

SPORTFIRST

Issue 11 Winter 2013

the magazine for **sportscotland** stakeholders

SOCHI 2014

Ready for Russia

CLUB SPORT

At the heart of communities



Putting sport first

sportscotland
the national agency for sport



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FIRSTWORD



A very warm welcome to the eleventh edition of Sport First magazine.

With the Sochi Winter Olympic Games just around the corner, we have a strong winter sports theme throughout this edition. And whilst these Olympics might not be as high in the public consciousness as their summer equivalent, they are a real priority for us at **sportscotland** right now. There's much to look forward to.

Possibly our highest profile winter sport stars – our men and women curlers – go into the Games high in confidence having proven their ability to compete with the very best in the world. Similarly our wheelchair curlers have demonstrated real potential on the world stage this year. All will be looking to emulate the success of their summer Olympic and Paralympic counterparts.

And the strength of the team goes beyond the curlers. We're confident that Scotland will punch above its weight in terms of representation and is likely to make up at least a third of the athletes on Team GB. Hopes are high for our first Scottish medallists since Rhona Martin and her rink won gold in Salt Lake City 2002.

The team behind the team

It's a rewarding and humbling thought that every single representative on the team has (at some stage of their journey) benefitted from support from the national agency. Whether it's a facility that we've funded, a club that we've supported, a governing body that we've invested in, or hands-on support from our experts at the institute of sport, we're incredibly proud to be part of the team behind the team.

We wish all of the athletes, coaches and officials who travel to Sochi representing Team GB all the very best for the Games. We're behind you all the way.

Support for clubs

Going into our current corporate plan period, it was an absolute priority to ensure that we upped our game in terms of the support that we offer our clubs. I've long believed that – in comparison to our work in school sport and performance sport – the Scottish sporting system has further to go in terms of its work to develop world class sports clubs.

Against that context it's incredibly gratifying that the other major theme running through this edition is a much improved package of support for clubs.

New initiatives like our direct club investment and regional development posts are coming on-board alongside improvements to existing programmes like **sportsmatch** and help for clubs resources. There's no doubt in my mind that we now have our most comprehensive support package to help any ambitious sports club grow and develop.

Less than a year to go

Of course with the Games now just months away, Glasgow 2014 is an everyday part of our thinking and activity. The athlete selection process is well underway and this significant moment in Scottish sport is becoming very real. Look out for our next edition of Sport First (Spring 2014), which will have a strong Commonwealth Games focus across all parts of the sporting landscape. We are also delighted to be involved with the Queen's Baton Relay, which will both help profile the Games and celebrate school and community sport across Scotland.

Exciting times ahead – I hope you enjoy the magazine!

Stewart Harris
Chief Executive, **sportscotland**

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

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



A new chair for CABOS

Congratulations to **sportscotland's** Chair Louise Martin CBE, on her appointment as the new Chair of the Commonwealth Advisory Body on Sport (CABOS).

Established by the Heads of the Commonwealth Governments in 2003, CABOS acts as a sports policy advisory body to the Commonwealth Secretariat and member governments on sport policy, particularly sport for development and peace.

Louise will be part of a group of leading sport development experts and senior officials from across the Commonwealth, focused on strengthening sport's role in meeting development goals. The group will also work to safeguard the integrity of sport, supporting efforts to ensure that sports governing bodies are well governed, transparent and democratic.

Louise said: "I'm really honoured and delighted to accept this role, because I truly believe that sport is what really binds the Commonwealth together."

Power of sport



sportscotland has launched a new short film designed to promote the benefits of sport and the contribution it makes to life in Scotland. Entitled 'The Power of Sport', the film shows how sport, at its best, can provide benefits that go BEYOND sport, supporting our economy and society, benefitting us all.

Featuring a wide range of inspiring sporting projects across Scotland, the film shows that with the right approach sport can contribute to broader outcomes across health, skills development, social cohesion and economic development. It also recognises that sport has the power to inspire the nation, and above all is fun!

The video is available to stream from the **sportscotland** website and is available to schools, sports clubs and other sporting organisations on request.

For more information, visit www.sportscotland.org.uk/powerofsport

Edinburgh to host new elite performance sport centre

The National Performance Centre for Sport (NPCS), a new facility to help Scotland's elite athletes excel on the world stage, will be located at the Riccarton campus of Heriot Watt University.

The £30million multisport centre will offer world class training facilities for individual athletes and squads, high performance coaching and cutting edge sports medicine.

The NPCS will support the high performance needs for football, rugby and volleyball while offering additional dedicated support to athletics, badminton, basketball, cricket, fencing, handball, hockey, netball, shinty and squash. The site at Riccarton will be operational by 2016 and will allow opportunities for future expansion.

Nicola Sturgeon, Deputy First Minister, said: "The National Performance Centre for Sport will be the jewel in the crown for Scottish sport and help turn dreams into reality. It will be the best place for our elite athletes to mentally and physically prepare to compete on the world stage, helping more Scots win, more often."

Stewart Harris, Chief Executive of **sportscotland**, said: "This new multi sport performance centre will complement the terrific facilities we already have in Scotland, and assist our high performance athletes in honing their skills and delivering on the world stage."

For more information please visit www.sportscotland.org.uk



And the finalists are...

The Sunday Mail and **sportscotland** Scottish Sports Awards are now just under a month away and the finalists have now been announced across the 11 categories covering school and community sport, all the way through to athletes performing on the world stage.

Looking forward to the awards, Louise Martin CBE, Chair of **sportscotland**, said: "It has been another fabulous year for Scottish sport, with the amazing highlight being Andy Murray's historic Wimbledon victory.

"The Sunday Mail and **sportscotland** Scottish Sports Awards recognise achievement from across the full sporting landscape, so they give us the opportunity not only to celebrate the high-profile success stories, but the wonderful contributions made within all aspects of Scottish sport.

"We are delighted to be involved with the awards once again, and as we move towards the Commonwealth Games next year, we hope that more people across the country will be inspired to become involved in sport and physical activity."

To read more about this year's finalists please visit www.sundaymailsportsawards.co.uk #ScottishSportsAwards



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sportscotland Coaching, Officiating and Volunteering Awards 2013

2013 has been another fantastic year for the Coaching, Officiating & Volunteering Awards.

A humbling array of outstanding contributions to Scottish sport were evident in the nominations for the 2013 **sportscotland** Coaching, Officiating and Volunteering Awards.

The judging panel were delighted with the quality and quantity of nominations that flooded in for this year, and it was a difficult task for the judges to select only one winner in each of the nine categories. For information on the winners and to find out more about the awards, visit www.sportscotland.org.uk/covawards



What is talent and where does it come from?

sportscotland has developed a film to help young athletes understand what 'talent' is and how you can get good at sport - it's more of a choice than you might think. The video is available through www.sportscotland.org.uk or search for "understanding talent" on YouTube. To find out more on the three key areas for understanding talent please see the article on [page 20](#).



Top of the class at Inverclyde

The school's programme at the **sportscotland** National Centre Inverclyde has gone from strength to strength with 1000 children from ten local authorities taking part in the last school year.

The young visitors get to try out new sports, while challenging themselves and having fun. One pupil said: "I really enjoyed Inverclyde, it was an excellent experience. It was so good that I could go there over and over again!"

Teachers also recognise the benefits of the programme, with one commenting: "Wonderful staff! They supported and encouraged pupils and helped them to reach their full potential. A fantastic experience for all involved and I can't wait to come back next year!"

Four energetic coaches came on-board at Inverclyde to lead the programme during the summer period, where they coached a variety of sports from climbing and rugby to football and hockey. The coaches seemed to get as much out of it as the children, with Joe Royce, a sports science graduate, explaining: "I learned so much during my time at Inverclyde and managed to get involved in new sports, such as handball. It was very busy, but being out there every day encouraging people to play more sport was incredibly rewarding."

Eoin Ryan, a trained PE teacher and rugby specialist, added: "The highlight was working as part of a team to produce an excellent school programme - we got some fantastic feedback, which is great to hear."

Since working at the centre, Joe has started a new sports development job in England and Eoin hopes to move into rugby coaching in Japan, but neither of them will forget their time at Inverclyde or the skills they learned!

To find out more about Inverclyde's school's programme, please visit www.nationalcentreinverclyde.org.uk/schools

WORLD CLASS club sport

sportscotland's Head of School and Community Sport Jacqueline Lynn talks about the journey towards developing world class club sport in Scotland and offers a snapshot of the opportunities now on offer to clubs.

The publication of the club sport framework [Club sport in Scotland 2011-2015] in 2011 was a very positive milestone for the development of Scottish sport clubs. It forms a picture of the collective challenges and the most important priorities facing everyone in club sport.

However, we need to be clear that the publication was just a starting point. For Scottish sport to move forward and develop world class club sport, it's important to acknowledge that clubs are individual and unique. Each one will have a specific set of opportunities and challenges. It's our role as sport professionals to understand this and support them to find the best way to progress.

By its very nature, sport strives for improvement. Intuitively, sportspeople want to progress and develop. And that's true of every type of sport club. That's why clubs train, compete and indeed exist. To support this, sportscotland has pulled together a range of options for clubs to benefit from. It's a selection of tools and opportunities that will help those clubs that want to take responsibility for making things happen – regardless of what their ultimate ambition is.

Our work, highlighted in the overview opposite, supports the six priorities in the framework and makes it easier for clubs to seize these opportunities for development and support. There should be something that's relevant and helpful to any club, regardless of their size.

CLUBS FIRST

There's some great development work being done by clubs that have the mindset to allow growth and progress. And for those organisations that want some additional support and guidance in this area, we've developed an improvement tool called Clubs First for volunteers and officers alike.

It's an online interactive questionnaire based on the six priority areas of the club sport framework. Once completed, the club will receive a summary of what it does well, where there's opportunity for development and information on potential solutions.

