

SPORTFIRST

Autumn 2010

the magazine of **sportscotland**

Featuring

Steeling a march

The new Ravenscraig sports complex

Sport's beating heart

Focus on coaching & volunteering

Girl power!

Introducing the Fit for Girls initiative



GOLDZONE

Delhi special edition

Bullish mood

Hockey's set for Games

Pedal hopes

Fine tuning for elite cyclists

Talent quest

The search for Scotland's future stars



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Scottish Wrestling benefits from sportscotland institute of sport support in Nutrition, Strength and Conditioning and a host of other disciplines as they make their final preparations for Delhi.

Sean trains with the wrestling squad in the West of Scotland Institute of Sport facility at the Palace of Art in Glasgow.



FIRSTWORD

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Chair Louise Martin focuses on Delhi 2010

We are now just days away from the opening of the 2010 Commonwealth Games in Delhi and, with years of preparation and hard work behind us, we're now looking forward to watching some of our greatest athletes representing Scotland on the world stage.

In this special Delhi edition of our regular *Sport First* magazine, we take the opportunity to profile some of the excellent work that our team at the institute have delivered in the run up to the Games. Our Director of High Performance, Mike Whittingham, also gives us his thoughts on the Games and explains how the institute is planning ahead to 2012, 2014 and beyond.

There is a 'pathways' theme throughout this edition too, as we highlight how integrated support from sportscotland is helping to join up the people, places and thinking that make sport happen in Scotland. We also have a comprehensive update on our current coaching programmes and take a look at the fantastic new Ravenscraig Regional Sports Facility.

I would like to wish all of the Scottish athletes heading to India the very best of luck. We are behind you all the way.

Louise Martin

Louise Martin CBE
Chair, sportscotland

Front Cover:
Hannah Miley, institute supported athlete



Planning for success



With the current **sportscotland** corporate plan coming to an end in 2011, we are in the process of developing our new plan, which will shape how we invest Scottish Government and National Lottery resources over the next four years.

Our plan for 2011-2015 will cover one of the most exciting and demanding times that Scottish sport has ever seen. Against the backdrop of a highly challenging economic environment, we have an incredible range of high-profile events on home soil that will help to accelerate the development of sport in Scotland, while raising its profile and motivating the nation to be more active.

To help ensure that we make the most of the opportunities in front of us, **sportscotland** has undertaken a consultation with partners and stakeholders across Scottish sport to capture their opinions on what can be achieved through sport, the outcomes that need to be delivered and our emerging plans for the next four years.

Taking our guide from *Reaching Higher*, the national strategy for sport, and *A Games Legacy for Scotland*, we want to work with partners to achieve best value for our investment, ensuring that more and more people across Scotland realise the benefits of sport and physical activity, and seeing our nation become a better place as a result.

Beyond the consultation period, we are always looking for evidence of best practice to develop case studies and strengthen our evidence base. If you would like to tell us about how work in your area is delivering an impact for sport, please get in touch.

This public consultation closes on Friday 8 October, so you still have time to have your say. Visit www.sportscotland.org.uk/ShapingOurPlans for more information!

Glasgow to welcome Namibia and Zambia ahead of London 2012



National Olympic teams from Namibia and Zambia are to base their 2012 Olympic training camps in Glasgow. The two African nations will use the recently refurbished Scotstoun Leisure Centre and the Palace of Art Centre for Sport Excellence in Bellahouston Park in the run up to the Games.

Making the announcement, Glasgow's Lord Provost, Bob Winter, said: "This is a tremendous endorsement of the city's world-class sporting facilities, and we hope that other national Olympic teams follow this lead."

Glasgow currently has three approved training venues for the London Games, with the Toryglen Regional Indoor Football Centre available to countries along with the Scotstoun and Bellahouston sites. **sportscotland** has invested over £6m in the three facilities which are recognised by the London Organising Committee.

Mrs Miriam Moyo, President of the National Olympic Committee of Zambia, said: "Certainly with Namibia already on board, and hopefully soon a few more southern African countries, Glasgow will provide a very homely and welcoming setting for our athletes."

sportscotland Annual Review 2009/10

sportscotland's 2009/10 Annual Review is out now! The review looks back at the past year, highlighting the progress that **sportscotland** – together with our partners – has made throughout the year.

To download the review, visit www.sportscotland.org.uk/annualreview or, for a hard copy, contact the communications team by emailing communications@sportscotland.org.uk or calling 0141 534 6500.

Golf programme up and running

In the last edition of *Sport First*, we profiled a new £1m programme designed to provide support for Scottish golfers transitioning from amateur to professional tour status.

A few months later, the full board of Professional Golf Support Ltd – the body that will oversee the programme – is now in place. Chaired by Graeme Simmers, the board comprises representatives from **sportscotland**, the Scottish Golf Union, the Scottish Ladies' Golfing Association and the Professional Golfers' Association.

Former Ryder Cup captain Bernard Gallacher has also agreed to provide an independent player's voice on the board. The next meeting in December is when the first set of players to receive support will be identified.

Support is likely to be worth around £30,000 per player, per year. The criteria for an award means a newly-turned professional needs to have a European Challenge Tour card or better to qualify. On the women's side, a Ladies' European Tour card or better is required.

Going forward, the board will also be speaking to players such as Colin Montgomerie, Paul Lawrie and Andrew Coltart to get their feedback.



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Louise Martin CBE, Chair of sportsScotland, and Shona Robison MSP, Minister for Sport & Public Health attended the launch

sportscotland launch one of the first community sport hubs

August saw the official launch of one of the first 'community sport hubs' to be developed in Scotland, at Calderglen High School in East Kilbride. The community sport hub concept is an innovative approach to the delivery of community sport, aimed at providing more opportunities for communities to engage in an active, healthy lifestyle and is a key part of the Scottish Government's *A Games Legacy for Scotland*.

Each hub will focus on the needs of the local community, offering clubs and sports groups easier access to sporting facilities, as well as providing community volunteers with an opportunity to lead the development of local sport and physical activity in the area.

Hubs will be based in local facilities such as sport centres, community centres, schools and/or the natural environment. At Calderglen, five clubs are already involved (football, athletics, dance, trampolining and gymnastics) with a further six groups already expressing an interest in becoming part of the club. Facilities include two grass pitches, a floodlit 3G pitch, dance studio, a games hall and three gym halls.

sportscotland has allocated an annual budget of £1.5m National Lottery funding to support community sport hubs up to 2015. And the national agency is currently working with an initial eight local authority partners: South Lanarkshire, Edinburgh, Perth & Kinross, East Lothian, Orkney, North Lanarkshire, Glasgow and Highland, to develop a community sport hub in their areas by spring 2011, with additional hubs in place across Scotland by 2012.

New Credit Kit available to download

sportscotland distributes Scottish Government and National Lottery funding in the best interests of Scottish sport. It is important that the public know how and where their money has been spent and one of the conditions of any sportscotland award is that our partners acknowledge their award publicly.

To support our partners in doing this, we've recently launched a Credit Kit, which offers practical guidance on acknowledging sportscotland funding into facilities, governing bodies and local authorities, and leisure trusts. The kit, which also explains how our logos should be used, is available to download now at www.sportscotland.org.uk/logos

High Performance Conference - save the date!

Dates for the next sportscotland institute of sport High Performance Conference have been announced. The conference will take place on **30-31 March 2011** at the Doubletree Dunblane Hydro Hotel just outside Stirling. Watch this space for more information on the conference programme!

Diary dates

Important events	
27-28 September	Junior Ryder Cup – Gleneagles
1 October	Youth Sport Trust Young Ambassador Conference – EICA Ratho
1-3 October	Ryder Cup – Newport, Wales
3-14 October	Commonwealth Games – Delhi
14 October	Games for Scotland (events taking place throughout Scotland for the handover of the Commonwealth Games flag from Delhi to Glasgow)
22 October	Coaching Matters Workshop: Competition Management – Stirling
17 November	Coaching Matters Workshop: Coaching Expertise – Dundee
15 December	Coaching Matters Workshop: Performance Planning – Edinburgh

Ross Edgar, Team Scotland cyclist

GOLDZONE



Eastern promise

In the last edition of *Sport First*, Director of High Performance **Mike Whittingham** acknowledged the demands and challenges 2010 would bring for high performance sport in Scotland. In this issue, Mike outlines expectations for Delhi and explains how the institute is building towards 2014.



Preparing Scotland's best athletes to perform on the world stage

“Making things happen by translating detailed planning into action is at the heart of the institute’s work.

We have refined our ways of working to ensure we provide expert solutions for our sports and athletes that really make a difference. We have also streamlined our system into one institute network. Now, we want to really focus our efforts by ensuring, where possible, that each sport has one performance programme and one dedicated performance team.

Supporting the medal zone

We work closely with the governing bodies (SGBs) and Commonwealth Games Scotland (CGS) to ensure that all our athletes are properly prepared and in great shape to meet the demands of their sport. That is going to be a critical factor in Delhi and it’s the reason we have created an enhanced package of care for our ‘medal zone’ athletes.

We all know that Delhi is going to be challenging on a number of fronts – previous Games in Melbourne and Manchester were a great success for Scotland and expectations will be high. However, on paper, Delhi may not be as successful in terms of medals. Judo, one of our strongest Commonwealth sports, is not on the Delhi programme. Swimming, having lost some key competitors post-Beijing, is in a transition phase and is slowly but surely re-building. Athletics too, is evolving.

