

the magazine for **sport**scotland stakeholders

SPORTFIRST

Issue 14 Autumn 2014

BEST GAMES EVER

.....
Building a legacy
from Glasgow 2014

sportscotland
the national agency for sport

Putting sport first



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FIRST WORD



The Glasgow 2014 Commonwealth Games were a resounding success. Not only did the athletes deliver a record-breaking medal tally for Team Scotland, but the city of Glasgow put on a Games to remember.

All our friends from across the Commonwealth enjoyed a fantastically friendly welcome as the people of Scotland played their part in demonstrating why these Games are known as the 'Friendly Games'.

And of course we had the athletes' parade where Team Scotland took the opportunity to say 'Thank You Scotland' for the

enormous support they received during the Games. What a day that was – the crowds turned out in their thousands to line the streets and it was a truly fitting way to celebrate the phenomenal success of Glasgow 2014.

The excitement and enthusiasm we saw in Glasgow during those two weeks, and again at the parade, was replicated across the country, and it is now imperative that we use this as a catalyst to get more people involved in sport and physical activity.

Over the past four years, sportscotland has been putting the plans and programmes in place to ensure we deliver a genuine lasting sporting legacy – and we are already making huge progress.

A key component of that legacy will be seen through our community sport hubs, which have benefitted from £1.5 million of National Lottery investment each year since 2010. We set out with an ambition to deliver at least 150 hubs across all 32 of Scotland's local authorities by 2016, and with 134 already up-and-running we are on track to deliver. These hubs are bringing local communities together to offer more opportunities for people to get involved in sport and physical activity and are helping

to create a strong pathway from school sport, to clubs, to high performance.

Hosting the Games certainly shone the light on Glasgow, and Scotland, and we have proved what a wonderful destination it is for world class sport. With the Ryder Cup at Gleneagles just last month, and the World Gymnastics Championships coming to The SSE Hydro in 2015, Scotland really is showcasing itself as a fabulous host of major international events.

The facilities on offer throughout the country are now the best they have ever been. Facilities such as the Emirates Arena and Aberdeen Sports Village will help to continue to attract wonderful sporting events, as well as providing a legacy for the communities which they serve.

Glasgow 2014, without doubt, represented a defining moment for sport in this country and we are already starting to deliver a sporting legacy to be proud of.

Louise Martin

Louise Martin CBE
Chair, sportscotland

CONTENTS

2	A golden year for sport This year's sporting success in Scotland	17	Equipped to inspire How the equipment from Glasgow 2014 has been distributed	30	How did you 'Unleash your sporty side'? How Scotland got involved in sport this summer
4	Pure dead brilliant! The impact of the "best Games ever"	18	Golden Glasgow Games for Team Scotland A round-up of Team Scotland's magnificent performance	31	Eyes on the prize Discover how cutting-edge golf eye tracking saves shots
6	Tales from the inside What the Games meant to four sportscotland staff	20	Thank you Scotland! Record-breaking Team Scotland thank the country for their support	32	Coaching's class of 2014 A look at the pivotal role of coaches
8	10 years and counting Celebrating 10 years of Active Schools and a commitment to the future	22	Talent, legacy & learning Tony Stanger reflects on learning and performance	34	The building blocks of success The ongoing creation of a new sporting landscape
10	Going for gold! Introducing the sportscotland School Sport Awards	24	Glasgow tops the lot An interview with Team Scotland hockey player Ailsa Wyllie	36	Taking the high road A reflection of Scotland's success and the road ahead
12	Putting young people first How young people are taking sport to the next level	26	Thanks to our volunteers Recognising the unsung heroes in sport	38	Diving into the future Scottish swimming clubs gear up for the future
14	Girls get moving for Active Girls Day Encouraging girls to participate in PE, sport and physical activity	28	Bringing communities together How new hubs are improving opportunities in sport	40	The next chapter Cyclist James McCallum prepares for life after high performance sport
15	Ready to Achieve How the Games inspired young athletes and coaches				



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A GOLDEN YEAR FOR SPORT

“ In many ways, 2014 has been a defining year for Scottish sport.”

2014 has been a golden year for Scottish sport with unprecedented levels of success at the Sochi Olympic and Paralympic Games, followed by a spectacular performance by Team Scotland at the Commonwealth Games in Glasgow. To cap it off, Gleneagles hosted one of the planet’s biggest sporting spectacles when the Ryder Cup came to Perthshire. **sportscotland** Chief Executive Stewart Harris looks back at this iconic year for Scottish sport.

Earlier this year in Sochi, for the first time ever, our male, female, and wheelchair curlers all won a medal at the Winter Games, which is testament to the strength of the curling programme delivered in-house at the **sportscotland** institute of sport.

