B6/B7/B8 triples team for physically impaired bowlers, with Scotland represented by Billy Allan, Michael Simpson and Kevin Wallace. And a B2/B3 mixed pair with Robert Conway and Irene Edgar selected.

Rhythmic Gymnastics

Scotland will field three rhythmic gymnasts in the team event in Glasgow, the first time since 1998. Each gymnast performs up to four routines with the ball, clubs, hoop and ribbon to create a combined score, which acts as the qualifier for the individual competition.

Look out for Rebecca Bee, Lauren Brash and Victoria Clow who will perform in the SSE Hydro from 24-26 July.

Squash

Squash players Stuart Crawford, Greg Lobban and Kevin Moran complete the Scottish squash team. They'll join compatriots Alex Clark, Alan Clyne, Frania Gillen-Buchert and Harry Leitch, whose selection was confirmed in September. Stuart and Greg form the second men's doubles squash pairing, while Kevin will compete in the mixed doubles event with Alex Clark.

Scotstoun Sports Campus will host 11 days of fast-paced squash action from 24 July-3 August.

Boxing

Scottish boxers have been consistently successful at the Commonwealth Games, taking home a medal from every competition since its inception. Following some tough battles for places, Scotland will be represented in all 10 weight categories.

Look out for Delhi silver medallist Josh Taylor who is looking to build on his London 2012 experience. He's joined in the team by fellow Delhi fighters Joe Ham and Ross Henderson.

Wrestling

A mix of youth and experience makes up the 14 strong wrestling team, who will be looking for their first medal since 1994.

The team will be hoping to improve on the string of fourth places from Delhi. Look out for 45-year-old twins Donna and Fiona Robertson who are among the seven athletes who have featured at previous Games. This will be the second Games in a row the 48kg sisters have wrestled for Team Scotland, having made the switch from Judo as part of a **sportscotland** talent transfer initiative. They have both tasted Games medal success, with Donna taking bronze in 1990 and Fiona replicating her achievement in 2002.

Find out more about Team Scotland and their participation at Glasgow 2014: Follow the action at goscotland.org and search "Team Scotland" on Twitter and Facebook.

www.goscotland.org



LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND



A SUMMER OF OPPORTUNITY

Shona Robison, Cabinet Secretary for Commonwealth Games, Sport, Equalities and Pensioner's Rights, looks beyond the coming months and explains how these amazing scenes will usher in a bright future for Scottish sport.



This summer brings with it the greatest sporting events in Scotland in a generation. Our athletes will strive for a podium spot in front of their home crowd while our country is showcased to the world, but it's not just about individual sporting events, the key to success is creating a lasting sporting legacy. We began this year with an excellent Winter Olympics and Paralympics for Scottish athletes, with three teams producing medal-winning performances and inspiring thousands to take up a sport themselves.

The Commonwealth Games will bring 11 unforgettable days of world class sport in outstanding venues. Wonderful cultural events and other activities will inspire spectators, visitors and TV viewers around the world, and if that isn't enough we then tee-off for the Ryder Cup, the world famous transatlantic golf tournament. Being involved in Scottish sport has never been so exciting, and that makes this the perfect time to realise our ambition and set Scotland on course for an unbeatable future.

Creating a lasting legacy

We've learnt a lot from other international events and are working hard to develop a lasting legacy. One which will allow us to make the most of sport participation, maximise economic impact and showcase Scotland as a destination for both business and tourism.

It has been particularly rewarding to visit projects and meet the many young people and volunteers supporting sport in their communities. Community sport hubs are a key component of **sportscotland's** contribution to the Scottish Government's 2014 legacy plan. Recently I visited the Tweedbank Community Sport Hub in Galashiels, where I met Gerry Moss of Gala Harriers running club; his enthusiasm for his

sport was apparent to all. And he wasn't the only one; partly in thanks to the Games I saw a lot of new runners coming aboard.

Thanks to Legacy 2014 investment and programmes, the power of sport will be realised. On 31 March we announced that £2.4 million will benefit another 45 projects as part of the £10 million Active Places Fund and the next round of applications needs to be submitted by 1 July. Fit in 14 is getting people in the workplace active, while **sportscotland's** Active Schools Network is tackling physical inactivity at the source. CashBack continues to support Scottish sport and a number of other projects will benefit throughout 2014. So it looks like legacy has already taken root.

We've also been investing in the future of Scottish golf, including the award-winning ClubGolf programme. Since 2003 over 300,000 P5 pupils have had a chance to experience our historic game.



Scotland at the Games

Team Scotland has set out to fulfil their most ambitious targets yet. With our largest team in history we aim to win more medals than ever before.

This determination is only possible thanks to **sportscotland's** record investment of £38 million into the 17 Commonwealth sports and para-sports since 2011. This means the best and most organised

Team Scotland we've ever seen is primed and ready for success.

Their achievements will help inspire the athletes of tomorrow. Investment is in place to ensure sports clubs can cope with the new interest in sport and provide more opportunities for young people.

With the eyes of the world on us we'll also have a great opportunity to show

Scotland's forward thinking attitude. For example, we're supporting Pride House, a dedicated temporary location which plays host to lesbian, gay, bisexual and transgender athletes, volunteers and visitors. This will provide a welcoming place to enjoy the competitions, events and cultural programmes around the Games.

Sport and the future of Scotland

As we all know, this sporting year comes during a historic moment for Scotland. On 18 September we get to decide whether we become an independent country.

Sport is an important part of Scottish identity and over the coming months there will be debate and discussion about the opportunities for sport in an independent Scotland.

The Independent Working Group on Scottish Sport has published its report,

"Continuing development of Scottish sport and the opportunities presented by an independent Scotland" and I welcome this, as it shows Scotland will continue to be a sporting success on the world stage.

I believe independence is the right choice for Scotland for many reasons, such as the opportunities it will provide for Scottish athletes and our ability to help young people through sport. But it's up to each of us to look at this report and consider its recommendations and findings for ourselves. I urge you to do so.

Come July, the Games will unite us all behind Team Scotland. And I for one can't wait to work with people from across the different political spectrums and governments to deliver an incredible Commonwealth Games.

Let's all use the opportunities presented by 2014 to take the next steps in Scotland's future as a great sporting nation.

www.legacy2014.co.uk

UNLEASH YOUR SPORTY SIDE

There has never been a better time to get into sport. The Commonwealth Games is creating excitement across the country and **sport**scotland wants to use this enthusiasm to deliver a lasting sporting legacy for Scotland.

sportscotland's 'unleash your sporty side' campaign, shown here, will use the profile of the Queen's Baton Relay (QBR), Team Scotland and the Games to get people involved in sport – and we need your help to spread the word.

Whether you're an Active Schools coordinator, a Young Ambassador or a Community Sport Hub Officer, it's up to all of us to get people active.

By directing people to our website – www.sportscotland.org.uk/unleash – we'll signpost them to activity right on their doorstep and show them the hundreds of ways to get involved.

So whether people want to play, coach or volunteer, we can show them there are so many opportunities available.

We want you to spread the word on Facebook and Twitter using #sportyside and we will also be taking the campaign on the road with activity at QBR events in every local authority. To find out more about how you can get involved, as well as obtain materials to use to promote the campaign, contact: communications@sportscotland.org.uk or call **0141 534 6500**.



Go Scotland!



www.sportscotland.org.uk/unleash



Patrick Dawson grew up with a passion for anything and everything that was sport. And in his late teens decided to take up judo. After showing early promise the 25-year-old has now secured his place on Team Scotland. We caught up with Patrick to find out more about his training and aspirations for Glasgow 2014.

THE MARTIAL ART OF SUCCESS

How old were you when you first tried judo and what made you start?

I started judo at 17 through a friend from school and I quickly became hooked! It kept me on my toes because it's a very fast-paced learning process and I liked how you can easily track your progression.

Have you had any serious injuries from judo?

Yep. So far I've torn a ligament in my ankle and one in my elbow...but nothing else that serious. Touch wood!

What does competing for Scotland at Glasgow 2014 mean to you?

Competing at Glasgow 2014 means everything to me. Usually in judo you either compete for your club or for Great Britain so the chance to compete for Scotland is massive. Representing my home country is such an honour so I was absolutely delighted when the announcement was made last month. Competing in front of a packed home crowd is going to make it even more special.

Which is the best venue you've ever competed in and why?

I recently competed at the Glasgow SECC that will host judo for this Commonwealth Games and it was really good to get a feel for the place. I was also lucky enough to compete at the London 2012 venue ExCel exhibition centre in the test event prior to the Games. That was pretty cool and a real motivation to push hard for Glasgow.

Judo is a weight category sport, which involves a great deal of discipline when it comes to food. How do you ensure you keep focused and disciplined when the going gets tough?

At the moment I am trying to put weight on so I get to eat everything I want and more! Doubling up on meals is always fun!

