

SPORTFIRST

Summer 2010

the magazine of **sportscotland**

Featuring

Hitting the ground running

Focus on our Sports Development team

The professional touch

Scottish golf gets a £1m boost

National School
Sport Week

**Inspiring tomorrow's
sporting generation**

GOLDZONE

**Looking back,
looking forward**
From Vancouver to Delhi

A rising star
Jamie Baker
shares his story

**One performance
network**
**A new framework
for success**



Putting sport first

sportscotland
the national agency for sport

MORE & BETTER

Our aim is to increase participation and improve performance in Scottish sport.
Visit our website to find out more www.sportscotland.org.uk

Awarding funds from
 The National Lottery®

Karen loves spending time with her pals outdoors (especially when she beats the boys).

The local Active Schools team organises lots of activities for pupils to get active, like this after school running club.

Ahsan's times are improving every week – next month he's running in his regional championships.



Putting sport first

sportscotland
the national agency for sport

FIRSTWORD

CONTENTS

News roundup

The latest from the national agency

2



Preparing the ground

The year ahead for our Sports Development team

4

Championing Scotland's achievements

The Scottish Sports Hall of Fame welcomes six new inductees

6

Putting the swing into Scottish golf

How sportscotland is investing in homegrown talent

8

Active Schools in action

Rolling out National School Sport Week

10

Inspiring youth

Focus on the Young Ambassadors programme

11



Rising to the challenge

West Lothian Council states the case for a sporting agenda

12

GOLDZONE



2010: a milestone year

Mike Whittingham looks back at Vancouver and forward to Delhi

16

Baker set to rise again

Scotland's tennis hopeful is back on form for 2010

18

A taste of Delhi

Lawn bowls and shooting get right on target

20

Achieving critical mass

David Somerville takes over as Scotland's High Performance Judo Coach

22



One performance family One performance network

Explaining the benefits of a unified approach

24

Water, water, everywhere!

Showing what Scotland's premier watersports training centre has to offer

26

Off the wall

An interview with Bob Easson, High Performance Manager

28



Louise Martin focuses on the benefits of working with partners to build success

A very warm welcome to the third edition of sportscotland's *Sport First* magazine. I am pleased to see such a strong partnership-working theme running through this magazine, with a real focus on how sportscotland works with a range of partners to build success for Scottish sport.

In this issue you will find a case study on some innovative work with the Scottish Golf Union, and you will hear from Alex Linkston, the Chief Executive of West Lothian Council, on how they are planning for sport in a challenging economic environment. You will also hear about a joint programme with the Youth Sport Trust to deliver the Young Ambassadors programme, and find out why National School Sport Week, run in partnership with Bank of Scotland, promises to be the UK's biggest school sporting event.

In the *Goldzone* section of the magazine, Mike Whittingham takes time out to review our performance at the Winter Olympics and Paralympics and also looks forward to Delhi later this year. Finally, we provide an update on how the six area institutes are evolving into a stronger and more integrated institute network.

I do hope you enjoy the magazine.

Louise Martin

Louise Martin CBE
Chair, sportscotland



www.ouractivenation.co.uk

Scotland to become an 'Active Nation'

A major new campaign aimed at improving Scotland's health record has been launched by the Scottish Government. Active Nation, part of A GAMES LEGACY FOR SCOTLAND, will use the inspirational impact of the 2014 Commonwealth Games to motivate Scots to increase their physical activity and live longer, healthier lives.

A newly launched website provides people with lots of ideas to help them get more active and asks them to set their own Personal Activity Goals in a bid to build physical activity into their daily lives.

Speaking at the launch in Glasgow, Minister for Public Health and Sport Shona Robison said: "Active Nation is about getting active, having fun and feeling good. It aims to energise and motivate all Scots to increase their physical activity in the run up to the Glasgow 2014 Commonwealth Games and beyond. That will be a Games legacy Scotland can be proud of. For too long Scotland has been seen as the 'sick man of Europe'. Our nation's health is improving but not quickly enough, especially in our most deprived communities."

sportscotland will be supporting the delivery of Active Nation, together with a wide range of other partners from the public, commercial and third sectors, in order to develop a diverse programme of Active Nation branded events and activities across the country.

For more information, please visit www.ouractivenation.co.uk



North Lanarkshire named a European City of Sport

North Lanarkshire has been named the UK's European City of Sport for 2011. Inspectors from the European Capitals of Sport Association visited North Lanarkshire in January, and praised the area for promoting the benefits of a healthy lifestyle and participation in sport and exercise.

North and South Lanarkshire will host the International Children's Games next summer, with up to 1,500 children aged between 12 and 15 representing over 70 countries. Inspectors were also impressed by the progress of the £32m Ravenscraig Regional Sports facility, which will be a key venue for the 2011 Games.

sportscotland announce changes to facilities applications



sportscotland has announced a key change to its Sport Facilities Fund. A new Small Projects fund for capital projects with a value up to £100,000 was introduced on 1 April. The Fund is open to applicants from across the sporting landscape – from clubs, community sports hubs and governing bodies to local authorities and trusts. This new funding stream will be based on a one-stage application process – a move which is designed to make the process easier and quicker for applicants to apply to sportscotland for funding.

In a further development, the fund now offers community groups the opportunity, in exceptional circumstances, to apply for 100% funding for their projects – up to a maximum of £50,000. Successful applicants must demonstrate that their project will have a significant impact on developing sport in the local community and that there is a clear financial need.

For more information, please visit our Sport Facilities Fund page at www.sportscotland.org.uk/SFF



Islam Feruz collects Young Scot Award

The 2010 Sunday Mail Young Scot Awards took place at the Hilton Glasgow on 29 April. These awards were established in 2006 to recognise and celebrate the outstanding achievements of Scotland's young people.

The sports category, sponsored by **sportscotland**, was won by Islam Feruz, a striker for Scottish Premier League side Celtic. Originally from Somalia, he lived in Tanzania before seeking asylum in 2001 in the UK, and later moved to Glasgow. At just 13 years old, he played alongside the Celtic first team during a tribute match to the late Tommy Burns on 31 May 2009. The judges were so impressed by Islam's story and achievements that he was also awarded overall 'Young Scot of the Year'.

The other finalists in this category were curler Eve Muirhead and kickboxer Jodi Henderson.

To find out more about the winners on the night, visit www.youngscot.org/awards

twitter

sportscotland is on Twitter!

To keep up to date with all of **sportscotland's** news and information you can now follow our official Twitter feed.

To join the conversation visit www.twitter.com/sportscotland



Record total for Sport Relief

Sport Relief 2010 took place over the weekend of 19-21 March, with events held throughout the country to raise money for disadvantaged people in the UK and around the world. Over 165,000 people across the length and breadth of the country took to the streets on Sunday 21 March to take part in the Sainsbury's Sport Relief Mile, where participants tackled one, three or six miles for this great cause.

Over £40m has been raised so far, which will go towards some fantastic community projects here in the UK. Money from Sport Relief 2010 will also help street and working children overseas, and contribute to improving the treatment and prevention of malaria.

Diary dates

7-11 June	National School Sport Week (see page 10 for more information)
29-30 June	UK Coaching summit
6-14 July	World & European Laser Radial Men's & Women's Championship 2010 – The Scottish Sailing Institute, Largs
23 July	4 years until the start of the XX Commonwealth Games – Glasgow
14-26 August	1st Youth Olympic Games – Singapore
Mid August	Final Team Scotland selections for Delhi 2010
3-14 October	XIX Commonwealth Games – Delhi



Preparing the ground

Mike Roberts, Director of Sports Development at **sportscotland**, looks ahead and talks about priorities for the Sports Development team this year and the unique opportunity their activities will offer Scottish sport.