Team Scotland athletes enjoyed a truly outstanding Glasgow Games, hailed by Commonwealth Games chiefs as “the best ever”. Every aspect of Glasgow 2014 was more successful than we could have imagined.

Team Scotland won a record number of 53 medals, surpassing our previous best by 20, including an incredible best-ever tally of 19 golds, almost doubling the

previous record of 11. This hugely impressive tally was won across 10 of the 17 sports as we finished fourth in the overall table of nations.

The performances from Team Scotland athletes were phenomenal and they all deserve huge credit for the medals they won, the personal bests they achieved, and the determination they displayed. Scotland is proud of each and every one of the 310 athletes who gave their all.

Scottish athletes emphatically delivered on the global stage. Their unparalleled achievements were the result of an excellent, collaborative approach between the athletes, Commonwealth Games Scotland, Scottish governing bodies

of sport, coaches, and experts at the **sportscotland** institute of sport.

This partnership, backed by Scottish Government and National Lottery investment, is allowing us to develop a world class sporting system at all levels in Scotland.

The results at Sochi and Glasgow demonstrate that we now have the most sophisticated high performance system in Scotland’s history and we are determined to capitalise on that success and sustain it into the upcoming Rio, Pyeongchang and Gold Coast Games.

As vital as it was, there was far more to Glasgow’s success than the results of our athletes. The crowds who packed out the venues gave terrific vocal support for not

just the Scots but competitors from all the other nations and territories.

The facilities looked fantastic and even the weather – for the most part – was kind to us all. The wonderful warmth and enthusiasm of the Clyde-siders, Host City Volunteers, and Ceremony Volunteers genuinely made Glasgow the “Friendly Games”.

Scotland has proved to the sporting world that it can deliver a successful, multi-sport Games and that we are a leading location for major events.

The facilities we have across Scotland are the best they have ever been, and what is so encouraging is that they are being well used by both performance athletes and community participants.

From Aberdeen Sports Village to the PEAK at Stirling, the Sir Chris Hoy Velodrome and Emirates Arena in Glasgow to the Royal Commonwealth Pool in Edinburgh, and the Dick MacTaggart Gymnastics Centre and Olympia in Dundee, we have centres of excellence across the country.

In addition, the £30 million National Performance Centre for Sport in Edinburgh and £9 million para-sport hub at the **sportscotland** National Centre Inverclyde in North Ayrshire will both be up and running by 2016.

The seamless integration of the para-sport events at Glasgow 2014 worked extremely well, and it is excellent news that there will be a performance centre for disability sport in Scotland, which will also provide a centre for disabled children and young people from schools and clubs across the country to take part in sport.

We have made tremendous strides recently in community and club sport.

Working closely with our partners in local authorities, sports, and clubs, we have created more and better opportunities for people of all ages and abilities to become involved in sport and physical activity.

We currently have 134 community sport hubs across all 32 of Scotland’s local authorities, with plans in place to bring that total to 167 by 2016.

These hubs have helped **sportscotland** implement a framework around club sport which unites all those involved – from volunteers to professionals – and are closely connected to schools in our Active Schools Network.

The latest figures show that in 2013/14 pupils made 5.8 million visits to Active Schools supported activity sessions – a 15% increase from the previous year, while there was a 12% rise to 312,000 activity sessions on offer.

Our hubs and Active Schools programmes, coupled with our recent £10 million investment into club sports, have ensured that community sport is already benefitting from the Commonwealth Games being held in Scotland.

The pathways connecting school, club, and performance sport are the best they have ever been and will produce more success on the global stage in years to come.

In many ways, 2014 has been a defining year for Scottish sport.

www.sportscotland.org.uk



Pure dead brilliant!

The Glasgow 2014 Commonwealth Games has been rated the "best Games ever". From Team Scotland's outstanding medal haul to the warm welcome provided by 15,000 Clyde-siders, the 'Friendly Games' made a huge impact, putting Glasgow and Scotland on the world stage for 11 unforgettable days.



Ambitions for the Games were high, and the reality exceeded all expectations. After so many years of hard work and planning, the wait was finally over on 23 July. Athletes from 71 nations and territories of the Commonwealth were treated to an unforgettable welcome as a stadium audience of 40,000 and a billion TV viewers looked on.

The ceremony was truly unique, breaking the mould of previous ceremonies and for the first time ever included a call to action to 'Put Children First'. People's generosity was incredible, and £5 million has now been raised for UNICEF to help support the children of the Commonwealth.

When the action got under way, the crowds gave all the athletes tremendous support, spurring them on to achieve personal best performances. Competitors set nine world records and 142 Commonwealth records, and the Games featured the biggest integrated para-sport programme in Commonwealth Games history.

The Commonwealth Games is known as a breakthrough event for up-and-coming athletes and that was certainly the case in Glasgow, with many young athletes making their mark.

