

# SPORTFIRST

Issue 9 Autumn 2012

the magazine of sportscotland

## YOUNG PEOPLE

The future of sport in Scotland

### MAKING IT HAPPEN

A new voice for young people in sport

### DRIVING A LEGACY

A record breaking year for ClubGolf

### MAKING TIME TO ACHIEVE

The busy life of Scotland's youngest Paralympian

### A NATION INSPIRED

Looking back over our greatest Games



Putting sport first

**sportscotland**  
the national agency for sport



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# CONTENTS

<p><b>2 News round up</b></p> <hr/> <p><b>4 Making it happen</b> Young people have their say in sport</p> <hr/> <p><b>6 Inspiration nation</b> Looking back to London and forward to Glasgow</p> <hr/> <p><b>8 Glasgow calling</b> The search for 15,000 friendly faces</p> <hr/> <p><b>10 ClubGolf: Driving a Legacy</b> A record breaking year for ClubGolf</p> <hr/> <p><b>12 Community, club, curriculum</b> A community sport hub in action</p>	<p><b>14 The home of the Games</b> The Emirates Arena opens its doors</p> <hr/> <p><b>16 Making time... to believe and achieve</b> Paralympian Andrew Mullen on what it takes to get to the top</p> <hr/> <p><b>18 Starz in their eyes</b> A new approach to player development in basketball</p> <hr/> <p><b>20 Next stop London</b> Our team at the London 2012 holding camp</p> <hr/> <p><b>22 Positive conversion</b> The impact of Positive Coaching Scotland within rugby</p>	<p><b>24 Youth Legacy Ambassador Programme 2014</b> Young Scot on delivering a lasting legacy for young people</p> <hr/> <p><b>25 Getting on target!</b> Investing in physical education</p> <hr/> <p><b>26 Here come the girls!</b> Engaging girls in physical activity</p> <hr/> <p><b>28 Golden role model</b> Gymnast Steve Frew on the Young Ambassadors programme</p>
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# FIRST WORD



Recently I had the opportunity to spend some time with members of the newly formed Young people's sport panel (for more information see pages 4 and 5) at their first workshop.

The panel had been invited to an induction session at the sportscotland national outdoor training centre at Glenmore Lodge and I was delighted to be able to join them on their first day alongside Louise McDonald, Chief Executive of Young Scot, our key partners in this venture.

**Positive impact**  
Part of the session allowed me to relate many of my personal experiences of how good quality physical education and sport has positively impacted on

many young people in a very lively question and answer session. During my time as both a PE teacher and a basketball coach I have witnessed at first hand the positive impact sport can have on young people, some of whom were faced with incredibly challenging circumstances and life choices. Importantly as a PE teacher, I was able to play a role in giving them direction into a sport many of them had a significant talent for. A considerable number of these young people have gone on to achieve great things in sport and in their careers, and it is with some pride that I reflect on my own very small contribution to that success.

**Making it happen**  
As you'll read later in the magazine, the theme of the sport panel's time at Glenmore Lodge was 'making it happen' and I have great confidence that this group of 16 young people – along with the some 630 Young Ambassadors for sport – will do a fantastic job in doing just that!

It is a privilege to have the opportunity to work with young people and it is one of the key motivations for me in our work here at sportscotland and also in my continued involvement coaching club basketball. You can only be inspired by the energy, freshness, dynamism and sheer belief in possibility shown by the young people involved. Hopefully we can use this energy to make our ambitions for a 'world class system for sport' a reality.

We invest in young people because they are our future. My message to the team on the Young people's sport panel was simple:

**Take responsibility for making things happen and seize every offer of help, development and support that comes your way.**

**Providing opportunity**  
At sportscotland we are in the business of providing opportunity for development, coupled with help and support. Initiatives for young people permeate every aspect of our business plan through school, club and performance sport, and across people, places, partnerships and planning. This edition of *Sport First* follows a young person theme and highlights some of the programmes and activities we are involved in and support. Enjoy your read.

  
**Stewart Harris**  
Chief Executive, sportscotland

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





## Increase in adult sports participation

Figures released by the Scottish Government back in August revealed that there has been a significant increase in the number of Scottish adults participating in sport! Results from the 2011 Scottish Household Survey show a 3% rise in participation, equating to approximately 130,000 more adults experiencing sport compared to last year. 75% of adults participated in sport (including recreational walking) in the four weeks preceding the survey – up from 72% in 2010. When recreational walking was excluded, 54% of adults participated in sport, compared to 51% in 2010.

A great result for all of us involved in Scottish sport – let's ensure that those numbers keep increasing!

For more information visit [www.scotland.gov.uk](http://www.scotland.gov.uk) and search for 'household survey'.

## Summary of progress 2011/12

If you're interested in finding out about the impact that we – working with our partners – had over the last year, check out our *Summary of progress 2011/12*.

Available in hard copy and online, the Summary is based around five key changes that we expect to see as a result of our work towards developing and supporting a world class sporting system.

Also included as part of the review are seven video case studies designed to bring our work to life. Thanks to everyone involved in supporting the filming!

If you'd like to know more, visit [www.sportscotland.org.uk/progress](http://www.sportscotland.org.uk/progress) or, to request a hard copy, contact our communications team on 0141 534 6500.

## Back the bid for Glasgow 2018!

Glasgow City Council, in partnership with the Scottish Government and the British Olympic Association, has launched a bid to host the 2018 Youth Olympics.



The team are hoping to capitalise on the opportunities created by London 2012 and Glasgow 2014, in addition to the city's ongoing international sporting events programme.

The 2018 Youth Olympics is expected to attract over 3,000 athletes aged between 15 and 18, competing in all 28 Olympic sports, and the host city will be announced in summer 2013. Glasgow is the UK's candidate to host the Games, but faces competition from four other cities including Buenos Aires (Argentina), Guadalajara (Mexico), Medellín (Colombia) and Rotterdam (Netherlands).

The Leader of Glasgow City Council, Councillor Gordon Matheson, said: "Young people are at the very heart of our bid and will be our strongest voice as we go all out to bring the Youth Olympic Games to these shores for the first time. A successful campaign would continue the legacy created by the London 2012 Olympic Games and Glasgow 2014 Commonwealth Games, helping us continue to work hard, together with young people, to build a bright future."

Get behind the bid – see [www.glasgow2018.com](http://www.glasgow2018.com) for more information. Also, like the Facebook page ([www.facebook.com/Glasgow2018](http://www.facebook.com/Glasgow2018)) and follow the bid on Twitter @Glasgow2018

## Countdown to Scottish Sports Awards

Anticipation is building as the finalists have now been announced for the Sunday Mail and sportscotland Scottish Sports Awards – the countdown is on!



The awards recognise achievement in sport at all levels, from grassroots participation to elite sport, and winners will be announced at a ceremony on 6 December.

At the launch of the awards, sportscotland Chair Louise Martin CBE said: "The Sunday Mail and sportscotland Scottish Sports Awards celebrate fantastic achievements from across the sporting system and we are delighted to once again be involved."

"The commitment and dedication shown by all Scottish sportspeople is exceptional, and it is this shared passion that will help Scottish sport to be the very best it can be. We look forward to hearing all the success stories at the awards ceremony."

Watch highlights of the 2012 Scottish Sports Awards on STV on Sunday 9th December.



Follow us on twitter for the latest news updates:  
[twitter.com/sportscotland](http://twitter.com/sportscotland)

## sportscotland Coaching, Officiating & Volunteering Awards 2012

2012 has been a record breaking year for the sportscotland Coaching, Officiating and Volunteering Awards with national award nominations reaching 200.

These awards represent a unique way for sportscotland and our partners to recognise the excellent work of coaches, officials and volunteers throughout the country. Indeed, many of our local authority and governing body partners have delivered their own awards aligned to the national awards, taking the total to over 350.

The nine national winners below will each receive a trophy, certificate and cheque towards their development at local award ceremonies in the coming months! Further to that, all nominees will receive a certificate to recognise their efforts for the year.