What does a normal training week look like for you?

As my gym goals are more strength rather than conditioning at the moment, my programme includes a lot of Olympic lifting, and some truly horrible squat and lower body sessions. Since starting this programme I have seen my overall strength improve really well and I feel it has had a massively positive effect on my judo.

Judo training consists of uchikomi (fitting practice) and nagekomi (throwing practice) coupled with some gripping and tactical work, and randori (sparring).

Monday is my early morning with randori and weights from 9-12. The rest of my days are a slightly later start, (everyone loves a lie in) with some shoulder and knee prehab followed by weights or technical work. Tuesday and Thursday nights are our heavy sparring sessions with you feeling like you've been in a war the next morning.

For some extra technical work I sometimes attend my club, the Edinburgh Judo Club, on a Monday or a Wednesday night.

What sporting accolade are you most proud of?

For any judoka, gaining your black belt is a momentous occasion and I will never forget the day I got mine. I won my 1st Dan in 2006 in Kilmarnock by winning my line up. This is the process of defeating five other judoka also vying for their Dan grade, the last three you fight without a break.

Another special day for me was in the Argentina World Cup last year when I defeated the London 2012 Olympic

champion, Mansur Isaev of Russia, in the match. It wasn't until after the competition that it dawned on me just how special the day had been as after the semi-final my coach ensured I stayed focused for the final. It must have worked as I went on to win the tournament!

Who would you say has been the most inspirational athlete you've ever met and why?

The most inspirational athlete I've met is a Japanese judoka called Kosei Inoue who was Olympic and world champion. He lived in Edinburgh for two years and is a great role model for any competitive judoka.

Chris Hoy is another athlete that made a big impression on me as he is a role model for any Scot aiming for Olympic and world success. I have never met him but I attended the same school he did, George Watson's College, and remember him coming to talk to the school.

Would you say that sport has changed your life?

I'd say the lessons I've learnt from becoming an athlete have helped changed my outlook on life.

Until finding judo I hadn't found anything that really held my attention. Judo has given me a focus on something I am passionate about, and I am very lucky that I am able to do something I love. Judo is often referred to as more than sport, and rather, a way of life. I am sure I will be involved in the sport for many years to come after my competitive career, although in what capacity I have no idea!

Quick fire round

1 Favourite food?

Pizza

2 Favourite sport apart from judo?

Football

3 Facebook or Twitter?

Facebook

4 City or country?

City

5 Where would be your dream place to go on holiday?

Nice in the south of France



www.judoscotland.com



Sport on your doorstep

Since 2009 **sportscotland** has been using The National Lottery funding to bring community sport hubs to communities across Scotland. This key part of the 2014 legacy plan aims to provide more opportunities for people to engage in sport and a healthy lifestyle. Here we see how this programme has been developing over the last five years.

With Lottery funding, **sportscotland** is committed to delivering at least 150 community sport hubs across Scotland's 32 local authorities by April 2016. These hubs are taking the first steps towards a healthier, more active lifestyle by improving local access to sport and encouraging sport clubs to work together.

A hub brings local clubs together around either a sports centre, community centre, school, park or playing field pavilion. The aim is to grow participation in physical activity through a range of sports and focus on the needs of their particular community. They'll provide clubs and sports groups with easier access to sporting facilities and ensure local partners are working together. They also give community volunteers an opportunity to lead the development of sport and physical activity within their area. Each hub has its own vision and values, binding it together and providing a focus for development.

The funding provided by The National Lottery and **sportscotland** will give local communities more ownership of sport. **sportscotland** is working with communities through our local authority partners to

identify what they want, engage with them in the development process and help them manage their ultimate goal of making sport happen in local facilities. Every community sport hub is unique, they adapt to the needs and desires of the area in which they operate. However, to grow participation each one follows the same principles.

These are understanding community needs, supporting community leadership, offering a range of sports and ensuring all the appropriate people are working together.

"Each community sport hub works on the same basic principles but each has the flexibility to identify and meet the needs of their community," said Stewart Harris, Chief Executive of **sportscotland**. "This focus on local needs ensures that all partners get behind the approach and means the work they do has the biggest impact."

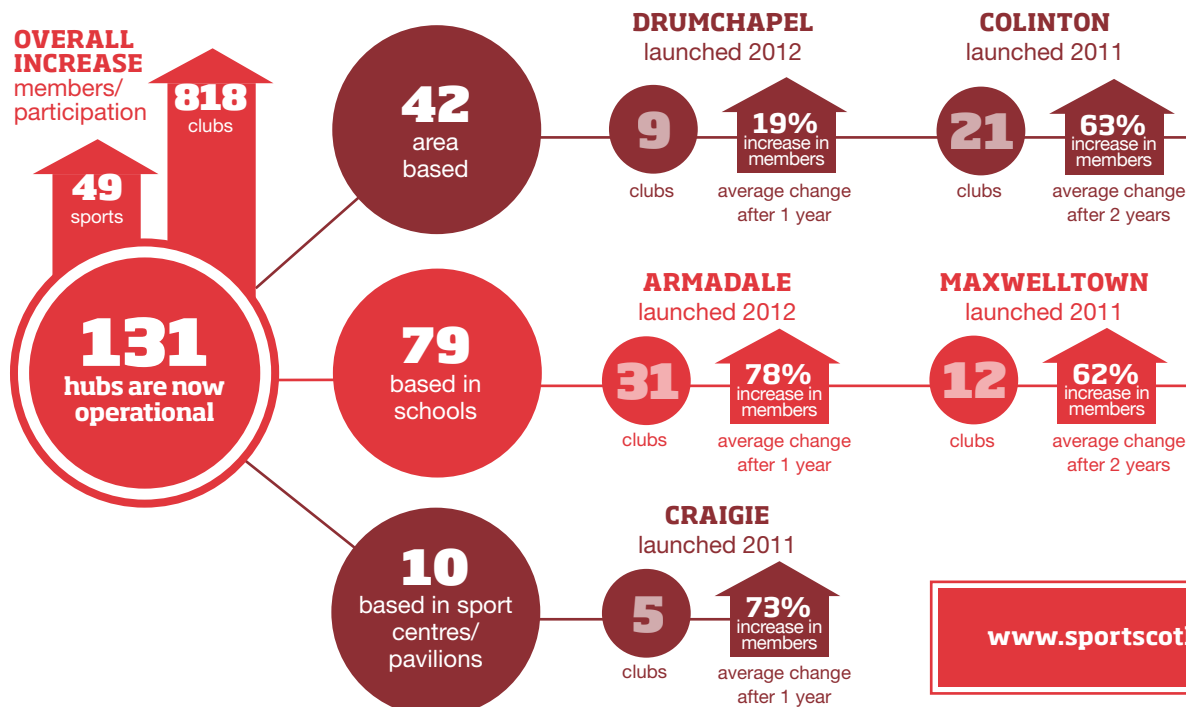
The first community sport hub, Calderglen High School, was officially launched in August 2010 and there are now 131 hubs set up and delivering across Scotland's 32 local authorities. Those involved in the hubs speak highly of the benefits. "The whole idea within our community is that we're looking to raise attainment,

achievement and participation and I could see that we could do that through the hub," says Maureen Smith, Head Teacher at the Maxwelltown CSH.

Crucial to the ongoing success of hubs is that it gives the clubs a chance to engage positively with the community, which has helped to increase the participation levels amongst children and young people. At a strategic level, there has also been recognition that the hubs offer an opportunity to reshape the provision of sport and recreation services.

As the community sport hubs throughout the country continue to grow, evolve and develop they will undoubtedly provide a fabulous platform for community sport to flourish and a lasting legacy for years to come.

HERE'S A TASTER OF SOME KEY FACTS FROM HUBS AROUND SCOTLAND:



THE BACKBONE OF SCOTTISH SPORT



Since its inception in 1994, The National Lottery funding has changed the face of Scottish sport by investing in everything from community sport to our highest profile athletes. In the run up to Scotland's greatest ever Games, we hear from The National Lottery on how players' money has supported sport over the last 20 years.



Life changing®

Scotland's sporting culture is in great shape. But this wouldn't be the case without The National Lottery funding. The opportunities and facilities the funding has provided made Scotland the obvious choice to host the 2014 Commonwealth Games.

In no time at all the eyes of the world will be on Glasgow. Thousands of athletes from across the globe will come to Scotland dreaming of winning gold, breaking records and pushing themselves to the limit.

And by the time the competitors appear, all the hard work and preparation will be complete.

The journey from practice to the podium is long and arduous. And one in which The National Lottery is proud to have played its part.

The National Lottery funding has helped change the face of sport in Scotland throughout the last 20 years, from grassroots to elite level.

This support and assistance has enabled many of our leading athletes to reach the

very top of their game, and we have the medals to prove it.