To find out more, visit www.sportscotland.org.uk/helpforclubs

HELP FOR CLUBS

The help for clubs website has changed to better meet the needs of today's sport clubs. It is a resource that is available to anyone involved in club sport – whether you are a professional or a volunteer. We've created a site that offers users up to date tools and resources that will inform and support clubs in delivering good practice.

To find out more, visit www.sportscotland.org.uk/helpforclubs where you can also sign up for a newsletter.

SPORTSMATCH

We have refreshed and improved sportsmatch. It still offers clubs the opportunity to match commercial sponsorship from their local business community with an award from sportscotland, but based on feedback from clubs, we have made the process easier and the criteria more open.

To find out more see [page 32](http://www.sportscotland.org.uk/sportsmatch) and visit www.sportscotland.org.uk/sportsmatch

AWARDS FOR ALL

Awards For All is a National Lottery funded programme run in partnership between sportscotland, Heritage Lottery Fund and the Big Lottery Fund. It awards grants of between £500 and £10,000. The investment pot for sport has been increased from £1m to £1.5m per annum.

To find out more, visit www.sportscotland.org.uk/awardsforall and www.biglotteryfund.org.uk

DIRECT CLUB INVESTMENT

The range of support options outlined in the map below focuses on meeting the needs of different types of clubs.

However, we know that some developments will take longer and that is exactly the principle behind the new direct club investment stream. It is designed to meet the needs of those clubs that want to, and are ready to, take on more significant levels of development over a two- to four-year period.

Those clubs identified to receive this support by our regional sporting partnerships will have to deliver against clear outcomes: either growth in club membership or the provision of correct environments to develop athletes to performance levels.

To find out more see [page 8](http://www.sportscotland.org.uk/clubinvestment) and visit www.sportscotland.org.uk/clubinvestment

SGB DEVELOPMENT POSTS

sportscotland is increasing the number of regional development posts we fund within governing bodies of sport (SGBs).

There are 60 posts currently in place and this will be boosted by a further 28 sport specific staff within SGBs, who will be tasked with working with clubs across the country.

The club sport framework highlighted the huge role volunteers play in Scotland's sport clubs. The vast majority of clubs are volunteer led and run, which needs to be acknowledged by sport professionals. In other words, professional officers in sport need to work when volunteers are active – usually after 5pm and at weekends.

These new sportscotland funded posts will aim to address this challenge.

To find out more see [page 8](http://www.sportscotland.org.uk/clubinvestment) and visit www.sportscotland.org.uk/clubinvestment

COMMUNITY SPORT HUBS

Community sport hubs (CSH) are a key part of sportscotland's contribution to the Scottish Government's 2014 Legacy plan.

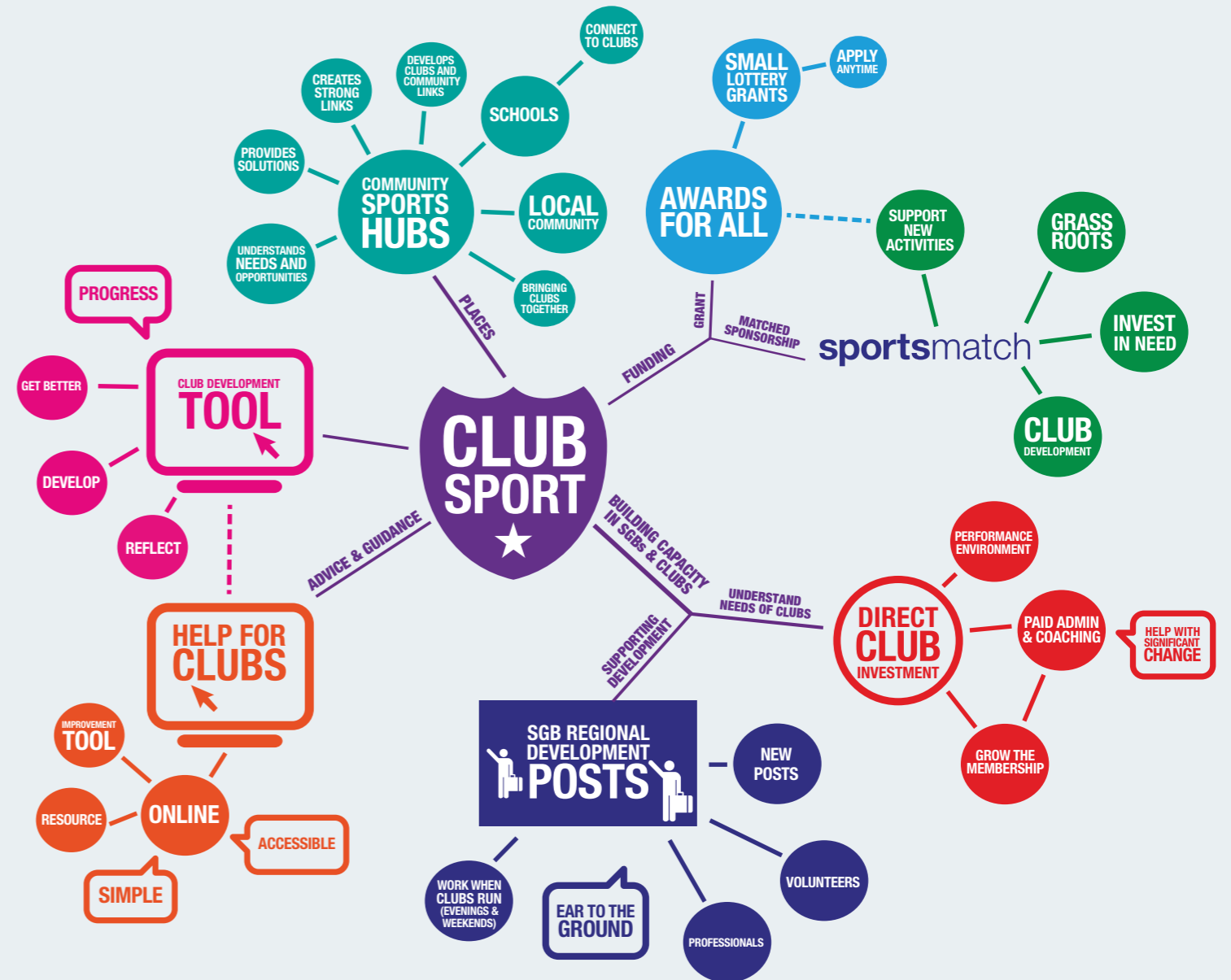
Three years on from the launch of the first hub, we are seeing a real impact from hubs across the country. On the whole, communities which have a hub are benefitting from having more sport available with better opportunities to take part.

The continued collaboration between local clubs and local professionals, working together to meet local needs for sport, is critical to the continued success.

To find out more see [page 6](http://www.sportscotland.org.uk/csh) and visit www.sportscotland.org.uk/csh

PRIORITY AREAS from Club sport in Scotland 2011-2015

- Well organised clubs ●●●●●
- Better connected clubs ●●●●●
- Well promoted Clubs ●●●●●
- Investing in sustainable clubs ●●●●●
- Great people in clubs ●●●●●
- Great places for clubs ●●●●●



Community SPORT hubs

**UNDERSTANDING
COMMUNITY NEED IN
ORDER TO SUCCEED**



Volunteers, coaches, head teachers, Active Schools coordinators, PE staff, club leaders and young people - the mix of individuals involved in community sport hubs (CSH) is always different.

For hub officers, the principles of development remain the same: understand the local community and the needs of its clubs and members, establish a shared vision of what the community is aspiring to, and keep it in sight. Set all this upon solid foundations of simple processes and practices that

help people work together to make things happen.

We spotlight two officers from different hubs to find out how they put the community volunteers and values at the heart of their plans, and what makes their relationships work.



David Bickley

Sports Development Officer,
Drumchapel Sports (area model hub)



The Drumchapel hub started in April 2012 and involves nine clubs from the local area. David Bickley, Glasgow Life Sport Development Officer, has helped these local clubs to work with schools and each other to increase the number of people taking part in sport in the local area. He has always been focused on involving local people from Drumchapel in the management and running of the hub.

He sourced funding from CEIS, an organisation that helps and supports social enterprises, so work could be done with the steering group to develop their vision and mission, which proved invaluable, setting a clear plan for the future and a joint marketing strategy.

"The thing that glues everyone together in Drumchapel is the passion they have to make a difference. Our vision and mission exercise helps us be clear about this and push forward towards our goals," said David.

Initially David sought out a mix of people for the steering group with varying skill-sets and backgrounds, and was keen to include young people from the clubs and schools to ensure their views were represented, so the hub has a long-term future within the community.

"The most important thing in working with a community, is the community. Involve them and listen to them at each stage of the process. Young people bring a fresh perspective and new ideas to the table, and an energy that can help drive everyone forward."

In its first year, all clubs connected to the hub are seeing an increase in youth memberships and many are delivering new taster sessions to the local schools.

For more information on the work happening at Drumchapel, see the case studies at www.sportscotland.org.uk/hubs.



Sue Brodie

Community Sport Hub Development
Officer, Maxwelltown High Sport Hub
(school based hub)



In 2010, Sue Brodie saw an opportunity. As an Active Schools coordinator in the area, she knew only too well that the lack of indoor facilities for sport and for clubs was detrimental to the local community's health and wellbeing. By September 2011 she had submitted a successful application for the creation of a hub and formed a steering group, one that is growing stronger with time.

From the start, community engagement has been a priority for Community Sport Hub Officer Sue. She engaged with clubs, school children and the local community to get feedback and suggestions. The head teacher has been very supportive of the initiative and recognised the potential to increase the usage of the sports facilities and impact positively on the pupils' potential.