### The national winners are:

Young Coach of the Year:	James Ross (Cricket)
Young Persons Coach of the Year:	David Smith (Football)
Disability Coach of the Year:	Lyndon Williams (Badminton)
Community Coach of the Year:	Lauren Millar (Gymnastics)
Development Coach of the Year:	Ben Higson (Swimming)
Performance Coach of the Year:	Laurel Bailey (Swimming)
Technical Official of the Year:	Shona Malcolm (Athletics – para)
Young Volunteer of the Year:	Mark Stringer (Athletics)
Volunteer of the Year:	Allan Bryson (Golf)

## Double your sponsorship

sportsmatch aims to recognise the outstanding contribution commercial sponsors make to community sport by matching their support on a £ for £ basis.

Any properly constituted, not-for-profit group such as a sports club, governing body of sport, or school can apply if they have a sponsor and a project that will increase participation, capacity and performance in grassroots community sport. The project must be a new or enhanced activity over and above the organisation's normal activities.

Funding categories cover coach and volunteer education, coaching and club development, staff, facility hire and equipment.

For details on the application process and documents, visit [www.sportscotland.org.uk/sportsmatch](http://www.sportscotland.org.uk/sportsmatch) or contact the sportsmatch officer by emailing [sports.match@sportscotland.org.uk](mailto:sports.match@sportscotland.org.uk) or calling 0141 534 6500.

sportscotland  
**sportsmatch**  
backing business backing sport

## Profiling the power of sport

All of us involved in sport believe in the power of sport and the contribution that it makes to life in Scotland.

We have developed a short video which looks at some real life examples of how sport has changed lives and supported communities across Scotland. Entitled *The Power of Sport*, the video will be available for all of our partners to use at presentations and events where they have the potential to influence decision makers.

To find out more, get in touch by emailing [communications@sportscotland.org.uk](mailto:communications@sportscotland.org.uk) or phoning 0141 534 6500.

## Inverclyde gymnastics hall opening



Earlier this summer we were delighted to announce the opening of the Gordon Forster National Gymnastics

Centre at our national training centre Inverclyde. The £350,000 extension to the existing gymnastics facility will help to maximise our medal chances at Glasgow 2014.

The centre is open to people of all abilities, leaving a lasting legacy for the people of Largs and the surrounding area.

For more information, visit [www.nationalcentreinverclyde.org.uk](http://www.nationalcentreinverclyde.org.uk)

## New sportscotland website goes live

If you've visited the sportscotland website recently you may have noticed some changes at [www.sportscotland.org.uk](http://www.sportscotland.org.uk). Over the last few months we've been working to redevelop the site to take more of a portal approach – that is, to place greater emphasis on our partners and joining up information about Scottish sport.

Take a look around if you get the chance, and please do send us your feedback by emailing [website@sportscotland.org.uk](mailto:website@sportscotland.org.uk)





# Making it happen

As we look ahead to the next few years in sport, we have a unique opportunity to capture young people's imagination and enthusiasm for sport. Led by **sportscotland** in partnership with Young Scot, the brand new Young people's sport panel is getting set to do just that. We find out more about the sport panel and its members.

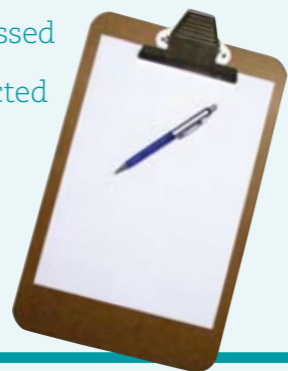
The new Young people's sport panel is an integral part of **sportscotland's** commitment to young people influencing and leading sport in Scotland. In partnership with Young Scot, the national youth information and citizenship charity, the sport panel is designed to give young people a say in the future of Scottish sport. Stewart Harris, **sportscotland's** Chief Executive, explains their role:

"At **sportscotland** we're committed to developing and supporting a world class sporting system at all levels, and to do that we believe it's important to involve young people in the process. The Young people's sport panel will be able to help determine the structure of sport, and ensure that their generation is fully engaged with the decision making process."

A total of 178 young people from across Scotland applied to be part of the sport panel and the standard of applicants was incredibly high – testament to the talent and dedication of young people who are interested in and involved in sport in Scotland!

### Young people's sport panel facts

- 178 applicants
- 14-24 age group
- 37 assessed
- 16 selected



"I want to make a difference in my local community in Shetland as well as in the whole of Scotland. I also want to keep the legacy of the Olympics going to promote sport."

**Amy Harper**

Of those applicants, 37 were assessed at a series of interview days, which involved a group task followed by one-to-one interviews. In the end, 16 young people were selected to make up Scotland's first Young people's sport panel.

The sport panel met for the first time at **sportscotland's** national training centre Glenmore Lodge, where they got together to get to know each other and identify and agree their priorities and values as a group. Stewart Harris and Louise Macdonald, Chief Executive of Young Scot, were on hand to set the scene for the young people and discuss some of their own experiences around the theme for the weekend of 'making it happen'.

The sport panel members all come from different backgrounds and cover a diverse age range between 14 and 24. But it quickly became clear over the course of two days at the Lodge that all of the young people on the panel had one thing in common – an inspirational attitude towards sport.

The sport panel will play an important role in representing the voice of young people across Scotland, working together and on their own towards two key aims; to

influence and shape the future of sport in Scotland and raise the profile of sport. The sport panel members will meet with senior figures from **sportscotland** and Young Scot and undertake monthly projects across all aspects of Scotland's sporting landscape.

"It is an incredible opportunity for us, as young people, to influence and shape the future of Scottish sport."

**Hannah Jolly**

They will provide their ideas, views and recommendations, ensuring that the opinions of Scotland's young people are heard and addressed.

Louise Macdonald, Chief Executive of Young Scot, explained the importance of the project: "Hundreds of young people have a passion and dedication for sport in Scotland – the sport panel is a platform for them to play a key role in promoting the range of lasting benefits that sport can bring."

Sport panel members have already had some incredible experiences including attending the 2018 Youth Olympic bid; interviewing returning Olympic swimmers at Scotstoun as part of the Heroes Tour; providing feedback for **sportscotland** into the Children and Young People's Bill; meeting Shona Robison MSP and the **sportscotland** Board members; and planning a workshop for the annual Scotland's Sporting Workforce event in early November.

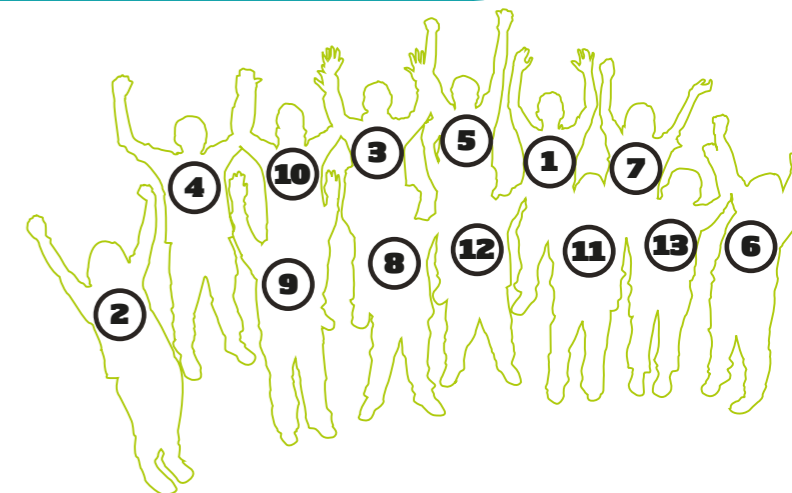
"I am really interested in encouraging teenage girls to take up or continue with sport – it's very important to be involved in sport for life."

**Morven Macgregor**

The sport panel members' shared passion for sport is an inspiration to those at **sportscotland** and Young Scot who have met them, and with the drive and creativity they have already shown, they are sure to make a big impact on the sporting landscape! **SB**

To keep up to date with the work of the sport panel visit [www.youngscot.org](http://www.youngscot.org) and follow both **sportscotland** @**sportscotland** and Young Scot @**YoungScot** on Twitter.