“It’s been a challenging and exciting year at **sportscotland**. Like any other organisation, we regularly review performance and test future plans. And looking back at last year, it is clear that we moved out of a period of change fairly quickly, and with a refocused and reorganised team in place, we maintained momentum in our core Sports Development areas.

A careful balance

Last year we continued to support and invest in 54 Scottish governing bodies of sport, while our 470 strong Active Schools Network delivered activity sessions across all 32 local authority areas. And through the financial and non-financial support we

provided to our partners, our team was also at the forefront of projects like the completion of Aberdeen Sports Village and the roll out of over 100 individual training sessions within the new Coaching Matters programme.

While we continue to deliver in the here and now, the year also saw us preparing the ground for some key deliverables which will come closer to fruition this year. For instance, during 2009, our Sports Development team worked with partners across the sporting landscape to build consensus for the development and implementation of a network of community sports hubs. As part of the Scottish Government’s Scotland-wide



games legacy plan, *A Games legacy for Scotland*, the hubs' aim is to grow participation in sport and physical activity and encourage community engagement and leadership.

A unique opportunity for community sport

Supporting this project will be a key priority for us this year. **sportscotland** partnership managers, working alongside our partners, have now identified the first eight local partners who will develop community sports hubs projects by 2012. Work is also underway to identify

agency for sport, we will play a key role in helping local authorities, community planning partnerships, governing bodies, local community groups and the regional sporting partnerships to work together to deliver these opportunities for local communities.

Regional sporting partnerships

Over the past year we also put a lot of energy into working with our partners to develop plans for the six regional sporting partnerships. These will build upon the experience and successes of the area institutes of sport and pilot sports

examples of the tangible benefits they offer are starting to come through. For example, in Highlands and Islands a local athlete support programme has been introduced to provide specialist and support services for athletes in rural areas, building on the experience and expertise of the institute network.

This year our focus will be on making sure the partnerships are working effectively and providing a platform for our partners to not only coordinate their activities, but also to maximise the impact of their resources on Scottish sport – a factor which is even more important given the current financial landscape.

“As the national agency for sport, we will play a key role in helping local authorities, community planning partnerships, governing bodies and the regional sporting partnerships to work together to deliver these opportunities for local communities.”

the next set of opportunities which will form phase two of the project and by 2012 there will be a significant number of hubs across the 32 local authority areas.

Whether they are based in local facilities (eg. sports centres, community centres) or schools, community sports hubs will share the common purpose of bringing local people together, providing a home for local clubs and sports organisations, and supplying relevant information, support and advice on sport.

The hubs are a critical development in Scottish sport. They offer sporting organisations across the country a unique opportunity to engage local communities in sport and physical activity. As the national

partnerships (in Central, and Tayside and Fife) by developing ways of working and ensuring local, regional and national priorities are aligned. The partnerships are simplifying the sporting landscape and aim to help us achieve collectively what we cannot do as well, or at all, individually.

The Highlands and Islands, Grampian, Central, and Tayside and Fife regional sporting partnerships are now in place and East is following closely behind. West is undergoing a phase of consultation to find out how this style of collaborative working will align to the specific needs of the area.

It is early days but the partnerships are making good progress and some

The 'to do' list

Regional sporting partnerships and community sports hubs are key priorities because they offer a unique opportunity to Scottish sport and help us to ensure that our other ongoing core activities in School and Community Sport, Coaching, Volunteering and Facilities are relevant to local, regional and national needs. But as you would expect our 'to do' list isn't solely dedicated to hubs and partnerships This year we will also be managing a number of other advances across our Sports Development area. For instance – a suite of projects which are designed to support the development and raise the profile of Scottish coaching are high up on the list as well as the roll out of our Sports Facilities Fund which was recently re-launched to make the process easier, quicker and more aligned to the needs of applicants. It's shaping up to be another busy and productive year. ”



Championing Scotland's great sporting achievements

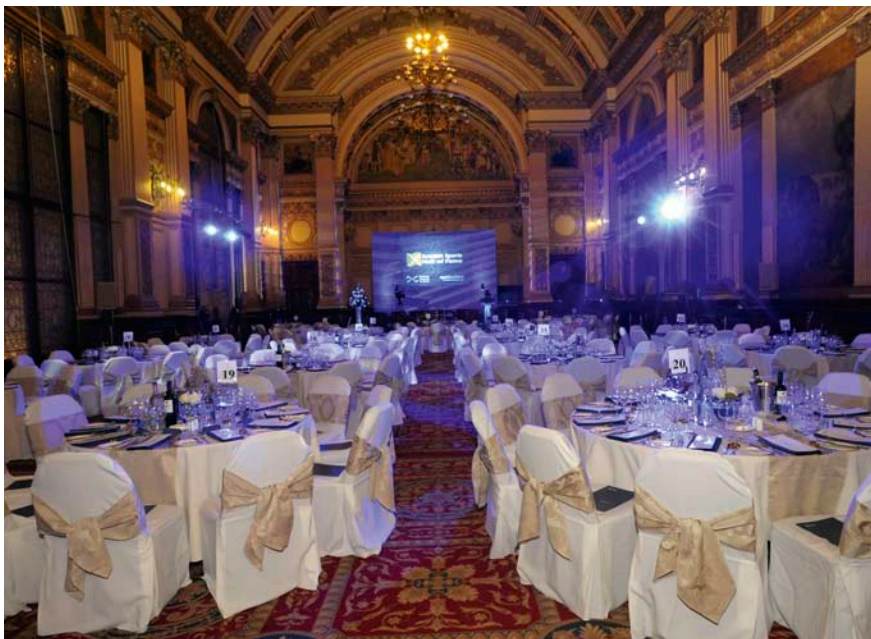
In March this year, six of Scotland's sporting legends joined a very exclusive club as they were inducted into the Scottish Sports Hall of Fame. Richard Corsie MBE (lawn bowls), Steve Hislop (motorcycle racing), KG MacLeod (cricket & rugby), Graeme Obree (cycling), Graeme Randall MBE (judo) and Ian Stark OBE (equestrianism) were all honoured at a gala dinner in Glasgow's City Chambers.

Between them, these sportsmen have won multiple world, Olympic and Commonwealth titles. They have shattered world records and proudly represented Scotland on the world stage. One has even been the subject of a feature film! During their careers they have overcome adversity or injury, defied the odds through determination and innovation and, for one, demonstrated an astonishing ability to excel at every sport he turned his hand to.

As part of a very successful induction ceremony, TV presenter Dougie Donnelly interviewed the inductees and their

representatives, encouraging them to relive their memories and describe the impact that sport has had on their lives. Guests at the event, who included past inductees and current athletes, were visibly moved by the inductees' compelling stories.

Listening to their experiences, a common theme expressed by the inductees was how they were inspired to take up sport as children. Whether it was an incredible performance by an established athlete or the influence of a family member, all of the inductees were motivated to take up a sport at a young age – a decision which was to shape the course of their lives.



Reflecting on their own motivation and inspiration, several inductees spoke of their desire to give something back to their sport, to use their experiences to encourage more people to become involved in some form of physical activity, whatever their level.

While acknowledging the honour bestowed upon him, Graeme Obree was adamant that it was not the honour itself that was important but the opportunity that this accolade provides to really make a difference: "It's not relevant if it doesn't inspire people. We have to get our kids off the streets and out riding their bikes, or doing something sporty."

Graeme Randall spoke passionately about what it takes to become a champion: "You need to maximise every opportunity and make the best of what is available to you. You need to develop a 'no excuses' approach and don't think for a minute that being based in Scotland is a limiting factor to success – there are opportunities everywhere, especially compared to when I first started. With the right focus, world-class athletes can train anywhere and sometimes being based at home can be hugely beneficial, providing a nurturing environment which is so important, especially to young athletes."