The clubs meet on a regular basis to discuss their needs, and work as a group to address these needs. Sue recognises that the long-term vision of the hub is getting the community to take a leading role, so that the hub will be sustainable in the future:

Sue said: "Community leadership has always been the aim of the hub and in the end it has been about identifying what the main driver is for clubs to be involved. The committee is new and will need supported for the first year but I really hope it will be a vehicle for clubs to transform sport opportunities in the community."

"I volunteered in my chosen sport for many years and know how passionate people are about their clubs. We need to listen to and support volunteers where we can. I believe a lot of the job is about taking down the barriers and letting sport happen."

The work is paying off; club memberships have grown overall by 33% in the last year and facility usage has rocketed from five hours a week to 38 hours.

For more information on the developments at Maxwelltown, see the case studies at www.sportscotland.org.uk/hubs.



To learn about the work of other community sport hubs around the country, including a selection of video case studies, visit www.sportscotland.org.uk/hubs

CASH BOOST FOR SCOTTISH CLUB SPORT

The pace of progress varies for every Scottish sport club. Those clubs who are ready to take on significant, long term development are now able to take advantage of a cash boost which aims to help them grow membership and offer better environments for the progression of performance athletes. We take a look at some of the clubs which have been amongst the first to take advantage of this new offering.

Saltire Team Gymnastics Club

EAST
£ 24,000
 OVER 3 YEARS

Use: A part time coach to deliver in three communities.

Impact: Growing membership from 101 to 203 and boosting the number of coaches from 21 to 35 in four years.

Carnegie Swimming Club

TAYSIDE & FIFE
£ 41,000
 OVER 4 YEARS

Use: Part time coach, additional pool time & development of talent.

Impact: Growing membership from 148 to 285 in four years. Decreasing swimmers per lane from six to four & increasing the number of athletes working with performance coaches.

Stirling Wanderers Hockey Club

CENTRAL
£ 16,000
 OVER 4 YEARS

Use: Employment of part time pathways coordinator to develop the links between the club and local schools.

Impact: Growing membership from 146 to 220 in four years.

South Lanarkshire Colliers Basketball Club

WEST
£ 40,000
 OVER 4 YEARS

Use: To employ a part time club officer to create a new basketball club in the area.

Impact: Growing membership from zero to 202 in four years.

Since the direct club investment programme began earlier this year, 11 sports clubs have been successful in securing support. They come from six different sports – hockey, swimming, gymnastics, athletics, rowing and basketball. Their awards are being used in many different ways, from funding a part time performance swimming coach through to employing a part time officer to create a brand new basketball club. In some cases, a single investment will see the club double their membership. Any club can apply to benefit from the investment of

around £10,000 per annum by submitting a business case outlining their project. The submission needs to highlight how they will measure success and how the club will sustain their project after the investment from **sportscotland** ends. To be successful, clubs will also have to show how they will deliver growth in club membership and/or the provision of correct environments to develop athletes to performance levels.

Sport clubs are at the heart of Scottish sport. Clubs are the place where sport can become part of people's lives. That

sentiment is why **sportscotland** is also investing in 28 new regional development posts for Scottish governing bodies of sport. This will ensure there are greater numbers of professional people directly supporting local sport clubs, leveraging the impact of this kind of investment and the momentum it creates.



To find out more visit:
www.sportscotland.org.uk/clubs

THE NEED FOR SPEED

The hard work and dedication it takes to reach the pinnacle of any sport is undeniable. However, at the very top level it is the smallest of margins which can determine success or failure. With the Sochi Winter Olympics coming sharply into focus, we get the lowdown on the work our experts at the **sportscotland** institute of sport are doing with cross-country skiers to give them an edge in Russia.

Cross-country skiing is a gruelling, energy-sapping endurance event that sees competitors propel themselves across snow-covered terrain. An impressive four Scots are in the running to be picked for Team GB, and they've been supported by the institute in their pursuit of selection.

Full of praise for the athletes, Roy Young, Head Coach of the British Cross-Country Ski Team, is also thankful for the additional assistance the team has received.

He said: "It's a highly-skilled sport and our current group of athletes are the most talented we have ever had. We wanted to focus on the areas where we were losing speed, and the work we have done with the institute has already started to make an impact.

"The athletes are now using a more effective technique at a higher speed, which has obviously had a positive impact on their performance."

The technique Roy refers to is known as 'double poling' – one of the key actions which cross-country skiers use to propel themselves across the snow at high speeds. However, as cross-country skiers move between different sections of a course, the terrain is extremely varied and it's important that their technique is as effective as possible. This helps them cope efficiently with course demands and apply technical transitions from double poling to other techniques.

As a key part of the services that the institute offers, special projects are undertaken to help athletes and coaches understand and improve performance through bespoke solutions.

Leading this area of work is Malcolm Fairweather, Head of Sports Science and Innovation. He explained: "The consequence of a less effective double poling action is less distance covered in a longer amount of time, using more energy.

"Exercise physiology and biomechanical support helps us measure what is effective and is less effective. This gives us an insight that allows athletes' double poling actions to be refined, and then with further training, become more efficient. In essence, this detailed work looks at how the double poling action can be accomplished more effectively, to produce positive outcomes."

Double poling and technical transitions are clearly required for different parts of the Sochi track, therefore institute experts are using training and competition analysis, and other testing assessments to help the coaches hone and assess progress in the athletes' techniques.

Aberdeenshire's Andrew Musgrave, who represented Team GB at the 2010 Winter Olympics, has been involved in the sessions with the institute staff. He said: "Working with the experts at the institute has definitely provided huge benefits to all of the squad.

"The quality of the analysis is extremely beneficial, and it has made it much easier to improve our techniques. By working with the institute, it has allowed us to look at all aspects of our performance, but it has been especially helpful for double poling, as it is the most central part of skiing."

The race is now on for the athletes to be selected for Team GB, and Scotland's top cross-country skiers will be hoping their improved technique will give them the advantage they need to succeed.



To keep up to speed with Andrew and the team during Sochi, visit:
www.sportscotland.org.uk/sochi



Generation freestyle

Training for freestyle ski and snowboard competitions can be time consuming and exhausting for athletes, travelling the globe to find the right training conditions. But thanks to a unique partnership approach in the Aberdeen area, the next generation of freestyle ski and snowboard champions are benefitting from an innovative structure to help reduce travel and better support the freestyle training regime.

Ahead of Sochi 2014, Scottish freestyle skier Murray Buchan and half pipe snowboarder Ben Kilner have been training hard in the run up to the Games.

For athletes like Ben and Murray, training consists of a significant amount of expensive and time consuming international travel in order to maximise time on the mountain throughout the year. In addition to the stresses and strains of constant travel, athletes are away from friends and support networks for long periods of time.

However, snowsports partners in Aberdeen have found a way to approach freestyle training in order to develop future champions and reduce the amount of travel our skiers and snowboarders have to do.

The new programme focuses on building a new multi-skill training regime based entirely within the UK. This involves combining conventional work on dry slopes with more innovative training activities including gymnastics, diving and other extreme sports, which allow the athletes to develop specific skills and techniques that can be applied to their own sport.

Research suggests that multi sport training can build effective physical literacy, which provides big gains for the athletes. For example, the body conditioning work in gymnastics and diving is hugely beneficial to freestyle snowsport athletes as they can practice aerial manoeuvres and body-weight work with less chance of injury. Tumbling, spinning and flipping techniques also transfer over effectively.

Leading this work going forward is a new specialist development coach for freestyle snowboarding and skiing. The position is the first of its kind in snowsports in the UK and has been created to help future freestyle Olympians reach their full potential while training on home soil.

Highly acclaimed coach Ben Kinnear, who is also head coach to the GB Junior Snowboard team, started the job in the summer and is based at Aberdeen Snowsports Centre. Ben said: "It is such an exciting prospect, developing future World and Olympic snowsport medallists in Scotland. The Grampian region, with its wealth of snowsport-specific training areas – which include Aberdeen Snowsports Centre, Glenshee, Cairngorm, and the



Lecht – makes it the perfect location to nurture developing talent."

With Scottish snowsports athletes already making an impact on the international stage, it is hoped that Ben Kinnear's appointment will help to improve results even further with up and coming athletes.

Dave Jacobs, Aberdeen Snowsports Centre Manager, said: "This new appointment offers a unique opportunity to develop potential and Olympic winter sport competitors who will have done the majority of their training on UK soil. This position increases the opportunity for success because it provides a far more affordable and accessible environment for the athletes to train in."

In his new position, Ben will work closely with Mark Ritchie, sportscotland institute Network Manager for Grampian. Mark played a key part in establishing Ben's new coaching role which is funded by sportscotland, Aberdeen Snowsports Centre and Aberdeen Snowsports Club. Speaking about his hope for the role, Mark said: "All the partners involved in this initiative believe we have the environment and potential athletes based in the region to help create a host of future champions, and the addition of a coach of Ben's calibre is another major step forward. However, success also relies on many volunteers and other facilities in the area. This includes the new world class diving facility opening soon at Aberdeen Sports Village which we'll use for aerial training."

Olympian Murray Buchan said: "This is a fantastic step forward for freestyle snowsports in Scotland and I plan to

get involved when I return from the Olympics. This role will make a big difference to freestyle snowsports training and it would be incredible to see this model replicated across other areas of the country in the future."

It is clear this new specialist development position in Aberdeen will have a big impact on freestyle snowsports training in the north and it's a perfect example of partners working together to make best use of local sporting facilities and staff to support Scottish athletes.



ABERDEEN
Snowsports Centre



Follow Ben on Twitter:
@benkinnear



For more details on Sochi 2014 please visit:
www.sisport.com

and learn more about the Aberdeen Snowsports Centre at:
www.aberdeensnowsports.com

Cool under pressure

Stuart Benson grew up with a passion for sport and as a teenager began competing in athletics. After narrowly missing out on a qualifying time for the 100m at the 2010 Commonwealth Games, Stuart attended an open talent identification day with the GB bobsleigh team. 18 months later he was selected for the GB 1 four-man bobsleigh team, led by driver John Jackson. We caught up with Stuart to find out more about his aspirations for the Sochi Winter Olympics.