### Young people's sport panel Who's who



- 1 Adam Martin** (21) **East Lothian**  
Active Schools coordinator, Youth Legacy Ambassador
- 2 Catriona Thomson** (16) **Glasgow**  
Platinum Young Ambassador and Scotland U21 netball player
- 3 Chris Sellar** (22) **Edinburgh**  
Scottish Student Sport employee and football coach
- 4 Colin Millar** (22) **Argyll & Bute**  
Saltire Foundation volunteer and massive sports fan!
- 5 Connor Hughes** (18) **South Lanarkshire**  
Platinum Plus Young Ambassador and Millenium Volunteering Award recipient
- 6 Hannah Jolly** (18) **Glasgow**  
Glasgow Sport Young Leader, 200 Millenium Volunteer, badminton coach
- 7 Jodi McGinty** (20) **Edinburgh**  
Youth Legacy Ambassador and Platinum Plus Young Ambassador
- 8 John Robertson** (20) **South Lanarkshire**  
UK and Scottish Athletics Youth Advisory Group member and Glasgow Pole Vault School member
- 9 Katie Clucas** (24) **East Dunbartonshire**  
Sports Development Officer and Active Schools volunteer
- 10 Kulbir Singh Gabba** (19) **Glasgow**  
Glasgow Sport Young Leader, badminton coach and volunteer
- 11 Meghan Plummer** (17) **Falkirk**  
V2 female youth world champion rock-it-ball player, basketball player and coach
- 12 Nathan Arbuckle** (16) **Glasgow**  
Glasgow Sport Young Leader and young carer
- 13 Sophie Gibson** (15) **East Renfrewshire**  
Netball player and Sports Council member at Woodfarm High School

### Young people's sport panel members not pictured:

- Amy Harper** (20) **Shetland**  
200 Millenium Volunteer and Scottish Senior Squad swimmer
- Matt McCormick** (15) **East Dunbartonshire**  
Member of Junior Elite Team GB snowboarding team
- Morven Macgregor** (16) **Aberdeenshire**  
Aberdeen Amateur Athletics Club member, Inverurie Academy Health & Wellbeing Young Leaders member



# INSPIRATION NATION

**Mike Whittingham**, Director of High Performance at **sportscotland**, reflects on London 2012 and looks ahead to 2014.



Einstein once said: "If we all did things we were capable of, we would literally astound ourselves." Well, in London, as a nation, we were literally astounded! And while the athletes and their coaches may not have been surprised at their success, for once we had nothing but positive stories embracing the nation for a prolonged, uninterrupted period of 25 days or more. Positivity is contagious; winning is too!

With less than two years to go until arguably Scotland's greatest year of sport, there are many things we can all learn from London. For Glasgow the important thing is how we work collaboratively over the next 20 months to produce a fantastic Games and the best ever result for Team Scotland.

Today's technology means that there is a proliferation of entertainment at our fingertips, so it is no easy task to inspire and unite a nation around one

event – however London was hugely successful in doing just that. The whole nation came together and got behind the Games. From the opening to the closing ceremony, not only did we 'do it right', we were able to celebrate the power of sport in all its diversity.

Team GB became a brand that we all believed in and supported and yet the opening ceremony allowed us all to keep our very own personal identities. The London 2012 Olympic and Paralympic Games must surely go down as the greatest spectacle that the UK has ever hosted and indeed witnessed. We should be very proud that the UK has proved to be such a wonderfully sporting nation with a warmth and generosity perhaps unsurpassed at any other Games.

Sport is hugely powerful because it transcends our lives by producing sporting legends such as Usain Bolt, Chris Hoy, Ben Ainslie, Michael Phelps

and Mo Farah. The Olympics is the greatest show on earth because within the short space of two weeks it can bring these legends into our homes and hearts.

The distribution of medals among countries continues to grow. Of the 208 Olympics, 84 countries won medals. Governments worldwide, and particularly within the Commonwealth, are continuing to invest in elite sport and we can expect the competition in Glasgow to have moved on again.

Over the coming months those of us collectively involved will map out where the risks lie for our Glasgow Commonwealth Games sports and potential medallists. In swimming, we saw a strong Games by Canada and South Africa, while in athletics there were excellent performances by young athletes from the Caribbean countries. New Zealand, with its ever increasing

commitment to performance sport, took a number of medals in the velodrome.

London 2012 also reminded us that world rankings and form going into any major Games is no guarantee of success, as the great pole-vaulter Isinbayeva proved when she came up 5cm short of her third Olympic gold.

Mishaps or under-performance provide an opportunity for other athletes to excel. So we must ensure we continue to support those athletes who did not win medals or get it right in London. Glasgow could still be their stage. We need to remember that Mo Farah did not make the final in Beijing. And after he fell at the bell in Sydney, Hicham El Guerrouj's compelling desire to win prompted him to put a picture above his bed of himself falling. He used failure in 2000 to inspire him to greater heights in 2004, coming back in Athens to win both the Olympic titles at the 1500 and 5000 metres.

In high performance sport, the competition dates are known well in advance and it is about performing with distinction on the day. Just as Jessica Ennis, Sir Chris Hoy and Katherine Grainger relished performing in front of a home crowd, we must seize the moment in Glasgow too. A lifetime best, a personal best, is what we ask of our athletes.

We now have a system and resources that offer a range of opportunities and options to all our athletes. Our collaborative expertise and support is strong and evolving, and our collective job is to help our athletes reach that precious place.

Looking forward to 2014, Glasgow must be a team effort. We have a shared goal with a clear vision... but the clock is ticking. Hosting the Commonwealth Games does not guarantee home soil success. So every day we need total commitment, an urgency of delivery and a ruthless focus that ensures we are all making things happen. If we can harness all our positive energy in one direction, be open to learning and come together as one team, we too will astound ourselves. **SF**

## Team GB

55 Scots  
2 bronze  
4 silver  
7 gold



## Paralympics GB

27 Scots  
2 bronze  
6 silver  
3 gold



## GLASGOW 2014 COMMONWEALTH GAMES LAUNCHES VOLUNTEER DRIVE



The Glasgow 2014 Organising Committee is on the hunt for 15,000 of the friendliest people it can find. Here the committee tells us more about the volunteer recruitment drive which will provide the smiling faces and behind-the-scenes heroes who will become the heart of the Glasgow 2014 Commonwealth Games.



If you were glued to your television during the Olympics, wishing you were part of it, then think how great the experience will be right here in Scotland. The build-up to the party in Glasgow is just beginning and thousands of volunteers will be needed to help put on a Games that no-one will forget. Imagine being the person who directs Sir Chris Hoy into the roar of his very own velodrome. Or the person braving the Glasgow drizzle for hours to ensure that Usain Bolt's starting blocks are set...

One person who did experience London 2012 in all its glory was our Volunteer Coordinator, Rona McIntosh, who was a Games Maker.

Rona said: "I knew that I was in for an amazing experience when I applied to be a Games Maker for London but my experience far exceeded all of my expectations, it was the best ten days of my life!

"I was lucky enough to have a role that allowed me to have contact with the best athletes in the world on a daily basis and the opportunity to work alongside a team of inspirational volunteers.

"I learned a lot from my experience as a Games Maker in London that I hope to use and take forward to ensure that the Glasgow 2014 volunteering programme is the best that it possibly can be."

### An invitation to the world

We will be sending an invitation around the globe to Scotland's largest ever sporting and cultural event. We want to show off our country and celebrate our city in all its genuine glory, from Barras banter to West End wit.

So, if you want to join the party and tell the world that Glasgow and Scotland can put on a great show, then register your interest now!

Not all roles will be frontline field of play or Opening Ceremony glamour. But, it's still crucial that spectators, athletes and officials are welcomed or checked in at airports and venues, know where to get food or collect their tickets.

If the Olympic experience is anything to go by, these friendly faces and helpful heroes were the real heart of the Games, and truly appreciated by locals and visitors alike every step of the way.

There are some specialist roles that need previous experience or qualifications in sport or first aid for example, but the vast majority of roles simply need friendly folk committed to making the most of the best show that Glasgow and Scotland has ever seen.

### Scotland at its best

You might need to take annual leave to do your bit, give up some personal time for training, pay for your own accommodation if you live outside Glasgow, and meet your own expenses. But if you can still smile when the 100th person asks you where 'Saucy Hall Street' is then this is the party for you.

By becoming a volunteer at Glasgow 2014, you won't just be seeing Scotland at its best, you will be Scotland at its best. You won't just sit back and watch the action, you will be part of it – and you will have the time of your life along the way.

Applications open in January 2013, but you can register your email address now to ensure you are sent all the info. Get involved by signing up today at [www.glasgow2014.com](http://www.glasgow2014.com).