"You need to maximise every opportunity and make the best of what is available to you. You need to develop a 'no excuses' approach and don't think for a minute that being based in Scotland is a limiting factor to success – there are opportunities everywhere..."

Graeme Randall MBE

As Scotland's most successful judoka, he clearly knows what he is talking about.

The Scottish Sports Hall of Fame is a unique initiative, jointly run by **sportscotland** and National Museums Scotland, which recognises Scotland's greatest sportsmen and women. By providing a public record of Scotland's all-time greats, the Hall of Fame was created to inspire new generations of sportspeople and promote a culture in Scotland of recognising and celebrating Scottish success across a range of sports.

sportscotland Chair Louise Martin commented: "It is so important that the achievements of our sportsmen and women aren't lost in the mists of time. Scottish sporting success should be celebrated by the whole nation and the Scottish Sports Hall of Fame provides a unique opportunity for us to recognise the talented individuals who have placed

our country on the sporting map. It is also an excellent way of demonstrating to young Scots what can be achieved through perseverance, hard work and determination. I hope that by raising the profile of our sporting heritage we can inspire future generations to emulate their heroes and create their own place in Scotland's sporting history." **SR**

Full details of the inductees' achievements can be found on the Scottish Sports Hall of Fame website www.sshf.co.uk.

Nominate your sporting hero today!

Anyone can nominate their heroes through the Scottish Sports Hall of Fame website at www.sshf.co.uk. The site contains information on the legends already inducted, criteria for selection and the all important nomination form.

Putting the **swing** into Scottish golf

sportscotland has teamed up with the Scottish Golf Union, the Scottish Ladies' Golfing Association and the PGA to deliver what is hoped will be the final piece of the jigsaw for Scotland's talented golfers.



Over recent years, Scotland has achieved notable success in amateur golf on the world and European stage, but the challenge remains for our professional golfers to take over the baton from the likes of Colin Montgomerie and Sandy Lyle. However, all that might be about to change following an announcement by **sportscotland** Chair Louise Martin and First Minister Alex Salmond in North Berwick in March that £1m of **sportscotland** investment will be made available over the next five years to support the transition from amateur to professional tour status.

Unlike a traditional sponsorship approach, this new initiative is about much more than financial support. The Scottish Golf Union (SGU) and Scottish Ladies' Golf Association (SLGA) attribute much of the success achieved by young amateurs to tailored, high performance support and expertise delivered to players through the **sportscotland** institute of sport network. Previously players who made the step up to the pro tour lost that valuable support – arguably at the time when they needed it most. Thanks to this new investment, they will now have access to vital services, ranging from coaching and sports science to strength and conditioning, to assist them as they make the transition.

Building on the partnership-working that has seen clubgolf, Scotland's national junior golf programme, become so effective, an independent company will manage the new investment, bringing together all the parties in Scotland who have a vested interest in golf – **sportscotland**, SGU, SLGA and the Professional Golfers Association (PGA). The Board of the new company will be headed up by former R&A captain Graeme Simmers and will also

benefit from the expertise of former Ryder Cup captain Bernard Gallacher. **sportscotland** Chair Louise Martin and **sportscotland** Chief Executive Stewart Harris, together with Hamish Grey from SGU and Shona Malcolm from SLGA, will complete the Board, while additional input will come from the PGA. The initiative has the full support of the European Tour, including players such as Paul Lawrie and Colin Montgomerie, as well as reigning Ladies British Open champion Catriona Matthew, all of whom will be called on to contribute to an advisory group or, time permitting, to take on a mentoring role for the young players aiming to follow in their footsteps.

This is the latest element in a strategy to drive the sport of golf forward in Scotland as we build towards the Ryder Cup at Gleneagles in 2014: clubgolf has introduced over 140,000 primary school children to the sport since its inception in 2002 as part of the legacy for the Ryder Cup; the Scottish Golf Academy is successfully improving the performance of the country's elite amateurs; SGU and SLGA are working towards integration; **sportscotland** has increased funding to the two governing bodies to support their development; and clubs across the country are becoming more accessible for young players.

With so many youngsters now having access to the sport, they need role models to follow to encourage them to develop their own potential. As the Home of Golf, Scotland hosts some of the world's biggest professional events and this new initiative aims to ensure that Scottish golfers are well represented at the top level. It is hoped that this new programme will give Scotland's talented young golfers the support they need to allow them to realise their dream. **SF**



Investment in young golfers paying off

If the recent Scottish Boys Championship, played in the beautiful surroundings of West Kilbride on the Ayrshire coast, is anything to go by then **sportscotland's** investment in young golfing talent is certainly reaping rewards.

Featuring 256 of Scotland's best young golfers aged between 13 and 18, and representing 141 different clubs and a handicap ballot of just five, the standard of golf witnessed by spectators and media was hugely

impressive. The eventual winner, 16-year-old Grant Forrest from Craigielaw in East Lothian, has come through the Scottish Golf Academy programme and attributed much of his success to hours spent in the gym as a result of the **sportscotland** institute of sport's strength and conditioning programme.

"The programme has really benefited my game and I'm hitting the ball 30 to 40 yards further than this time last year. Being involved in the Scotland boys squad has helped many aspects of my performance and you come to appreciate that there's so much more to being a good golfer than just the golf swing," said Forrest, who became only the second golfer to win the boys under 16s and national match play titles in the same year.

National Junior Coach Spencer Henderson added: "The performance of the Scottish Golf Academy gets better every year. Seven out of the eight quarter-finalists in the 2010 Scottish Boys Championship came through the programme or have been part of our squad system and we have a fantastic nucleus of really talented under 16s coming through the ranks. I'm really excited about the future of Scottish golf being in the hands of these young players. The increased support allows us to have 110 boys and girls receiving extensive winter coaching across our regional academies, using some of the leading teaching professionals in Scotland."

For more information on the Scottish Golf Academy, visit www.scottishgolf.org or contact the Scottish Golf Union on **01334 466477**

Darren Campbell meets some local schoolchildren at the Scottish launch of National School Sport Week



Active Schools in action

Rolling out National School Sport Week

As part of its ongoing activities in school and community sport, the Active Schools Network is involved in rolling out the Bank of Scotland National School Sport Week, from 7–11 June 2010, to schools across Scotland.

Bank of Scotland National School Sport Week is part of the UK's biggest school sporting event. In 2009 over 10,500 schools took part across England and Wales. This year is the first time the initiative has been rolled out in Scotland and so far over 500 schools have signed up!

Active Schools and Bank of Scotland National School Sport Week will harness the enthusiasm surrounding the 2012 Olympic and Paralympic Games to inspire more young people to understand the value of sport and to take part in sport and physical activity. The main aim of the week is to inspire and motivate young people to try a new sport for the first time; to get their whole school and community involved; to make a 'sports pledge' to get better at a sport they already play; or to assist friends and families to reach their sporting goals. The week will also help to demonstrate the values that underpin the London 2012 Olympic and Paralympic Games.

An ideal example of a National School Sport Week event is the Secondary School Sport Games taking place on

Thursday 10 June in Oban. There will be about 650 S1 and S2 pupils from all 10 secondary schools in Argyll and Bute taking part in 14 sports events.

Nicola Hackett, Active Schools Manager for Argyll and Bute, said: "The event will provide a unique opportunity for our young people to come together and celebrate sport. It will allow us to continue to raise the profile of sport across Argyll and Bute and encourage lifelong participation. National School Sport Week is a fantastic opportunity to motivate children, engage them in activity on a national level and help them to see the value of sport in the run up to the 2012 Olympic and Paralympic Games."