People were at the heart of the Games throughout. Young people designed Clyde, the official mascot, and the Glasgow 2014 tartan, while primary school pupils from across Scotland created art as a gift for each athlete and official. An incredible 4,000 inspiring individuals took centre stage on the Queen's Baton Relay's 40-day journey across Scotland. While millions more connected with the baton on its 100,000 mile journey across the Commonwealth.

The Games benefitted from the biggest ever Commonwealth Games volunteer recruitment drive – 50,000 applications became 15,000 amazing Clyde-siders who played a vital role in the success of the Games.

The Organising Committee has worked closely with its partners, the Scottish Government, Glasgow City Council, **sportscotland**, and Commonwealth Games Scotland, to ensure a lasting legacy from the Games.

Many national legacy initiatives are also already in place, such as the Legacy 2014 Active Places Fund, managed by **sportscotland**, which helps communities create or improve places where local people can go to get active. Looking ahead to future Commonwealth, Olympic and Paralympic Games cycles, experts at the **sportscotland** institute of sport will continue to work with sports and athletes to build on the momentum generated by the home Games.

So many great memories were created during Glasgow 2014, and that is thanks to the people who were there. The overwhelming support for all nations, both near and far, the Weegie waves and thunderous applause, the personal triumphs and the tearful medal ceremonies, not to mention Usain Bolt dancing along to The Proclaimers at Hampden. These moments defined the Games and they defined the country and its people.

On 3 August, Glasgow handed over the Commonwealth Games Federation flag to the Gold Coast, host city of the 2018 Commonwealth Games. Since 1930, Australia has been represented at every Commonwealth Games and this will be the fifth time the country has staged the Games. Queensland's Gold Coast will be aiming to build on Glasgow's legacy and put its own distinctive stamp on an evolving Commonwealth Games movement.

15,000
Clyde-siders volunteered at the Games.

1,800 Host City Volunteers **1,500+** paid staff worked for the Organising Committee

500,000+ people visited the Live Site at Glasgow Green

In Glasgow, a sporting legacy is already established, with £198 million invested in new and improved sports facilities since 2009. These venues are proving a draw to local communities and young athletes, as well as attracting international sporting events to Glasgow. In 2015, the city will host the European Judo Championships, the IPC World Swimming Championships and the World Gymnastics Championships.

www.glasgow2014.com

Tales FROM THE inside

The dust has settled on a truly memorable Commonwealth Games, with iconic memories created throughout the 11 days of competition. However, a number of **sportscotland** staff were considerably closer to the action than most. We caught up with four people who will all remember Glasgow 2014 with a real sense of pride and satisfaction, as they give us a glimpse behind the scenes.

Graeme Randall Lead Manager

A gold medallist in Manchester 2002 – the last time judo was part of the Commonwealth Games – Graeme Randall, Lead Manager at the national sports training centre Inverclyde, had the honour of being judo's Team Manager in Glasgow.

"The memory of watching Euan Burton carry the saltire in front of Team Scotland into Celtic Park will last a lifetime," he said. "This single event perfectly captured the emotion, dedication and professionalism every athlete, coach and support staff member had given to ensure the success of the Games. I am honoured and grateful to have been involved in the journey that culminated

in judo winning 13 medals for Team Scotland. On a personal level, it was a humbling experience to have been so close to my fellow judoka in supporting them in achieving their individual goals.

"It is too early to fully appreciate what has been achieved by Team Scotland during the Games, but perhaps the biggest achievement will be the positive, friendly and supportive atmosphere that Glasgow and the rest of Scotland presented in welcoming the whole Commonwealth family. We talk a lot about building a world class sporting system, I think these Games have helped us to take a giant leap towards achieving that goal."



Jennifer Anderson Legal Officer

Legal Officer Jennifer Anderson enjoyed her moment in the spotlight during the opening ceremony as an athlete marshal.

She said: "Being involved in the Commonwealth Games opening ceremony was a great, unique, experience – one I will always remember.

"I was part of the section aptly named 'Come in, come in!', where 500 of us in colourful costumes performed to an Andy Stewart / Calvin Harris mash up, along with our 'oddball' chairs, a prop used to welcome the thousands of athletes to Glasgow. We then danced all the athletes in to Celtic Park as a warm up for the ceilidh finale.

"I am so pleased I was part of the ceremony, as I met great new friends from different countries, danced with some world class athletes and was part of the 20th Commonwealth Games in my own little way."



Pamela Craig Communications Project Manager

Leaving behind her day job as a Communications Project Manager, Pamela Craig was lucky enough to be picked as a member of the medal procession team.

"I had the best two weeks of my life with so many amazing memories to take away. Meeting some world class athletes, some sporting greats, some very VIPs and making some friends for life," she said.

"Presenting my first gold medal to Scotland was a brilliant moment, after Neil Fachie and Craig Maclean had won the men's Sprint B Tandem. The roar of the crowd and hearing the national anthem in a packed velodrome almost made me drop my tray.