"You won't just be seeing Scotland at its best, you will be Scotland at its best."



### Meet Clyde



This patriotic and adventurous thistle will be the friendly face of the Games. Created by 12-year-old Beth Gilmour from Cumbernauld, he is currently visiting local communities as part of EventScotland's Games for Scotland programme, helping motivate young people to make the most of Scotland's largest ever sporting and cultural event.

For more information visit [mascot.glasgow2014.com](http://mascot.glasgow2014.com) and follow Clyde on Twitter @clyde2014



# ClubGolf: DRIVING A LEGACY

As the champagne was flowing in the aftermath of Europe's incredible comeback against a rampaging US Ryder Cup team in Chicago, the tournament was officially handed over to its new home for the next two years – Gleneagles in Perthshire. In this young people's edition of *Sport First*, we take a look at how ClubGolf, a programme which formed part of Scotland's bid to host the Ryder Cup tournament, is introducing thousands of children to the game each year.

The Ryder Cup is one of the largest events in world sport – in viewing figures it is estimated to be third only to the Olympics and the football World Cup.

In a sport focussed on individual excellence, the Ryder Cup is a rare opportunity for the world's greatest players to compete under the banners of Europe and the USA, creating an unrivalled atmosphere in a uniquely high pressure environment.

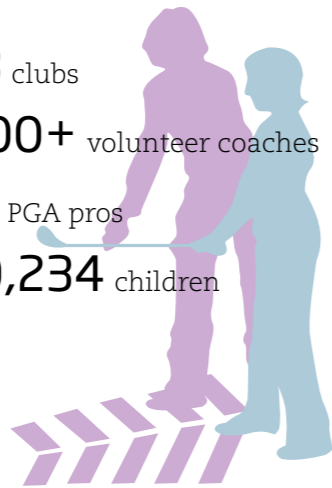
It's a combination which has produced some of the most memorable golfing moments in history – none more so than Europe's remarkable comeback in the final session at Medinah, winning 8½ out of a possible 12 points to lift the trophy back in September.

And in 2014 the Ryder Cup is coming back to the home of golf for only the second time in its history.

It's an incredibly exciting prospect which promises to do much for Scotland's profile on the world stage. And thanks to the ClubGolf programme, it's delivering a legacy which promises to grow and develop the sport for a generation.

## ClubGolf programme facts

303 clubs  
1,500+ volunteer coaches  
126 PGA pros  
260,234 children



“Ultimately, the aim is for young people to continue to progress to clubs, become junior members and enjoy the game for life.”

Conceived as part of the bid for the event, ClubGolf was established in 2003 as part of a Scottish Government pledge to introduce every nine-year-old in Scotland to golf. Since then over a quarter of a million young people have had the chance to experience golf in school.

2012 has been a record breaking year for the programme. So far, a total of 40,234 P5 schoolchildren have had a taste of the game – the highest number achieved in a single year in the history of ClubGolf.

Encouraging the next generation of golfers is vital to the Scottish Golf Union and the Scottish Ladies' Golfing Association (Scotland's governing bodies of golf) in creating the possibility of golfing success at the highest level.

Breaking the 40,000 mark for P5 delivery, up by over 2,000 on the previous year, is therefore significant, as are the overall ClubGolf participation numbers. It's a numbers game.

Ultimately, the aim is for young people to continue to progress to clubs, become junior members and enjoy the game for life – thereby raising the prospect of future

champions. The strong support from the education sector and **sportscotland's** Active Schools network has supported a year on year increase in participation and ensured the transition of young people into club coaching programmes has reached an all time high.

“It's a huge testament to the sustained efforts of our partners, particularly the local authorities, schools and the Active Schools network,” says Jackie Davidson, ClubGolf Manager. “ClubGolf in schools is the important start to the golfing journey for these youngsters and, by working closely with our clubs, we will ensure that every school offering ClubGolf has a club or facility nearby offering children the next stage of the programme.”

“The result will be more children playing golf, an active junior membership across Scotland and young players achieving their potential. As we count down to the Ryder Cup over the next two years, I'm sure even more youngsters will get involved.”

### Scottish stars pledge support

During a fantastic week of ClubGolf at Castle Stewart Golf Links, Martin Laird, Scott Jamieson and former Ryder Cup Captain Colin Montgomerie all pledged their support to the programme, joining notable fellow Scots Stephen Gallacher, Catriona Matthew and amateur star Kelsey MacDonald.

University of Stirling student MacDonald, the three-time Scottish Under-21 girls' stroke-play champion and former Scottish Ladies' winner, is proud to be part of the ambassador programme and hopes her achievements will encourage even more youngsters into the game.

“I was fortunate enough when I first started golf to have so many people who were willing to help with coaching and get youngsters involved,” recalls the 21-year-old of Nairn Dunbar. “So it's great to see ClubGolf getting so many more young people involved in the sport.”

“We are the home of golf and it's just so important to take advantage of that and get every youngster playing golf. As ambassadors, we hope we can inspire young people to take part in golf and continue to help supporting the programme going forward.”

With Gleneagles' strong support for junior golf reflected in their status as an official ClubGolf partner, the upward curve for the programme continues. “The support is helping ClubGolf to be such a success,” adds MacDonald. “ClubGolf juniors are enjoying victories at their home clubs but are also achieving on a wider scale. For example North Berwick's Clara Young is a ClubGolf graduate and has already represented GB&I and Scotland as a girls' international.”

Young is certainly a name to watch – and ClubGolf is helping to unearth others. With 2014 promising to be a golden year for Scottish sport, the real legacy of events like the Ryder Cup and the Commonwealth Games will be more people playing sport more often. Thanks to ClubGolf, we're well on the way to making that legacy a reality. [www.clubgolfsotland.com](http://www.clubgolfsotland.com)



## Did you know?

The Junior Ryder Cup will be played at Blairgowrie Golf Club in 2014.

ClubGolf is supported by golfing greats including Colin Montgomerie, Arnold Palmer, Sam Torrance and Catriona Matthew.

Gleneagles, host of the 2014 Ryder Cup, is a ClubGolf official partner.

ClubGolf Camps were launched nationally in summer 2012 reaching hundreds of children.

ClubGolf has 8 regional managers supporting school and club activity across Scotland.

In association with the PGA coach education programme, ClubGolf helps volunteers gain coaching qualifications.

Cameron McAndrew, winner of the 2012 Highland Spring Junior Masters, is a ClubGolf graduate.





# COMMUNITY, CLUB, CURRICULUM

Community sport hubs are a key part of **sportscotland's** contribution to the Scottish Government's 2014 legacy plan, aiming to develop sport in the local community and increase the number of people of all ages participating in sport. Since its successful bid to become a community sport hub in 2010, Armadale Academy has grown the number of its clubs and is using innovative programmes, ideas and partnerships to engage pupils, clubs and the community. We visited the team at Armadale to find out more.

## Strong leadership

Since joining Armadale Academy as head teacher in 2010, Campbell Hornell's mission has been clear: create as many opportunities for the pupils to achieve success as possible. So when the chance arose to become one of West Lothian's community sport hubs, Campbell saw the potential to both enhance pupils' experience and build bridges with the local community.

Like many schools, Armadale Academy had historically been perceived by the community as inaccessible. As Campbell explains, becoming a community sport hub meant opening up the school's facilities to the wider community, boosting the school's profile with local people.

"Sport has a huge part to play in this community and we want to meet their aspirations. The performance of the Academy can be moved forward through sport and we are successfully upping our profile through the work being done here with our community sport hub status."

In the early days of the hub, the school set up a steering group to provide a platform for clubs and the council to input to the programme. A new club forum has been set up to allow clubs

involved with the hub the opportunity to feed back to the steering group, and the long term plan is to have representation from the club forum on the steering group itself.

The steering group builds on the strong local partnerships between the school, West Lothian Leisure, and the sport development and Active Schools teams locally. Importantly, it also includes two pupils who are able to represent the views of young people in the running of the hub. It's an approach which is paying dividends, as Campbell explains: "The opinions of the young people are recognised, taken account of and actioned. We see their leadership skills develop and their contribution cultivated."

Kevin Ferguson and Dean Paterson are the sport development assistants helping the hub move forward. Working with Active Schools coordinator Chris Weitz, they use their collaborative energy and experience in the Active Schools network, football development and the NHS to help the hub develop its activities.