Q. How did you get in to bobsleigh and when did you start taking it seriously?

I was still competing in athletics during the spring of 2011 when my team manager forwarded me a talent search email from British Bobsleigh. I had been asked to give bobsleigh a try before, but I'd always been really focused on my sprinting. However, the email came at the right time, and it spurred me on to give it a go.

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

A typical day for me will involve a huge breakfast, I'm trying to reach a "race weight" of 105kg, so plenty of eggs, porridge and protein shakes. Then I head to the sports training village at the University of Bath to train with the other guys in my crew. Training involves sprinting, weights and prehab

work to help avoid injury, and push sessions to hone our starts. These can be with the rollbobs (bobsleigh frames on wheels for using indoors) or on the push start practice track. This is usually followed by lunch, then either some treatment prehab or rehab if required before I head home.

Q. You have been a top level sportsman for some time, what sporting achievement are you most proud of?

As an airman in the RAF, I have not only competed in club and international level sports, I also had the pleasure of representing the Air Force at multiple inter-services athletics competitions. My most memorable moment has to be the 2011 competition when the team pulled out all the stops and won the competition for the first time in 10

years. It all came down to the 4x100m relay; my favourite event, and we had practiced loads beforehand as the army traditionally had very strong sprinters. The practice paid off and we won to clinch the trophy!

Q. How has the move from athletics to bobsleigh been?

Sprinting and bobsleigh require similar attributes and training regimes. However, as a bobsleighter, the actual job of getting in the sled and sliding down the ice can be more traumatic to the body than the hard training both sets of athletes endure. The weight issue has also been interesting. When I was sprinting I weighed in at just under 90kg. Currently my ideal weight is 105kg and this can be quite a struggle to maintain whilst travelling the world during the competition season.

Q. You have been successful in competitions so far this year, at the moment how are you feeling about your performance leading up to Sochi?

As we finished 5th at the most recent World Championships, my hopes for our chances at Sochi are high. Our push start times in training are constantly improving and although our pilot John Jackson has suffered a setback with injury, we believe he'll be ready and our chances of a great performance are still very much alive.

Q. You had not seen a bobsleigh until 18 months ago and you are now a medal potential in Sochi, how much of a dream come true is this for you?

To be honest, I took up bobsleigh for the challenge. A medal chance was not even on the radar when I first started. The dreams started during last season when as a crew we started pushing into the top three in the world. Still developing, our crew were starting to gel, and we provided John with the start that helped his driving improve to world class level.

Q. How long do you spend away from home for training or competing purposes?

At the moment, my situation sees me posted to a little village outside Bath to enable me to train at the university full

time over the summer. On season we are usually away training and competing for around four months in total. So, in summary most of my time is spent away from my new wife Sarah and our house in Glasgow.

Q. What would competing at an Olympic Games mean to you?

The chance to compete at a Winter Olympic Games is a huge motivator. Having competed through two full seasons of bobsleigh, it becomes apparent how much of a big deal it is. Also, four-man bobsleigh is often described as the "blue ribband" event and this makes it an ever more exciting prospect.

Q. Where is your favourite competition venue and why?

My favourite track is St Moritz, Switzerland. It is the world's only "natural" ice track and is an amazing achievement to build from scratch, with lake ice, every winter. Not only is it an awesome track to slide, it is where we've had our best result to date at this year's World Championships.

Q. How do you keep discipline and focus when the going gets tough?

In the first instance I look to my crew

members and remember that the reason we are where we are is because of our teamwork. Outside of bobsleigh I have a very supportive wife who understands high performance sport and the pressures and tough choices it brings.

The part of competition that I like the most is the culmination of years of hard work, focus, and training resulting in a performance that outdoes all expectations.

Q. Whenever you decide to stop competing in bobsleigh, what will be your next challenge?

My next challenge will depend on how we do this coming season. I would love to continue in sport, competing and coaching. I also have a career in the Royal Air Force to sink my teeth into, along with hopefully starting a family!

Q. As a full-time athlete you have an extremely strict and high pressure lifestyle, how do you blow off steam?

I blow off steam by going to the cinema, playing driving games on my iPad and supporting my wife on her athletics journey!



QUICK FIRE ROUND

- | | |
|------------------------------------|--|
| Winter or summer?
Summer | Sea or swimming pool?
Swimming pool |
| City or country?
Country | Favourite music guilty pleasure?
LMFAO |
| Favourite colour?
Blue | Best film ever?
A Night at the Roxbury |
| Pizza or pasta?
Pizza | |
| Cat or dog?
Dog | |



Follow Stuart and British Bobsleigh on Twitter:
[@StuBensonGB](#) [@GBBobsleigh](#)

Sweeping to Success

As the first Team GB and ParalympicsGB athletes to be selected for the Sochi Winter Olympics, hopes are high for Britain's curlers. The teams have had another successful year and will be going all-out to secure podium finishes in Russia. With the combined British and Scottish performance programme now well-established, we take a look at the work being done to ensure the players perform to their best when it matters most.

Since the unified performance programme was introduced in 2011 – a unique agreement between British Curling, the Royal Caledonian Curling Club, and **sportscotland** – the curlers in the men's, women's, and wheelchair teams have all benefitted from access to the wide range of services provided by the experts at the **sportscotland** institute of sport.

Sports psychology, physiotherapy, strength and conditioning, and performance analysis all play a key part in the teams' preparations for major championships. And with Eve Muirhead's rink securing the World Championship title after a heroic victory over Sweden earlier this year, Dave Murdoch's men's rink claiming a hard-fought World bronze, and Aileen Neilson's wheelchair team also performing well on the world stage, the signs are extremely promising.

The four institute experts who are part of the curling programme – physio Maggie Bush, strength and conditioning coach Dave Leith, sport psychologist Misha Botting, and sport scientist

Alison Alcock – have become an integral part of the coaching team, funded by **sportscotland**, providing invaluable guidance to the players and coaches.

Dave Crosbee, Performance Director at British Curling, explains that significantly increasing the amount of time that players spend on the ice has allowed them to focus on influencing technical excellence, tactical knowledge, and team dynamics.

He said: "In the last couple of years the amount of ice time that our teams have had has been massively increased, which we believe will make the biggest difference to their performance.

"The institute experts have played a crucial role in ensuring that the athletes are physically prepared to cope with these training demands, with almost forty hours a week spent on the ice during the winter.

"In effect, the four experts are part of the coaching team, which helps them to understand the philosophy and direction of the programme. Rather than the support and expertise being a bolt-on to the programme, they have

become an integral part of it, which is hugely beneficial."

Throughout the teams' gruelling training schedule, **sportscotland** staff are on hand every step of the way. Dave says that the psychology work being done on how players can operate more effectively as a team is already paying off, while the physio, and strength and conditioning coach, both work closely together to make sure the athletes' bodies are in top condition.

More recently, attentions have turned to plotting the downfall of the opponents who will stand in the way of the curlers aiming to land a medal in Russia.

Dave explained: "Through the work we have done in performance analysis, we feel that we understand our own strengths and weaknesses pretty well. So now there is a real focus on gathering data on our opposition's strengths and weaknesses that will help us to develop a specific game plan for each opponent."

All of the detailed plans are certainly in place and the athletes are ready, so now it's down to them to deliver when it matters most.



Men's head coach Soren Gran will travel to Sochi intent on getting the best out of his charges – and hopefully they will bring home a medal in the process.

At the Vancouver Winter Olympics in 2010, the Swede was in charge of his native country's men's team, a role he had held since 2007. Despite making it through to the semi-finals, defeat by Switzerland left the Swedish rink empty-handed.

However, Sweden's progression to the bronze medal match did come at the cost of Dave Murdoch's rink.

Soren masterminded two victories over Team GB at the last Games, the second a narrow 7-6 play-off win to seal a semi-final spot. But, having switched allegiances, Soren will be doing all he can to make sure it's the Brits who come out on top this time around.

He said: "I moved over to Scotland in 2011 and the first game we had

in the World Championship that year was against the Swedish guys – so it was a bit strange for me. "But it's no problem at all and I'm 100 per cent British when it comes to the Olympics in Sochi."

"The programme is definitely working in a positive way and I feel that the players are well prepared for the challenges ahead."



From Russia with LOVE

Sochi 2014 Winter Olympics key facts

Sochi Olympic venues are concentrated in two clusters, one on the Black Sea coast and the other high in the Caucasus Mountains. There will be 98 sets of medals up for grabs in 15 sports disciplines in Sochi, while at the previous Olympiad in Vancouver there were 86.

Additional medals will be awarded in women's ski jumping, the team figure skating competition, the freestyle half-pipe and slope-style (in both men's and women's events), mixed relay

race in biathlon and parallel slalom in snowboarding.

In addition to building 11 sites, the Olympic construction project includes massive infrastructure building.

The Sochi Olympics is promising to be the most expensive Games in the history of the movement, with a price tag surpassing even that of the 2008 Summer Olympics in Beijing. According to the latest estimate, it will cost Russia and private sponsors \$50 billion.

The Sochi organising committee is aiming to hold the grandest Olympic torch relay. The flame will be travelling for 123 days over more than 40,000 kilometers, with some 90 percent of Russia's population getting a chance to see the torch.

The tournament is going to use a significant number of volunteer Game Makers. 80 volunteers from Sochi were actively involved in the Olympic Games in London and a further 24 volunteers from Russia worked at the Paralympic Games.