"However, being part of a last minute team called up to go to the athletes' village following the Nigerian weightlifter being stripped of gold after a drugs test also stands out. Papua New Guinea athlete Dika Toua was presented with the gold and the room was packed with every member of her squad.

"Seeing the emotion on Dika's face when she got 'her time' to hear her national anthem played was very special. Chatting with the athletes before we went out made me realise how much they had put in and seeing the tears in fellow weightlifter Swati Singh's eyes when she was promoted from fourth to bronze is a memory that will stick with me for years to come."



Dr Niall Elliot Deputy Head of Sports Medicine

As the Deputy Head of Sports Medicine at the **sportscotland** institute of sport, Dr Niall Elliott was delighted to be Team Scotland's Head of Medical Services for Glasgow 2014. His memories from the Games were summed up at the closing ceremony.

"Sitting in a tent in the middle of Hampden surrounded by 40,000 avid sports fans is not an every day occurrence," he said.

"The closing ceremony was the conclusion to a cycle of preparation for athletes, but also for the medical and physiotherapy team who have supported the athletes in the years leading to the Games. It was the largest team assembled, with six sports medicine doctors, 15 sports

physiotherapists, a nurse practitioner, exercise physiologists, performance nutritionists, sports psychologists and administrative support meaning we could deliver our care, and more.

"The athletes were met with familiar faces, accompanied to their competitions by trusted professionals and congratulated on their performances by practitioners who understood their sacrifices.

"However, with it being in Glasgow it made it a more personal experience and an opportunity to share with our friends and family. Sitting in Hampden, witnessing a moment in sporting history was something I'll never forget."



www.sportscotland.org.uk



10 YEARS AND COUNTING



It has already been a momentous year for Scottish sport, with the Commonwealth Games and Ryder Cup providing countless memories which will long be etched on the nation's minds. However, perhaps the biggest impact of these global sporting events will be seen in clubs and schools. With a new £50 million commitment from **sportscotland** into the continuation of the Active Schools Network, the building blocks of success for the future are already being laid.

After reaching its 10th anniversary, it has been a year of celebration for the Active Schools Network.

Throughout the past decade, Active Schools Managers and coordinators – of which there are now over 400 in Scotland – have recruited and supported a network of volunteers and coaches, successfully increased participation and provided an increased number and range of opportunities for children and young people.

The hard work and dedication of everyone involved in Active Schools has been rewarded with **sportscotland's** commitment to the next four years of the programme.

Team Scotland's poster girl from Glasgow 2014, Eilidh Child, is a former PE teacher and she is absolutely delighted that Active Schools will continue to be delivered in schools across Scotland.

"It is amazing to think that Active Schools has now been a part of the school system for the past 10 years, and the impact it has made during that time has been incredible," she said.

"As a former PE teacher, I used to work closely with Active Schools coordinators

and so have first-hand experience of the excellent opportunities this programme provides for pupils to get involved in sport and physical activity.

"It is great that **sportscotland** is committed to the continuation of Active Schools for a further four years, which, through strong partnerships with local authorities, will ensure that children who have been inspired by the Games will have the chance to take part in sport before school, during lunch, and after school."

With the extension of Active Schools confirmed, there was more to celebrate with the latest Active Schools figures showing further improvement.

During the 2013/14 academic year, pupils made 5.8 million visits to Active Schools supported sport and physical activity sessions in schools across Scotland – a 15 per cent increase on the previous 12 months. In addition, the number of people delivering these sessions increased by six per cent to over 20,000, with almost 17,000 of these unpaid volunteers. The number of activity sessions offered has increased by 12 per cent to 312,000, with a range of over 100 different sports and activities on offer.

Critical to the success of Active Schools is the partnership with local authorities and commitment from schools and Active Schools staff to creating opportunities. Also crucial is the connection between schools and local sports clubs, the input from volunteers, and the synergy across other school sports areas, such as Physical Education, work with young leaders, School Sport Awards, school sport competition, and access to the school estate.

sportscotland is now working with all 32 local authorities to confirm the partnership approach for the next four years of Active Schools.

Stewart Harris, Chief Executive of **sportscotland**, said: "Everyone involved in the **sportscotland** Active Schools Network has helped make it the success it has become over the last 10 years and it is with a real sense of excitement that we now look forward to the next chapter of the programme."

www.sportscotland.org.uk/schools

#10yearsAS



GOING FOR GOLD!

In June this year **sportscotland** recognised the first recipients of the national **sportscotland** School Sport Awards. The initiative recognises schools that go above and beyond for sport, and celebrates schools that are performing to a high level in both physical education and extra-curricular sport.

What is the sportscotland School Sport Award?