Not only do they help ensure a consistent and professional approach, their flexible working structure enables the hub to run until 10pm at night, where previously hub activity had to end when the school day did.

## Opportunities for young people

There is a cross-fertilisation between the school curriculum and the clubs. Handball, which began as a club-only activity at the hub, is now integrated into the PE syllabus.

The school's sport and recreation course will continue to form a large part of the future of the hub offerings, helping students gain experience while the community benefits from much needed local and accessible services.

And it doesn't stop with sport. At West Lothian Council's 'Celebrating Success' awards night, held at Armadale Academy, the catering was provided by school pupils. They also had pupils from the school's photography club taking the official event pictures which were used to profile the evening. Looking to the future, there are even plans for local hairdressing and early childcare students to base themselves at the hub.

Further boosting the hub's connections with the local community, two local physiotherapy students from Caledonian University have committed to working with the clubs based at the hub for a year and a half. The graduates are providing their services for free, in return for gaining experience and building up their contacts.

## Reaching out

Another new piece of work at the hub has been a pilot holiday programme aimed at increasing participation, widening opportunities and improving youth skill development in the local area, which was held during the summer.

Earlier this year, the 'Summer Sportz Camp' saw local young people enjoy three days of structured coaching, trying a variety of sports and activities, from athletics to zumba, golf to kickboxing. In their feedback, every parent said they'd like the programme to be repeated, and there was even demand for longer sessions and more sports on offer. Ideas on which sports to include in future were collected from the young people themselves.

## Future-proofing


The popularity of the hub is clear to see and demand is driving an increasing amount of activity on offer. For example, the kickboxing class, historically a weekly class, now runs most nights of the week.



Looking to the future, there are ambitions to grow the quality of sporting experiences by ensuring clubs are progressing with their own development by, for example, increasing accreditation levels.

Growing the sports on offer in the hub is also a priority. A newly launched incentive package illustrates what clubs can expect from being part of the hub, and also what the hub expects of them.

Engaging parents and families of the young people is another aspiration, and the sport development assistants are working on ways to encourage their participation. Creature comforts like tea and coffee facilities encourage parents to stay and use the hub's facilities while their children are taking part in activities.

It's all part of the plan to bring people into the school while increasing opportunities for the young people to achieve. 



"The opinions of the young people are recognised, taken account of and actioned. We see their leadership skills develop and their contribution cultivated."



For more information on community sport hubs, visit [www.sportscotland.org.uk/csh](http://www.sportscotland.org.uk/csh)



Opened last month, the Emirates Arena is the flagship venue for the Glasgow 2014 Commonwealth Games. It is also the beneficiary of **sportscotland's** largest ever single award – £15 million went into the project as part of the National and Regional Sports Facilities Strategy.

During Glasgow 2014, the Sir Chris Hoy Velodrome – the first of its kind in Scotland – will host the track cycling, while the 7,000 seater Indoor Sports Arena will host badminton.

The venue is one of the key facilities for the Glasgow 2018 Youth Olympic Games bid, as well as the permanent home to the Glasgow Rocks basketball team. It's also the new base for the **sportscotland** institute of sport network in the West.

Most importantly, the arena is a new centre for community sport in the east end of the city and will provide the local area with a lasting legacy from the Games.

For more information visit [www.emiratesarena.co.uk](http://www.emiratesarena.co.uk)



LEGACY 2014  
XX COMMONWEALTH GAMES  
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# THE HOME OF THE GAMES



# MAKING TIME

... to believe and achieve

Time is precious for 15-year-old Paralympic swimmer **Andrew Mullen**. In the pool 18 hours every week, his focus is on perfecting technique and chasing the clock. Out of the pool, time is also of the essence as the **sportscotland** institute of sport athlete juggles training, school, family and even learning to drive!

It is nine years since his parents first encouraged Andrew Mullen to learn to swim. Born with only one limb – his right leg – fully formed, swimming offered Andrew “a chance to compete with pretty much anyone in a sport where I felt nobody had an advantage over me”.

His new found passion, coupled with some early signs of promise in the pool, soon saw Andrew attending a swimming gala organised by Scottish Disability Sport (SDS) – the governing body for para sport in Scotland. “If I hadn’t competed at that gala I probably wouldn’t have been spotted and had the chance to progress,” he recalls.

Gavin MacLeod, CEO of Scottish Disability Sport, remembers being impressed by Andrew’s determination to ensure his disability never impeded his drive to maximise his talent and ability: “We were delighted to support Andrew through his introduction to and development in swimming. In his early years he attended numerous SDS Junior Swimming Championships and, as part of the Scottish squad, the British Championships. Even in those early years, it was evident that Andrew had the talent and determination to make it to the very pinnacle of his sport.”

Underpinned by unstinting support from his parents (and from the Variety Club of Great Britain), in recent years Andrew’s talent has been further nurtured by SDS working in partnership with Scottish Swimming.

As Paul Wilson, Disability Performance Development Manager for Scottish Swimming explains, Andrew has

progressed to be one of five Scottish Paralympic swimmers benefiting from ‘gold’ standard support. “At Scottish Swimming we deliver an integrated programme that gives athletes on the disability programme access to the same levels of support enjoyed by Olympic athletes.

“Andrew attends training camps with British Swimming but in terms of day-to-day support, we work with the **sportscotland** institute of sport and its support network to ensure the athlete (and coach) receive the support required to perform at their best.”

Supported by the institute for just over a year, Andrew has had access to a multi-disciplinary team of experts – including strength and conditioning coaches, physiotherapists, performance nutritionists, psychologists and performance lifestyle advisers.

Andrew’s coach for the past five years, Andy Jackson, has seen significant improvements as a result of the institute’s work: “Andrew’s strength and mobility have really benefited, while the sports psychology has been fantastic; he’s more determined than ever. Equally, the nutritionists have done really well sorting out his diet which can be tough with a 15-year-old lad!”

Lindsay Yule is a strength and conditioning coach at the institute and she’s been impressed by Andrew’s commitment to dry-land training.

“I work with Andrew once a week in Glasgow. We do leg exercises, including squats, while his upper body work

includes his lats and shoulders. He is brilliant to work with. He’ll try anything.”

Andrew also quickly appreciated the input of sport psychologist, Danielle Adams: “She helped me realise that the stuff I was thinking about before competition wasn’t going to help me swim at my best. Now I do things like visualisation and listening to rap music before I go in the pool, which I associate with racing fast. When I put that music on I really know I’m going to race fast!”

Moreover, mum Katriona Mullen is full of praise for the dedicated support of Shirley Addison, Andrew’s performance lifestyle adviser. Recognising the squeeze on Andrew’s time due to a hectic training schedule, Shirley helped to alleviate stress by negotiating a school and exam timetable that allowed the athlete to focus on core subjects – and ultimately free up more time for training. She even helped coordinate his driving lessons!

Andrew is young. Yet in a life dedicated to competing, training and the stopwatch, he already has an acute appreciation of the value of time – and the rewards that can come from focus and effort. Competing at his first Paralympics he finished a credible fourth in both 50m butterfly and 50m backstroke, setting three British records along the way.

With his sights now firmly set on the medal podium in Rio 2016, Andrew won’t allow disability to impede his ability. His message to young children is simple: “Never put a limit on what you think you can achieve. The more you think you’ll achieve the more you will achieve.”



## Start the clock

Andrew Mullen's typical day



5-7am Swim



8-9am Breakfast



9am-4pm School



5-7pm Train



# STARZ IN THEIR EYES



Future Starz is basketballscotland's national player development programme for boys and girls aged between 10 and 14 years. Luis Romero, Player Development Manager at basketballscotland, tells us about the programme and how it is helping the sport's talented players reach their potential.

"basketballscotland originally set up the Future Starz programme in 2011 with the aim of increasing the number of young players on the pathway and exposing them to various aspects of training, crucial to the success of elite performers.

"The programme was the brainchild of my predecessor John Kerray. It's designed to identify the best players within each region and we then work with them on developing their individual skills across regular sessions and national camps. Our national development teams for under 11/12, under 13 and under 14 are then selected from our Future Starz at the culmination of the programme.