We are relying on our more experienced athletes to perform well and inspire the rest of the team. Obviously, it’s a great disappointment that Sir Chris Hoy will not be in Delhi. His absence will definitely affect our potential medal haul and we cannot disguise that. However, Delhi presents a real opportunity for sports such as wrestling and lawn bowls to enjoy profile and success.

It will be a testing environment but some of our athletes may make an

emphatic statement and exceed all our expectations. A championship environment can have this effect.

Delhi will also be a marvellous opportunity for our younger athletes to gain experience and it is an important stepping stone for those with aspirations for London, Glasgow and even the Olympic Games in Rio in 2016.

Building on Delhi

Meanwhile, we have launched Achieve 2014, a joint initiative with CGS to support our less experienced athletes, or sports that don’t feature on the Delhi programme. You can read more about it on pages 6 and 7 of this issue.

We are also driving Mission 2014, which has the overall aim of maximising opportunities to create a sense of collective responsibility and unprecedented collaboration and, above all, to use the 2014 Games as a catalyst for accelerated action in Scotland.

We want to ensure that the 17 SGBs and Scottish Disability Sport who will feature on the programme in 2014 are planning for Glasgow, and that we are able to prioritise any additional support five years out. Post-Delhi, we will be working to a very clear timetable that will lay the foundations for the next four years. Mission 2014 will become a major focus, with new support packages for targeted sports and athletes.

We are all aware that hosting an event on Scottish soil does not give us a right to more medals, we have to earn them. However, I am confident that we are currently on track to have the most successful Games ever in 2014. We know our challenging areas and we aim to address these as a matter of urgency.

Beyond 2014

Success in 2014 will be measured

by medals but also by our legacy commitments around community sport and performance structure.

Measuring success starts by defining success and we have set out the key components we are working on, including more quality performance programmes and smarter athlete selection.

An area that I would like us to focus on is recruiting and retaining the right people. It’s about getting our talent decisions correct and the Talent Forums that Tony Stanger holds each month, together with our coach education programmes, are essential for long-term success.

The simple reality is that we want to ensure we have the right athlete in the right environment and that the performance programme is world-class.

If we achieve progress in all these areas, it should lead to unprecedented consistency on the world stage. Working with our partners, we want to create a real synergy that is transformational and sustainable. Our vision is a shared vision and many SGBs have risen to the challenge already.

Challenging times

These are challenging times for sport, we understand that. The structure and financing of sport in the UK is under the spotlight and we must all play our part in delivering economies and efficiencies.

Our athletes compete for both Great Britain and Scotland, and we have an important role to play within the British system. But we must remember that there is life after the Olympics in 2012, and Glasgow 2014 is critical to that continued development.

For now though, let’s focus on Delhi and the Scottish team. We have a lot to look forward to and I, for one, am very excited. ”





Achieve 2014

Achieve 2014 – an exciting new joint initiative between Commonwealth Games Scotland (CGS) and **sportscotland** – has been launched to help more Scottish athletes compete with distinction at the Glasgow 2014 Commonwealth Games.

Athletes gather at the launch of the Achieve 2014 programme, which marked four years until the start of the 2014 Commonwealth Games in Glasgow





ACHIEVE 2014

“Investing in our future talented athletes and coaches is money well spent to help to ensure that our athletes have the best preparation possible and can compete with distinction in 2014 and beyond.”

Michael Cavanagh,
Chairman of Commonwealth Games Scotland

The Achieve 2014 programme has been created to offer a number of talented athletes the opportunity to gain critical knowledge and experience of a multi-sport environment, to assist their preparations for medal success in Glasgow and beyond.

A total of 30 athletes, 16 coaches and 10 mentors have been selected for the Achieve 2014 programme. The project will cost up to £144,000, funded by CGS with the help of a £20,000 award from **sportscotland**. The national agency is also providing expertise to support the programme, with **sportscotland**'s Graeme Randall MBE appointed as the Achieve 2014 Director. As a Commonwealth Games gold medallist, world champion and Olympian in judo, Graeme is well-placed to lead from the front!

The Achieve 2014 programme is designed to provide a bridge to a full Games experience, offering the selected athletes and coaches the opportunity to travel to the Delhi 2010 Commonwealth Games for a five or six-day learning experience. Each team member will observe their own or a similar sport in competition, as well as visit the Games Village to see how their Team Scotland counterparts live and train. They will complete specific learning tasks and daily event logs and, when they get home, will complete a brief report on their personal experiences throughout the event.

An athlete or coach mentor has been assigned to each Achieve 2014 team member to work closely with them prior to, during and after the 2010 Games to ensure that the time spent in Delhi is fully utilised to achieve a robust, performance-related outcome.

Commenting on the programme, Michael Cavanagh, Chairman of Commonwealth Games Scotland, said: “As we have known for many years, some athletes rise to the big multi-sport occasion while others are overwhelmed by it and, in 2014, competing on home soil will bring huge opportunities but also additional pressures. Investing in our future talented athletes and coaches is money well spent to help to ensure that our athletes have the best preparation possible and can compete with distinction in 2014 and beyond.”

Meanwhile, Graeme and his team of mentors are confident that Scotland's young talent will benefit significantly from the experience. “It is great to see the programme coming to life now we have selected our team,” said Graeme. “Different sports have chosen to use the programme in different ways depending on their stage of development but they are all looking for the same outcome – to enhance their chances of success in Glasgow.” **»»**



Scotland's got talent!

As the **sport**scotland institute of sport talent programme enters its third year, it is undergoing some significant and exciting changes as it evolves to find, support and develop talent outwith existing pathways in sport.

The institute's talent programme was set up to work in partnership with Scottish governing bodies of sport (SGBs) to help increase the number of Scottish athletes performing and achieving success on the world stage. The aim is to use innovative and proactive methods to fast-track more athletes to specialist development programmes. These fast-track programmes are aimed at achieving success in Olympic and Paralympic competition, and importantly, at representing Scotland and achieving medal success at Glasgow 2014.



Gillian Cooke, institute supported athlete



The programme's key objectives continue but the way the talent initiative operates has evolved into two strands:

Strand one - finding potential talent

The first strand focuses on unearthing athletes who have the potential to make it to the world stage. Past work under this strand includes the Gold4Glasgow Cycling event with Scottish Cycling in May 2009 and the Gold4Glasgow Judo event with Judo Scotland in September 2009.

The institute will continue to deliver targeted events of this nature. However, the experience of these two past events has shown that some potential athletes may be missing the opportunity to be tested because they couldn't make a one-off date. To allow for this, a talent 'assessment' centre, based at sportscotland's 'House of Sport' at Caledonia House in Edinburgh, has been introduced. This multi-discipline facility will help make the programme more accessible.


Candidates go through a simple yet extensive home-testing procedure to filter individuals with the correct mindset through to the testing phase. Athletes are then invited to complete a series of tests at the talent assessment centre which will be available on scheduled days each month.

As well as finding new talent, this strand also encompasses the process of 'talent transfer' where athletes move from one sport into another in which they may be more successful. There are several Scottish examples of how this process of talent transfer has meant increased success on the world stage. These include the Galashan twins, who moved from gymnastics to synchronised diving and won a medal at the world championships in 2009; Gillian Cooke, who moved from long jump to bobsleigh and became a world champion and an Olympian; and Fiona and Donna Robertson, who moved successfully from judo to wrestling.

Strand two - developing potential talent

The second strand of the talent programme focuses on development – working with sports to improve the talent development process of athletes already in the system. This is crucial in a country like Scotland with a small population and a limited pool of athletes. Where Tony Stanger, Talent Manager at the institute, and his team want to add value is in looking at how they can improve the processes and methods of assessment, or up-skilling athletes in new ways by offering support to coaches who may not have the time or financial backing to seek out these new methods on their own.

One sport that is currently benefitting from this approach is triathlon. Triathlon is a sport in which athletes need exceptional ability in running, cycling and swimming. However, this physical ability is only part of the equation – athletes also need to have a very particular mindset in order to take the sport on. To help with this, the talent team have been working closely with Chris Volley of Triathlon Scotland to help identify and profile the mentality of successful triathletes and then coach athletes to develop the specific mindset required for success.

Looking to the future, it is hoped that the talent programme will support a more accessible pathway for potential athletes to find their way to the right sporting opportunity. This progressive initiative will work with more SGBs to give Scotland the best chance of sporting success in Glasgow 2014 and beyond. 

Talent identification in action - athletes identified through the GOLD4GLASGOW programme

Jane Barr

Age: 28

Event: Road cycling

Biggest achievement to date: Scottish road cycling champion

G4G: G4G has opened up new opportunities for me with a sport that I had never thought about doing.

The programme has given me great support via my coach, Graeme Herd.

Future aspirations: I'm aiming to move onto the elite athlete programme and my overall goal is to qualify for the Commonwealth Games.

Eilidh Wells

Age: 21

Event: Road and mountain bike x-country

Biggest achievement to date: 2nd women's sport SXC (round two at Contin)

G4G: G4G has gradually introduced me to the world of cycling from bike maintenance to racing both road and mountain bike x-country. It reintroduced me to a life of sport but with harder training and a much higher goal. Working with the other G4G girls and the coaches has made the experience enjoyable and I feel I can keep achieving higher results with the support I have.