7 - 23 FEBRUARY 2014



Sports



Disciplines



Events



10

Competition venues

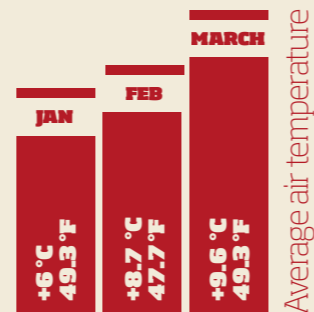
GMT + 4hrs



London



Sochi



Average air temperature



THE TORCH RELAY LASTS **123** DAYS AND COVERS OVER **40,000** KILOMETERS

90% OF THE POPULATION SEE THE TORCH

SUPERSTITION

Many superstitions in Russian society are inseparable from everyday life. The awareness of them, and their perceived importance, depends on various factors including region and age. Some are extremely common and practiced by the vast majority of the population:

- Do not shake hands in a doorway. Russians believe that this action will lead to an argument.
- Avoid whistling indoors. Russian people believe that this is a very bad omen.
- Returning home for forgotten things is a bad omen. It's better to leave it behind but if returning is necessary, one should look in the mirror before leaving the house again.
- Unmarried people should not sit at the corner of the table, otherwise they will not marry for seven years. This mostly applies to young girls. It's alright for young children and married people to sit there.
- On competition day, Russians try to refrain from wearing anything new, or cutting fingernails.

Learning the lingo

Russian	English Translation
ВХОД	Entrance (vkhod)
ВЫХОД	Exit (vikhod)
ГОСТИНИЦА	Hotel (gastinitsa)
СУПЕРМАРКЕТ	Supermarket
ДОБРО	Welcome (dabro)
АПТЕКА	Chemist (apteka)
БАНК	Bank (vkhod)
КЕРЛИНГ	Curling
АВТОБУС	Bus (avtobus)
ВОКЗАЛ	Train station
ПОЕЗД	Train (poezd)
КАФЕ	Café
РЕСТОРАН	Restaurant
ТУАЛЕТ (Ж/М)	Toilet (F/M)

A simple guide to Russian...

English	Russian	Pronunciation
Hello (respectfully)	Zdrástvuite	ZDRAST-VUY-TE
Hi	Privét	PREE-VYET
How are you?	Kak delá?	KAK-DEY-LAH
Thank you	Spasiba	SPA-SEE-BAH
What is your name?	Kak vas zavút?	KAK-VAAS-ZAH-VOOT
My name is...	Meniá zavút...	MIN-YAH-ZAH-VOOT
I live in...	Ya jivu v...	YAH-JEE-VOO V
Very pleased	Óchen priátna	O-CHEEN-PREE-YAT-NAH
Good day	Dobri den	DOH-BREE-DEN
Good evening	Dobri vécher	DOH-BREE-VEE-CHER
Tasty	Vkúsna	V-KOOS-NAH
Good	Kharashó	HA-RAH-SHOW
Where is a toilet?	Gde tualet?	G-DE TOO-AH-LET?

on the MOVE



Anticipating the success of the London 2012 Olympic and Paralympic Games, **scottishathletics** recognised the need to support their clubs to cope with a growth in demand and secure a participation legacy from the Games. With a focus on providing additional resource for clubs to grow and develop, the NVT Club Together programme has had a real impact on the clubs involved. **scottishathletics** tell us more...



The NVT Club Together programme is a really simple concept; it's about giving clubs resources and support to develop and deliver projects that they didn't have the capacity to deliver previously.

It's a partnership between ourselves, the club and their local authority / leisure trust. Together, we invest in a part time club development officer, working an average 15 hours per week with the club. The focus of this role is flexible to the needs of the club, but the fundamental aim is to increase membership and improve athletes' performances.

So far, we have 17 NVT Club Together Officers (CTOs) working with clubs from across Scotland. The project has been up and running since February 2012 and we've been delighted with the results to date. Over 2,000 new athletes have been recruited to the clubs, with over 80% of those staying involved in the club. We've also seen rises in recruitment of coaches and officials, which is really encouraging.

We've focused on supporting clubs to improve their management and governance. As a result the clubs have taken a real step forward in club structures, coaching structures, coach development and recruitment programmes.

Looking to the future, we have made a commitment to the existing 17 club projects to ensure they are funded until at least 2016. Thanks to support from **sportscotland**, we've been able to extend to include a further ten clubs.

Our Head of Development Mark Munro said: "Ultimately everyone wants to increase participation and improve performances and although it's not the only factor, the NVT Club Together programme has given clubs a focus and an outlet on which to develop programmes based around volunteers, coaches and athletes especially.

"A great deal of credit must go to the club committees and club line-managers

who are supporting the CTOs and embracing change – it's not easy and there are challenges. We know it is not all plain sailing but learning and sharing ideas with other clubs is invaluable."

scottishathletics Chief Executive Nigel Holl has been inundated with interest from other sports in recent months.

Nigel said: "The NVT Club Together programme is being recognised as a programme of good practice and is, we believe, leading the way in development terms in Scottish sport. We have spoken with numerous national governing bodies of sport who are very keen to implement similar programmes.

"I would like to congratulate the existing clubs once again and welcome the new clubs to the fold. I would also like to thank **sportscotland** for their additional investment to see these projects through to at least 2016 as we start to develop how we sustain the projects on the ground."



CLUB TOGETHER IN ACTION - HAWK HILL HARRIERS

It is almost 30 years since Liz Lynch put the name Dundee Hawkhill

Harriers up in lights on the international stage, winning a gold at the Commonwealth Games in Edinburgh. Today it's Liz's daughter Eilish and fast-rising talent, Laura Muir, keeping the club flag flying.

And there are other reasons to be cheerful about Dundee Hawks which augur well for the future, as the Harriers' Club Together Officer Scott Madden explains:

"Since 2008 our junior section has grown from 22 people attending to over 180 attending weekly. And in the last year, 20 coaches have been put through coach development to ensure the standard of coaching within the junior section is of a high standard.

"With an emphasis on starting young, we've introduced the Junior Hawks

Academy, which allows 6-8 year-olds to experience being part of the club and makes them more comfortable with the track environment.

"And the club is also about to begin a JogScotland Programme for athletes aged 18+, which will also assist with improving links between the club and the local community."

The club and Leisure and Culture Dundee (LACD) have been working on a range of projects and this connection has increased local links.

"The formula we have used has been fun, fitness, positivity and inclusivity which includes the parents when they bring the kids up to club," said Hawks Welfare Officer Nigel Reynolds.

"We have been recruiting parents as an active policy as part of the Club Together strategy and we've found the finance to put these people onto coach education courses.

"It's definitely challenging when you

get a sudden influx of youngsters who have never experienced athletics training! But we are working with them indoors and out and we also offer throws and hurdles coaching.

"We've been able to block book the Caird Park track facility and offer it cheaper to parents and kids; we are very much trying to do all we can to make athletics affordable."

As well as an increase in participation levels, the club has also seen an upturn in the number of young athletes competing for the club at local and regional events. At one of the summer Petrofac League Meetings, more athletes competed for Dundee Hawkhill in track and field than for over a decade!

That's the kind of statistic we love to hear at **scottishathletics**, with increasing participation and improving performance at the very heart of our mission statement: the Hawks are flying high again!



@scottishathletics

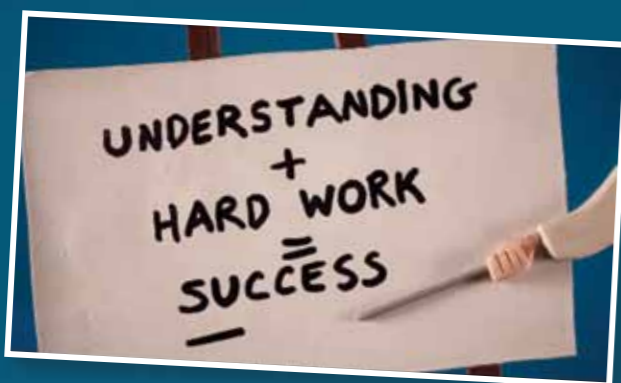


/scottishathletics



For more information on the Club Together Programme, visit: www.scottishathletics.org.uk

Understanding Talent



Take a moment to think about what you are good at. What do you do really well? Now think about some of the things you would like to be good at. Why is it we're good at some things and not others? People often put this down to talent... But what is talent and where does it come from? **sportscotland** institute of sport Talent Manager Tony Stanger explains...



The issue of where talent 'comes from' is a fundamental question for a small country like Scotland. That's because we must carefully nurture talent if we want more athletes like Andy Murray, Katherine Grainger and Sir Chris Hoy to reach the very top of the sporting world. At the **sportscotland** institute of sport we have been working to understand more about talent and what we need to do to build a world class talent system for Scotland.

Everyone working in and connected to sport can play a role in nurturing talent and this includes parents, teachers and coaches. It begins with a shared understanding of the ingredients of the talent development process. If we make sure these influences are consistent and helpful, its potential is powerful.

The good news is it's simple - getting really good at sport, or developing talent is really about understanding three key areas:

1. THE RIGHT SPORT

Encourage young people to do a sport they love and that suits them. Every individual's physical abilities will suit some sports better than others and with so many different sports there is something to suit everyone.

There is also much we can do to develop physical skills as young people grow and develop. Advances in sport science really help us understand the demands of different sports and the kind of training needed to make improvements.

TALENT INGREDIENTS

- Love for the sport
- Suitability
- Developing physical skills

2. FUTURE FOCUSED

Advantages can be gained or lost over time. One thing we know for sure is that current ability is not a good predictor of how good an athlete could be in the future. It's really important we move away from looking at talent as being about what an athlete can do now and think more about what is needed to keep improving.

Sometimes young athletes are better than others because they have grown faster or have been doing a sport longer. This doesn't mean others can't catch up - it just might take a bit longer. We know that the most successful athletes take time to learn about the ups and downs they will face and are very clear about the important areas they need to develop to achieve their goals.