"We focus on player development with an emphasis on players' individual skills, strength and conditioning, and physical conditioning concepts; we also introduce SPARQ (speed, power, agility, reaction, quickness) training through the use of specialised equipment, team building and sport psychology.

"In the first half of the programme we concentrate on solidifying the fundamentals of the sport – shooting, passing and dribbling – through 1 v 1 offence and defence. The second half builds on these elements and introduces 3 v 3 offence and defence skills, providing a logical progression to a real game situation and increasing players' spatial awareness.

"We set individual goals to motivate players to improve their performance over the course of the programme, with a real focus on individual growth rather than competing to win. With an emphasis on decision making, footwork improvement and shooting percentages, the players find the learning process exciting because they can see a continuous improvement in their game.

"In its first year the programme ran in seven regional development centres covering six regions – Edinburgh (East and West), Central, West, Tayside and Fife, Grampian and Highland. This year we're expanding the programme to include three smaller satellite centres in Benbecula, Beacon (Grampian) and Glasgow, which will provide greater coverage across the country.

"Talent identification continues during the year with a number of new players entering the programme at different points of the pathway. Our regional development officers, club coaches

and Active Schools coordinators are able to refer players to me as the Player Development Manager. If we believe they have the potential and the skill set then we'll take them forward into the Future Starz programme.

"We're only in the second year of the programme, but we're already starting to see the benefits of the new approach. The popularity of the programme has already grown – we had 29% more applications for trials than last year, and 39% more than in our old talent development programme.

"And it seems to be paying dividends. We're pleased that almost two-thirds of last year's under 14 Future Starz players are playing National League under 16. Our U12 Boys National Squad was undefeated in the International Basketball Festival in Gothenburg against Swedish, Danish and Latvian teams. And half of the players for the Scotland U15 Girls National Development Squad were under 14 players from Future Starz. The team competed and won the San Marino International Basketball Tournament last July.

"Looking to the 2018 Commonwealth Games, we're using Future Starz to develop our young players, giving them an incredible opportunity to improve their footwork, fitness and movement. Scotland's young people have great potential and Future Starz helps to reinforce the work that our players are already doing in their clubs."

We caught up with three Future Starz to ask about their experiences during the programme and their expectations for the future.

## 01 CALUM STEWART

Aged 12  
Fortrose, Highlands

"When I was selected I felt really excited because I knew it would improve my basketball skills and give me a chance to be in the Scotland national team.

"The highlight of the programme was the Scotland trials, and I learnt that hard work really pays off. I have improved my jumping and ball handling skills, I find it easier to block shots and I can get past better defenders.

"I will trial for Future Starz again this season, I would just like to improve everything! I want to succeed on and off court."



## 02 CARMEN TRAN

Aged 13  
Falkirk

"I feel quite proud of myself and happy with what I have done. I thought it would be a good experience and a great chance to work on my game.

"It was hard work – especially the fitness we had to do. I developed my ball handling skills and I improved my shooting and fitness. I am a lot more confident now.

"I can't wait to start the year ahead. I would like to continue improving my ball handling skills especially, but I would like to improve my game in general by improving my passing, shooting, defence and other things. I will work hard to be selected for the under 14 national squad, and if I get in I would like to be in the starting five".



## 03 ALEXANDER GEDDES

Aged 12  
Baillieston, Glasgow

"The most important part of the training in my opinion was the balance of different skills that were taught. It was not one or two things per session but 10, 11 and 12 things per session, which I found extremely beneficial. The intensity level was excellent and the coaches were always there asking more of you, telling you how you could do better and assisting you with anything you found difficult.

"To succeed in any sport, or anything really, you have to be thirsty for knowledge that will help you improve. I've learned skills at Future Starz that I can practice at home, as well as using in games and at my club.

"Hopefully I will continue to learn new skills through my experience at Future Starz and as a national player."



For more information on the Future Starz programme visit the [basketballscotland website](http://basketballscotland.co.uk)



# NEXT STOP... LONDON

After years of training, anticipation and focus, Team GB's London 2012 holding camp was, for many athletes, the last stop on the journey before competition. As part of the team behind the team, the institute's Mark Ritchie, Gemma Smith and Helen Alfano left their day jobs behind to help ensure that our athletes' final preparations went according to plan. We caught up with Mark to find out more.

Loughborough  
University

London 2012  
Olympic Stadium

Based at Loughborough University, the London 2012 holding camp was a critical point on the journey for Team GB. In the lead up to the Games, members of Britain's largest ever team came through the camp. For some, it was simply a case of passing through to collect their official team kit. Others stayed for weeks, using the university as their final training camp in the run up to the Games.

So many sports and athletes arriving in one place at such a critical time represented a huge logistical challenge so it was essential to have the right people on the ground to help ensure that Team GB had what it needed to perform. To make that happen, the British Olympic Association (BOA) recruited sports liaison staff from across the home countries to act as the link in the chain between the sports and the venue.

As a sports liaison manager, Mark Ritchie's role was to ensure that the sports and athletes had everything they needed to get

ready for the biggest show on earth. As Mark explained: "The role involved having detailed knowledge and understanding of the plans for the camp ahead of time and marrying those up with the actual requirements on the ground in the run up to Games.

"The meticulous level of thought and detail that the BOA and the individual sports had put in was incredible, but performance sport will always be an evolving beast, and things move on quickly. The key thing is to be in a position to react as circumstances change and my role was really to facilitate that process."

In the run up to the largest sporting event in a generation, it was a role which required a cool head in highly pressurised circumstances. For example, when the GB basketball team arrived at the camp to discover an issue with the court surface, Mark and his team had just hours to find a supplier who could sand

and refinish the flooring through the night, ready for the team's first training session the following day.

Attention to detail and readiness to react underpinned the entire holding camp experience, and the athletes themselves were at the very heart of the setup. Even something as simple as picking up team kit was carefully planned to ensure that athletes felt part of something really special. A professionally designed shop was created for athletes to go in and select their gear, and if alterations were required they were done on site and delivered back within a few hours.

"It shouldn't be underestimated – the importance of little details like picking up kit or having a well designed athletes' lounge," explained Mark. "These are the points on the athlete's journey at which this huge event becomes real – if you get them right, you can build a real sense of togetherness, of team spirit. That's exactly what happened at the holding camp."

Looking forward to Glasgow 2014, Mark, Gemma and Helen have gained invaluable experience in dealing with the pressure of those precious days and weeks in the lead up to a home Games.

Mark commented: "The Commonwealth Games will bring its own unique challenges and the environment is likely to be different again from London 2012, but the first hand experience of how the BOA have operated is essential, not just for 2014, but in preparation for other major Games.

"Staff back at the institute have already been scrutinising our experience, considering implications and improvements within specialist roles and the wider context of 2014. So our experiences working as part of Team GB will be fed into the broader planning that we're doing with Scottish governing bodies and Commonwealth Games Scotland."

### Mark's key learnings from the London holding camp experience:

#### Be prepared

The level of detail which went into planning for the London holding camps was incredibly impressive. Everything from sports medicine to laundry was meticulously planned in advance.

#### Be prepared to adapt

Circumstances change in the run up to a major Games – it's essential to have processes in place for how you're going to manage change, and to keep a cool head in a high pressure environment. Having staff on the ground was essential.

### Make it special

As much as possible the whole experience needs to be built around the athletes. As well as major issues like nutrition and facilities, it's about little details that make the athletes feel part of something special.

### Get it right

The athletes have been preparing for this experience for years and in the days before competition it's essential that the services they receive are executed with professionalism.

### Focus on values

Holding camps can build a genuine sense of togetherness among the team. Each athlete coming through the camp signed up to the five 'One Team GB' core values of performance, respect, unity, responsibility and pride.

## The Numbers At a glance

550 athletes and 450 support staff attended the camp



Female athletes received 65 pieces of kit, men 59\*

\*Not including competition wear



175,000 pieces of team kit across 23 sizes were distributed



3,000 bed nights were provided during the camp in the university's four star hotel

A 24/7 snack service was in operation providing drinks, dried fruit, nuts and high energy health foods



80 support staff were on site at the holding camp, supported by a further 40 volunteers



185 future sporting stars visited Loughborough as part of the Olympic Ambition Programme to gain first hand experience of the holding camp environment



# POSITIVE CONVERSION

In the past year **sportscotland** has been working with a number of governing bodies on the rollout of the Positive Coaching Scotland (PCS) programme. With the aim of developing a more positive environment for young people in sport, the programme is having an impact right across the country.