The **sportscotland** School Sport Award credits schools that make a commitment to improve PE and school sport, within and outwith the curriculum and develop links between school sport and the wider sporting community.

The programme builds on the excitement of the Commonwealth Games and helps make sport and physical activity an intrinsic part of the culture of schools.

In the pilot, launched last year in West Lothian, Argyll and Bute, and North Lanarkshire, 15 schools were announced as the first in Scotland to be recognised with a gold **sportscotland** School Sport

Award. As well as the gold schools, 28 schools gained their silver status and 31 achieved bronze, and will now work towards achieving the next level in the 2014/2015 academic year.

What makes a gold school?

Gold schools have excelled in physical education and school sport across the following six areas:

1. Physical education
2. School sport
3. Pathways
4. Compete & perform
5. Celebrating sport
6. Leadership

And focus on the following three areas within the school environment:

1. Career long professional learning (CLPL)
2. Recognition & awards
3. Access to school facilities (only applicable to secondary schools)

The initiative focuses on schools engaging with young people, including them and supporting them in leadership roles within sport. The Young people's sport panel was involved in developing the awards with **sportscotland** during the pilot phase. All of the Young Ambassadors coming into post this year will also be encouraged to promote the awards, by making sure their schools apply.

This work with young people aligns to the recently published Youth Sport Strategy.

How can schools apply?

Schools can apply now for the awards and it's easy to do. First they have to go online and complete the school sport self-assessment. Once this is complete, bronze schools and silver schools are offered support and guidance to assess their current practice, and they are encouraged to reflect and focus on continual improvement.

To gain gold status schools have to apply with evidence and an extensive external assessment is carried out.

GOLD SCHOOLS

Argyll & Bute Schools

- Arinagour Primary School
- Park Primary School
- Salen Primary School
- Campbeltown Grammar School

North Lanarkshire Schools

- Calderbank Primary School
- Ladywell Primary School
- St Timothy's Primary School
- Stepps Primary School
- Chryston High School
- St Ambrose High School
- St Andrew's High School

West Lothian Schools

- Balbardie Primary School
- Livingston Village Primary School
- St Joseph's Primary School
- Deans Community High School

sportscotland
SCHOOL SPORT
AWARD



www.sportscotland.org.uk/schoolsportaward

#SchoolSportAward



PUTTING YOUNG PEOPLE FIRST

The future of Scottish sport is in a strong position, and putting children and young people right at its heart will ensure it continues to go from strength to strength. A number of different programmes - delivered by **sportscotland** and partners - have already helped develop countless new young leaders and influencers in Scottish sport. So, as we look forward to the next chapter it is with absolute confidence that our young people are ready to take sport to the next level.



Working with children and young people is a crucial part of the work done by the Sports Development team at **sportscotland**.

Through the Young people's sport panel, Lead 2014, Young Ambassadors and Young Hub Leaders, the number of young people who are engaged in developing Scottish sport is incredible.

With young people reaching out to their peers, it helps to motivate and inspire more people to get involved in sport and physical activity.

Young Ambassadors

The Young Ambassadors programme engages young people, aged 14-17, as role models and leaders in sport and is delivered by **sportscotland**, in partnership with the Youth Sport Trust.

Six regional conferences are held each year with two young people from every secondary school in Scotland having the opportunity to attend their local event.

Since being launched in 2009, almost 1,500 Young Ambassadors have been involved in the programme across Scotland.

92% of all secondary schools in Scotland have engaged with the programme
641 Young Ambassadors attended the conferences in 2013

Young Hub Leaders

The creation of Young Hub Leaders has provided a fresh approach to ensuring that every community sport hub has the views and opinions of young people at the heart of the decision-making process.

It has allowed a number of young people across Scotland to play a key part in shaping sport in their local community by undertaking various roles within hubs.

Young people's sport panel

Launched in 2012 by **sportscotland**, in partnership with the national youth information charity Young Scot, the Young

people's sport panel has recently inducted its second intake of members.

The group of 16 young people will build on the work already done by the first panel, which included providing input to the Scottish Government's Youth Sport Strategy and the Commonwealth Youth Sport Charter.

Together with **sportscotland** and Young Scot staff, the 16 sport panel members have already met to discuss the ways in which they will utilise their roles to influence and shape the future of sport in Scotland and raise the profile of sport.