Future aspirations: I hope to continue racing both road and x-country to gain more experience in each event, move up a category by next year, and see how things go from there.

Lucy Coldwell

Age: 26

Event: Road and track cycling

Biggest achievement to date: 4th in Baw Baw hill race in Australia

G4G: The programme has made me change my whole views on cycling – and my aspirations. When I began the programme, I didn't know anything about competitive cycling and had only been cycling for a year. It has given me so much motivation to strive to race and win.

Future aspirations: I hope to get into a domestic racing team in the short term. In the long term, I aspire to compete at the Commonwealth Games and get into international racing.





A team approach for hockey

Experts at the institute have been working with Scottish Hockey on a tailored package of support to address the specific challenges that athletes will face in their preparation for, and competition in, India.

Here, we take a look at how this package – coupled with the institute's constant drive to develop new, innovative approaches and make best use of the latest scientific thinking and technology – has supported the men's and women's teams.



A trademark of the institute's work with all sports, including hockey, is the holistic approach to planning and the integrated way of working across all the different areas of expertise. This joined-up support has been co-ordinated by the institute's Bob Easson, High Performance Manager, working closely with Callum McLeod, Performance Manager at Scottish Hockey.

One of the earliest and most practical challenges identified for the programme was the need to have full squads available for selection for Delhi. Unlike many sports, hockey athletes are largely in full-time education or employment, so working closely with the coaches and looking at each individual and their own particular set of circumstances was a priority for the Head of Performance Lifestyle, Susie Elms, and her team.

Susie explained: "The objective of the performance lifestyle programme we agreed with hockey for Delhi was to look at how the players were coping with the intensity of their training and competition programme, and to help them find solutions to balance work or study and sport commitments. We then prioritised those with the greatest needs and tailored bespoke individual support programmes, and worked one-to-one with players using our regional network of staff.

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"In-event performance analysis of opposition goalkeeping behaviour in Delhi will also help coaches select the most appropriate penalty corner options."

Dr Malcolm Fairweather

.....
"In many cases, this was helping to negotiate working hours so athletes could get to training, and helping with requests for special leave so they didn't use up all their annual leave to play hockey, which can adversely affect family life. Finding a solution gives the athletes a massive sense of relief once everything has been agreed, particularly knowing their employer is supporting them. We also worked closely with physiology and sports medicine staff to monitor the athletes' recovery and general health issues and make sure they were in the best shape to train and perform."

Monitoring

Exercise physiologist Andrew Murray has been working with both teams on a support programme to ensure that the athletes arrive in Delhi in the best possible shape.

He said: "All the athletes were profiled by the physiotherapist and had bloods taken to see if they needed nutritional input to help with recovery or to optimise their diet. They all had their training loads monitored at key weeks identified by the coaches when we measured heart rates, distance covered in training (via GPS) and perceived training loads. The aim was to optimise their training loads, periodisation of weeks and the taper of training leading into Delhi."

Acclimation

Perhaps the most specific element geared to competing in India was the development of an acclimation programme designed to artificially replicate the 25-30 degree heat and 60% humidity expected in Delhi. The programme started in the middle of August using the heat chamber at Heriot Watt University in Edinburgh.

Andrew explained: "The chamber is quite small with just enough space for four athletes at any one time, and contains four static bikes and two rowing machines. Athletes worked at a progressive range of temperatures and humidity levels to replicate the worst possible conditions they might face in Delhi. Each session lasted one hour and all athletes took part in a progressive programme to best prepare them for the Delhi environment prior to flying out for the Games. This was then backed up at other times with passive exposure in saunas."

Skill acquisition

Fitness testing to measure the athletes' progress was also conducted at the beginning, middle and end of the 12-week programme and will provide excellent data for similar planning in the future.

In addition to optimising fitness levels, the institute's skill acquisition expert Dr Malcolm Fairweather has been putting key penalty corners under scrutiny. Together with Performance Analyst Andy Kerr, Malcolm looked at success-levels relative to penalty corners in international competition, revealing that the success ratio was less than the recognised international benchmark for men and women.

"I designed a test to assess current drag flick capability," explained Malcolm. "After four or five weeks of assessment and structured practice there were clear signs of improvement which, in the case of the women, translated into scoring a winning drag flick goal in an international game against Ireland. A series of incrementally challenging penalty corner exercises were then undertaken in advance of departure for Delhi.

"This development will now enable both teams to incorporate drag flick options into their team strategy in a planned and proactive manner. In-event performance analysis of opposition goalkeeping behaviour in Delhi will also help coaches select the most appropriate penalty corner options."

With the men's and women's teams each having been drawn in the toughest of the two pools at the Games, it is good to know that they have had the best possible preparation and support to enable them to rise to the challenges that lie ahead. **g2**

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The women's team starts its Commonwealth campaign against host nation India on Monday 4 October (18:00-19:30 local time), while the men take on Pakistan on Tuesday 5 October (10:30-12:00).
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Helen Alfano, exercise physiologist at the institute



A case of fine tuning

Over the last year, a physiology-based programme, designed to prepare six of Scotland's elite endurance cyclists for this autumn's Commonwealth Games, has been playing an integral role in their preparation for Delhi.

sportscotland institute of sport exercise physiologist, Helen Alfano, and the institute medical team have set up a blood profiling system for six endurance cyclists. The system is designed to support their coaching by bringing more science into the sport, with the goal of increasing the athletes' readiness for training and competition.



Helen explained: "To help prevent illness and injury, we developed a strategy to build a picture of each athlete so we can identify and manage situations when they might be stressed or compromised. We take blood samples at defining points through the season, alongside a performance based medical profile. These show us

stress markers relating to haematology, diet, hydration, muscle status and fuel availability."

It is no surprise that in a sport with colossal physical demands, five of the six cyclists were found to need some form of intervention, having presented with markers outside the optimal levels for elite athletes. These included low iron levels, low blood glucose and poor cholesterol. But, as Helen explained, integrating institute support with coaching is all about tackling and overcoming the underlying problems.

"Following the blood analysis we have a discussion with the coach which often leads to a referral with the nutritionist," said Helen. "We picked up some factors which may limit performance and made major adaptations off the back of them which will make a big difference come Delhi. Nutritional supplementing is having a big impact and we have been able to change training or adjust recovery. We also build in a six-week retest to check that everything is going in the right direction. In the beginning, athletes perhaps thought it was just another thing to come and do but now we have really good buy-in and they are keen to get themselves checked."

Helen's blood profiling is part of a bigger physiology project to prepare Scotland's cyclists for Delhi, and the institute team is also working on optimising racing and gearing strategies. To help acclimatise the athletes to a hot and humid Delhi, they will spend two months training in a velodrome in Holland, where additional heating will be used to simulate the climate and develop appropriate coping techniques.

By the time they reach Delhi, it is hoped that our cyclists will be as finely tuned as their racing bikes. **ez**





Aiming for the top

Scottish shooter Neil Stirton tells us what it's like to be an athlete in the mix for the 2010 Commonwealth Games and gives us some insight into the sport of target shooting.

Having always had an interest in aiming at and hitting targets, Aberdonian Neil Stirton first tried the sport of target shooting at the age of 12 after looking up his local club in the Yellow Pages. Years of dedication, practice and training later, Neil is a multi-medal winner on the world stage – his greatest achievement coming in 2008, when he picked up a World Cup silver medal with an incredible score of 599 out of 600.

As Neil explains, shooting is a sport that places unique demands on athletes. "With shooting, you can't control how the other competitors perform; the only thing you have any control over is your own performance. We're constantly trying to push ourselves that little bit further and continuously improve our scores. If it was easy to get 599 out of 600, everyone would be doing it!"

Competing at GB level this year has given Neil a good base to work from, but he is now looking forward to international competition in Delhi. He added: "The highest level of excitement I feel is when I am competing on the world stage, striving to be the best that I can be."

In preparation for Delhi, Neil has been working closely with a range of institute experts, including Alison Fantom, Senior Sports Psychologist John Marchant and Bryan Schooling, on key aspects of his physical and mental

preparation for the Games. Neil is convinced their work has paid off: "The support from the institute has been absolutely fantastic. If I look at where I was four or five years ago there is a massive progression, not just in my own abilities, but in the team as a whole."

Because shooting involves holding positions for prolonged periods of time, the likely injuries aren't the same for shooters as for athletes whose priority is movement, and the static nature of these positions can cause back and neck issues. Physiotherapist Alison Fantom and Strength and Conditioning Coach Bryan Schooling have been working with Neil to specifically target these areas.

Neil explained: "The work we've done with Alison and Bryan has helped me greatly. The increased strength and flexibility, and particularly core strength, allows me to train harder and longer with fewer injuries."

Having won a silver medal in the prone pairs in Melbourne in 2006, Neil has experience on the Commonwealth stage, which he believes will help this time around in Delhi. "Having been to a major games – and had some success – it feels like it may be possible to do it again, which all helps to build my confidence," he said. "Making sure that I'm relaxed and happy on the day is good for my mental game, and boosts the feeling that I can go out and win." **QZ**



Food for thought

sportscotland institute of sport performance nutritionist **Nikos Jakubiak** explains why the food that athletes eat can influence world-class success.