One sport which has been quick to embrace the PCS ethos is rugby. In partnership with Winning Scotland Foundation and the Bill McLaren Foundation, Scottish Rugby is working with its clubs to implement the principles of PCS. We caught up with a number of the key players to get their view on the programme.

## The programme partner

**Linda Lawson, Director, Bill McLaren Foundation**

"My dad Bill would be so proud of what has been achieved through the PCS programme in such a short time. As a teacher he instilled in his young charges all of the values that are embraced in this programme. I have thoroughly enjoyed visiting all the clubs who have achieved accreditation and seeing for myself the excellent work done by the teams involved, whether committee, coaches or parents."

## The SGB President

**Alan Lawson, Scottish Rugby**

"I have been enormously encouraged to see first hand the impact of this programme on grassroots clubs. The energy and commitment of the coaches, club committees and parents has been exemplary at all the clubs we have visited.

"Seeing all these young boys and girls learning about the game while having fun is so uplifting and leaves me in no doubt that our game is in good health and in safe hands."

## The Programme Manager

**Bosman du Plessis, Scottish Rugby**

"It's certainly beneficial to promote the PCS principles to coaches, teachers and parents but what is more important is how we encourage those who champion our values to work together and embed the principles within their club ethos in a practical way.

"This will ensure a healthy club culture becomes sustainable and there is a constant positive influence, no matter what the turnover of volunteers within the club might be."

## The club

**Michael Power, Hillfoots RFC**


"PCS has genuinely transformed not only this club but also the lives of some young players. Every week after training we present awards for Player of the Week and Tackler of the Week. The kids know full well that they're based on effort, so even if you're not the fastest or the strongest you're still in with a shout. This is hugely motivational and definitely results in small but sure improvements in ability each week."



## The coach

**Mike Robins, Hillfoots RFC**

"Positive coaching is the DNA of our club. Our approach is player-centred in that we focus upon the specific needs of every individual and tailor our coaching to accommodate all stages of a player's development. However, we recognise that rugby is a team game and therefore participation, inclusion, enjoyment and friendship are what we strive for, over and above any short term sense of victory or defeat.

"We believe that winners are not born, they are made over a period of time through hard work and dedication. Winning in rugby comes through teamwork, camaraderie, respect, passion and hard work. But in mini and youth rugby it also comes from understanding that every player who wants to play, regardless of their experience, ability and background, has an important role to play in the long term journey of their age group, team and ultimately their club. That's where our club motto 'everybody plays' comes from. We don't pick 'winning teams' to play on match day. Our teams are made up from anyone who wants to play and everyone that turns out gets a game. Perhaps unsurprisingly, our teams thrive in competitive situations!" 

"...we focus upon the specific needs of every individual and tailor our coaching to accommodate all stages of a player's development."

## The parent

**Archie's dad, Clackmannanshire**

"We have been trying to tempt Archie to Hillfoots for a number of weeks but he has been fairly resistant. After some reassurance he gave it a bash on Sunday with the encouragement of his coaches and friends. What made it for him was a round of applause for being a first timer and the award of the Tiger of the Week trophy. As proud parents it is a moment we will cherish for a long time. What followed was a trip to his grandparents' to show off his trophy, but more importantly his obvious enthusiasm to return to the club."



For more information on the Positive Coaching Scotland programme please visit [www.sportscotland.org.uk/pcs](http://www.sportscotland.org.uk/pcs)

## FACTFILE: Positive Coaching Scotland in Scottish Rugby

Programme began: August 2011

**7**

Clubs accredited



**8**

Regions involved



**24**

Clubs engaged



**72**

Workshops delivered



# Young Scot Youth Legacy Ambassador Programme 2014



## Programme 2014

In the run up to the Glasgow 2014 Commonwealth Games, Young Scot, the national youth information and citizenship charity, has been working in partnership with the Scottish Government and all 32 local authorities to support the delivery of a lasting legacy for young people, through the Youth Legacy Ambassador Programme 2014.

Established in 2010, the programme has trained over 110 Youth Legacy Ambassadors across Scotland to champion and connect other young people to the wide range of lasting benefits major sporting events can bring to local communities.

Supported at both a local and national level, the Youth Legacy Ambassador's role looks at not only the physical benefits of sport, but has a strong focus on all four legacy themes: active, connected, sustainable and flourishing. From organising school Commonwealth Culture days in Glasgow, volunteering at Scotland House at London 2012, to hosting Olympic community events in Shetland – the ambassadors have been working hard to build on the momentum from the London 2012 Olympics and Paralympics to ensure young people reap the benefits of major sporting events. 

For more information on the Youth Legacy Ambassador Programme, please contact Alison Hardie, Information Director at Young Scot by emailing [alisonh@youngscot.org](mailto:alisonh@youngscot.org) or calling 0131 313 2488, or visit [www.youngscot.net](http://www.youngscot.net)

### What it means to be a Youth Legacy Ambassador

**Claire Florence**  
Aged 19, from Edinburgh

"It is great to be able to put the message out there to people that they really can be part of something important like the 2014 Commonwealth Games. Sometimes this might see me volunteering at local sporting days or helping to promote awareness at big events. Either way, there is always something going on and it's fantastic to see first hand just how the Games can help inspire more Scots to get involved and get active."

**Adam Martin**  
Aged 21, from East Lothian

"With all the training and opportunities put in place by Young Scot and the Games Legacy team, I have improved my skills. I've been given the opportunity to work at the Paralympics Exhibition in Glasgow, been part of a consultation for the Glasgow Youth Olympic bid in 2018 and most recently had the unique chance to work full-time at the Olympics."

**Jordan Linden**  
Aged 17, from South Lanarkshire

"I have been involved in a lot of high profile events, including the Lanarkshire International Children's Games. It was an incredible experience – leading up to the Games, I got to speak to over 160 assembled delegates from all over the world about youth legacy and my position as a Youth Legacy Ambassador. I even had the honour of being asked to bear the Polish Flag at the event's Opening Ceremony and the pleasure of meeting every nation in the flag holding room. It wasn't just inspirational but very touching – definitely a once in a lifetime opportunity."



East Lothian Primary Youth Games organised by Youth Legacy Ambassador, Adam Martin



The latest figures on school PE show significant improvements, with more schools meeting targets for provision. But while the signs are encouraging, there is still more to do. We take a look at how an additional investment of £5.8 million is being used to improve the quality of PE lessons across the country.

The Scottish Government's target is that by 2014 every primary school pupil will receive a minimum of two hours per week of PE while S1 to S4 pupils will receive at least two periods of PE.

And the results of the Healthy Living survey released in June provided plenty of reasons to be encouraged that significant strides are already being made. The figures revealed that 84% of primary schools were providing two hours of PE per week to all pupils, up from 3% in 2004/05. The signs are equally encouraging in Scotland's secondary schools, where 92% were providing two periods of PE across S1 to S4, up from 46% in 2004/05.

To help deliver the ambitious targets set by the Government, an additional £5.8 million was identified in March by sportscotland and Education Scotland to support local authorities to deliver on the pledge. The money came into effect in August, at the start of the

academic year, and will be used for two very specific aims.


Jacqueline Lynn, sportscotland's Head of School and Community Sport, explained: "All of our partners have committed to progressing towards the targets for 2014. However, it's not just about hitting the targets, as we are also focussed on ensuring the quality of physical education is improving all the time.

"The latest investment will be used by local authorities to establish a 'network of champions' who will work across authorities and individual schools to help improve the quality of PE lessons. We will also be investing in training our teachers to enhance the skills and confidence required to make an impact on our pupils."

It is hoped that when the next Healthy Living survey is published in June 2013 the benefits of this latest investment will be clear for all to see.

Jacqueline added: "As we continue to improve the standards of PE in our schools, that in turn helps to connect with our Active Schools network, clubs, and the wider community to help maximise the positive benefits of sport and physical activity."

The Scottish Government's Minister for Commonwealth Games and Sport, Shona Robison, said: "PE in schools is a crucial long term investment as physical activity improves health, educational attainment, and life chances.