Scottish Disability Sport and Active Schools are also planning to run a National School Sport Week event for physically disabled or visually impaired children who attend mainstream schools. The multi-sport event will take place on 9 June at Scotstoun Leisure Centre in Glasgow and will centre around Paralympic and Commonwealth Games sports. [SF](#)

Bank of Scotland National School Sport Week's aims are closely aligned to those of [sportscotland](#) and Active Schools. By taking part in the initiative, schools will be:

- **Raising the profile of sport and physical activity in schools**, engaging not just children and young people, but parents, carers and colleagues too
- **Encouraging, inspiring and motivating young people** to get involved in sport and enjoy a healthy lifestyle
- **Celebrating their sporting achievements** over the last 12 months
- **Helping to demonstrate a commitment to sport and physical activity** by building upon the work they and the Active Schools Network have delivered in the area
- **Giving pupils the opportunity to develop a level of confidence** which benefits their overall academic performance.

For more information on National School Sport Week visit www.schoolsportweekscotland.org

Inspiring youth

The UK-wide Young Ambassador Programme is delivered in Scotland by the Youth Sport Trust in partnership with **sportscotland** through the Active Schools Network.

Launched in 2006, the Young Ambassador (YA) Programme aims to inspire all young people to participate in sport and physical activity, by creating opportunities for them to lead and volunteer in sport. The partnership will maximise opportunities for London 2012 and Glasgow 2014 in particular to develop and support young people as role models and ambassadors. In Scotland this will be delivered through **sportscotland's** partnership managers and the Active Schools Network.

The role of a YA is to increase participation in physical activity, school sport and PE by promoting active and healthy lifestyles and spreading the Olympic and Paralympic values of respect, friendship, personal excellence, courage, determination, inspiration and equality. Central to the YA Programme is the principle of young people aged 14-19 driving opportunity, engagement and change for other young people aged 5-19.

YAs are selected on the basis of sporting talent or outstanding commitment and ability as young leaders or volunteers. There are three levels of YA: Silver, Gold and Platinum. A maximum of two Gold YAs are nominated and selected from each local authority.

There are currently 48 Gold YAs in Scotland representing 26 local authorities. There are a further 50 Silver YAs in three pilot local authorities, Edinburgh, East Lothian and Clackmannanshire. The Silver YAs have been recruited by their respective Gold YAs to help with the delivery of the programme's key messages and outcomes. It is expected that there will be two Gold YAs in each local authority by October 2010 with Silver being rolled out upon completion of the pilot period.

Gold YAs have the opportunity to graduate to Platinum, when they take on the role of inspiring and mentoring

their successors. There are currently six Platinum YAs in Scotland, who assist with the selection and mentoring of new Gold YAs. One Platinum YA, David Angelini, also takes a seat on the UK YA Steering Group, where he represents Scotland.

The YA Programme makes a significant contribution to volunteering and leadership in Scotland, by giving young people the chance to inspire, mentor and support other young people. YAs will also support the Young Scot Youth Legacy Ambassadors for Glasgow 2014 around the Active Schools theme. Young Scot, the Youth Sport Trust and **sportscotland** are working in partnership to ensure these two programmes are complementary. **SF**

.....
sportscotland contributes £60k per annum to the YA Programme. For further information, visit www.youthsporttrust.org/ya
.....





Rising to the challenge

The Chief Executive of West Lothian Council, Alex Linkston, takes time out of his busy schedule to discuss how the council are prioritising sport at a strategic level.

“Our overall aim is to improve the quality of life of all those living and working in West Lothian by providing services that add value to our communities. At the same time, we need to meet the challenges we face from a growing population and a reduction in council expenditure – and still endeavour to provide everyone with equal opportunities. Despite a very challenging financial position, West Lothian wants to drive a positive approach, especially by concentrating on outcomes which will focus and impact on the 12 joint challenges of West Lothian’s Single Outcome Agreement (SOA).



“At West Lothian Council, we value the importance of sport and will continue to provide a wide variety of programmes and opportunities so that everyone can achieve their full potential.”

Alex Linkston, Chief Executive, West Lothian Council

Within West Lothian, our Sport & Outdoor Education team has worked with partners across the council, including West Lothian Leisure, to produce a framework which demonstrates how physical activity and sport impact upon West Lothian Council’s SOA, the Scottish Government’s *Reaching Higher* and *Curriculum for Excellence*. The framework identifies priority areas of work, highlighted within these key strategic documents, which are aligned to West Lothian’s 12 SOA joint challenges. These areas of work have the overarching aim of increasing participation and improving performance (*Reaching Higher*, 2007).

The framework was created through partnership working and community engagement which are crucial to the whole process of designing, prioritising, delivering and monitoring physical activity and sport within West Lothian. The framework forms the basis of an overarching strategy (due for completion in autumn this year) for physical activity and sport in West Lothian for potentially the next 10 years.

The framework provides clarity and understanding of the roles and responsibilities of Sport & Outdoor Education and West Lothian Leisure in the delivery of physical activity and sport through both the community and education. This has been agreed through continued consultation with all key partners and it enables integrated planning and enhanced partnership working, ensuring a collective responsibility for providing quality services, best value and sustainability across West Lothian. By adopting this approach, Sport & Outdoor Education and West Lothian Leisure will maximise the contribution which physical activity and sport can make to the overarching health agenda and Scotland’s sporting achievements.

West Lothian Council fully supports the excellent work delivered by Sport & Outdoor Education’s four teams of Active Schools, Facilities, Outdoor Education and Sports Development. In order to maintain success, West Lothian will continue to work with a number of partners, including Community Learning and Development, Community Facilities, NETs & Land Services, schools, governing bodies, **sportscotland** and the NHS, to ensure maximum impact is achieved for West Lothian communities.

With London 2012 and Glasgow 2014 on the horizon, the spotlight is now shining ever more brightly on physical activity and sport. Here in West Lothian, we recognise that physical activity and sport not only provide opportunities for West Lothian’s promising young medal hopefuls, but also for those participating at grass roots level through the contribution they make to the health and well being of our communities. By creating exciting opportunities such as the Excellence in School Sport Programme, which provides a pathway for talented young school athletes, or Midnight Football which focuses young people’s energies by providing an alternative to hanging around the streets, we are contributing towards having a positive impact on the West Lothian community.

At West Lothian Council, we value the importance of sport and will continue to provide a wide variety of programmes and opportunities so that everyone can achieve their full potential.” **SF**

ARE YOU MAKING THE CASE FOR SPORT?

sportscotland is looking for case studies on how local authorities are demonstrating the impact of sport within their Single Outcome Agreements. If you have been making the case within your local authority, we’d love to hear from you. Please get in touch by emailing communications@sportscotland.org.uk