Investment by The National Lottery has been instrumental in elevating and enhancing the careers of the likes of Sir Chris Hoy, Robbie Renwick, Michael Jamieson, Jen McIntosh and Eilidh Child.

Across the UK, The National Lottery funds 1,300 elite athletes, many of whom will be representing their home nation at Glasgow 2014. Their success is proof of the worthwhile return on the more than £5 billion put into sport since 1994.

But we won't stop there. We're ever more determined to uncover the stars of the future. By targeting resources towards communities we're providing greater opportunities for everyone to take part in sport, get fitter and become healthier. Because The National Lottery believes the next generation of sporting idols are right on our doorsteps, our streets and in the hearts of our neighbourhoods.

That's why we are proud to support **sportscotland's** community sport hubs programme. Based in local communities like sports centres, village halls and

schools they are making it easier for people of all ages and abilities to become involved in sport and live a more active and healthy life. By providing quality facilities, strong organisations and well-trained people there's no doubt we're nurturing the champions of tomorrow.

None of this would be possible without the staggering £33 million The National Lottery players raise each week.

As the clock ticks towards the beginning of the Games, The National Lottery funding has helped build many of the venues such as Hampden Park and the Emirates Arena, in addition to key attractions including the Kelvingrove and Riverside Museums.

Furthermore, we are supporting volunteers and many cultural and community initiatives inspired by the Games.

The starting pistol of Glasgow 2014 will not only signal the beginning of world class performance but also usher in a new era in Scotland's sporting history.

THE WINNING NUMBERS

**£300
MILLION**

to support Scottish sport through **sportscotland**

More than
**52,000
PROJECTS**

supported in Scotland

20%

of The National Lottery Good Cause funding is
allocated to sport

**£33
MILLION**

raised each week for National Lottery projects

More than
**£2.5
BILLION**

invested in Scotland

150

community sport hubs to be created throughout Scotland

facebook.com/lotterygoodcauses

www.lotterygoodcauses.org.uk

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

BACK ON TRACK



Kilbarchan AAC runner Derek Hawkins is a man on a mission. In 2013, the former 10,000m specialist made the switch to marathon running with impressive results. However it hasn't all been plain sailing. A stress reaction in his right foot saw Derek's bid for marathon glory at Glasgow 2014 under threat. That is until the team at the **sportscotland** institute of sport stepped in...

In only his second outing as a marathon runner, Elderslie's Derek Hawkins was the fastest British finisher at the London marathon in 2013, completing the race in a time of 2 hours 16 minutes and 50 seconds. Since then he has gone on to train in Kenya with track legend Mo Farah, who will also be competing at the Glasgow Games.

However, in August 2013 Derek suffered a potentially major setback when he sustained a stress reaction in his right cuboid during a training run. Disaster was averted when Derek contacted his physio Linda Hardy at the **sportscotland** institute and a bespoke rehab plan was put in place. A team of experts at the institute including exercise physiologists and strength and conditioning coaches worked with Linda with the aim of keeping Derek training despite the injury.

Linda explains:

"What really helped was that Derek came to see me the day after he sustained the

injury, so straight away we got him to see the doctor and have a scan on the foot. That early diagnosis and intervention meant the injury did not become a stress fracture, giving a better prognosis and less time out.

"We put his foot in a boot and Derek was able to continue his training almost immediately. What you have to remember is that, although he was injured, he is an athlete and needed to maintain his fitness in other areas if he was to get back to form.

"With a multi-disciplinary team we devised a rehab plan, with Derek and his coach central to everything. We modified his training to work on other areas such as strengthening his trunk and pelvic control and incorporating revised lower limb exercises.

"Derek used the boot for hypoxic training on a stationary bike followed by aqua jogging without the boot. We also used the AlterG anti-gravity treadmill which allowed Derek to train with reduced weight bearing on the injured foot."

Now back in competition, Derek reflects on the injury and the support he received to get back on track for Glasgow.

"I thought all the support I had from the institute was fantastic but what I felt helped the most was the hypoxic training - a technique aimed at improving human performance and well-being by way of adaptation to reduced oxygen - on the stationary bike. When I was able to start running again those sessions made it easier to get back into the harder workouts and allowed me to hit the times I was getting at full fitness."

Derek's preparations for the Games are now full steam ahead, and when he finally lines up on the start line at Glasgow Green all the hard work with the institute experts to get back to full fitness will have been well worth it.

www.sisport.com

EVERYONE WINS

Thanks to Glasgow 2014,
sportscotland 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*

sportscotland
institute of sport
high performance expertise

Out of retirement, into the Games



World class athlete Frania Gillen-Buchert is a big name in squash. Having recently come out of retirement, we decided to catch up with her and talk about everything from representing Scotland to her secret desire to give snowboarding a go!

How did you get in to squash and when did you start taking it seriously?

I started playing squash when I was about five. My mum was a squash coach and so I could either sit and watch or pick up a racket.

What made you decide to come out of retirement and how has training been since?

When I originally 'retired' we were less than two years away from the Commonwealth Games. I still showed up for training though – old habits die hard! Luckily for me, that meant I had maintained my level of fitness, which is essential for squash. Looking back, I still felt as if I had a little unfinished business from the last Commonwealth Games in Delhi 2010. Then in March last year, Alan Clyne and I won the British Doubles. I think that was the result I needed to make my mind up, because I knew that if I committed to going to Glasgow, I'd be going there to win.

Well congratulations on being selected for Team Scotland! How special is a home Games like Glasgow 2014? Is it more or less pressure?

Thanks very much! The home Games experience will be amazing, I think it will be the pinnacle of my squash career and I can't wait to hear the home crowd cheering for us. As I technically retired I don't feel as much pressure as before and I think that this has contributed to the good results we've

been getting. I know I've put in years of hard work so I'm hoping to give one of my best performances.

What does a typical day in the run up to the Games look like for you?

I train before work so I will be at the gym or on court for 7am. My training schedule is flexible to fit around my job so two days a week I'll go to the gym and play squash once a week. Then there's a Saturday morning circuit session at 7:30am.

If you ever decide to stop competing, what would you like your next challenge to be?

I would love to try triathlon and do some adventure racing. I took part in a quadrathlon which was great fun. Oh and I'd love to learn to snowboard since I wouldn't have to worry about getting injured.

You're also involved in another Commonwealth sport in your role for Judo Scotland. Does having experience of two sports give you a different perspective on sport in Scotland and being an athlete?

Yes, it's definitely opened my eyes and given me a better perspective. I find by observing another performance programme with fresh eyes I can be more objective and reflective of my own programme and performance. Plus it's great to see two Scotland-based performance programmes successfully producing world class athletes.

You're obviously hugely busy with work and training. How do you keep your mind focused on your performance when the going gets tough?

I have to be extremely organised and efficient with my time. It's amazing what you can achieve in an hour with a plan. I also have good support from the institute Performance Lifestyle Coach Fiona McNeilly who has helped me understand and maintain a healthy balance. And over the years I've undertaken a lot of work with sports psychologist John Marchant which has been invaluable.

What has been the highlight of your sporting career?

Representing Scotland at Melbourne 2006 and the Delhi 2010 Commonwealth Games. After 23 July, Glasgow 2014 will be my new highlight.

Would you say sport has changed your life?

Absolutely, playing squash has taught me many life skills and given me opportunities that I may not have been able to have. I've been fortunate enough to travel the world with my sport and I've made some of my closest friends through squash.



Quick fire round

- 1 Winter or summer?**
Summer
- 2 Comedy or horror film?**
Comedy
- 3 Black or green olives?**
Neither
- 4 Most interesting place you've been with your sport?**
Iran – that was an experience!



www.scottishsquash.org



PEDAL

TO THE MEDAL

Gary Coltman is a busy man. Just over 12 months ago he took the reins as Head of Performance at Scottish Cycling; a role which includes delivering medal success for Scottish riders on the world stage and creating a world class talent development system.



A former professional athlete himself, Gary Coltman's role as Head of Performance at Scottish Cycling was officially announced just a few days after one of Scotland's greatest cycling exports, Sir Chris Hoy, announced his retirement. He also started 15 months before the major competition challenge; the Commonwealth Games.

"Starting so close to a major Games has definitely had its challenges," he laughs. "With the clock furiously ticking down to July, we've had to be really clear about our expectations and stay focused on making every session count. Most of our attention has been on ensuring Games readiness and keeping our cyclists in the best possible shape. Although there's still plenty of work to do, we have made excellent progress as we strive to be as good as we can when the Games arrive in Glasgow."

Malcolm Fairweather, Head of Sports Science and Innovation at the **sports**scotland institute of sport, contacted Gary during the early phase of his new role and was keen to discuss how the institute's expertise could add value to the new set-up. And the institute team were highly motivated to support Gary and be involved in a renewed partnership with Scottish Cycling.