"With the Olympics and Paralympics firing young minds to be champions and to be the best they can be, I want to make sure we maximise opportunities for children to get involved in quality PE. While we still have some way to go, the additional investment will ensure we continue to make good progress." 

For more information please contact your partnership manager.



# Here come THE GIRLS!

Managed by **sportscotland** and the Youth Sport Trust, the Fit For Girls programme provides training for PE teachers, Active Schools coordinators and other professionals to engage girls in PE, physical activity and sport. After three years of the programme, we take a look at the impact of Fit for Girls and how the experience is being taken forward to increase the number of teenage girls participating in PE, sport and physical activity.

Adolescent girls are a priority group for the Scottish Government in its promotion of physical activity. Funded by the Government, the Fit for Girls programme was established as a school-based programme designed to increase participation in physical activity amongst girls in this age range.

Training focussed on providing knowledge, tools and skills which could be used to consult, plan and implement PE and physical activity programmes that would appeal to, and meet the needs of, girls and young women. Since 2008, training has been delivered to 344 secondary schools, plus 15 additional support need schools, covering all 32 local authorities.

Of the schools that completed the training, 93% went on to develop an action plan outlining their goals and strategies for promoting physical activity and improving opportunities for girls to get active. Consultation was an essential element of that process.

**"It worked so well because the girls were involved in the whole process from the start. Consultations were carried out, and dance came out of that, it came from girls themselves. Girls led the dance groups and had ownership and responsibility."**  
(Active Schools coordinator)

Consultation and giving girls a voice is critical for engaging girls in PE, physical activity and sport. The context in which PE and extracurricular activities are delivered is central to understanding girls' engagement.

**"I find it a lot better because the classes have been split up into boys and girls so I don't feel as nervous and I'm enjoying it a lot more. I suppose I just feel more confident and comfortable in PE now because it's girls only."**  
(S4 girl)

While pupils, teachers and Active Schools coordinators generally agree that schools offer enough opportunities for pupils to get active, only one in

**"I suppose I just feel more confident and comfortable in PE now because it's girls only."**  
(S4 girl)

ten S4 girls reported regularly attending a physical activity or sports club session. What's clear, therefore, is that the types of activity

and the way that activity is delivered, are as important as the quantity of opportunities.

As a result of the programme, PE teachers and Active Schools coordinators reported that an impressive 558 new extracurricular clubs had been started with activities ranging from football to dance. A key success of Fit for Girls has been the relationships developed through working together as part of the programme.

**"Fit for Girls has definitely helped build relationships between physical education, sports development and Active Schools. The resources that go with the programme are absolutely imperative to make this happen, and the training was a big part of it too."**  
(local stakeholder)

While changing culture is a long term process, results from the evaluation show that Fit for Girls has had considerable impact at the school level and has helped to create more opportunities for girls to be active both within and outside school, thus facilitating change at an individual level. 59.9% of PE staff and 53.0% of Active Schools staff said that Fit for Girls had helped to increase girls' participation in PE, sport and physical activity, while over 60% of girls had taken part in a physical activity that they'd never done before.

**sportscotland** is now finalising plans to work with Y Dance, Youth Scotland and the Youth Sport Trust on a new project called Active Girls. The Active Girls project will provide a range of training opportunities for practitioners to engage girls in PE, physical activity and sport, and focus on motivating and inspiring teenage girls to get active.

For more about Active Girls, go to [www.sportscotland.org.uk/fitforgirls](http://www.sportscotland.org.uk/fitforgirls)



## IMPACT

After Fit for Girls training **98.8%** of PE staff and **92.0%** of Active Schools staff had consulted girls about the types of activities they would like to do at school.

PE staff reported a total of **250** new extracurricular clubs and Active Schools staff reported a total of **308** new extracurricular clubs which had started as a result of Fit for Girls.

**72.5%** of PE staff and **71.7%** of Active Schools staff said that involvement in Fit for Girls had influenced the provision of extracurricular clubs and activities for girls.

**59.5%** of PE staff and **53%** of Active Schools staff said that Fir For Girls had helped increase girls' participation in PE, sport and physical activity.

## REACH

**344** mainstream and **15** additional support needs secondary schools across the country were engaged in the programme.

**32** local authorities have supported the programme.

**106** workshops took place.

**334** schools had approved action plans.

**60 SECOND INTERVIEW**  
**KATIE MONTEITH**  
14-year-old pupil from Newbattle High School who has experienced Fit For Girls first hand

**What is your favourite sport/activity?**

My favourite activity is dance but I like to try lots of other sports too.

**How often do you get involved in sport?**

I do about 3-4 hours a week through the NPA exam. Before Fit for Girls I didn't do much PE, I tried to hide to avoid the other boys and girls, who sometimes made fun of me.

**What are the best things about sport?**

I love to keep active now, I am much more confident with my own pals and also loads of new classmates – both from this school and other schools who we work with.

I didn't like sport before as I always thought that it was only for boys to play games like rugby and football, but after a chat with all the girls our changing rooms were done up and mirrors

put in and I felt more confident about getting changed and then getting ready afterwards. We also discovered that while some people like games, some like to swim and some, like me, can dance so I now feel part of the PE department.

**How and why did you get involved sport?**

I got involved with sport because I feel more confident taking part and feel more included in the PE department. I feel so good about myself now – I'm fitter, feel better and even look better.

I meet lots of different pupils now and we help the wee ones to dance in the dance club – so I am helping them and me to get more confident.

It's good to be out of the classroom and active. It's healthy for your body and your head and I sleep no problem at night!

# GOLDEN ROLE MODEL



Young Ambassadors is a programme run in partnership between **sportscotland** and the Youth Sport Trust which engages young people, aged 14-17, as role models and leaders in sport. The key role of a Young Ambassador is to motivate and inspire other young people to participate in sport.



At the beginning of their Young Ambassador journey, all the young people are invited to attend a regional conference to hear from experienced Young Ambassadors and also inspiring Olympians, Paralympians and Commonwealth Games heroes. **Steve Frew, Commonwealth gold medal winning gymnast and Young Ambassador athlete mentor**, tells us why he commits his time to inspire and motivate young people.

### What attracted you to the role of athlete mentor?

My role as an athlete mentor is a wonderful way to use the many experiences and insights I've been lucky enough to gain through a career in sport – and also

the many life skills and lessons that I've collected along the way. It's great to be able to use my own experiences to influence and inspire the present generation as they work towards their future.

### How has being a world class athlete helped you inspire young people?

This platform enables me to use the many school, sport and life experiences from my personal journey to relate to, and hopefully empower, young people. I teach six keys to success, which are six key life skills, that the young people can use to improve their life at school or home to direct them toward their true potential – believe in yourself, use your talents and abilities, follow your dreams, have fun, be you, and enjoy your journey!

### How important is it to get young people into sport and leadership?

Vital! Sport helped to shape the life I lead and it inspired me to reach new heights. Sport not only keeps you fit and healthy, but teaches you key life skills which can provide a path to success.

### How do young people react to the story of your athlete journey?

My story is the journey of an average boy who had a big dream. Through making good choices, lots of hard work, resilience, vision and a belief in your talents and ability, anything is possible to achieve. And if people aren't listening to

my story, I've been known to pull a few back flips to get their attention!

### How important is it to you to know you have motivated and inspired young people?

If I can ignite that little spark of inspiration within someone, then it's a worthwhile cause – even if it's only one young person in a group of 100.

### You are mentoring at the 2012 conferences, what is the one message you would give to the young people starting their Young Ambassador journey?

Within you, you have the power to improve, to inspire, to make a difference to someone's life. **SM**

To find out more about the Young Ambassadors programme in Scotland please visit [www.sportscotland.org.uk/ya](http://www.sportscotland.org.uk/ya)





# WORLD CLASS

sportscotland has one clear focus: to develop and support a world class sporting system at all levels. To find out more, visit [www.sportscotland.org.uk](http://www.sportscotland.org.uk)

Awarding funds from  
 The National Lottery®

Our experts at the institute of sport have worked directly with canoeing athletes, including London 2012 gold medallist Tim Baillie, to help prepare them to perform on the world stage.

Like Tim, the majority of Scots on Team GB in London had been supported by **sportscotland** at some stage on their sporting journey.

We work in close partnership with the Scottish Canoe Association to help ensure their athletes and coaches are supported right along the sporting pathway.



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