Don't talk to Nikos Jakubiak about burgers and chips. As a performance nutritionist at the **sportscotland** institute of sport, he spends every day making sure athletes make the right choices concerning their food and drink in order to achieve optimum performance in training and competition.

The coach and former taekwondo Olympian uses an automotive analogy to explain how important it is for athletes – and indeed for everyone – to carefully select the food and drink they consume. “The better the fuel you put in the car, the better and longer it will perform. The human body is the same. We have to be very smart with our food choices because the food and drink we choose can greatly influence health and performance.”

As part of a multi-disciplinary sports science team, Nikos and his nine colleagues across the institute network advise athletes across a range of disciplines from badminton to weightlifting. It's the latter sport he draws upon to illustrate how a scientific approach to nutrition can make a crucial difference to training and competition.



“As a strength sport, weightlifting places the muscles under a lot of physical strain and generates a great deal of hormonal stress. So you need to think what nutrition is best to help restore the balance and help the muscles recover. This can include foods high in protein and some carbohydrate.”

The type of natural protein found in milk makes it a healthy option in the nutritional plan of such athletes. And as the basic building blocks of good nutrition, Nikos says it's essential to factor in '5-a-day' daily helpings of fruit and vegetables and he also advocates plenty of lean (predominantly white) meat and fish. Unsurprisingly, burgers and sausages have no place in his high performance nutritional plans!

“Endurance athletes, including triathletes and distance runners, need to consume plenty of carbohydrate. But just as a car engine uses a catalytic convertor to effectively use fuel, the body needs the vitamins and minerals within fruit and vegetables to make the best use of the carbohydrate and to provide natural nutrients in the right proportions.”

Ahead of the 2010 Commonwealth Games in Delhi, the **sportscotland** institute of sport's experts have been hard at work with Scottish athletes. You can find out more about how each of the institute disciplines have been supporting Team Scotland by going online at www.sisport.com

Making waves

Individual Medley swimmer Hannah Miley (20) is a star in the pool. After finishing sixth (400m IM) on her 2008 Olympic debut in Beijing, the Inverurie-based swimmer came fourth at the World Championships in Rome, and won gold at both the 2009 European Short Course Championships and the 2010 European Swimming Championships. She is currently British Champion in the 200m IM and 400m IM.

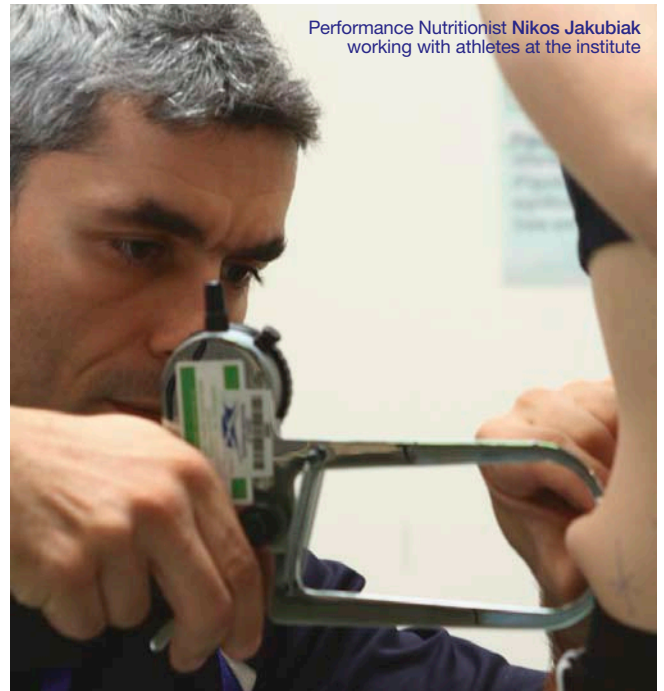
Throughout, the **sportscotland** institute of sport has provided the high-class facilities and high-performance expertise to help Hannah achieve her potential in world-class swimming events, including this year's Commonwealth Games in Delhi.

➔ **Find out more** www.sisport.com/hannahmiley





Performance Nutritionist Nikos Jakubiak working with athletes at the institute



Those going for gold in Delhi and beyond are also given advice on how to structure (periodise) their diet throughout the year to reflect their individual training and competition schedules. In simple terms, this means endurance athletes, for example, may consume greater amounts of protein when focusing on intensive weight training sessions.

During intense and long cycles or runs (particularly in the heat of Delhi) the nutritionists will place greater emphasis on ensuring a sufficient intake of energy enhancing carbohydrate, combined with fruit, vegetables and sports drinks to rehydrate the body and restore essential electrolytes. Athletes may even need to slightly increase their salt intake to compensate for its loss in the extreme heat.

Nikos and the rest of the nutritional team have been working to ensure the best nutritional plans are in place for Delhi to help athletes perform at their best and also to minimise the risks – it's estimated that between 20% and 60% of people travelling to India contract travellers' diarrhoea or 'Delhi-belly'.

However Nikos's daily focus is always to maximise understanding and practice of effective nutrition and he believes the **sports**scotland institute of sport network is making significant progress in changing athlete dietary habits within a national culture infamous for its fondness of health and performance impairing high fat, high salt foods.

"We used to have an athlete who every few weeks complained of having a cold or some kind of ailment. When we analysed her diet it turned out that things like cheese and toast and crisps were pretty much what she ate.

"So we gradually introduced fruit and vegetables, together with the right balance of proteins, wholegrain cereals and other carbohydrate based foods (pasta, bread, potatoes, rice) and iron (plant and animal based) intake. For the past two years, since adopting these changes, the athlete has not had a single illness and says she feels really good."

Food for thought indeed. [fz](#)

Focused delivery

Gemma Smith, exercise physiologist at the institute, is an integral part of the support team which has been developing an effective programme for athletes including Paul Foster, Margaret Letham and Caroline Brown.

Earlier this year, Gemma co-ordinated a test event in Delhi. This predominantly focused on assessing the necessary protocols to help athletes acclimatise to the heat and overcome debilitating jet-lag. Consequently, while the test event allowed the team to assess facilities, bowling surfaces and equipment, the athletes and support staff also gained vital feedback about the physiological impact of the heat. The conditions allowed Gemma to test and develop recovery, hydration, re-fuelling and cooling strategies to support the athletes in the heat of competition this October.

➔ **Find out more** www.sisport.com/focuseddelivery

Mind matters

With Delhi 2010 on the horizon, the **sports**scotland institute of sport is currently providing varying levels of sports psychology support to individual athletes and/or project-based team/squad support involved across a number of Commonwealth sports.

Having experienced life as a full-time athlete, John Marchant, Senior Sports Psychologist at the institute, has first-hand experience of the mental rigours facing top sportspeople.

With a Masters in Sports Psychology plus experience as a lecturer and private practitioner under his belt, John works with some of Scotland's most promising athletes, some of whom have already tasted Olympic, Paralympic, Commonwealth and World Championship success.

➔ **Find out more** visit www.sisport.com/mindmatters




PUTTING SPORT FIRST

It's time. Years of training are about to be put to the test on one of the world's biggest sporting stages. Good luck from everyone at **sportscotland** – we're behind you all way. Visit www.sportscotland.org.uk to find out more about our work.

Awarding funds from
 **The National Lottery**®

Rory's PE teacher suggested trying a local gymnastics class – now he's training with Allan for his regional champs. His heart's set on representing Scotland in 2018.

Putting sport first



Rory's in good hands. Allan has been working with Scottish Gymnastics for longer than he'd care to remember. He understands the pathway from Saturday morning classes to success on the international stage.

sportscotland's national training centre Inverclyde has been helping young athletes like Rory to train, learn, play and relax for the last 50 years.

Passage to Delhi



A key part of **sportscotland's** role is to join up the people, places and thinking that make sport happen. The principle of 'sporting pathways' underpins all of our work. Put simply, a pathway is the journey that an athlete, coach, official or volunteer takes throughout their sporting career – from trying a sport for the very first time to representing Scotland on the world stage.

Ahead of the 2010 Commonwealth Games, we talk to wrestler Sean Keogh, coach John Keogh and hockey umpire Aileen Ross about their journeys to Delhi.



Sean Keogh, institute supported athlete

The athlete's story

Milingavie wrestler Sean Keogh is one of ten wrestlers selected to represent Team Scotland in Delhi after reaching the selection criteria at all three qualifying events.

Sean first got involved in wrestling at the age of 12, when he moved schools and discovered that some of his classmates took part in the sport at weekends. "Until then, I had always played football but I went along for a wrestling trial one night and I loved it from the moment I started," recalled Sean.

Natural talent and drive took him a long way. At the age of 17, he moved to America for his final year in school to train and, on his return, was invited to join the GB programme in Manchester.

Sean is now in his second season as an institute-supported athlete and is starting to reap the rewards. "Professional help

is brilliant," he said. "You have everything you need, and everything is planned out well in advance so you know what you are going to be doing in every session."

Since the Manchester Commonwealth Games, the sport – with funding and support from **sportscotland** – has gone through a complete restructure. Sean's father, John Keogh, was appointed full-time Performance and Development Manager, while Volodymyr Gladkov, former coach to the Russian team, is now Scotland's first full-time national coach.