"We immediately began discussions about how to be better, like how we could make the best of the amazing facilities we have, especially the Sir Chris Hoy Velodrome. The opening of the national velodrome in Manchester back in 1994 signalled the start of an unprecedented run of success for British cyclists. We wanted to make sure that Scottish cyclists could get the most out of this and create a truly high performance environment for cycling in Scotland."

"There was one thing we decided would have a large impact on the performance programme in the short-term and later on

the development programme post-Games. This was the video analysis system which was installed in the velodrome, like the one British Cycling use in Manchester."

There are clear benefits in using the camera system for coaching and developing athletes at both ends of the performance spectrum. It also enables the experts at the institute to train the support team to get the most out of the system.

As Gary highlights, the window of opportunity to make the video system useful for the build up to Glasgow was small. "A system like that can do all manner of amazing things. But with time in short supply we actually had to rein ourselves in. We needed to focus on the basics and what would have the biggest performance impact."

Although his sights are firmly set on success in Glasgow, he also has an eye on the future and the next four year phase of his plan; developing a world class talent development system. As former Performance Manager of the Olympic Talent Programme at British Cycling, there is a clear connection to the other half of his Scottish Cycling remit. This is to ensure increasing numbers of Scottish cyclists come through the system and feed the talent pool. It's a challenge he thinks Scotland can deliver on.

"Scotland now boasts its own world class indoor velodrome, not to mention some of the best mountain biking facilities in Europe. Although the focus at the moment is on delivering our absolute best at the Commonwealth Games, I'm also looking ahead to the next challenge

for us post-Games. I'm excited about taking advantage of the public interest generated by Glasgow 2014 and using it to increase our prospects for developing the next generation of Scottish cycling talent."

Gary's cycling career highlights include a 1986 Commonwealth Games medal in team pursuit and he is an 11-time British champion across road, track and mountain bike. So it's fair to say he knows what it takes to be successful. Looking ahead to the impending Games though, the question of success in Glasgow raises an eyebrow.

"We've got realistic targets for the Games. We're up for the challenge and we definitely have the ability. Now we just have to make the most of every opportunity to showcase our talents and give a good account of ourselves on the world stage at Glasgow 2014."



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Wrestling with sporting pressures

As part of the preparation for **Glasgow 2014**, **Brown Ferguson** from the Performance Lifestyle team at the **sportscotland** institute of sport has been helping Scotland's top young wrestlers juggle sporting dreams with exam pressures. We caught up with Brown to find out about his role in helping them balance the academic and sporting sides of life.



Seventeen-year-old Shannon Hawke from Alloa is one of the young 2014 Commonwealth Games wrestlers supported by the **sportscotland** institute of sport.

Along with fellow wrestler and sixth form pupil Brian Harper, Shannon has already been selected for the Team Scotland squad competing at Glasgow 2014.

A Scottish champion and six time British freestyle wrestling champion, Shannon is relishing the chance to compete in the Commonwealth Games in front of her home crowd. Yet over the past year, it has been Ferguson's role to support the talented athlete while she grapples with her career ambitions and the equally hard graft which is required to achieve the exam results necessary to pursue a career as a PE teacher.

Ferguson explains: "Shannon was disappointed at her exam results last year. So over the past year I have worked closely with her and staff at Lornhill Academy to help strike that fine balance between undertaking sufficient study and maintaining focus on her ambitions in wrestling. It can be extremely tough for young athletes who often have competing demands on their time from any number of areas of their life. That's where Performance Lifestyle helps the athlete to step back, review their objectives and potential options, and ultimately find a way for them to achieve their long-term goals.

"Gaining the support and understanding of the school and Shannon's wrestling coach in these plans is obviously vital. Part of my role is to liaise with these people to make them all aware of the demands on Shannon in terms of her sporting and academic goals. This enables us to identify the best way for her to combine study with training and competition commitments."

With Shannon and Brian both gearing up to represent Team Scotland in Glasgow this summer, the teenagers are currently juggling school studies with significant training commitments at Tullibody Wrestling Club and with the national squad in Glasgow and strength sessions at Stirling University.

Logistically, the geographical spread of training locations without a means of personal transport, was tough for the athletes' already busy timetables. Yet they were dedicated to making every session using public transport.

Brown elaborates: "When we talked to the school about the time demands of travelling to training, the staff were great. We soon agreed flexible start times for the athletes on days when they trained in Stirling before school. Financial support from the institute later enabled Shannon to pass her driving test which gave her some breathing space and helped to alleviate the stresses around travelling to multiple training sites."

Shannon herself has really felt the support of the school and the Performance Lifestyle team.

She explained: "I was in the 2013 Youth Olympics in Australia and subsequently missed some important classes at school. When it came to exam time, I was stressed. I found it difficult to catch up and it really showed in my exam results. Since I started working with Performance Lifestyle and the teachers at Lornhill, I have been able to keep on top of things. Schoolwork doesn't feel like a struggle and the extra time that timetables and proper planning creates, gives me more opportunities to train hard, study hard and stay in control."

By all accounts, the crucial partnership between Brown and Lornhill Deputy Head Teachers Jacqui Dunlop and Danny

McClure, has given Shannon the much needed support she desired to get back on track.

Deputy Head at Lornhill Academy, Jacqui Dunlop gave us her views on supporting Shannon and Brian towards their 2014 goals: "We like to think we are always supportive of young people. However, the involvement of Brown got us thinking on a new level about the support a school should provide for athletes at this level. His personable approach helped considerably and we quickly felt part of the wider team.

"The biggest effect of this partnership approach was in the shared understanding of two important aspects of the lives of these young people. It all boiled down to two words, really: communication and trust. We all shared a common interest in these young people and it really showed."

With Ferguson and the Performance Lifestyle team working behind the scenes to alleviate 'out of sport' pressures and always at the end of a phone to offer advice, it's up to Shannon to grapple successfully with her opponents. As she looks ahead to all-important training camps and competing for Team Scotland this summer, the young wrestler knows she can count on the reassuring presence of Ferguson to wrestle with and suggest solutions for her life off the mat. As a result the Glasgow 2014 competitor can stay focused on the task of winning.

A BALANCED ATHLETE IS A BETTER ATHLETE



These days it's common to use technology in sport. From video analysis to heart rate monitoring, there are any number of tools available to coaches, athletes and support staff. But do they actually make a difference? According to a joint project between the **sport**scotland institute of sport and the University of Stirling, yes they do.

Team TMG

At the **sportscotland** institute of sport, no stone is left unturned when it comes to ensuring that Scotland's athletes are the best supported and best prepared they have ever been. Right now a dedicated team of sport scientists and their peers are working on innovative projects at the cutting edge of sport; both in Scotland and at an international level.

One such project is a collaboration between the **sportscotland** institute of sport and the University of Stirling on the use of tensiomyography (TMG).

sportscotland's strength and conditioning coach Neil Donald explains what it's all about:

"The project is looking at muscle function in elite Scottish swimmers using TMG. TMG is a muscle diagnostic tool which takes painless measures while an athlete is resting, identifying the status of a muscle. In other words it shows whether a muscle is fatigued or working at full capacity.

"As well as looking at individual muscles, we can also compare muscle groups. This allows us to look for any muscle asymmetries which is important to identify any imbalances in an athlete and if they could be at risk of injury."

Just like a car with balanced wheels, a body with balanced muscles works better. If a single muscle or muscle group fails then the others have to compensate.

"There are a number of things we're hoping to achieve. The first is to identify the common imbalances in swimmers and look at ways to address those



imbalances. We also look at how the swimmers' muscles respond to training. This information helps us plan training and recovery methods to improve performance and prevent injury."

In a sport like swimming, where medals can be decided by fractions of a second, the drive to gain a competitive advantage is relentless. This is where the benefits of diagnostic tools really come into play.

"We believe the potential impact of this study is hugely beneficial for swimming. It is a very demanding sport with a high training load required to perform at the elite level.

"This, combined with the repetitive nature of the sport, means athletes are prone to developing imbalances. TMG will help us to accurately diagnose any muscle asymmetries and provide intervention measures through strength and

conditioning, physio and other disciplines. The test results mean we can tailor the support to suit each athlete's muscle type and ability to recover after training."

Regular use of TMG is also a powerful tool in the field of injury prevention; a speciality of the **sportscotland** institute of sport's physiotherapy team. It provides a detailed analysis of how muscles are functioning, identifying any imbalances before they become a concern.

"TMG is a portable device that takes painless readings while the athlete is in a rested state, which means there is no disruption to training schedules. As such, repeat testing over relatively long periods of time can also provide information on training effects, rehabilitation, tapering and other muscle issues."

The other half of the team

The experts at the institute aren't working alone. With the University of Stirling just next door, they've established a very effective partnership on this and other projects.