The new panel members are as follows:

- Jessica Barrows, 20, Fife
- Jennifer Davidson, 22, West Dunbartonshire
- Hannah Dines, 21, Glasgow
- Mark Gallacher, 24, Glasgow
- Iain Greer, 18, East Dunbartonshire
- Fraser Johnston, 17, Falkirk
- Lauren Johnstone, 17, East Ayrshire
- Scott Lamond, 18, North Lanarkshire
- Rachel Law, 16, Midlothian
- Danielle McGinnes, 18, South Lanarkshire
- Gemma Maclean, 17, Highland
- Scott Miller, 15, East Renfrewshire
- Fatemeh Nokhbatolfighahai, 17, Glasgow
- Ian Rae, 18, South Lanarkshire
- Sarah Reynolds, 24, Argyll & Bute
- Mark Swan, 16, Aberdeen

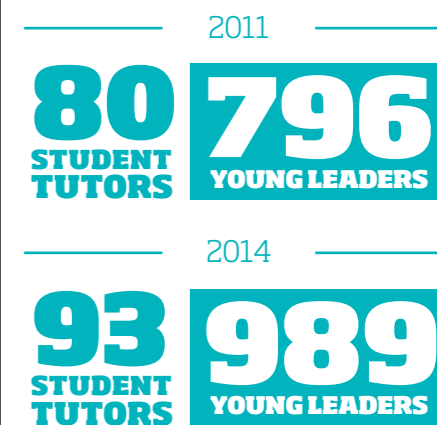
Lead 2014

Lead 2014, which began in 2011 as a partnership between **sportscotland** and the Youth Sport Trust, has now had more than 50,000 young people involved in the programme across all 32 local authorities.

It is designed to develop the leadership skills of young people, with university student volunteers (Student Tutors) mentoring secondary pupils (Young Leaders) at a one-day conference in their area.

The Young Leaders learn how to plan, organise and manage a sports festival, which they then deliver for their local primary and secondary schools.

The figures make for impressive reading:



What next?

With the dust now settled on the Commonwealth Games, and the Ryder Cup having provided yet more excitement, it is a wonderful time to be involved in Scottish sport.

sportscotland will continue to work closely with partners to shape and develop the future of Scottish sport - with young people set to be a crucial part of this process.



www.sportscotland.org.uk/youngpeople

Girls get moving for Active Girls Day



Fit for Girls
YDance Active
Girls on the Move



READY TO ACHIEVE

On Friday 3 October, girls in Scotland got up and got active! Girls across the country celebrated the successful Active Girls programme by dancing, diving, jumping and jiving.

Active Girls is a national initiative to increase girls' and young women's participation in PE, sport and physical activity through three programmes – Fit for Girls, YDance Active and Girls on the Move.

Active Girls Day was a chance to celebrate all the amazing work that goes on in the programme across the country and also to get girls active.

Athlete and dance ambassadors, including Sochi Winter Olympic medallists Eve Muirhead and Anna Sloan, encouraged girls on social media to get up, get out and get active. Events happened across all 32 local authorities to encourage schools to get involved in the day. You can see all the pictures and updates on Twitter @sportscotland or search the hashtags #ActiveGirlsDay #ActiveGirls.

Fit for Girls

Fit for Girls promotes PE, physical activity and sport amongst girls and young women. Through bespoke training for PE staff, Active Schools coordinators and other professional staff, Fit for Girls specifically addresses the principles of Curriculum for Excellence and aims to get girls more active.

All schools that are engaged with Fit for Girls had days of celebration as they played their part in Active Girls Day.

YDance Active

YDance Active is a national programme that inspires and motivates young women to become more active through dance. The project offers a youth training programme to train dance leaders who can increase and promote opportunities for dance and champion dance in their local area.

On Active Girls Day, YDance Active encouraged all Active Girls Dance Leaders to learn an Active Girls Day Dance and share and perform it across Scotland.

Girls on the Move

The Girls on the Move project is designed to increase physical activity levels amongst girls and young women in a variety of community settings across Scotland.

The project offers opportunities for girls and young women to get involved in sport and access leadership opportunities.

On Active Girls Day, Girls on the Move coordinated an Active Girls roadshow to deliver dance, sport and fitness workshops across Scotland, encouraging all Girls on the Move leaders to share their skills.

Active Girls is a Scottish Government funded initiative, managed by sportscotland and delivered in partnership with YDance, Youth Scotland and The Youth Sport Trust.

Nurturing the next generation of Commonwealth Games competitors was the task entrusted to nine specialist mentors during Glasgow 2014. As part of the Achieve 2014 programme, 65 promising young athletes and 26 emerging coaches got an exclusive behind the scenes experience of the Games. We caught up with hockey player Maisie Morris to find out what she will take away from her involvement in Glasgow.

Having been capped four times for Scotland's Women's Hockey team, Maisie Morris has already got big ambitions for the future. The 18-year-old was part of the squad's full-time training programme as they prepared for the Games, and she is now focussed on guaranteeing her place in the team on a regular basis.

As one of the athletes from 18 sports to be picked as part of Achieve 2014, Maisie believes that the experience she gained during Glasgow 2014 can now act as a springboard for the future.

"I was really inspired by seeing all the players I'd been training with taking part in the Commonwealth Games. Although it was disappointing not to be part of the team, it's certainly motivated me for the future as I push on to be selected for Scotland on a regular basis," she said.