Training is provided seven days a week to Scotland's top wrestlers. Sixteen of them are supported by the **sportscotland** institute of sport and ten have pre-qualified for Delhi, including five female judo players who have been fast-tracked into elite level wrestling over the past 18 months. As John explains, the whole athlete pathway from grass roots to high performance has been transformed since the Manchester Games.

"We have six clubs and ten good coaches who can bring kids from as young as five through to a relatively high level," he said. "Volodymyr brings all the coaches and their better athletes together throughout the year. It's a great learning curve for our coaches who can go back to their clubs and teach better technique at an earlier age so it becomes more natural."

It's a set up which would have been beyond Sean's wildest dreams as a youngster. "When I was a kid I would have jumped at the opportunity to get coaching from Volodymyr every month," he admitted. "With the structures now in place, and the club coaches having better repertoires and tactics, many more of the younger kids will have the opportunity to get to matches and be successful in the sport."

“If someone is keen to umpire, they will get support, and if they show talent they can very quickly reach a high level...”

Aileen Ross, Umpires Manager



Aileen Ross, Umpires Manager for the 2010 Commonwealth Games

The volunteer's story

You won't see them in the headlines or on the podium but there is a band of Scottish volunteer officials heading to Delhi this autumn who are just as committed as the athletes they'll be scrutinising.

When Aileen Ross, a dentist from Glasgow's West End, was selected as an Umpires Manager for the Delhi Games hockey event, it marked a high point in the sport she has devoted her life to since she was a child.

“I started playing as a ten year old but when I got an injury I picked up the whistle and realised I could get further umpiring,” she said. “I've actually enjoyed umpiring far more than I did playing. So to still be involved actively at an international level is fantastic and to be selected for Delhi was a lovely surprise.”

Scottish Hockey has a strong support structure, with a three-level training and assessment programme to help officials reach the highest domestic standard. This strong pathway has been

fundamental in helping Aileen reach the highest level in her sport. “If someone is keen to umpire, they will get support, and if they show talent they can very quickly reach a high level – even international level within one or two years.”

Reaching Aileen's level requires perseverance and sacrifice. Working at weekends, with additional admin during the week, might not read like an ideal job description but spend five minutes talking to Aileen, who has allocated all of her 2010 annual leave to hockey officiating, and you are left in no doubt that it is hugely rewarding.

“After working hard all week, walking onto the hockey pitch and doing something totally different has probably been my stress relief valve over the years,” she said. “Delhi is definitely the most important one for me so far and to keep getting appointments similar to this would make me totally happy. That said, I'm actually just as happy working at other levels, whether it's under 16s or club because working with youngsters is great fun as well.”



Profile of a nation:

Introducing the Active Scotland Household Targeting Tool

In today's challenging economic climate, we're all focused on targeting investment and finding ways to maximise the impact of available resources.

To help our partners do just that, **sportscotland** – in partnership with the Scottish Government, Scottish Natural Heritage and NHS Health Scotland – has developed a tool to support planning around sport, physical activity and outdoor recreation at local and national levels.

The Active Scotland Household Targeting Tool is effectively a database in which Scottish households are categorised into eleven groups (or segments) based on likely attitudes and behaviours towards sport, physical activity, outdoor recreation and health. This database contains a postcode-level breakdown of each of these different segments, enabling us to build a picture of likely attitudes and behaviours at a local level.

Based on key national surveys (including the Scottish Household Survey, Scottish Health Survey and Scottish Natural Heritage Survey of Outdoor Participation) and underpinned by research company Experian's mosaic household data, the tool has been designed to enable our partners to understand more about their local areas and therefore target interventions to challenge and change existing behaviours. [SF](#)

Want to know more?

If you are interested in learning more about the Active Scotland Household Targeting tool, a variety of resources are available at www.sportscotland.org.uk/targetingtool including:

Project report which provides background information on the project

Pen portraits which describe the eleven individual market segments

Grand index and database which provides more detail on the data which underpins the segmentation

Example applications which demonstrate how the targeting tool can be used

Local authority summaries which outline the makeup of the customer segments by postcode in each local authority

We are also able to explore customised reports or add local data sets according to our partners' specific requirements. For more information please contact your **sportscotland** partnership manager.

The segments

Young, sporty and single – young people, urban locations, relatively low incomes, high levels of participation in sport, depend on walking for transport

Affluent and active – well-to-do city dwellers, very high levels of participation in sport, healthy lifestyles

Isolated activity – urban or rural locations, limited access to sports facilities and people to play with, take active measures to keep fit

Active by nature – isolated locations, physical activities incidental to lifestyles

Aspirational and occasionally energetic – younger affluent people, high-energy sports otherwise relatively physically inactive

Active leisure spenders – middle classes, play in racquet sports and other activities that require relatively high investment in equipment or travel

Occasional social activity – younger families, without a great interest in sport, may exercise for practical reasons or participate in sport for social reasons

Sporting hobbies – mature families and elders, suburban and small towns, inactive lifestyles, participating in low levels of gentle recreational activity

Leisurely pursuits – ageing, better quality council housing (may own), low levels of participation, unhealthy lifestyles may be starting to catch up with them

Unhealthy and irregular team players – relatively poor health, low levels of participation in sports, tend to favour team and pitch sports

Underprivileged and inactive – participation in sport and general physical activity hampered by limited resources, poor health, unemployment



Actively working together

The Active Schools Network consists of 420 managers and coordinators working with schools and communities to help make sure children start active and stay active. Since the launch of Active Schools in 2004, the Network has made a considerable impact on increasing opportunities for children and young people to participate in sport and physical activity.

Today, Active Schools is a cornerstone of life in the vast majority of schools across Scotland, where children and teachers come into daily contact with Active Schools Coordinators. Millions of participant sessions are recorded each year, with the majority of these sessions (around 75%) delivered by a growing number of volunteers. We are also seeing evidence of progression from schools to clubs, providing opportunities for continued sport participation in the community setting.

There was good news for the future of the Network recently as **sportscotland** announced continued funding for the Active Schools Network until 2015. With our current funding phase coming to a close in 2011, this represents our commitment to sustain and develop the Network as it aims to give young people more opportunities to be active.

Despite the challenging economic conditions that exist, initial responses from local authorities, who together with **sportscotland** are joint funders of the Active Schools Network, have been very positive.

Looking to the future, we are committed to working closely with all local authorities to achieve our shared ambitions on providing for sport and physical activity. Speaking on the importance of partnership working, **sportscotland** Chief Executive Stewart Harris said: "It is really important that **sportscotland** and Scotland's local authorities work together at this time to support the future of local sports development including Active Schools. This is a key programme giving children the opportunity to take part in sport and physical activity, have fun and learn along the way."

These strong partnerships with local authorities are fundamental for the sustainability, growth and development of Active Schools over the next four years.

Making a difference

When it comes to making a difference on the ground, local partnerships are also critical. A key link in the chain is the partnership between Active Schools and sports development teams, where the focus is typically on sport and physical activity in clubs and the wider community.

Making sure these two areas are joined up in their approach strengthens the pathway between school and community sport, and lets pupils develop their interests. In very practical terms, schools can benefit from a greater pool of club or community-based coaches and volunteers to help deliver sessions, while clubs benefit from any interest which is generated in the school.

Facilitating partnerships

Jacqueline Lynn, **sportscotland**'s Head of School and Community Sport, understands the importance of partnership working at a local level. She said: "We absolutely recognise that we have a role to play in facilitating partnerships at a local level and are committed to joining up the work of Active Schools with other areas of provision for sport. We have started this process with joint networking events but, most importantly, our partnership managers will continue to work with Active Schools Managers to make sure we maximise the impact of our work by linking in with local plans for sport and physical activity." **SF**



How do we achieve sustainable development in sport?

That was the challenging question posed at the 3rd Commonwealth Sports Development Conference (CSDC) in Glasgow's Mitchell Library on 3-4 June 2010. Sports practitioners from around the globe gathered to share ideas and learn from each other, discussing and debating the unifying themes of coach education and training, volunteer development, social development and investment in sport. Louise Martin CBE, Chair of **sportscotland** brings us up to speed.



“The original concept of a Commonwealth Sports Development Conference, conceived during Glasgow's bid for the 2014 Games, was to give sports practitioners from around the world the chance to share ideas and learn from each other. Since the first conference in 2006, the event has grown in scale and stature, and the 2010 conference was the largest to date, with representatives from 56 Commonwealth countries.

Conferences of this nature can sometimes tend towards a gathering of sports people getting together to pat each other on the back. One of the strengths of previous CSDCs has been the challenging, but always constructive, debate and discussion. Thanks to the exceptional conference programme organised by Professor Fred Coalter, this year's event was no exception, with a recurring theme emerging around whether our focus should be on the development of sport

or whether we should be promoting the contribution that sport makes in other sectors such as education, the economy, social regeneration and community empowerment.

What was absolutely clear is that we are living in extremely challenging economic times, both in the UK and internationally. For Scotland, this is going to lead to difficult decisions being taken at both national and local government levels. It is the collective responsibility of sport to communicate to politicians of all parties the huge contribution that sport currently makes, and will continue to make, to our society. We are extremely fortunate to have London 2012 and Glasgow 2014 on the horizon to provide us with the perfect platform and profile to demonstrate what can be delivered by achieving sustainable development through sport.