TALENT INGREDIENTS

- Identifying needs
- Practice
- Patience

3. BELIEF

The person who believes they can and the person who believes they can't... are both right! We know that beliefs about ability will have a big influence over what can be achieved. Helpfully, the behaviours of young athletes can provide strong clues as to their current level of self-belief.

The evidence shows us that people who are successful in sport work very hard and take on tough challenges when inevitable setbacks happen. They overcome, they listen to and use key feedback even if they don't always like what they hear, and they know it's important to take ownership of getting back on track.

Not only do we know these behaviours are really important, we also know they can all be developed if they are practiced.

TALENT INGREDIENTS

- Determination & dedication
- Overcoming setbacks
- Taking responsibility

And here's the big opportunity - so much about being 'talented' is within every individual's control. We can help athletes choose to be good! It won't just happen automatically, so it's important that we all understand the crucial role played by parents, teachers and coaches.

So keep in mind the three key areas. And remember, whatever your role in helping to develop young athletes - their success is your choice as well.



@sportscotland
 /nationalagencyforsport
 Search for: **Understanding Talent**
 To find out more about talent visit: www.sisport.com

A POSITIVE IMPROVEMENT



Positive Coaching Scotland (PCS) is a programme running across Scotland to promote a positive and developmental environment in sport for young people. Yvonne and Scott Shaw run a successful karate club, the Scottish Budokan Association in Airdrie, North Lanarkshire. They have embraced the principles of the programme and are transforming their club using the PCS values. We caught up with both of them to find out how they are doing this.

How did you get involved in the club?

Scott: I became a member of the club when I was 12 and went on to compete for Scotland around the world. I have always stayed with the club and I am now chief instructor, which means promoting a positive coaching environment for all students.

Yvonne: When I met Scott, I saw his dedication and enthusiasm for the sport and couldn't help be inspired to try it for myself. Now it is a huge part of my life and as well as helping run the club, I instruct and act as the child protection officer.

How were you introduced to PCS?

Yvonne: We found out about PCS through the Active Schools team in our local area. Working together with them we delivered taster sessions throughout primary schools and through the St Margaret's High School Community Sport Hub we are part of.

Scott: We share the same interest and coaching ethos with the Active Schools coordinators so we are able to work together to deliver the same coaching messages to everyone.

Why have you decided to embed PCS in your club?

Yvonne: We were looking for ways to promote karate within the local community and to increase student intake and reduce drop out. PCS gives a structure for instructors to improve coaching practice in the club.

Scott: PCS helps us reinforce positive values and shows coaches the importance of being a consistent positive influence.

Overall we want the kids to have fun and honour our ethos at the same time!

What benefits does coaching the 'PCS way' have for your club?

Yvonne: It has increased our numbers and also helped us teach the importance of self-control and respect for others in a really practical way. More than anything it has created a close-knit setting where we can work together with coaches, parents and students to create a safe and friendly environment for young people to enjoy their sport.

What messages from PCS have you put in to practice in your club?

Yvonne: We try to get across that winning is important but not winning at all costs. It's better to have respect for yourself and your opponents in order to achieve your goals in a positive way.

Scott: To reinforce the teaching we set small improvement goals and the students score points when they use a technique that we've practiced in a training session.

What are your plans for expanding the programme in your sport?

Yvonne: We want to really start introducing the messages to parents by having an evening to explain our goal.

Scott: We also want to use older students as role models for the new club members, as they will be able to demonstrate the respect and confidence that PCS can bring.

How do you see PCS benefitting the sport in the future?

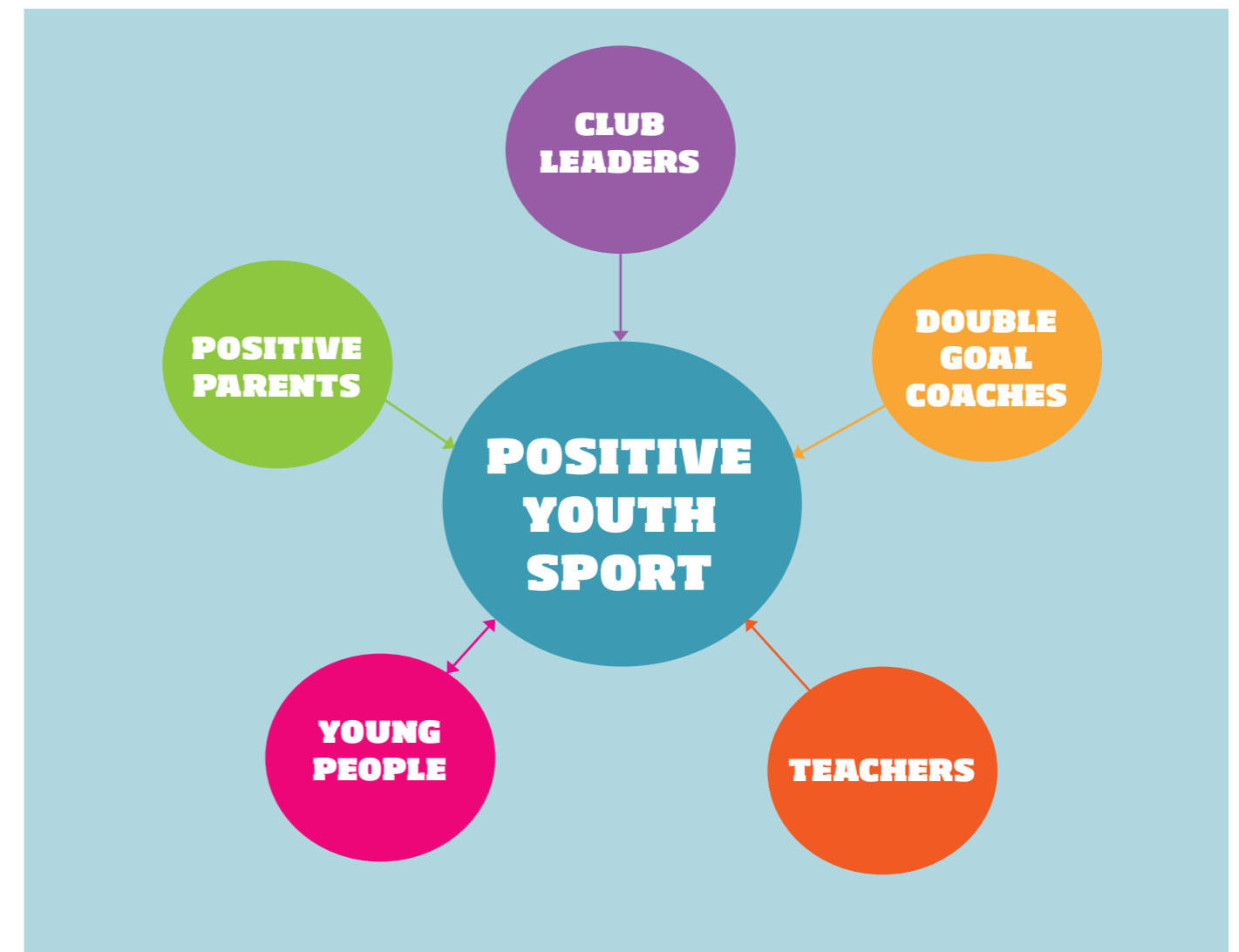
Scott: One major benefit is that coaches across the sport will be able to see how much they influence young people in their role. It will mean that they can lead by example and demonstrate how to 'honour our sport' as the messages say!

Yvonne: I think it would be great if PCS became a coaching standard throughout the sport, something a coach needs to

have awareness of and be a part of to be able to lead groups of students. We can see the difference it's making in our club so hopefully the whole sport would have the same benefits.



Positive Coaching Scotland identifies key influencers in a young person's life shown in the diagram below and how they all contribute to a positive sports culture. The programme also recognises the impact other young people have on each other and so in turn become influencers themselves. PCS principles support everyone involved in sport to create a positive environment for all.



Tweet us using the hashtags:
#pcs #positivecoaching



To find out more about Active Schools visit:
www.sportscotland.org.uk/activeschools

Record results for ACTIVE SCHOOLS



Active Schools is **sportsScotland's** flagship school sport programme, providing hundreds of thousands of opportunities for children and young people to get involved in sport and physical activity. Funded in partnership with Scotland's 32 local authorities, the network is going from strength to strength, celebrating the end of its first decade. We find out more about a record breaking year for the Active Schools Network.

For almost 10 years now the Active Schools Network has been coordinating quality sporting opportunities for children and young people to get their first taste of sport. Working with local partners, including PE staff and sports development officers, the network coordinates a wide range of opportunities connected to PE, school sport and club sport.

In order to provide these opportunities, Active Schools coordinators recruit a wide variety of volunteers, including teachers, parents, pupils and coaches, to help deliver the programme. They also work

to develop strong links between schools and local sports clubs to make it easier for young people to continue playing sport once they leave school.

Recently published monitoring data demonstrates significant progress in Active Schools. The programme has embraced a range of initiatives relating to the London and Glasgow Games, to help more children get active, more often, whilst helping to increase the profile of sport in Scotland.

QUALITY OPPORTUNITIES

Active Schools aims to provide all school aged children with the opportunities to get active through the provision of a quality programme of sport and physical activity before and after school and during lunchtime.

In 2012-13, pupils made 5.1 million participant sessions* to activities throughout the year, which was a 13% increase on last year's figures.

Commenting on these figures, Minister for Commonwealth Games and Sport, Shona Robison said:

"The Active Schools Network is doing terrific work across Scotland's primary, secondary, and additional support needs schools. The latest figures are extremely encouraging with record highs across the board, including over 100 different sports and physical activities being delivered. There are now more and better opportunities for Scotland's children and young people to take part in sport and physical activity, which will encourage them to continue to lead active lives throughout adulthood."

MOTIVATE AND INSPIRE

The Active Schools Network has also taken full advantage of the many unique opportunities offered by London 2012 and Glasgow 2014, designed to motivate and inspire children and young people to get involved in sport.