Developed and managed by Commonwealth Games Scotland and supported by Search Consultancy, Achieve 2014 – which was first trialled during the Delhi Games in 2010 – aims to propel young athletes onto sporting success by preparing them for the 2015 Commonwealth Youth Games in Samoa, the 2017 Commonwealth Youth Games in St Lucia and the 2018 Commonwealth Games in the Gold Coast.

In Glasgow, Maisie got the opportunity to walk around the athletes' village, visit the venues and importantly was able to soak up the atmosphere of what it is like to be part of a multi-sport event.

She said: "Being part of Achieve 2014 gave me the chance to fully appreciate how the athletes are able to perform to their best in a highly pressured environment.

"Even though people are competing in different events they all have the same goals. I was certainly motivated by the professionalism of all the athletes and how they rose to the occasion.

"The long-term goal is to make it to the Gold Coast in 2018, but for the next year it's about trying to make the squad for the European Championships. So at the moment I'm just continuing to train hard and hopefully that will help me to achieve my target."

So the ground work has been done, and now it's up to the athletes to put in the hard work to make sure they are in the mix for selection when the Gold Coast comes calling.

www.sportscotland.org.uk/activegirlsday

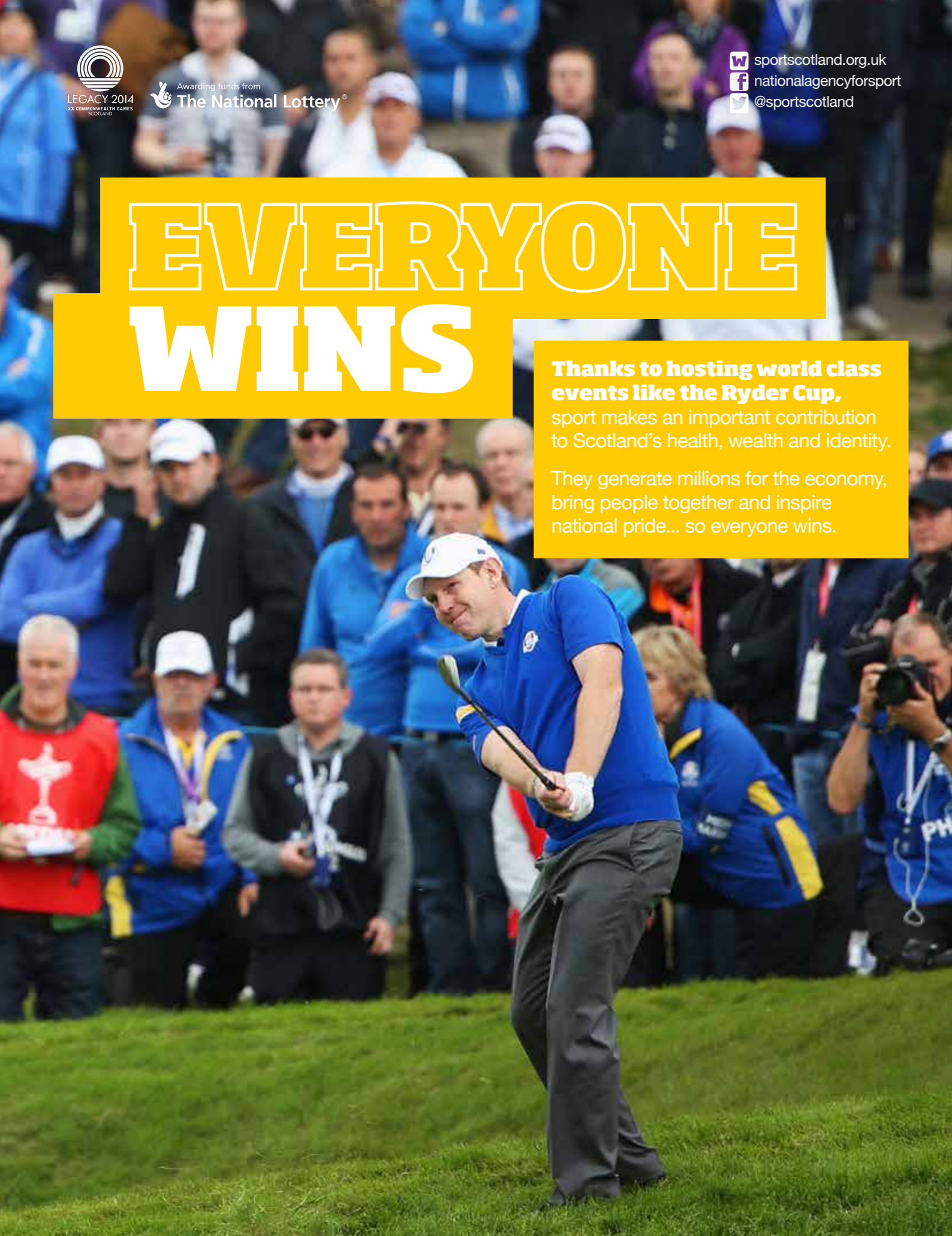
#ActiveGirls #ActiveGirlsDay

www.cgcs.org.uk

EVERYONE WINS

Thanks to hosting world class events like the Ryder Cup, sport makes an important contribution to Scotland's health, wealth and identity.