THE POTENTIAL OF SPORT

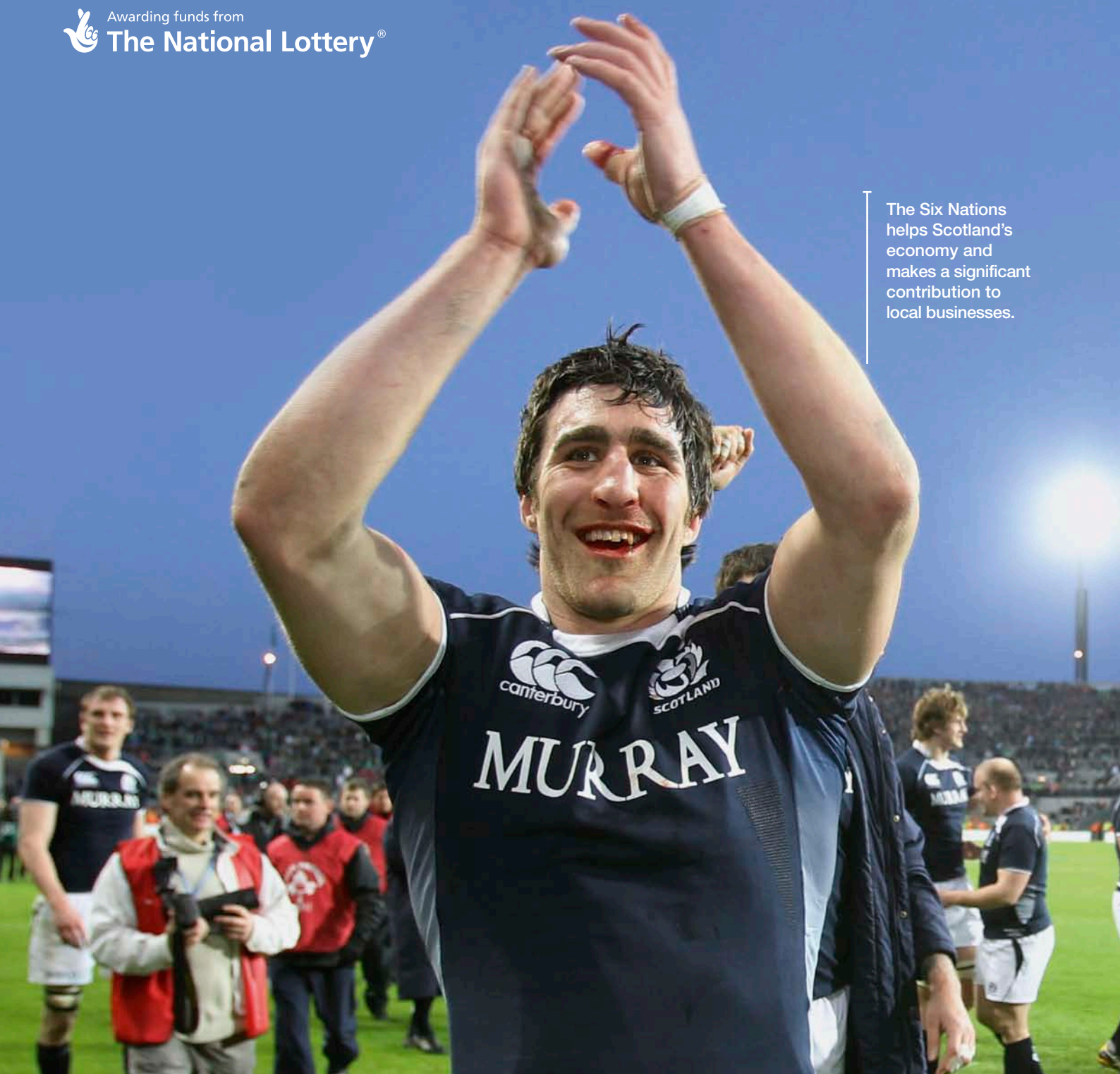
For suggestions on how sport can contribute to the Scottish Government’s national outcomes, visit www.sportscotland.org.uk/potentialofsport

CONTRIBUTION

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

Awarding funds from
 The National Lottery®

The Six Nations helps Scotland's economy and makes a significant contribution to local businesses.



Putting sport first



Dougie trains every Thursday at his local club. It keeps him active and his wife says it's the best evening of the week.

Karen supports the Scotland team wherever they go – win or lose she cheers them on.

GOLDZONE



2010: a milestone year

Mike Whittingham, Director of High Performance at **sportscotland**, looks back on Vancouver and highlights the importance of prioritising key activities and events in 2010.



“We always knew that 2010 would be a highly important and challenging year for Scotland and, in particular, for our high performance family. Less than two years away from the London 2012 Olympic and Paralympic Games, all British Lottery funded programmes have laid down their targets for 2010 and their success will be used as a marker by all of us to measure their precise progress. Getting London right is part of our strategic approach towards Glasgow 2014 and we want our British and Scottish athletes to consistently aim high and strive for success on the world stage.

With both the European and Commonwealth Games coming up in 2010, British Swimming have set a bold target of 35 medals for this year. We are hoping some of these will come from Scottish athletes, with a possible eight Scottish swimmers in the running for selection to the European Championships. British Cycling have already achieved seven of their predicted five to ten medals at the World Championships in Denmark and Sir Chris Hoy continues to deliver medals for both Britain and Scotland.

Focusing on the positives

Looking back to Vancouver, we cannot disguise our disappointment regarding the Winter Olympic and Paralympic Games. And while we may have our own views and opinions, we must allow the independent reviews that are taking place to seek the answers to key questions. Reviews are part of our performance management cycle and it would be unhelpful to assume that they only focus on the negatives. Of course, we must be committed to striving for improvement by acknowledging and addressing weaknesses or gaps, but I firmly believe that our starting point in

performance sport should always be capturing what went well and carrying on doing more of that. The margins between winning and losing are very small and often require only minor changes.

A major aspect of leadership is taking responsibility and at the institute we must take collective responsibility for our lack of medals in the Vancouver curling programmes. On the other hand, reflecting on the Winter Games as a whole, we had a record number of Scots in Team GB, and achieved 5th, 6th and 7th placings. No other Scottish sport achieves this level of ranking on the world stage and more recently our men and women curlers achieved medals at the World Championships wearing Scottish colours.

The great thing about sport at all levels is that there is invariably another competition to aim for. We all must applaud the way Eve Muirhead and her team bounced back to win a silver medal at the World Championships in Canada only three weeks after their huge disappointment. It was a great achievement but perhaps emphasises that peaking at the right time is the whole purpose of a targeted well-funded strategy. So we must learn from all the feedback and continue to aim high. Winners continue to have the desire to win by confronting setbacks but they always recognise progress. Our impact as a small nation on Team GB was enormous.

Looking ahead to Delhi

Now that spring is here we can look ahead and place our attention and focus on preparations for the Commonwealth Games. Already many of the Delhi SGBs are holding their national championships and starting to pencil in their selections. There is excitement in the air and

anticipation of good things to come. Delhi is also important as it will be used by **sportscotland** as a marker for where each of the 2014 sports lie in terms of their athletes, programmes and environment.

The challenges that Delhi presents demand meticulous preparation and there is already the making of a strong collaborative partnership between Commonwealth Games Scotland, the **sportscotland** institute of sport and the SGBs. It is our job to work together to ensure our athletes are the best prepared and are well looked after. As the final touches are being added by coaches and support teams, October will provide Scottish athletes with the unique opportunity to compete and perform with distinction at the Games. For elite athletes such as swimmer Hannah Miley, 2010 will be a platform to launch her career a step further, on the world stage.

For those Olympic, Paralympic and Commonwealth sports and athletes who are willing to respond to the exciting challenges, we want to be in a position post-Delhi to offer an unprecedented level of support and commitment from January 2011 all the way through to July 2014.

Over the next six months we will be concentrating on ensuring that we give our athletes the best opportunity to make 2010 a memorable sporting moment in their lives. For some it may be the last chance to compete at the top of their game, for others we want it to be the start of ‘serial medalling’ in Delhi, London and Glasgow.

For these reasons, and because of the move towards one single network that you’ll read about later in the magazine, I believe that 2010 will be seen as a milestone year.”

The year ahead

19 August	Final team selections agreed for Delhi by Commonwealth Games Scotland
3-14 October	XIX Commonwealth Games Delhi
October/November	Post Delhi reviews
December	Glasgow Mission 2014 planning decisions for all 17 sports and Scottish Disability Sport agreed in principle for 2011-2014



Baker set to RISE again

There's never a good time to contract a serious illness, but Glasgow's Jamie Baker was at the top of his game when a potentially fatal blood condition stopped him in his tracks in March 2008.



“I was flying high. I had just qualified for the Australian Open, played the Davis Cup in Argentina and won my match there. I’d won back to back tournaments straight after that when it happened, so the timing wasn’t exactly great,” recalls the 23-year-old.

Initially suspected of suffering from leukaemia, Jamie was eventually diagnosed with a condition called ‘idiopathic thrombocytopenic purpura’ (ITP) – a very rare blood condition which affects the immune system and means that even the most basic of accidents, such as a simple bump or bruise, could be fatal.