Dr Angus Hunter, Senior Lecturer at the University of Stirling, explains more about how the validity of TMG has been tested and why it's so effective.

"For several years the university and the institute have been scientifically testing the validity and reliability of TMG. After numerous international presentations and publications of our findings, we are confident of TMG's ability to reliably monitor the muscle status of athletes.

"We are very excited to be involved in this project, which will specifically

contribute and develop knowledge about muscle function and performance in elite swimmers."

The project team are so convinced by the validity of their results that TMG is now being rolled out across the whole **sportscotland** institute of sport network, making it a powerful new tool in their mission to improve performance.

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www.stir.ac.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.



FULL HOUSE

If you're in Glasgow during the Games and have some down-time between sessions, there's plenty to see and do at Global Coaches House, Pride House and Scotland House. We get the lowdown on how all the houses promise to be popular destinations for Scotland's sports industry during the Games.

GLOBAL COACHES HOUSE

What is it?

The aim of the Global Coaches House (GCH) is to enhance the education, knowledge and skills of coaches and this is a fantastic opportunity for Scottish coaches to learn from their peers from across the Commonwealth.

Who's it for?

GCH is aimed at coaches working at all levels of sport, from those moulding the next Olympian, to those working with a group of young children in the local park. GCH is also incredibly valuable to all those who are in the business of developing people.

Who's involved?

GCH is being run by The International Council for Coaching Excellence (ICCE) in partnership with **sports**scotland and University of Strathclyde.

Where is it?

University of Strathclyde, Glasgow

What's on?

Networking: a location to meet friends, colleagues, coaches and business professionals to share common practice during the Games.

Coach education and development: a programme of seminars, presentations and workshops featuring leading coaches, sport scientists and business leaders.

Announcements, launches and media interviews: in addition to coach interviews and the recording of coach presentations, a number of announcements and programme launches are planned.

The programme can be viewed at www.sportscotland.org.uk/globalcoacheshouse

When's it on?

Saturday 26 July – Saturday 2 August

Find out more

Registration is now open for you to attend sessions, some of which are free and others paid for. You can register at

www.globalcoacheshouse.net and find us on twitter.com/g_c_house and facebook.com/globalcoacheshouse



ICCE
International Council for
Coaching Excellence



University of
Strathclyde
Glasgow

SCOTLAND HOUSE

What is it?

Scotland House is a hub to celebrate Scotland's sporting success, culture and business potential during the Commonwealth Games. The hub will host a range of events to capitalise on the Games and exploit the international and domestic business opportunities presented by Scotland hosting the Games.

Who's it for?

Scotland House is designed to make the best welcome ever for athletes and their families, the public and key business people.

Who's involved?

The programme is being run in partnership between The Scottish Government, Glasgow City Council, VisitScotland, Scottish Enterprise, Commonwealth Games Scotland, **sports**scotland and Creative Scotland.

What's on?

Scotland House will include a private space for Team Scotland athletes and their families to meet, and for post competition media activity. Next door, the Fruitmarket will be operated by Festival 2014 with an exciting programme of public events lined up.

Team Scotland events such as the Flag Bearer Ceremony, Queen's Baton Relay, medallists' nights and the Team Scotland closing celebration are already planned, alongside a range of business activities.

Where is it?

City Halls and Old Fruitmarket, Glasgow

When's it on?

Monday 21 July – Sunday 3 August

Find out more

For more information on the schedule of events, and to find out more, visit www.scotland.gov.uk

PRIDE HOUSE

There will be a Pride House in Glasgow for the duration of the Commonwealth Games, funded by the Scottish Government and the National Lottery Celebrate programme.

Led by LEAP Sports Scotland, the Glasgow Merchant City venue will

welcome lesbian, gay, bisexual and transgender (LGBT) athletes, fans and visitors during the Games. For more information on LEAP Sports Scotland, visit:

www.leapsports.org

Hitting our targets

Mike Whittingham, Director of High Performance at **sportscotland**, reflects on how London 2012 and Glasgow 2014 have accelerated the development of Scotland's high performance sport system.

When used effectively, home soil Games can accelerate growth and build a sustainable high performance system which produces consistent success on the world stage.

From the outset 'big hairy audacious goals', or BHAGs as they are known in the business world, have been at the heart of our approach at the institute. In any industry high challenges accompanied by high support invariably lead to a high performance result.

Setting challenging goals to maximise the opportunities from a home soil Games have proved extremely effective. Winning the right to host both the London and Glasgow Games in 2005 and 2007 respectively was a key milestone and opportunity in the development of a world class performance system in Scotland.

In 2009 the institute proposed a new vision, strategy and structure to accelerate growth, change and success. This was based around using London and Glasgow as vehicles to aid the high performance arm of **sportscotland**.

Both our Board and The Scottish Government bought into this concept and agreed additional resources. Coupled with continued investment from The National Lottery, this assured funding for our Scottish Governing Bodies (SGBs) and performance sport system. We were able to set our BHAG – the best ever and most successful cycle of performance sport in Scotland.

We were able to introduce a range of management initiatives and programmes all initially aimed at getting our key stakeholders and partners to seize the opportunity and work collaboratively. Our Mission Glasgow 2014 monitoring tool has seen each of the 17 sports reporting progress on a six monthly basis since 2007.

Demanding though it is, Mission Glasgow 2014 has introduced tighter control mechanisms and an urgency that is so crucial to the high performance world.

Investment decisions increasingly require stronger business cases with clear performance outcomes. We now have a recognised system whereby both athletes and sports are given every opportunity to realise their potential. Within this, SGBs can be supported in growing their sport and building strong foundations and pathways underpinning future success. For example, Scottish Swimming has been very successful in professionalising their clubs, coaches and performance workforce.

We have also brought additional income into Scotland's system from UK Sport and other British partners. At the heart of the three curling medals won in Sochi was a strong and robust professional partnership between stakeholders which required significant financial investment and a world class system of support around it.

Success in all walks of life can be a motivator and the results at the Winter Olympics and Paralympics can be used to harness newfound self-belief and confidence. Such success proves that Scotland is very capable of managing and delivering world class British programmes. The priority is to continue to convince UK Sport and our British partners that Scotland offers a viable option for future investment.

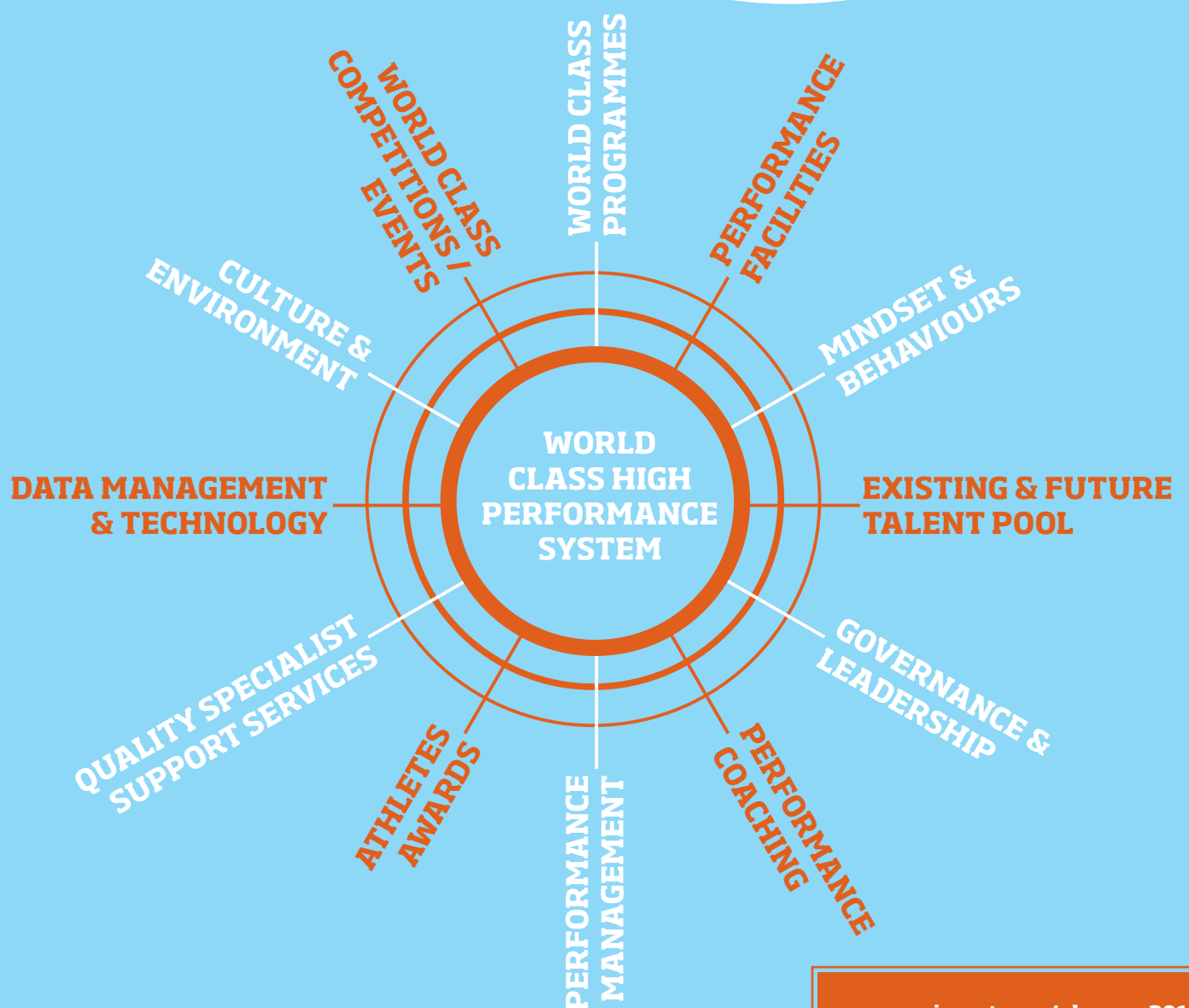
Since 2009 we have introduced a wide range of enhancements, practices and processes that have massively accelerated our performance system. Results in Sochi delivered the first goal of our High Road Programme which was a best ever Winter Olympics and Paralympics. There is also much to indicate we are on track for our Team Scotland aspiration of the best ever Commonwealth Games.