Commenting on this role of Active Schools, Tom Hyslop, a parent from Aberdeen, said: "The huge benefit of the Active Schools programme is the enthusiasm to introduce diverse activities as part of a programme, as well as one off special events. This gives our children exposure to a wide selection of sports. As they get older they can then pick and choose the ones they like best, while being motivated and inspired to continue on in later school and into adult life."

Louise Martin CBE, Chair of **sportsScotland**, added: "Active Schools is helping us achieve the sporting legacy surrounding Glasgow 2014 by delivering programmes designed to motivate and inspire children and young people to participate in sport. The network is also developing close links with clubs to allow greater integration and the development of a strong school-to-club pathway, so it's excellent news all round."

VOLUNTEERING IN SPORT

During the 2012-2013 academic year, over 19,000 deliverers, 16,000 of whom were volunteers, helped provide 270,000 activity sessions in range of different sports and activities. These volunteers are a critical part of Active Schools and their skills and professionalism help to deliver a quality service across Scotland. Without their dedication and commitment to school and community sport, there would be a much diminished programme of sport across the country.

Shona Robison commended the commitment made by Active Schools volunteers saying:

"Coaches and volunteers are the lifeblood of sport in Scotland, so it's excellent news that the number of people leading

or taking part in Active Schools sessions has risen by 22 per cent on last year. The overwhelming number of deliverers – 85% in total – are doing this incredible work as volunteers and deserve great credit for their time and commitment to sport."

It's not just the young people who benefit from the commitment of these volunteers – many volunteers themselves have had life changing experiences through their involvement with Active Schools. Marion Quinn, a volunteer from Glasgow, commented on her experience in gymnastics saying:

"I started to come along to help at gymnastics and now I am never in the house, I'm always out helping. It gets me out and about and has given me a social life, meeting new people."

"Volunteering has really brought me out of myself, instead of being quiet, I've come out of my shell and been more active myself. I am a lot fitter than I was before I started volunteering."

CONCLUSION

Over the last decade the Active Schools network has had a positive impact, increasing opportunities to participate in sport, recruiting and retaining more volunteers, developing stronger partnerships and creating more opportunities and better pathways for children and young people to get involved in sport.

Active Schools is funded until 2015 and will continue to provide quality experiences for children and young people in the run up to the Glasgow 2014 Commonwealth Games and beyond, and it might even inspire the next great Olympians.

KEY STATISTICS :

5.1 Million
PARTICIPANT SESSIONS
↑13 % INCREASE ON 2011/12

270,000
ACTIVITY SESSIONS
↑15 % INCREASE ON 2011/12

19,000
DISTINCT DELIVERERS
↑22 % INCREASE ON 2011/12

16,000
VOLUNTARY DELIVERERS
↑24 % INCREASE ON 2011/12

18,000
SCHOOL | CLUB LINKS
↑26 % INCREASE ON 2011/12



search for us on Twitter:
#ActiveSchools



To find out more about Active Schools visit:
www.sportsScotland.org.uk/activeschools

The Queen's Baton Relay comes home



11 days of unforgettable sport: that's what the Glasgow 2014 Commonwealth Games will bring to Scotland next summer. But if you don't want to wait until the Opening Ceremony to start celebrating, there is good news - the Queen's Baton Relay is already underway and it won't be long before it returns to Scotland.



On 9 October 2013, the relay began its 190,000 kilometre journey around all 70 nations and territories of the Commonwealth. Over 248 days, the baton holding Her Majesty The Queen's Message will cross continents, terrains and time zones. It will return to Scotland on 14 June 2014 to spend 40 days visiting communities in all 32 local authority areas, before being handed back to the Queen at the Opening Ceremony, completing the final leg of its spectacular journey.

There are all sorts of ways to play a part in the baton's journey. From festivals to sports days to decorating the high street, communities around Scotland will have the chance to put their own stamp on the Queen's Baton Relay.

The Queen's Baton itself has been crafted using wood, titanium and granite, reflecting the landscape of the nation and the host city's heritage and culture. The process of finding the people who'll carry the baton is now underway, with hosts Commonwealth Games Scotland and Glasgow 2014 seeking nominations for those who'll have the honour of hands-on participation in the relay.

Four thousand deserving individuals will be given the opportunity of a lifetime when chosen to be batonbearers. A supporting cast of many thousands more will be needed to cheer them on as the relay

makes its way along the highways and byways of Scotland. The relay will take in some of the country's most dramatic views, including the Glenfinnan Viaduct and Forth Bridge and the baton will make 10 ferry crossings as it visits the Western Isles, Orkney and Shetland. From coast to city, farmland to mountain pass, the Scottish leg of the journey will be filled with striking vistas and local flavour.

Nominations for batonbearers are based on set criteria, with a key focus on youth and sport. Nominees are required to meet one or more of the following criteria, for activities carried out in Scotland:

- Made a positive contribution to the lives of others through community sport.
- Undertaken voluntary work or contributed to schools or youth organisations.
- Contributed towards greater inclusion for disadvantaged or marginalised sectors of the community.
- Been a role model or mentor to youth through sport.
- Displayed a level of individual achievement against the odds.
- Made a significant contribution to their local community.

Nomination forms can be accessed by visiting the Games website, www.glasgow2014.com, and nominations can be made online by the deadline of 5pm on 22 November 2013.

An average of 100 batonbearers will carry the baton each and every day, with the relay reflecting the important role sport plays in the community. Local authorities, schools and community groups will host their own celebrations when the baton passes through their area, supported by the **sportscotland** Active Schools Network. It's going to be a great opportunity to encourage more people to take part in sport and come up with creative ways of celebrating the Commonwealth and our local communities.

The athletes, coaches and officials are all making their preparations for the Games and the Queen's Baton Relay is a chance for communities all over Scotland to show their support for Team Scotland and get ready for the Games in their own way. Whether you're nominating a community batonbearer or planning a special event for when the relay arrives in your town, now is the time to start making plans. It's your baton, your team and your community. What will your celebration look like?

GLASGOW 2014 VENUES: OPEN FOR BUSINESS

With less than a year to go until the Games, the city's sporting venues are already being well-used by local communities and for competition. Funding from Glasgow City Council and **sportscotland** has led to the creation of new venues and upgraded facilities that will increase Glasgow's reputation as a sporting city.

Tollcross International Swimming Centre's refurbishment involved the addition of a six-lane, 50 metre warm-up pool and around 2,000 permanent spectator seats. The Scottish Gas National Open Swimming Championships took place at the venue in June.

The Glasgow National Hockey Centre

is another recent addition to the city's sporting landscape. The new headquarters of Scottish Hockey features two synthetic hockey pitches, as well as changing rooms and spectator seating.

Six new permanent squash courts are being well-used at Scotstoun Sports Campus while the refurbished greens at Kelvingrove Lawn Bowls Centre hosted the Eight Nations Commonwealth Games Invitational Championships in August.

Mountain bike enthusiasts of all ages are already enjoying the Cathkin Braes Mountain Bike Trails and the course has hosted the British Cross Country Championships.

The Emirates Arena has attracted international events such as World



Cup Gymnastics and Netball World Premier Cup Challenge, while the Sir Chris Hoy Velodrome hosted the UCI Track Cycling World Cup and the Scottish National Track Championships.

All of the venues are providing world class facilities for training and competition, as well as a great resource for young people and local communities in Glasgow and beyond.



@glasgow2014



/glasgow2014



To find out more visit:
www.glasgow2014.com/baton-relay

TEAM SCOTLAND

Countdown to GLASGOW 2014

It's been an exciting 2013 for Scottish athletes preparing for the Commonwealth Games and with the 'one year to go milestone' under the belt, the final countdown to Glasgow 2014 is now well and truly underway.

In this article, **Commonwealth Games Scotland** share how they're working with **sportscotland** and other key partners to ensure plans remain on track for Team Scotland's successful participation in their 'home' Games.



ATHLETE SELECTION

Since the selection period opened in April 2013, the earlier trend of athletes posting selection standards to represent Team Scotland has continued at a pace. Around 100 athletes across nine sports have met the standard required on at least one occasion, with many others achieving notable performances at major championships this summer.

The anticipated team size is now in the region of 270 athletes, which would be Scotland's largest team ever at a Commonwealth Games. In September CGS announced the first 27 athletes to be selected for the team.

Athletics have had 23 competitors named including three Para-Sport athletes, together with four squash players. A total of 19 athletes will make their Commonwealth Games debut in Glasgow.

The first athletes with their names inked on the team sheet were marathon runners Susan Partridge and Derek Hawkins, who posted the required times back in April at the London Marathon. Other well known faces include 2010 silver medallist 400m hurdler Eilidh Child, Eilish McColgan in the steeplechase and Laura Muir in the 1500m. 2010 bronze medallist Steph Twell also secured her place in the 5000m. In the field events 11 athletes booked their places on the team, led by hammer thrower Mark Dry who tops the Commonwealth rankings.

Team Scotland is also set to be well represented on the track in the Para-Sport events for the very first time. Libby Clegg goes in the T12 100m, whilst Meggan Dawson-Farrell and 17 year old Samantha Kinghorn will compete in the T54 1500m.

The four squash players selected, have great experience particularly in doubles events, with three of them having represented Team Scotland before at a total of five Commonwealth Games.



TICKETS GO ON SALE

The major milestone of 'one year to go' was marked on 23 July by the publication of the official Glasgow 2014 ticketing guide, with Scottish cycling legend Sir Chris Hoy at the forefront of celebrations. Four Team Scotland hopefuls (Daniel Keatings, Jennifer McIntosh, Colin Gregor and Peter Kirkbride) also feature in the guide, which details the full programme of events.