Practitioners from around the world gather at the Commonwealth Sports Development Conference



Community empowerment

On the subject of community empowerment, we heard Bob Munro from the Mathare Youth Sports Association discuss the importance of *developing* projects with communities rather than *delivering* solutions and projects for communities. Bob shared a number of unforgettable anecdotes to highlight that the success or failure of a project can often depend on a knowledge of local circumstances.

Working with communities was a timely message for **sportscotland** and our partners as we develop the proposed community sport hubs which will be part of the Glasgow 2014 legacy and will aim to ensure that local community groups take forward sports development opportunities in their areas.

Of course, this approach depends on community groups being supported to develop the capacity of individuals, clubs and other sporting organisations. We also need to encourage communities to explore economic empowerment.

Mel Young, President of the Homeless World Cup, spoke of the need for greater entrepreneurialism and social enterprise in sport. The staggering success of the Homeless World Cup is a significant demonstration of the power of sport:

94% of its participants find new motivation for life

71% of its participants continue to play football

71% of its participants change their life significantly, finding homes and jobs, recovering from drug and alcohol addiction, moving into education and/or training, and repairing relationships.

Awareness, belief and purpose

A further example we can learn from is the approach adopted by Magic Bus – a not-for-profit organisation in India that works with children who are living in some of the most marginalised

communities in the world. The programme revolves around nurturing three areas that determine young people’s lives: awareness, belief and purpose. Magic Bus works towards inspiring children and young people to take responsibility to change their communities in a sustainable manner. Since its inception, Magic Bus has reached out to 140,000 children and young people and by 2012 the aim is to reach over 600,000 at national level.

So, while these are significantly challenging times economically, we can still demonstrate the opportunities for sport to flourish by telling our story and

telling it well. Another message coming through loud and clear was that we can only help sport flourish by working in true partnerships. That means partnerships built over a long period in which trust has been established – supporting each other, acting together, making decisions together, consulting each other and providing partners with information.

But perhaps the most important message of all is that we in sport must deliver our part of the bargain and develop sport well. Regardless

“It is the collective responsibility of sport to communicate to politicians of all parties the huge contribution that sport currently makes, and will continue to make, to our society.”

of whether we are focused on sport for sport’s sake, or sport for development, the key to achieving these goals is simply to ensure that the delivery of sport is as good as it can be. For my part, I’m determined that **sportscotland** continues to play a lead role in the team effort required to make that happen.”

The 2010 Commonwealth Sports Development Conference was run in partnership between Glasgow City Council, Glasgow Life and sportscotland, with support from UK Sport and the Commonwealth Games Federation.

Showing its mettle

Rising from the rubble of Scotland's best-known steelworks is one of Scotland's finest new sporting complexes. We take a look at the new Ravenscraig Regional Sports Facility ahead of its opening in early October.



Since the iconic blue towers of the Ravenscraig steelworks came down in the mid-1990s, work has been ongoing to plan for Scotland's first new town in a generation. With a site covering 450 hectares, it's one of Europe's largest ever regeneration projects – a hugely ambitious undertaking and, it is hoped, one that will help to revitalise the economy of North Lanarkshire.

At the heart of the development is a new £30m state-of-the-art sports complex which will act as a focal point for sport in the region. The complex has been developed through a unique partnership between North Lanarkshire Council, North Lanarkshire Leisure, **sportscotland** and Ravenscraig Ltd, a public-private partnership created to coordinate the Ravenscraig redevelopment.

The highly distinctive building, designed by Populace Architects (formerly HOK Sport) and constructed by Balfour

Beatty, pays tribute to the history of the site with steel cladding and metal bands wrapping the structure. The centre will be home to a wealth of sporting facilities, including a full size indoor 3G football pitch, a 135m indoor athletics track and a 9-court sports hall. It's a landmark development for the area and will be one of the focal points of the International Children's Games in 2011.

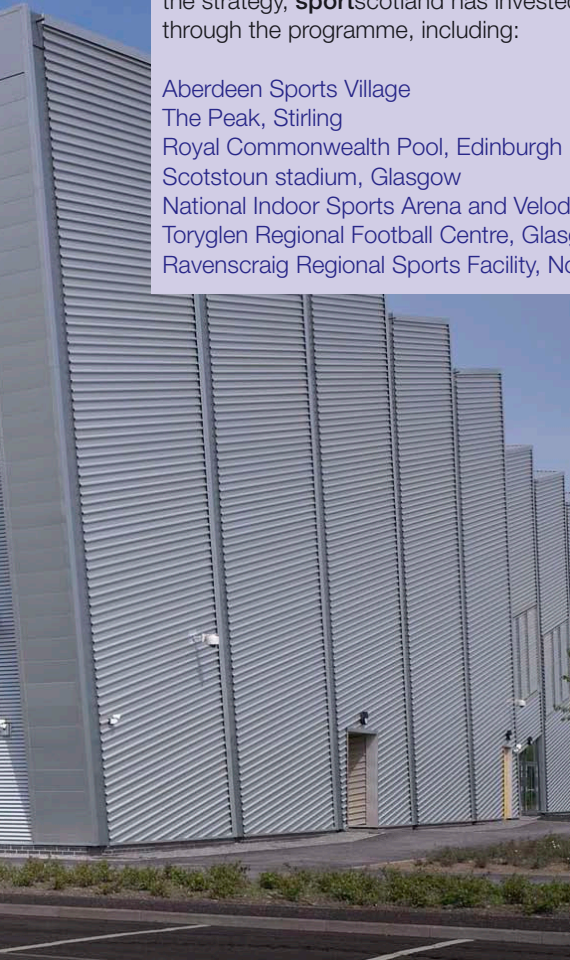
Expertise

For **sportscotland**, and in particular the facilities experts within our Sports Development team, the imminent opening of the complex is the culmination of a six-year involvement in the project, which goes right back to its inception. We provided strategic planning advice early on in the project and, throughout the design development and construction stages, our facilities team complemented the project design team with our expert knowledge in the planning and the design of sports facilities.

About the National and Regional Sports Facility Strategy

In 2004, **sportscotland** and the Scottish Government launched the National and Regional Sports Facility Strategy, which recognised that significant investment was required in Scotland's national and regional sports facilities. Since the launch of the strategy, **sportscotland** has invested more than £44m of Scottish Government and National Lottery funding into facilities through the programme, including:

Aberdeen Sports Village	Open
The Peak, Stirling	Open
Royal Commonwealth Pool, Edinburgh	On site
Scotstoun stadium, Glasgow	Open
National Indoor Sports Arena and Velodrome, Glasgow	On site
Toryglen Regional Football Centre, Glasgow	Open
Ravensraig Regional Sports Facility, North Lanarkshire	Opens October 2010



types and levels of sport it will accommodate.

This ongoing project support covers a full range of consultative services, from working with the architect in the initial design stage to ensure that the overall vision for the project meets the practical requirements of athletes and coaches, to advising on what colour the ceiling in the sports hall should be painted according to international badminton standards.

Great partnership

It's a major undertaking, but thanks to a strong working relationship with the other partners in the project, one that is absolutely worthwhile, as James Logue, the Chair of North Lanarkshire Leisure and Convenor of North Lanarkshire Council's Learning & Leisure Services, explained.

"Ravensraig will provide a unique combination of facilities to improve sport from grass roots through to performance levels. It was invaluable to be able to rely on the expertise of **sportscotland's** facility experts to guide us through the process to ensure that the complex requirements of a huge range of sports and the local community are met. This has truly been a great partnership, delivering an outstanding facility which, it's fair to say, most people have been awestruck by."

With the facility ready to launch, it's an exciting time for everyone involved in Ravensraig. But **sportscotland's** involvement in the centre doesn't stop once the doors open.

Realising the potential

Mark Cowan, **sportscotland's** Head of Facilities, explained: "Ravensraig is quite literally a landmark project, which will play a pivotal role in developing a

range of sports across the region for many years to come.

"With the building complete, we now need to ensure that the potential of this complex is fully realised. This means working with the key partners, national governing bodies of sport, clubs and individual athletes to put in place the right programme of use, to ensure that our investment drives up participation and performance levels across the region.

"I would like to congratulate the key partners for the vision and commitment they have shown throughout the process, without which this complex would never have been delivered." **SF**

At a glance: the new Ravensraig Regional Sports Facility

Indoor:

- Football hall with a full size 3G FIFA 2 Star standard synthetic surface indoor pitch
- Athletics hall with a 135m long athletic track, long jump pit and a pole vault area – Mondo athletics floor surface
- A fully equipped gymnasium
- Two dance studios
- 9-court sports hall
- Sports injuries clinics
- Motherwell College classroom accommodation
- Café
- Changing areas
- Spectator viewing galleries
- Office and meeting room accommodation

Outdoor:

- One full size 3G FIFA 2 Star outdoor pitch
- Six 5-a-side football pitches

Investment

Ravensraig is one of seven high profile priority projects funded through the National and Regional Sports Facilities Strategy, a £44m investment programme designed to provide the backbone of a national and regional facility network for Scotland. Through the Strategy, **sportscotland** has contributed £7.3m to the Ravensraig complex, making it the second largest single investment in **sportscotland's** history.