Perhaps even more important, we know we have established a performance system that provides the pillars of support and resources for the next cycle of athletes. The journey is one of continuous improvement and within that context we have a growing understanding of what makes up a world class system. We also know we need to remain adaptable; the components will change in their weighting and importance as we progress and respond to new competition.

We have adopted the concept of backforecasting in delivering our ongoing ambitions of success. This approach identifies the shortest possible route through a project working back from a given date. Whilst the concept of 10,000 hours of practice in long-term athlete development is accepted, backforecasting works to accelerate progress by applying a ruthlessly targeted focus.

sportscotland as the national agency for sport takes a systemic approach to developing and supporting sport in Scotland. We invest where evidence indicates programmes and initiatives are having the greatest impact. In performance sport we accept this means medals. Our challenge and responsibility is to determine where finite resources are best placed. Our London, Sochi and Glasgow BHAGs have supported advancement for the system whilst also teaching us valuable lessons in terms of investment and results.

An important marker in our journey is almost here. We are excited about the competition phase of what has been a Big Hairy Audacious Goal for all of us in Scotland's high performance family for quite some time. So as we delight in all that the Glasgow 2014 Commonwealth Games will be, let's also start dreaming about our next BHAG.

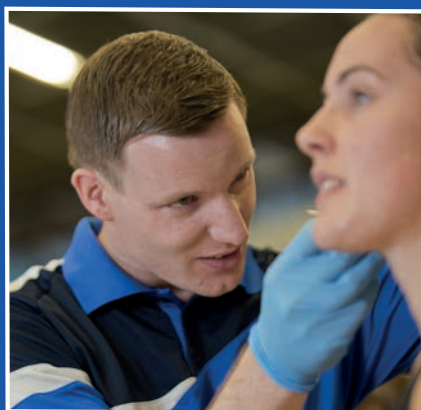
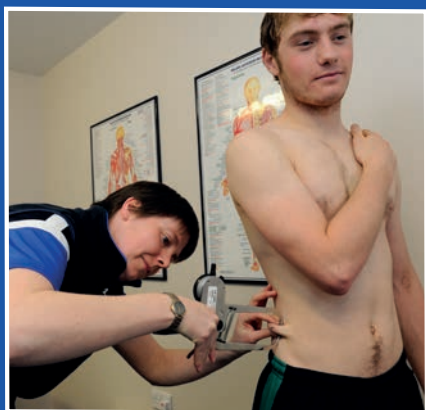


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SETTING UP CAMP

With weeks until the start of the Commonwealth Games in Glasgow, interest in Team Scotland is growing. An expectant nation is ready to cheer on its local heroes. After years of training, anticipation and focus, Preparation Camp is the athletes' last stop on their journey to Glasgow 2014. We caught up with Andy McSweeney, the man responsible for overseeing the camp, to find out more about this critical training base.



A former head of operations at **basketballscotland**, Andy McSweeney's current day job is Assistant Institute Network Manager for the East. With responsibility for ensuring that institute supported athletes in the region receive the support services they need to help them reach their performance goals, Andy's highly attuned to the needs of elite athletes. This makes him the ideal candidate for his second role as Director of the Team Scotland Preparation Camp.

Andy explains how his role came about: "I was fortunate enough to work as a Sports Liaison Officer at the TeamGB Preparation Camp in Loughborough ahead of the London 2012 Olympics. It was a fantastic experience and I learnt a lot about the environment of a team Preparation Camp ahead of a major home Games.

"As a result, I was approached by Commonwealth Games Scotland early last year to see whether I would like to be involved in the Team Scotland Preparation Camp for Glasgow 2014. I jumped at the chance!"

Taking place in the two weeks immediately before the Games, Prep Camp will be many athletes' final stop on the road to Glasgow 2014. It's a critical time as athletes make their final preparations before taking the stage in the uniquely pressured environment of a home Games. Andy explains the ethos behind the camp:

"Since February 2013 I have led a management team tasked with scoping and delivering the Team Scotland Preparation Camp. As director I have

to maintain a strategic overview of the project. This means making sure everything we do is aligned to our vision of enhancing team preparations by providing an ideal training base for Scottish athletes and staff.

"The management team have done a fantastic job working with our delivery partners, each of the sports and the University of Stirling, where the camp will take place. But the day all those plans and preparations become more than pieces of paper will be when the camp 'opens' on Monday 7 July."

Working with a range of sports and organisations requires strong relationships and shared understanding. These are skills Andy demonstrates daily as an Assistant Institute Network Manager, where he works with local service providers and representatives from Scottish governing bodies of sport. But what has been the biggest challenge associated with the director role?

"For myself and all of the staff delivering the Team Scotland Preparation Camp, the key challenge is understanding the unique demands placed on athletes and staff in the build-up to a home Games. We must do everything we can to empathise with and appreciate each individual's journey, so we can make the camp a positive experience

for them. This has been a major focus for my staff team and I'm confident we have the right people in place to create the best possible environment for Team Scotland."

As Team Scotland aims to achieve its best ever medal haul, Andy knows that the bar has been set high. So how will Andy measure the success of the Preparation Camp?

"As a management team we have established key deliverables that will be reviewed throughout the project. However to put it simply, success will be judged on the day when sports depart from the University of Stirling and move on to the Athletes' Village.

"We'll know we've done our job if the athletes and staff have achieved their goals and the service received has exceeded their expectations.

"For me personally, the hard work will be completed before the Games get underway on 23 July. With that in mind I'm looking forward to reflecting on a job well done and watching some memorable performances from Team Scotland."

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www.goscotland.org.uk

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

With just weeks remaining until Scotland's biggest ever multi sport event, excitement for the Commonwealth Games in Glasgow is reaching fever pitch. With 11 days of world class sporting action on home soil, people throughout the country cannot wait for the Games to begin. As the countdown continues, we spoke to eight people who gave us a unique insight into what the Games means to them.



Inspiring the nation



Gemma Maclean **Young Ambassador**

After two years in the Young Ambassador programme, Gemma Maclean feels the Games have already made a difference to her community.

The 17-year-old Invergordon Academy pupil said: "Through my role as a Young Ambassador, the Commonwealth Games have helped me inspire young people to participate in Commonwealth sports. It has also allowed me to increase people's knowledge and awareness of Commonwealth countries.

"I'm really looking forward to seeing Glasgow step up to the challenge and make 2014 an unforgettable year for Scottish sport. Glasgow 2014 will unite us as a country, with the atmosphere of a home Games felt right across the nation.

"The Games to me mean inspiration and equality. Let's do this Glasgow!"

Fiona Damen **Active Schools coordinator**

Working as an Active Schools coordinator, Fiona Damen is immersed in sport all day long. However it was her time supporting a group of Young Ambassadors at the London 2012 Paralympics which really whetted her appetite for the big Games experience.

"London was without doubt one of the highlights of my life and certainly renewed my enthusiasm, focus and inspiration for my work as an Active Schools coordinator in Edinburgh," said Fiona.

"With the focus now on Glasgow 2014 there is a wide range of inspirational projects and events, which are encouraging schools in the city to get involved.

"As part of Active Schools I'll be sure to capture the true Scottish passion and legacy of Glasgow 2014. What's more the success of the Games and the home team will create a huge demand for even more Active Schools activities, clubs, and events across the country in the coming years. I can't wait!"