Time out

For a vital young athlete, in peak physical fitness, the impact of the condition was massive. After three days in intensive care in Florida, Jamie was told, in no uncertain terms, that competitive tennis was off the agenda for the foreseeable future. Undergoing regular blood tests, it was weeks before he was allowed to undertake even the most gentle exercise, and months before he was allowed to really let rip back on the court.

Such news would have devastated many athletes, but it’s testament to Jamie’s incredibly positive attitude and work ethic that he’s bouncing back. It’s certainly been a long recovery process but in January, playing in the season’s opener in his home town of Glasgow, Baker declared a clean bill of health. “It was a tough experience and it has taken me the best part of 18 months to get back to full fitness. I tried to get back earlier but I had other injuries and it took until the August before I was feeling really well again.”

Support and guidance

Supported by the sportscotland institute of sport since he was 17, Baker has used a wide range of the institute’s services. Providing a valuable resource through his rehab process was institute doctor, Brian Wilson. “Brian gave me good guidance on top of the hospital treatment I was getting,” says Jamie. “He knew all the medical people who

were monitoring me and, because of his expertise in sport, he was able to give me specific advice which related to tennis; how hard to push myself, when I should train and how much I should do.”

The future’s bright

Having worked with the institute for more than six years, Jamie has benefitted from a support package which incorporates a wide range of different services. He comments: “When I was younger, the institute set up my fitness programmes and I would have regular contact with the trainer to progress the programme. We also used the elite sports analysis – where the institute accompanied me through tournaments and I would get video feedback which helped massively. I’ve also used the physio in the past. The services the institute provides are brilliant. Whenever I’m back in the UK or Scotland, it’s a complete open house. They do whatever they can for me and I use their services as much as I can.”

Baker is understandably upbeat about the year ahead. He is back on top form and his world ranking is moving in the right direction, towards his previous high of 211. And, because he couldn’t play much of the 2009 season, there are no ranking points to defend until August.

“My ranking is now at a stage where I’m starting to get close to where I was when I was at my best,” he says. “And because of the injury and the way the rankings work, I have a window of opportunity over the next eight months where every good performance I put in will help me move further up the rankings. This will hopefully mean that I can push myself beyond where I’ve been in the past. Ultimately my goal is to be at a ranking where I would be financially independent, which would be around the top 100.”

With the health challenges of the last 18 months over, and the continued support of the institute behind him, the outlook looks bright once again for this determined young athlete. **02**



A *taste of* Delhi

In preparation for the Commonwealth Games in Delhi later this year, and those on home soil in Glasgow in 2014, the **sportscotland** institute of sport is supporting more sports, in more ways, than ever before. With Delhi fixed on the horizon, we look at two sports which are firmly focused on success.





In December 2009, lawn bowls joined the institute network family for the first time, and the first signs of a successful partnership are already starting to emerge. The institute team played a significant role in the run up to the recent Commonwealth Games test event in Delhi (6-10 April 2010), where Team Scotland were put to the test against India, Australia, New Zealand, England, Northern Ireland, Malaysia and South Africa – and came back with the goods. The Scottish team met their medal target and returned home with two bronze medals, one in the men's singles for Paul Foster and one in the women's pairs for Caroline Brown and Margaret Letham.

Big impact

Performance Manager at Scottish Bowls, Ceri Ann Davies, has been working with the institute for the last six months and is happy with what she and the support team learned in Delhi: "The four days we spent out there acclimatising made a big impact on our players, and I would say that other teams who didn't have as long to adjust might have struggled more with the conditions. It was a really good decision to spend that extra couple of days there and it will play an essential role in our preparation for the games in September.

"The greens were quite dusty and we had a slight technical disadvantage with the equipment required for the type of greens at that venue. However, we showed how well we are progressing, and how well prepared our athletes are, with the results they achieved – despite the difficulties with equipment, health issues and unbearable heat at times!

"We were constantly monitoring hydration, but even under such close scrutiny three of the players developed mild sunstroke in the blistering 47 degree heat. However, compared to some other teams from the northern hemisphere, we were in really good form."

The team at the institute has developed a strong package of expertise with lawn bowls to offer the athletes support in several key areas, with some of the team travelling with the athletes to Delhi. Exercise Physiologist Gemma Smith has been closely monitoring core temperature as well as hydration, refuelling and cooling strategies. Strength and conditioning specialist, Andrew Boles, was brought on board and allocated the task of getting the bowls athletes in peak condition for the road to Delhi and beyond. He led




on warm ups and cool downs, which the athletes found beneficial in the challenging conditions. Physiotherapist Maggie Bush also works with the bowlers and travelled out to India with the team to work on injury prevention while Simon Lovelock completed the support package by offering video analysis to the players, feeding back specifically on line and length of shots.

Ceri Ann continues: "If it wasn't for the institute support staff we wouldn't have been able to remain in such good health and put in the fantastic performances which we did. The athletes had a positive attitude throughout the trip, they worked hard and really embraced the expert advice they were given and the team leaders were outstanding. Having reached three semi finals and won two medals from the six teams we had, we were really pleased with how it went and now we are looking forward to using our experience in Delhi to be even better prepared come the Games in October."

On target for success

Another sport that has had success at recent competition in Delhi is target shooting. The shooters went to Delhi in February for the Commonwealth Shooting Championships (17-27 February) and competed on the same ranges that will be used when the Commonwealth Games roll around in October. Donald McIntosh, **sports:scotland's** Performance Programme Manager for shooting, speaks about his team's experiences.

"We took the opportunity, as we did before the Commonwealth Games in Melbourne in 2006, to go out ahead of the games and see the venue and the environment we'd be facing. We came home from the championships in Delhi with seven medals. Three bronze, two silver and two gold medals were won, mostly from female athletes and significantly from junior athletes competing in a senior event. We gained a huge amount from the experience and I believe that the facilities will be among the best in the world when they are completed and will no doubt attract major championships in the future."

Both sports have gained valuable experience as a result of their early exposure to likely conditions in Delhi. This, combined with their ongoing preparation, reflects the commitment and support which the institute is able to bring to the game – and ensures that both sports are on target for success at the Games. 





Achieving critical mass

In February, the institute's David Somerville took over from Graeme Randall to become Scotland's High Performance Judo Coach. It was a changing of the guard – but not of a successful plan.





Two months into the role, the Edinburgh 35 year old is determined to keep on track the programme which Randall and he, as Assistant Coach, put in place two years ago. "If I was to describe the way forward it's more an evolution of the work we have been doing than a revolution," said Somerville, a Sydney Olympian and Manchester Commonwealth Games silver medallist. "Two years ago we ripped up the programme – now it's about continuing on the road we've been going on and keeping things moving forward."

Building performance

For a nation which has long been able to handle itself on the mats, there had been a logistical challenge in that Scotland's best judo athletes were geographically scattered. Supported by the **sportscotland** institute of sport and JudoScotland, Randall and Somerville were given free rein to devise a new programme. "It would have been easy to copy the structures of programmes that are multi-medalling at Olympic Games," said Somerville, who has two coaches plus a strength and conditioning coach (the latter provided by the institute) working full time in his team. "But you have to look at the environment you are operating in, the capacities and raw materials you are working with and then build a model for performance judo in Scotland.

"We had a fragmented delivery approach where we had pockets of people training across the country and half a dozen institute-supported athletes based in the south of England. Over the last two years we have been able to vastly increase the volume of time athletes spend at the national dojo in Ratho climbing centre."