Support

Our investment in the project goes well beyond simply that of a funder. Throughout the development of the project, our facilities team invested a significant amount of time working with and supporting the key partners in the project. These included the national governing bodies of sport and the project design team to ensure that the complex on completion fully meets the requirements of the many different

Spotlight on coaching & volunteering

Developing and supporting Scotland's coaching and volunteering workforce is at the heart of **sportscotland's** activities. Our vision is simple – we want more and better coaches and volunteers within Scottish sport.



Fiona Wernham, **sportscotland's** Head of Coaching and Volunteering, explains how that vision will be translated into action. "Working with our partners, we've gained real clarity on how to develop and support our coaching and volunteering workforce. We want to see more coaches and volunteers delivering throughout Scottish sport. But it's not just about numbers. The most important thing is that people experience quality opportunities through sport and that our coaches and volunteers are supported to be the best they can be."

Two solid framework documents, a dedicated national resource and the right measure of support and development means we will soon be well on the way to delivering that vision.

Coaching Scotland 2011-2015

Events such as London 2012 and Glasgow 2014 provide a unique opportunity to inspire and engage more people to take part in sport. A strong coaching workforce is central to harnessing this opportunity. **sportscotland** has produced the Coaching Scotland 2011-2015 framework – a reference point for partners to help recruit, develop and retain coaches, and recognise their contribution to sport.

The framework, developed through collaboration with **sportscotland's** partners, focuses on five key action areas: the strategic direction of coaching in Scotland; front line coaching; support for coaches; regulating the vocation; and researching the needs of coaching. When launched in October 2010, the framework's strength will be the clarity it provides on the role **sportscotland** and its local, regional and national partners play in developing the coaching workforce.

Volunteering in Scottish sport

Hot on the heels of the Scottish Coaching Framework, **sportscotland** is working with partners, in particular Volunteer Development Scotland, to develop a volunteering equivalent. Due to be completed in early 2011, it will be a route map on how all relevant organisations can support and help raise the profile of the volunteer workforce.

Meanwhile, a number of initiatives are underway to build upon the good work already being delivered in this field. Hilary Templeton, Lead Manager, explained: "For example, we're currently working with partners in Grampian, Edinburgh, Glasgow and Perth & Kinross on an exciting volunteering pilot. The objective is to increase the number of young people progressing from leadership qualifications through their schools into becoming active volunteers within their sporting community." The programme is already increasing the profile of volunteering and its potential to enhance a young person's development and their contribution to local sport.

Positive Coaching Scotland

Positive Coaching Scotland (PCS), a cultural change programme designed to create a positive environment for young people in sport, completed its two-year pilot phase in March 2010.

Beth Macleod, Lead Manager, explained that **sportscotland's** new lead role in the initiative, supported by the Wood Family Trust, involves working with our local authority partners to deliver a phased national roll out of the PCS programme. "At the moment, we're working closely with the Winning Scotland Foundation and the Wood Family Trust to build on the fantastic success they've had with the pilot, ensuring developments can be utilised in the national roll out of the PCS programme."

The idea is that through sport, young people can learn valuable life lessons. A series of bespoke workshops and materials have been created to support young sports participants and their coaches, parents and teachers, to move away from the 'win at all costs' mentality and focus on effort, respect and responsibility.



Coaching Matters

Last October, **sportscotland** partnered the University of Stirling, Scotland's University for Sporting Excellence, to launch a programme that supports the development of performance coaches across the country.

One year on, the Coaching Matters programme is flourishing. It has delivered 16 workshops for 120 performance coaches from 24 sports to help them develop their effectiveness and keep up to date with coaching issues. As it celebrates its first birthday, Coaching Matters will add a sport-specific format to its offering. Eight sports – rugby, athletics, gymnastics, swimming, disability sport, judo, football and golf – have been approached and invited to take part. Each governing body will work with the project team to shape a programme aligned to the needs of their sport's performance coaches. The national, generic programme of workshops will also continue to be further enhanced in year two.

Alan Lynn, Senior Teaching Fellow at the University of Stirling, who developed the programme with **sportscotland**, said: "We're delighted that the early success of Coaching Matters has resulted in further investment by **sportscotland** in a sport-specific programme. We're looking forward to working with the sports to develop a meaningful and challenging learning programme."



Women in coaching


In January 2009, **sportscotland** launched the Women in Coaching Programme – a pilot project aimed at increasing opportunities for, and raising the profile of, women in coaching.

The pilot, which involved female coaches across four local authority areas and within five sports, is one example of the coach development programmes **sportscotland** has implemented.

It's recently gone through an independent evaluation and Sheena Carroll, Partnership Manager at **sportscotland**, who is leading the programme, is positive about the findings. She said: "The coaches have achieved their targets, accessed training and gained coaching qualifications through a scholarship programme. Central to all of this has been the support they've each received from their mentor. The early signs of the programme's success are there!"

Regional Coaching and Volunteering infrastructure

October 2010 will also see the launch of a regional coaching and volunteering infrastructure. Made up of **sportscotland's** newly structured team of regionally deployed volunteering and coaching managers, and working in tandem with the aims of the Scottish Coaching and Volunteering Framework, this infrastructure will ensure there's a consistent model in place for the development of volunteering and coaching across the country.

For **sportscotland's** partners, it will ensure a national and better coordinated coverage of volunteering and coaching investment. 

Katharine Brown, Miss Scotland and Miss UK,
with girls in Glenwood High School, Fife



Girl power!

Fit for Girls – a joint initiative between **sportscotland** and the Youth Sport Trust – was launched in 2008 to increase physical activity levels among girls aged from 11 to 16. Here, we get the lowdown on the programme, and discover how Katharine Brown – 2009/10 Miss Scotland and Miss UK – has taken part in a series of successful school visits to support the Fit for Girls programme.

Research shows that participation in physical activity among girls steadily declines as they enter their teens. To support PE teachers and Active Schools Coordinators to try and address this decline, **sportscotland** and the Youth Sport Trust developed the Fit for Girls programme.

Fit for Girls supports PE teachers, Active Schools Coordinators and other practitioners to identify new ways of engaging girls and young women in PE, sport and physical activity. The programme emphasises the need to consult with girls and work with them to establish reasons for disengagement, and to develop strategies to enhance future participation

based on the success of pilot schemes run by 27 secondary schools in Scotland.

The programme is flexible in its approach, responding to the needs of the schools, and is delivered by an interactive workshop with practitioners. The aim is to share and exchange knowledge, tools and skills, and to plan and implement positive PE experiences and sustainable physical activity programmes for girls.

Respect, empowerment and participation

Most importantly, the principles of respect, empowerment and participation are inherent to the programme. Girls who are currently inactive or have low levels



of participation are encouraged to express their thoughts, feelings and ideas in a real and honest way.

Enthusiasm, passion and dedication

To date, the Fit for Girls programme has been rolled out to more than 320 (or 86%) of Scotland's secondary schools. Findings from a recent Fit for Girls survey of S2 girls across Scotland shows that being healthy and being fit are clearly important to girls of this age along with having fun. However, actual participation in physical activity remains low. A positive role model was identified as a good way to engage girls in physical activity.

The opportunity to involve Katharine Brown was very positive. Katharine's unique profile helped her to communicate with young people. As a former Scottish junior tennis player and qualified tennis coach, she is well placed to promote the importance of regular exercise. Most importantly Katharine is passionate about the benefits of keeping active.

Michelle Livingston, Partnership Manager at **sportscotland**, who is driving the programme said: "We believed there was an advocacy role for Katharine to help support and drive the ongoing Fit for Girls work. Enthusiasm, passion and dedication, coupled with her own involvement in sport from an early age,

meant Katharine was well placed to share her experiences to inspire and engage girls and young women to make personal

"I'm delighted to have had the opportunity to help girls become more active and aware of the importance of a balanced, healthy lifestyle at this crucial teenage age."

choices about how they can get involved in physical activity."

A balanced, healthy lifestyle


Before the summer break, Katharine visited five secondary schools in East Renfrewshire, Fife, Stirling and Edinburgh, delivering a series of interactive physical activity sessions to groups of girls with low participation rates. She spent time sharing her own personal experiences of participating in sport and physical activity, and emphasising how she felt at her happiest and most confident after doing exercise.

Katharine was clearly a big hit with the girls. One pupil who met Katharine summed it up by saying: "She was able to show us that sport and being active can be fun and that it's not difficult to fit it in to each day." Another girl commented: "She made me feel more confident about doing PE and helped me realise that a healthy diet and lifestyle is important – I will try to have one!"

PE teachers saw a positive impact too. One said: "It was a very positive, fun, healthy session which linked in really

well with my Fit for Girls programme. A total of 26 S2 girls all having a positive sports session will hopefully lead on to good attendance at the girls-only club I run."

It was an experience that Katharine herself enjoyed. She said: "I'm delighted to have had the opportunity to help girls become more active and aware of the importance of a balanced, healthy lifestyle at this crucial teenage age. It was the most important and rewarding work I have done as Miss Scotland/ Miss UK.

"I think we as a nation have to focus on our health and I hope I have given strong messages and inspired young girls to believe that being active is a top priority." 

For more information on the Fit for Girls programme please contact Michelle Livingston on 0141 534 6500.

Train, learn, play, relax

Inverclyde is Scotland's national sports training centre, providing quality residential sports training, event and conference facilities with full service support, to a range of organisations across Scotland.