John Szaranek **Coach**

Carnegie Swimming Club in Dunfermline is buzzing with anticipation for the Games, with all their members raring to go.

"Glasgow 2014 is almost upon us and it has brought great excitement and anticipation for the swimmers at Carnegie Swimming Club," said the club's head coach John Szaranek.

"The club is set up to allow our age group, youth and disabled athletes to achieve in the sport at a local, regional and national level. The fact that club swimmers ventured into the trials event at Tollcross, with one of our members Rachael O'Donnell even making Team Scotland, was fantastic for the club."

"For our younger athletes the prospect of watching the best swimmers in the Commonwealth, with James Magnussen and Chad Le Clos coming to Glasgow, has resulted in a scramble for tickets with a real buzz of excitement.

"The whole club is looking forward to the Games and for some they have already penciled in Gold Coast 2018!"



**"THE GAMES
SHOULD
INSPIRE
THE WHOLE
COUNTRY."**

Asma Asad School pupil

Primary seven pupils from Shawlands Primary in Glasgow got involved with the excitement of the Queen's Baton Relay when they acted as flag bearers during a civic reception prior to its departure on its massive international journey around the Commonwealth.

Asma Asad, who was honoured to carry the Sri Lanka flag at the event, was in complete awe when seeing the baton up close and now cannot wait for the Games to begin.

"I was very excited when I saw the Baton in the Lord Provost's hands and it made me think about what the Commonwealth Games are all about. I feel proud that the Commonwealth Games are taking place in Glasgow because no event like this has been held in my home city before.

"I hope I will see lots of athletes competing, because seeing them inspires me to run on an athletics track and become famous."

Scott Forrest Institute expert

The Commonwealth Games hold a special place in Scott Forrest's heart, having competed in Delhi four years ago. But now the 29-year-old is focused on helping the stars of tomorrow realise their ambitions at Glasgow 2014.

"Playing for and captaining the Scotland 7s team at the 2010 Commonwealth Games was the highlight of my career," said Scott. "At the time it was the only opportunity for Rugby 7s to be part of a multi sport event and it was a great experience to be part of the wider Team Scotland.

"Now in my role as a Performance Lifestyle Adviser I offer guidance and support to help athletes plan and make informed choices in their life outside sport. It has been a great honour to work as part of the 'team behind the team', supporting our athletes on their journey to this year's Games.

"I'm really looking forward to a home crowd giving their support and encouragement to the whole of Team Scotland. I can't wait to see the athletes I work with succeed on the world stage."



Emma Blore Volunteer

For 23-year-old Emma Blore the chance to be a part of the Games as a volunteer was one she just couldn't miss out on, describing Glasgow 2014 as a "once in a lifetime opportunity".

Emma, from Dumfries and Galloway, said: "The main reason I applied to be a Clyde-sider is because I love sport and with such a massive event in my home country, I could not let that opportunity pass.

"I was a Games Maker at the London Olympics, but based in Glasgow. The atmosphere was great in the hotel where I stayed and I am very excited to see how electric Glasgow is going to be during Games time with almost everything happening in the city.

"I'm going to be based in the Athlete's Village and having already had a look around, I can't wait to see it in full flow.

"I'm really looking forward to being part of such an amazing event and the experience is going to be unforgettable."



Allan Wells Glasgow 2014 Games Ambassador

Olympic champion Allan Wells competed in two Commonwealth Games, winning an impressive six medals, four of them gold.

With the Games coming to Glasgow it has brought back some special memories for the former sprinter and he hopes that Team Scotland will create the next chapter of sporting history in a few weeks' time.

"When I walked out into the stadium in Edmonton at the 1978 Commonwealth Games it was my first ever experience of a championship. I was running for Scotland with the blue vest on, which was very special.

"There was an inspirational atmosphere and the passionate Glasgow crowd will hopefully be able to encourage Team Scotland athletes on too.

"The Games should also inspire the whole country and will help provide the next generation with more opportunities thanks to the world class facilities now in place.

"Scotland will be in the spotlight during the Games and I'm sure that will help deliver a long-term legacy for the country."

Imogen Bankier Athlete

Badminton player Imogen Bankier, who is preparing for her second Commonwealth Games, is already excited about the prospect of competing in her home city. And the 26-year-old knows that home advantage could play a crucial role in Team Scotland's medal prospects.

"To have a Games in your home city is pretty special," she said. "At the Olympics I saw just how much the nation was captivated and got behind us. I think in Scotland we really enjoy our sport so the atmosphere will be electric."

"London was the most successful Olympic Games of all time and that wasn't by chance. It was down to the way the public got behind the team. So it's important for us to support Team Scotland and spur them on to winning more medals.

"I think we can have a legacy from 2014; this is one of the most important things for me. If somebody can watch us play badminton and be inspired to pick up a racket and get involved, whether it's in their garden or in a club, then it's job done."



**"IT'S IMPORTANT FOR
US TO SUPPORT TEAM
SCOTLAND AND SPUR
THEM ON TO WINNING
MORE MEDALS."**

www.glasgow2014.com

www.sportscotland.org.uk

Support your 2nd team

When the Queen's Baton Relay reaches the final leg of its 190,000km journey, thousands of people will have been a part of this much loved Games tradition. Since the baton first left London last October, **sportscotland's** Support a 2nd Team programme has been forging links between Commonwealth countries and Scottish communities. Now it's time to look at some highlights from the baton's journey and see how we can all connect with countries across the Commonwealth.

Support a 2nd Team, a programme run by **sportscotland** in conjunction with Glasgow 2014, Commonwealth Games Associations (CGAs), local partners and Education Scotland, links all 32 of Scotland's local authorities with the 71 members of the Commonwealth. This exciting programme of events engages international cultures and further develops our links with Commonwealth regions.

The initiative provides an opportunity, as part of the wider Games Legacy, to create partnerships with participating countries and support them through their journey to the Games and beyond. Scottish communities will be getting behind Commonwealth countries and cheering them on.



**Swaziland paired with
Argyll and Bute**



Brunei Darussalam paired with the Shetland Islands



Samoa paired with East Lothian



Maldives paired with Angus



New Zealand paired with City of Edinburgh

How you can get involved in Support a 2nd team:

- 1** Follow Commonwealth Games Association on Twitter
- 2** Share activity with @sportscotland and use #Support2ndTeam
- 3** Establish international links between community sports clubs, coaches and voluntary groups
- 4** Get involved in programmes to inspire participation in sport through 'Games for Scotland' (www.eventscotland.org)
- 5** Encourage children and communities across Scotland to support their 2nd Team at Glasgow 2014 Games
- 6** Get involved in any pre-Games training camps and the wider 2014 Legacy e.g. cultural, social and educational activities
- 7** Celebrate and follow the Queen's Baton Relay activity @batonrelay2014 #BatonRelay

@sportscotland

www.sportscotland.org.uk/supporta2ndteam

#Support2ndTeam

Glasgow

is ready
for the
Games



Glasgow, Host City of the XX Commonwealth Games, has been listed on many travel websites and in magazines as a must-visit destination in 2014. The city is already famed for its culture, architecture, nightlife and style, and the arrival of Scotland's biggest ever sporting and cultural event will mark an exciting new chapter in its history. We hear from the Glasgow 2014 Organising Committee about preparations that are underway for the Games.

Glasgow has long been a worldwide cultural and historical icon. And never more so than right now. The city is getting ready for the Games in various ways. Around £1 billion of road and rail infrastructure projects will make it easy for visitors to navigate the city. Glasgow's architecture has enjoyed a continuing programme of renovation and development; modern designs have joined classical buildings to create a bold, striking skyline.

70% of the Games' sporting venues existed prior to the city winning the bid. The Glasgow 2014 Organising Committee has worked with Glasgow City Council, which owns many of the venues, and other venue owners to ensure the sites are ready for international competitions.

The famous Hampden Park stadium has undergone some of the most significant changes. The playing surface has been raised by 1.9m, which involved the construction of a 1,200 base panel platform supported by 6,000 steel stilts. The infield turf and the distinctive red running track have been laid in preparation for the Athletics competition. This pioneering temporary alteration has been named the 'Glasgow Solution'. It will transform the stadium from a football venue into an international standard track and field facility.

The aquatics competition is always a must-see and this year will be no different. Both of its venues - the Royal Commonwealth Pool in Edinburgh and Tollcross International Swimming Centre in Glasgow - have undergone multi-million pound refurbishments.

The Royal Commonwealth Pool, which will host the diving competition, now boasts Scotland's only international standard 25m diving pool. It includes a moveable floor and dry dive facility with trampoline and springboards, allowing divers to practice out of the pool.

And let's not forget about the iconic new venues that have quickly become part of the Glasgow landscape. Designed by Sir Norman Foster, the SSE Hydro has an amphitheatre style arena with great sightlines and acoustics for spectators. Its unique façade is made up of a series of foil 'pillows' which use a special film originally developed for the space industry. These allow natural light to illuminate the two foyers during the day and the whole arena to glow at night.