The advantages of bringing athletes under one roof more often should

not be underestimated both for training opportunities and managing everyone's time efficiently. "It's one of those sports where sparring is a

.....
*"JudoScotland have really benefited from the investment that **sportscotland** have put into the judo programme over the past two years..."*

crucial component of the training," said Somerville. "To get quality sparring you've got to have a critical mass. And to get that across 14 weight categories – seven for both men and women – you have to pull everybody together. That in turn holds massive challenges for the staff, their roles, the contact time they have with athletes and the types of processes that we need to have in place.

"We are fortunate in having some really good practitioners at the institute. People like Malcolm Fairweather and Sue Robson would rival anybody in their field, anywhere in the world. The judo programme, I feel, has been able to utilise the contribution such experts can make by bringing in a mix of experienced coaches like Billy Cusack (technical) and young talented coaches, such as Allan McDonald (strength and conditioning) and John Buchanan (cadet technical)."

Delivering results

In April, Somerville completed the annual institute induction for judo athletes – 33 are now supported by the network, covering the spectrum of age and weight categories. He is encouraged by the progress so far and the spread of results – 2007 was the first year that Scotland medalled at every age level – senior, under 23, under 20 and cadet – in major championships.


"That shows we have quality through the performance pathway at various age ranges," commented Somerville. "We are hopeful that Sarah Clark and

Euan Burton, who competed at the last Olympics and have medalled at big championships, will compete in London and deliver results. Coming

up strongly behind them we have some juniors like 21-year-old Sally Conway who was fifth at last year's World Championships."

Becoming world class

A gold and silver medal between them, Randall and Somerville were part of the 14-strong judo squad that collected 10 medals in the 2002 Commonwealth Games, a result which increased the popularity of the sport in Scotland. It is perhaps fitting that the pair have become the architects who will help Glasgow 2014 create a lasting legacy for the sport. "Since the Manchester Games the governing body membership has grown year on year and having London and Glasgow on the horizon will hopefully facilitate a bit more growth," said Somerville. "Stimulating that growth is one thing, sustaining it and really maximising it is another. JudoScotland has some good people in place and I'd like to think we are well placed now to maximise on the interest that will come from the two home Games.

"JudoScotland have really benefited from the investment that **sportscotland** have put into the judo programme over the past two years and hopefully we can repay it by continuing to deliver some strong results. The judo programme is maturing all the time and there are still some big steps to be taken until we can say we are a truly established world class programme... but I think we are definitely well on the way." 





One *performance family* One *performance network*

Providing high performance expertise to sport and athletes in Scotland

It is no secret that performance sport is a fast moving environment where the margins between winners and the rest become increasingly pressured. At the **sportscotland** institute of sport we are familiar with continuous performance improvement, and in the search for Scottish medals there are several factors that are driving change across the high performance network.

Firstly, sports are becoming increasingly sophisticated in their performance programmes and their demands on institute support are growing. Our decision to support all Glasgow 2014 sports further raises these demands on our resources.

Secondly, we have taken feedback from a number of sports that improvements could be made regarding consistency of support across sports, athletes and geographic location. There is also recognition that both sports and the institute network need to become more effective at looking at why a sport requests a particular type of support, and why the network delivers a particular type of support.

Against this context, the collective expertise of the institute's senior managers and the area institute managers agreed a change process designed to maximise utilisation and impact of institute resources.

We now have a clear understanding of the requirements of a delivery system designed to meet these greater demands. The outcome is a stronger, more integrated network with some important changes.

One performance network

The six area institutes and the **sportscotland** institute of sport in Stirling are now one performance network. And although there has always been a close working relationship, all support is now

agreed nationally and delivered regionally ensuring increased focus and consistency.

There is now no distinction made between area institute supported athletes and institute supported athletes. All athletes in the system are institute network supported and will attract expert investment at a level appropriate to their development along the performance pathway as agreed with their governing body.

Each governing body is expected to have in place a performance plan and clear objective intelligence which identifies performance gaps and performance opportunities in terms of results and targets. We are empowering sports to become more



responsible for their performance programmes, taking ownership of their related internal management processes. **sportscotland's** Director of High Performance, Mike Whittingham, comments: "This is a time for Scottish sport to seize the opportunity and be aspirational. It is important that the Boards and Chairs of our governing bodies offer clear leadership and total support for the performance programmes and plans. A ruthless, streamlined, focused approach has been proven to achieve excellent results for other governing bodies. In order for one performance network to succeed, we need one collaborative high performance family working together."


Crucial to the success of the evolved one performance network is the post of high performance manager (HPM). Each governing body is assigned a HPM who facilitates the process of setting up the appropriate package of support for the sport and its pathway.

While partnership managers remain the central point of contact for sports in terms of holistic overview and investment by **sportscotland**, the HPM is the point of contact for performance, managing the high performance programme for the sport and its athletes.

The institute's heads of discipline on the other hand are responsible for managing service provision and also provide technical level intelligence and advice on how service provision can impact on performance given timelines, benchmarking and performance gap opportunities.

The final component in the structure, area institute managers, facilitate and coordinate agreed service provision at a local level. They will also act as high performance managers for identified sports. Under the integrated approach, area institutes are a part of the developing regional sporting partnerships and play an important role in integrating performance development through to high performance and better supporting athlete pathways through sport.

Dave Crosbee, HPM at the institute network, describes how this works in practice: "Requests for support from sports can come in from multiple sources including athletes, coaches, other service providers and parents. These requests can come into multiple points of contact at the institute. Our first response is to refer the request back to the appropriate pathway – which is to channel the request through the SGB point of contact. We also ensure that the high performance manager and head of discipline has sight of the request. The decision relating to the request will be agreed between the SGB and the high performance manager with consultation from the head of discipline.

Bottom line... the answer to the question has to demonstrate that invested expertise will make a difference and lead to likely impact on performance. As of November this year, at the conclusion of the Commonwealth Games in Delhi, Scotland will be on the four-year approach to its own Games in Glasgow. Through the one performance network, **sportscotland** has implemented a focused and deliberate support framework to help sport in Scotland achieve the most successful team ever at a Commonwealth Games. 

SEVEN STEPS

1

A sport must have a performance plan in place before we can begin the assessment of requirements and the engagement of specialist services.

2

Sports are expected to have objective data to support intelligence gathering, benchmarking activities and the identification of performance gaps and opportunities.

3

The sport will share any previous history and experience with service provision. Heads of discipline will provide technical level intelligence and advice on how service provision can impact upon performance given timelines, benchmarking and performance gap opportunities.

4

High performance managers will manage the creation of one document for the sport and facilitate the process for getting it signed off.

5

High performance managers will facilitate the interface of service provision to the sport.

6

Heads of discipline are responsible for managing service provision, supporting the high performance manager, providing technical expertise and solutions, and demonstrating impact on performance support processes.

7

The area institute manager facilitates and coordinates agreed service provision at local level.

Read more about the role of a high performance manager in our Off the Wall interview on p28.



cumbrae
a sportscotland national centre

Water, water, everywhere!

The **sportscotland** national training centre at Cumbrae is Scotland's premier watersports training facility, offering exceptional facilities for watersports enthusiasts at all levels. Here we take a look at the activities that make up a typical year at Cumbrae – highlighting the leading role that the centre plays in Scottish and UK sailing activity.



January We celebrate the success of our Professional Yachtmaster Training course – maintaining our 100% success rate, all our candidates have gained their RYA Yachtmaster

Offshore Qualification. At the same time, over 80 different training courses are launched with the publication of our centre brochure. RYA squad winter training is in full swing with five national squads using Cumbrae. Our gym membership increases with more people joining from the local community.

February Cumbrae continues to develop a sailing programme designed for the visually impaired with RYA **Sailability Scotland.** Cumbrae has gained RYA 'On-Board' accreditation and has been heavily involved in developing the 'Sail to Learn' programme with RYA Scotland. This new programme aims to deliver aspects of the new Scottish Curriculum for Excellence using watersports activities. Our winter maintenance programme is in full swing. Over 50 dinghies, two yachts and 10 ribs are needed in four weeks time!