Inverclyde facilities at a glance



Sport indoors

Main hall – multi-sport hall, measures 36m x 36m

New hall – multi-sport hall, measures 18m x 14m

Gymnastics hall – fully equipped with sprung floor and apparatus

The studio – suitable for small exercise classes

Xcel fitness suite – fully equipped cardio and weights training facility

Two squash courts – with viewing balcony

Sport outdoors

Savanna pitch – seven-a-side football or tennis

Ultragrass pitch – hockey or 11-a-side football

Fives pitch – five-a-side football

Three grass pitches – marked to choice of sport

Golf coaching centre – six-hole practice area and eight-bay driving range

Cycle track – for mountain biking

Climbing wall – for traverse climbing

Trim trail – 1.5km running and fitness trail

Orienteering course – 30-station course

Sleeping, eating and relaxing

53 bedrooms – all en-suite with TVs

Dining room – caters for up to 200 people (dance floor available)

Kintyre lounge bar – also open to non-residents

Two lounge areas

Conferencing

Lecture theatre – AV-equipped 160-seat theatre

Five breakout rooms – maximum capacity 12-25

Support services

Sports medicine clinic – fully equipped consultancy room

Human performance lab – sports science facility for fitness testing

Sauna – six person sauna for use by residents and fitness suite members

Over its 50-year lifespan, **sportscotland** national training centre Inverclyde has become one of the best-loved sports centres in Scotland. Originally opened in 1958 as 'the home of Scottish sport', countless national and international sporting greats have come to Largs to train, learn, play and relax.

Today, Inverclyde is a national centre for performance training, coach education, team building and player improvement. With an extensive range of facilities, the centre can cater for over 50 individual sports and activities from golf to kung fu, hockey to trampolining.

Importantly, Inverclyde is also a centre for sport in the local community, a place where beginners and enthusiasts can train and play alongside international elite athletes.

Train

Whether it's a couple of hours in the gym or a full week-long training camp, Inverclyde is the ideal venue for athlete development and training.

The centre offers clubs, governing bodies, colleges and other organisations a broad range of sporting facilities, accommodation, catering and social activities on one site, in a secluded environment less than an hour from Glasgow city centre.

John Kent, the Centre Principal at Inverclyde says that the centre is determined to provide the facilities that governing bodies and squads want, when they want them. He added: "With so much choice, we believe we are more than equipped to do this.

"Our team of experienced staff are always on hand to help. They are happy to build a bespoke package around user needs and pride themselves on offering great personal customer service. And with very reasonable rates, we provide excellent value with no hidden costs."

Learn

As well as being an athlete-focused sports facility, Inverclyde is also an ideal venue for coach education, team building and professional development. There is a large lecture theatre and many smaller rooms – all equipped for anything from a team talk to a full scale conference.

For community or school groups wishing to use the centre, there is also an experienced team of coaches on hand. All coaches have current and valid qualifications from national governing bodies. And for anyone looking for

coaching in an area the in-house team can't offer, they're happy to source coaching staff through an extended network of contacts.

Team-building is a growing part of Inverclyde's business and the centre is able to deliver personalised programmes of events to bring out the qualities required for a strong and effective team. Activities include a wide range of team sports as well as specific exercises designed to improve team working and communication.

Play

From 5-a-side football with friends to hosting an international tournament, Inverclyde offers activities for any level of fitness and experience, from elite athlete to beginner.

Over recent years the centre has played host to a huge range of matches and competitions, including international table tennis tournaments, international hockey matches and regional finals.


The centre also has a vibrant schools programme which aims to offer pupils the chance to experience a wide range of sports in a safe and exciting environment. It gives pupils the chance to try sports they've never done before and helps to improve confidence, self esteem and social interaction.

The principle of inclusivity has been at the heart of Inverclyde's development programme and the centre is fully equipped for athletes with a disability.

Relax

When the hard work has been done on the pitch, in the gym or in the lecture theatre, it's important to be able to relax in comfortable surroundings.

Inverclyde's main restaurant provides hearty portions of healthy, great tasting food and with enough space for 200 diners in one sitting, the centre can accommodate groups of all sizes. When it comes to entertainment, there are a range of options from watching a movie on a cinema-style screen, to hosting a fully fledged ceilidh. There are also two licensed bars for chatting with friends or watching sport in a relaxed setting.

And when it's time to call it a day, there are 53 comfortable en-suite bedrooms, where a good night's sleep is guaranteed. 

For more information, contact John and his team at Inverclyde:

Tel: 01475 674 666

Web: www.nationalcentreinverclyde.org.uk

Email: in.enquiries@sportscotland.org.uk

sportscotland's three national centres provide an ideal training ground for professional athletes and sports enthusiasts alike:



Glenmore Lodge

As Scotland's national outdoor training centre, Glenmore delivers residential courses for outdoor leaders, coaches and instructors, as well as experience courses for everyone, regardless of ability. Courses are available in mountain sports, paddle sports and medical and rescue in both mountain and water environments.

Tel: 01479 861 256

Web: www.glenmorelodge.org.uk

Email: enquiries@glenmorelodge.org.uk



Cumbrae

Cumbrae is Scotland's premier watersports centre and instructor training facility. The centre offers exceptional facilities for watersports enthusiasts at all levels, supported by a team of highly qualified instructors with a huge breadth and depth of personal and instructing experience.

Tel: 01475 530 757

Web: www.nationalcentrecumbrae.org.uk

Email: cumbraecentre@sportscotland.org.uk



OFF THE WALL

The journey an athlete takes from trying a sport for the first time to winning on the world stage is a varied one. One of **sportscotland's** key roles is to ensure that athletes, coaches, volunteers and officials have a 'pathway' to continue and develop their chosen sport.

We talk to Forbes Dunlop, Head of Pathways at **sportscotland**, about his role in joining up the people, places and thinking that make sport happen... and about his own background in sport.

➔ How did you get involved in sport?

I got involved at a young age through school; I enjoyed PE, and was a member of my local swimming club. I just enjoyed being active, running about and playing football after school like most young boys!

➔ What sports do you enjoy?

I do a little swimming, golf and mountain biking. I enjoy watching most sports especially around the major events; I always get hooked on the Olympics and Commonwealth Games.

➔ How did you progress to your role at sportscotland?

I started work at **sportscotland** in 2002 as a partnership manager. I was then promoted to be a lead manager and have developed into my current role as Head of Pathways. I have enjoyed my different roles and each has helped me better understand our partners and our business.

➔ Can you describe your role?

My role is to support governing bodies, to ensure they are strong, well-governed organisations and that they have structures in place to support their members. I work closely with the high performance team to make sure sports development and high performance are joined up in their approach to sports.

➔ What is a pathway? Can you give an example?

A pathway is the journey an athlete takes throughout their sporting career. We want to ensure that every pathway leads to the opportunity for continued participation.

Golf is probably a good example: from a child being introduced to the sport through clubgolf in school, then being encouraged and supported to join a junior section in their local club, where they learn to become more competent at the sport. Then, as they become more competent, they will receive more support through regional squads and, eventually, national squad programmes and be supported by the services of the **sportscotland** institute of sport.

At any time and stage in the pathway, the important thing is that the individual is given the skills and enjoys the experience to the point they continue to be involved in golf, or sport for the rest of their life.

➔ What is sportscotland's role in developing pathways?

We work closely with the governing bodies of sport at a planning level and at a delivery level through the institute network. This dual role really helps as the planning informs the support for athletes and the athlete experience feeds back into the planning.

➔ What are the best parts of your role?

The best part is getting to work with the different people in all of the sports. We are also seeing governing bodies that started without a clear pathway in place, now having a plan in place and having athletes that are coming through. It is satisfying to see these projects starting to produce athletes.


➔ What are the biggest challenges in your role?

The opposite of the previous answer! With so many different sports and individuals to work with, trying to make sure everyone is working together for the sport and sport in a wider sense can be a challenge.

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

I admire the obvious ones for what they have achieved in sport and life, so Muhammad Ali and Lance Armstrong would be top of the list. After that there are so many sporting personalities that would be interesting for all sorts of reasons it's impossible to narrow it down!

➔ What is your favourite sporting moment?

Regardless of the level, I really enjoy the expression on someone's face when they achieve something in sport, whether they've just become world champion, or mastered diving into a swimming pool for the first time. 

CONTRIBUTION

Sport makes a unique contribution to Scotland's health, identity and economy. Visit our website to find out more www.sportscotland.org.uk

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Simon's a regular at this Active Schools club – he knows that sport can help him stay fit and healthy. But most of all it's fun.

Teachers at this school love Karen. Not just because sport helps keep kids fit and healthy, it also raises educational attainment.

Martin might not know it, but he's one of 45,000 people working in sport in Scotland. Together they help generate over £1.3bn a year to Scotland's economy.



Putting sport first

sportscotland
the national agency for sport

U15s and U17s taking part in athletics championships at the newly opened Scotstoun Stadium in Glasgow

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The **sportscotland** group is made up of **sportscotland** and the **sportscotland** Trust Company (national centres). **sportscotland** incorporates the **sportscotland** institute of sport, the high performance arm of **sportscotland**.



www.nationalcentrecumbrae.org.uk



www.glenmorelodge.org.uk



www.nationalcentreinverclyde.org.uk



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