Up to one million tickets for the Games went on sale in the middle of August with Olympic silver medallist Michael Jamieson marking the moment by diving into the newly re-furbished Tollcross International Swimming Centre for the first time - the pool where he hopes to win one of Team Scotland's first medals on day one of competition.

One of the huge benefits of a 'home' Commonwealth Games is for athletes to be able to have their family and friends there to support them. To this end Commonwealth Games Scotland has put plans in place to take the worry and uncertainty out of the ticketing process for this important group.

To give greater certainty to athletes and their families, CGS has confirmed it will make up to four tickets per session available for purchase from its own allocation. This priority offer will be open to all athletes selected to represent Team Scotland and for all sessions in which they compete. This includes two tickets for finals/medal sessions offered by the Organising Committee.

This initiative has been set up with the full agreement and support of Glasgow 2014 and the sale of these tickets will be administered directly by CGS, with all communication regarding payment and distribution coming through the SGBs.

We believe this is great news for prospective Team Scotland athletes and their family and friends.

QUEEN'S BATON RELAY

As you read in the previous article by Glasgow 2014, The Queen's Baton, which carries a message from Her Majesty, is a key symbol and tradition of the Commonwealth Games that seeks to unite the two billion citizens of the Commonwealth in a celebration of sport, diversity and peace.

The stunning hand-crafted baton for Glasgow 2014 was unveiled in August and formally presented to Lord Smith of Kelvin, Chairman of Glasgow 2014, by Scotland's most successful Commonwealth Games athlete of all time, sprinter Allan Wells MBE.



The Scottish Olympic and Commonwealth Games 100m gold medallist, was the final baton-bearer in Edinburgh in 1986 and was among the first baton-bearers for the Glasgow 2014 edition when it left Buckingham Palace last month.

CGS is working closely with Glasgow 2014 and **sportscotland** to ensure The Queen's Baton Relay acts as a celebration of all those contributing to sport and physical activity in communities across the country.



@Team_Scotland



/TeamScotlandCGS



For more information visit:
www.cgcs.org.uk and
www.goscotland.org

Inspiring adventure

Since its doors first opened in the 1940s, Glenmore Lodge has been providing opportunities for people to learn, thrive and be respectful to the outdoors. Today, the **sportscotland** national centre provides the highest possible standards of instruction in a range of outdoor sports, whilst providing a leadership role to the sector as a whole. We caught up with some of the Glenmore team to find out more about their work and its impact.



**NIGEL WILLIAMS,
HEAD OF TRAINING**

The instructor team is the most significant asset at the National Centre. All are qualified to the highest level in several disciplines, with a high level of coaching knowledge and experience.

The sum of the whole team is greater than the parts, with individuals bringing ideas and techniques from their different specialist areas that help evolve our ideas, courses and processes. In turn we are able to support our governing bodies and help them with their plans for developing courses and qualifications.

**JON JONES, HEAD OF
MOUNTAINEERING**

For my personal development, the opportunity at Glenmore Lodge arose at the perfect time. It has challenged me and in many ways reinvigorated my love of the outdoors and the industry as a whole. With 25 years of industry experience, I believe I have a good understanding of the current situation, as well as ways in which it could develop.

This role has further increased the opportunities for me to help shape and develop the industry that has supported me. Through my personal expertise and the collective wisdom of 'The Lodge' as a whole, we are having a positive impact on the outdoor industry and that is something I am very proud of and very keen to continue.

**ALAN HALEWOOD,
ASSOCIATE INSTRUCTOR**

I've been working for 'The Lodge' since passing my Mountain Instructor Certificate in 2007; to be asked to work at the place where they 'train the trainers' at first feels like an affirmation that you are working at the top end of your profession. But it doesn't take long to realise that it's not a finishing point but a starting point.

There is nowhere else in the country that provides such an important range of benefits to the instructional community

at all levels as Glenmore Lodge. This is strongly evidenced by the fact that so many freelance instructors like me, who own their own businesses are happy to work for, with and alongside 'The Lodge'.

**NATHAN WHITE, INSTRUCTOR
DEVELOPMENT SCHEME**

I first heard about the scheme when I moved up to Scotland to actively pursue a career in the mountains. For me, the main reason for applying was to make the transition from working with clients on taster or introductory sessions, to an instructor who is operating and teaching at a high level.

After spending almost every day working on an activity, either gaining experience or undertaking a qualification, I came away with invaluable knowledge and many qualifications. My time at 'The Lodge' also allowed me to build relationships with future employers and colleagues who have given me some fantastic work opportunities, enabling me to make a home and a business for myself in Aviemore.

**KIRSTY MURFIT,
TRAINING ADMINISTRATION
CO-ORDINATOR**

Being based at the heart of the Cairngorms National Park, we are reminded daily of the beauty of our surroundings and the need to preserve them for future generations. From the very first course 65 years ago, environmental knowledge and awareness have been part of our syllabi. In more recent times this has evolved to not only teaching environmental sustainability but demonstrating it throughout every area of our business.

Winning the 'Best UK Activity Centre' category at the coveted Green Tourism Business Scheme Awards 2012 is recognition that we are at the forefront of promoting sustainability within the sector, as is the fact that we won the 'Best Green Public Service or Public Sector Provision award' in Scotland the same year.

GLENMORE LODGE KEY FACTS

18 DIFFERENT
ACTIVITIES

85 INSTRUCTORS

4,566 TRAINING DAYS
DELIVERED

120 QUALIFICATION
COURSES **249** COURSE
TITLES **350** DAYS
A YEAR

1,294 STUDENTS

BUILT IN 1958 **10** WARDENS &
PRINCIPALS

CAPACITY OF 83 BEDS

LODGE OPERATES 7 DAYS A WEEK **31** CURRENT
EMPLOYEES

9,000 ESTIMATED VISITORS

IN 1953 **11** COURSES **60** YEARS
LATER **249** COURSES



To find out more visit
www.glenmorelodge.org.uk



GAME, SET, MATCH

A longstanding cornerstone of **sportscotland's** support for clubs is **sportsmatch**, a funding stream that aims to support grassroots sporting projects. As our new and improved application form launches, there's never been a better time for clubs to apply for **sportsmatch** funding.

sportsmatch funding is intrinsically connected to commercial sponsorship of community sport, where an organisation – often local businesses – support a club in developing a new project that will make a difference to participation or the development of the club.

sportsmatch funding

How much is available?

£500 to £10,000

What can the money be used for?

New or enhanced projects only. Any one of the following: coach education, coaching/training, facility hire, purchase of equipment, club development.

Special priority for projects focussing on youth development, deprived areas, ethnic minorities, disabilities.

What is not funded?

Personal clothing, administration costs or personal equipment.

How long does funding last for?

One year.

Advocating the value of developing links to the business community, **sportsmatch** offers clubs pound-for-pound match funding for eligible projects. And to make this useful funding stream more accessible than ever, a new application form and related guidance notes are now available which aim to simplify and shorten the process for clubs.

The Camanachd Association, the Scottish governing body for the sport of shinty, is one beneficiary of this new simplified process.

From the start of the 2013 shinty season, all players aged 17 and under have been required to wear a helmet and faceguard in both youth and senior shinty competitions. This ruling has been in place for a number of years for players aged 14 years or under and has proven successful in reducing the number of injuries within the sport at this level.

The Camanachd Association in conjunction with Orion Group (current sponsors of the game's top league, Orion Group Premiership) successfully applied for **sportsmatch** funding to meet this national ruling and introduce safety helmets for all youth players, and distribute an initial allocation of free helmets to all shinty clubs.

The application outlined the proposal in simple, clear terms and fundamentally allied with **sportscotland's** criteria of removing barriers to youth participation. Addressing safety issues gave the application extra weight.

Stewart Harris, Chief Executive of **sportscotland** knows that removing financial hurdles can help club sport to thrive. He said: "We are delighted to have awarded £4,000 to The Camanachd Association as part of the **sportsmatch** scheme. The safety of young shinty players is of paramount importance and this funding will assist in providing free helmets to all shinty clubs, enabling The Camanachd Association to comply with the latest rule introduction more easily."

Camanachd Association National Development Officer, Ronald Ross MBE, said: "I am delighted that through the sponsorship from The Orion Group and **sportscotland** we are able to provide all clubs with helmets, making the rule introduction a great deal simpler for all involved. It is very important that we continue to promote shinty as a safe sport."

Torquil Macleod, CEO of The Camanachd Association: "The application process is simple and any query we had was quickly dealt with by the **sportsmatch** staff. I would encourage any sports group to apply and take advantage of this invaluable resource."

The **sportsmatch** panel are waiting for your application!

To find out more visit:
www.sportscotland.org.uk
0141 534 6500

WORLD CLASS

sportscotland has one clear focus: developing and supporting a world class sporting system at all levels. To find out more, visit www.sportscotland.org.uk

Awarding funds from
The National Lottery®



Snowboarder Ben Kilner is hoping to compete at the 2014 Winter Olympics. #RoadToSochi

Strength & conditioning coach John Psyllas is one of the experts at the institute of sport that delivers specialist support to winter sports.

sportscotland invests in world class facilities such as the Aberdeen Sports Village. High performance expertise from the institute is provided where athletes train.



Providing high performance expertise to sport and athletes in Scotland

sportscotland
institute of sport
high performance expertise

POWER

Sport makes a unique contribution to Scotland's health, identity, economy and communities. It's powerful stuff. To find out more, visit www.sportscotland.org.uk

Awarding funds from
 **The National Lottery**®



This athletics club is part of the Royal High School community sport hub. The hub provides a home for community sport in the area, bringing people together and encouraging them to play more sport.

Dave is a coach for the Royal High Panthers. Through his leadership skills he helps the girls develop confidence and work as part of a team.

The girls love training – they get to take part in sport and have fun with their friends. Also by helping out with coaching they are developing important skills to keep them engaged in sport for the future.



Putting sport first

sportscotland
the national agency for sport