March RYA Squads are into final preparations at Cumbrae for RYA Youth Championships. Cumbrae goes to London, meeting lots of friends at the centres stand at the RYA Dinghy show. The cruising season starts with Yachtmaster Instructor training. Our Nightwatch staff scheme re-starts providing great training opportunities for those lucky enough to get on the specially selected team.



April The RYA Coach Assessors selection weekend is run at Cumbrae and our staff are all hands to the pump running Dinghy Instructor and Senior Instructor training.

Cumbrae's regatta event expertise

has been recognised by the organisers of the 2011 ISAF Sailing World Championships to be held in Perth, Western Australia, who have invited Cumbrae 'down under' to train the Australian event management teams. Cumbrae really can claim to be world leading!



May The season is now well and truly underway and many individuals and groups are attending the centre.

Over 50 different courses are delivered this month and our winter staff of five instructors has expanded to a pool

of 30 experienced and specialist instructors who return to Cumbrae each season.

June Six large school groups are booked in for residential week long certificate sailing courses.

Our cruise boats have never been so busy. Both yachts are out every week and weekend. The season is now in full swing. Many adults attend our RYA training courses. Family courses introduced last year and specially tailored to each family are proving popular. The RYA teaching ratios mean we can cater for all sorts of group sizes, even as small as three people.



July School holidays and our Junior and Youth courses fill the centre. It's common to have up to 50 people a day on the water at this time.

Many more adults attend weekend sailing courses. Evening sailing,

windsurfing and kayaking programmes are in full swing. The Scottish Sailing Institute at Largs hosts the Laser Radial World Championships. In total, around 550 sailors from up to 50 different countries experience racing in Scottish waters. Cumbrae staff play a significant role in managing the event on and off the water. Visiting foreign teams use Cumbrae's facilities.

August Our two cruise yachts depart from the Clyde for Hebridean waters – they are away for a month delivering extended cruising courses.

The new en-suite accommodation is well received by adults and families and the centre now has 52 bed spaces. Cumbrae staff head south to Weymouth, the Olympic sailing venue, to support the RYA at the 'Skandia Sail for Gold' regatta. With seven race areas and all the Olympic classes it's the largest dinghy racing event ever held in the UK. The RYA Coach Assessors course, the highest level of instructor training, is run at Cumbrae with the support of the centre and our experienced staff.



September James Watt College's Outdoor Pursuits course starts its 10-week watersports module at the centre.

Cumbrae staff work with RYA high performance manager to provide racing coach

education at clubs across Scotland over the winter. Many adult sailing courses continue to be popular. The Scout Association returns again for its annual sailing regatta and camp.



October RYA shorebased evening navigation classes start for 20 weeks. Next year's 2011 programme will be finalised and posted on the Cumbrae website.

Yachtmaster Instructor, Dinghy

Instructor, Powerboat Instructor and Senior Instructor courses all run at the centre. RYA winter squad weekend training begins at Cumbrae and runs every weekend until April.

November The 19-day Fastrack Powerboat Instructor course proves very successful.

Cumbrae Instructors deliver workshops for RYA Scotland at Regional Instructor conferences throughout the country. The Professional Yachtmaster Training course enters final phase before RYA examinations. RYA Scottish Sailing Squad training continues every weekend.

The Powerboat Trainers and Coach Assessors update course is hosted by RYA at Cumbrae. James Watt College students finish their watersports training.

December Squads are still active at weekends and dive groups also use Cumbrae's facilities.

Next year's brochure is written and goes to print. Evening shorebased classes continue two nights a week. Final RYA Yachtmaster exams take place and results are announced. Winter yacht maintenance can now start and preparation for next year's courses begins. After operating seven days a week and 24 hours a day as a residential centre we finally shut down for two weeks for the festive season... before it all begins again next year!

For more information on Cumbrae:

Tel: 01475 530 757

Web: www.nationalcentrecumbrae.org.uk

Email: cumbraecentre@sportscotland.org.uk

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

Inverclyde

One of the best-equipped multi-sport residential sports centres in the United Kingdom, Inverclyde is a centre of excellence for high performance training, coach education, team-building and player improvement; it features a range of facilities developed for elite sportspeople but available to everyone.

Tel: 01475 674 666

Web: www.nationalcentreinverclyde.org.uk

Email: in.enquiries@sportscotland.org.uk



OFF THE WALL

The **sportscotland** institute of sport provides high performance expertise to sport and athletes in Scotland, helping prepare Scotland's best athletes to perform on the world stage. Central to the support it offers is the role of high performance manager – a key link in the chain between governing body and the institute. We catch up with **Bob Easson**, one of our most experienced HPMS, to find out more about the role, and his background in sport.

➔ How did you get involved in sport?

Mainly through my father who was the secretary of the local football club. I used to follow him wherever he went and my passion for sport grew from there. I played football when I was really young and then made a change to rugby when I went to secondary school. The school I attended was very big on sport and it inspired me to get involved in a whole range of sports, including boxing, tennis, cricket, and track and field athletics.

➔ What sports do you enjoy?

Rugby is my passion, but I also like to watch track and field athletics and I play tennis when I can. Going to the gym is something I really enjoy too!

➔ How did you progress to your role at sportscotland?

I was in education for 25 years as a PE teacher and an assistant headmaster before becoming one of Scotland's first professional rugby coaches. I then progressed to the institute as high performance rugby coach and fairly soon after the merger I was appointed to my new role as a high performance manager.

➔ Can you describe your role?

In the simplest terms, a high performance manager manages and coordinates the various support disciplines around sport and athletes aiming towards key events such as Delhi 2010, London 2012 and Glasgow 2014. We work closely with the governing bodies and partnership managers to ensure that the appropriate support is available to athletes and coaches to impact on performance.

➔ What are the best parts of your role?

I love the variety of my job and the sports that I deal with on a daily basis. I have a true passion for sport and in my role I get to work with like minded people.

➔ How will the one institute network make a difference in your role and throughout the network in general?

My role is new and reflects the 'one institute network' where we are all working together towards a common goal of doing what we can to impact on performance. I have a far greater contact with area institute managers now and I have learned a lot from them and their experiences. I believe our shared experiences will be valuable to all of us as we develop a greater understanding of how the one network will work to our advantage.

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

Michael Johnson, as I think he would be fantastic to talk to about more than just sport. Daley Thompson, Rod Macqueen, previous Australian national rugby coach and international businessman, and finally Sir Steve Redgrave.

➔ Favourite sporting moment?

There are so many to choose from but one that was personal to me was when I won the school high jump competition despite being the shortest boy in the year, a proud moment and one I trained very hard for! And an easy one for me, David Sole walking on to Murrayfield and leading his team to a win against England and the Grand Slam in 1990. **SF**

EXPERTISE

Providing high performance expertise to sport and athletes in Scotland.
Visit our website to find out more www.sisport.com

Awarding funds from
 The National Lottery®

Our talent initiative Gold4Glasgow is working with Scottish Cycling to unearth future cycling talent.

Dave Clark, our Head of Strength and Conditioning, worked with Chris for over six years, throughout two Olympic phases.



Head Office

Doges, Templeton on the Green, 62 Templeton Street, Glasgow G40 1DA
Tel: 0141 534 6500 **Fax:** 0141 534 6501 **Web:** www.sportscotland.org.uk

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



www.sisport.com

sportscotland documents are available in a range of formats and languages. Please contact our communications team for more information.

Tel: 0141 534 6500

Fax: 0141 534 6501

© **sportscotland** 2010
Published by **sportscotland**

ISBN: 978 1 85060 560 7
SF 06 10 3.5M

Awarding funds from
 **The National Lottery**®

Designed, edited & produced by Redpath 66&★ www.redpath.co.uk