The SSE Hydro will host the gymnastics competition, the boxing finals and the netball medal matches. The decision to hold all three sports at the venue came after a successful test showing how the venue can be transformed overnight. After the boxing finals a team will remove the ring, floor seating and signage before laying the netball court floor, installing goal posts and reconfiguring the surroundings.

Within the Emirates Arena, cutting edge technology allows a range of sporting activities to take place. At the touch of a button the bends of its top class 200m, six-lane indoor athletics track are lowered hydraulically to create a larger flat arena. Ideal for the badminton competition.

Just metres from the Emirates Arena is the brand new Athletes' Village, which will accommodate around 6,500 athletes and officials for 30 days this summer. Its state of the art energy centre includes combined heat and power engines and will help Glasgow 2014 achieve two key sustainability commitments; to reduce waste and lower carbon emissions through sustainable development and living.

A major programme of activity to dress Glasgow for the Games has already been implemented, creating an exciting, colourful and festive environment. In the coming weeks Glasgow City Council will also implement a highly visible signage system to help visitors easily find their way around Glasgow during the events.

Maps and other free visitor information materials will be available, both printed and digital. Glasgow 2014's official volunteers, known as clyde-siders, will be the friendly faces of the Games and the first point of contact to welcome and assist visitors.

Glasgow 2014 and Glasgow City Council are committed to delivering an outstanding Commonwealth Games. In such a fantastic looking city it won't be hard to provide a friendly, welcoming and fun experience for athletes, spectators, visitors, residents and the world's media.

So is Glasgow ready for the Games? You bet it is. Final preparations are underway and very soon the city will take its place in the spotlight to host the XX Commonwealth Games.

THE ATHLETES VILLAGE IN NUMBERS

6,500
approx. residents
will be housed

The site has an area of
35 HECTARES

open for
30 DAYS
for Games purposes

2,056
bathrooms

6,762 BEDS

20,000m²
of temporary structure will be built

42,000
luggage tags sent
out to teams

12
pool tables in
the recreation area

71
Team Welcome
Ceremonies

13
editions of the
village newspaper

CATERING

390,000 MEALS
will be served

25,000 LITRES
of milk will be drunk

2,014 SEATS
in the dining hall

20,000
toilet rolls will
be supplied

120,000
eggs will be eaten

500,000
pieces of fruit
will be consumed

60
tonnes of potatoes
will be boiled
mashed and fried

www.glasgow2014.com



INVERCLYDE'S GOT COMMONWEALTH FEVER

The Commonwealth Games are now just around the corner, and at Inverclyde the countdown to Glasgow 2014 has well and truly begun, the **sportscotland** National Centre is looking forward to an exciting summer of sport. We got the lowdown from the team about how they're shaping up for the Commonwealth Games.

sportscotland's National Centre Inverclyde is one of the UK's finest residential sports centres.

For 50 years the centre has been a hub of sporting excellence, a welcoming residential retreat, an inspirational destination for schools and a proving ground for the latest coaching techniques.

From hosting Commonwealth training squads to multi sport Commonwealth summer camps, Inverclyde will be at the centre of many activities contributing to the festival atmosphere of the Games. Here's a summary of what's on offer in the run up to Glasgow 2014.

A legacy for the future

Inverclyde's successful residential multi sport schools programme looks set to inspire over 1,000 youngsters from 20 schools across Scotland this year. And a successful Games should accelerate our programme to be even bigger and better.

The programme encourages youngsters aged 10-11 to develop and enhance their sporting and interpersonal skills by participating in a range of sports at the National Centre's world class facilities. For many this is their first time away from home, which helps them grow in confidence ahead of the big move to high school.

Commonwealth gold medal winner Graeme Randall is a key member of the team at Inverclyde and he already sees the Games inspiring young people to embrace sport at Inverclyde.

Graeme said: "This year there's been a distinct Commonwealth Games theme running throughout the school programme as we've tried to include as many of the 17 sports as possible.

"The 'Going for Gold' mini Commonwealth Games finale is the highlight of a school's week here. The children compete in teams representing previous host cities of the Games for a giant trophy, although it does usually end as a draw. The parents love it too because their kids go home absolutely shattered."

For more information about Inverclyde's school programme head to www.nationalcentreinverclyde.org.uk/schools

From India to Inverclyde

The Queen's Baton Relay is stopping off at the centre on 15 July and there's no doubt happy people will be looking for a glimpse of the baton. We're hosting summer camps for ClubGolf, Commonwealth multi sport and girls' gymnastics around that time so there will be no shortage of youthful vibrancy to welcome the baton to the centre.

It is fitting that the baton should pay a visit to Inverclyde with its strong royal connections. In 1956, the house and grounds were bought by the King George VI Memorial Trust and dedicated to provide a centre to encourage sporting excellence in Scotland. Inverclyde was also opened by Her Majesty The Queen – daughter of King George VI – in 1958. The Queen and His Royal Highness The Duke of Edinburgh visited again in 2008 to mark the centre's 50th anniversary.

The facilities

Inverclyde offers a wide range of amenities for teams and groups at any level, whether you're a Glasgow 2014 medal hopeful, a young sporting enthusiast or just enjoy a bit of sport. From the Gordon Forster National Gymnastics Facility to the new indoor 3G facility, there's no lack of international standard sporting amenities.

The centre is the Scottish Gymnastic Commonwealth Training Squad's residential training hub. The new gymnastics extension features more beams and an air track, allowing the squad to train at a higher intensity and benefit from more training opportunities.

We're also delighted to welcome other Scottish Commonwealth training squads in both rugby 7s and boxing.

Support a 2nd Team

Saint Helena is a British overseas territory in the South Atlantic. Covering an area of 121 square kilometers, it's about the same size as Edinburgh with a population of around 4,000.

Ryan Benjamin, Saint Helena's Commonwealth medal hopeful, has been training at Inverclyde National Centre in preparation for Glasgow 2014.

This opportunity arose through **sportscotland's** 'Support a 2nd Team'. This programme encourages local people and communities to engage with the cultures of the Commonwealth and develop links with other nations and territories.

Ryan, 21, followed an intense training programme, which pitted him against a variety of opposition at Inverclyde and at the Glasgow School of Sport. He also assisted in coaching some of the young local badminton talent.

For Ryan, who is one of three members of St Helena's badminton squad, Glasgow 2014 will be the experience of a lifetime, "I'm nervous, but also looking forward to being part of a historic competition."

Ryan shared some of his personal highlights of the week: "I've never had proper training before so it was great training at Inverclyde. And getting to train with the guys at the Glasgow School of Sport was really good because I got to see the standard you need to be at and the facilities and stadiums that'll be used in the Games."

Inverclyde has always been a central point in Scotland's culture of sport. And now with so much international focus it's set to become a worldwide hub of sporting activity.

So as you see, Inverclyde is an exciting place to be this year. The centre is being used for a variety of activities and events throughout the summer, if you want to arrange something to suit our own particular needs, we would be pleased to hear from you.

www.nationalcentreinverclyde.org.uk

in.enquiries@sportscotland.org.uk

Leading the Way →

Lead 2014 is a partnership programme between **sportscotland**, the Youth Sport Trust and Glasgow 2014. Over the four years it has been running, the programme has introduced thousands of young people to sport and leadership.

The programme will continue in the same format next year, in partnership with the Youth Sport Trust, as the country aims to use Glasgow 2014 as a platform to provide a lasting legacy.

Here is a round up of the successes.

4
YEARS RUNNING

**From
2011-
2013**

277

Student Tutors trained

2559

Young Leaders trained

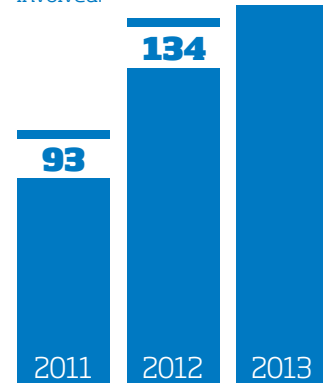
309

Festivals delivered



32
local
authorities
have been
involved

Number of schools
involved:



7
universities

have been involved:

University of Strathclyde, Robert Gordon University, University of Edinburgh, University of Stirling, University of St Andrews, University of the West of Scotland, University of the Highlands and Islands

www.sportscotland.org.uk/lead2014

EVERYONE WINS

Thanks to Glasgow 2014,
sportscotland 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.



sportscotland documents are available in a range of formats and languages.
Contact us for more information:

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Address: Doges, Templeton on the Green, 62 Templeton Street, Glasgow G40 1DA

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



www.nationalcentrecumbrae.org.uk



www.glenmorelodge.org.uk



www.nationalcentreinverclyde.org.uk



www.sisport.com