They generate millions for the economy, bring people together and inspire national pride... so everyone wins.



EQUIPPED TO INSPIRE

From the starting blocks used by Eilidh Child at Hampden to the boxing ring Charlie Flynn claimed gold in, over £600,000 worth of equipment from Glasgow 2014 is being distributed to schools, clubs and local authorities across Scotland. As part of the Games legacy, **sportscotland** and the organising committee are aiming to inspire the next generation of sporting stars through this initiative.

Over 5,000 items will be distributed through **sportscotland**'s Active Schools Network. This will include the likes of rugby balls, netballs, hockey balls, water bottles, whistles, stop watches, and more.

In addition, larger sports items – such as hockey goals, table tennis tables and triathlon bike racks – have been allocated across 13 sports governing bodies, 30 clubs and 13 leisure trusts.

With just one set of rugby posts available from the amazing two-day competition at Ibrox, Ross Sutherland Rugby Club was delighted to be chosen as the recipient.

Complete with Commonwealth Games post protectors, the Highland-based club, which has recently become Positive Coaching Scotland accredited, is already seeing the benefit of the new posts.

Club President Andy Mohun said: "Obviously we are delighted to have received the Glasgow 2014 posts and protectors and honoured that, thanks to **sportscotland**, our club now forms an integral part of the Games legacy."

"Everyone at the club is talking about it and it's a real boost for the players – especially for the youngsters. For them to be able to play, and score, on a pitch with posts that were seen by 171,000 people at the Games and by millions worldwide is amazing. The posts are part of Scottish sporting history and it's great that we have them.

"Word is also spreading about the new additions at the club, and as a result more people are taking more notice, which is helping to boost our profile in the community.

"One of the things we'll be doing to promote and celebrate this honour is to run a Commonwealth Games-themed sevens competition for our local schools, and our Community and Rugby Development team are working with the schools and Active Schools coordinators to maximise engagement throughout the area."

An application process to allocate the limited number of larger items was completed prior to the end of the Games and the equipment is now in the process of being distributed.

The legacy of Glasgow 2014 is set to be seen for many years to come, but by inspiring future generations with this equipment it is well and truly under way.



www.sportscotland.org.uk/games



GOLDEN GLASGOW GAMES FOR TEAM SCOTLAND

After years of planning by Commonwealth Games Scotland and all the key partners in Scottish sport, the Glasgow 2014 Commonwealth Games was truly memorable. Team Scotland delivered a record-breaking 53 medals - 19 gold, 15 silver and 19 bronze - to finish a fantastic fourth on the medal table, which was just reward for the huge team effort that made the whole of Scotland proud.



Following a magnificent build-up to the Games, Team Scotland fielded its largest team ever, with 310 athletes selected. The athletes then chose multiple world and European medal-winning judoka, Euan Burton, to carry the Scottish flag and lead them into the opening ceremony at Celtic Park. In an amazing spectacle, everyone enjoyed a night of excitement and pride, setting the tone for the 11 days of competition that were to follow.

The focus stayed on judo, as Kimberley Renicks (-48kg) won Scotland's first gold of the Games, quickly followed by her sister Louise in the women's -52kg. Amazingly 13 out of 14 Team Scotland judo players went on to win medals, including gold for Euan Burton and Sarah Clark, bringing the curtain down on their careers. Judo surpassed swimming as Scotland's most successful sport of all time at a single Games with six gold, two silver and five bronze.

The swimmers, however, were also on top form and added to the gold rush on day one. Hannah Miley retained her Commonwealth title in the 400m Individual Medley, before 20-year-old Ross Murdoch upset the odds to beat hometown favourite Michael Jamieson into second place in the 200m Breaststroke. A third gold came for Dan Wallace in the men's 400m Individual Medley. But the darling of the pool was Shetland's Erraid Davies, who at 13-years-old was Team Scotland's youngest ever team member and now medallist, winning bronze in the para-sport SB9 100m Breaststroke.

In the Sir Chris Hoy Velodrome the women's para-sport Tandem duo of Aileen McGlynn and Louise Haston won Scotland's first medal of the Games with a silver in the Sprint and they added a further silver in the 1,000m Time Trial. The men's para-sport pair of Neil Fachie and Craig MacLean went one better in both events and were two of Scotland's four double gold medallists in Glasgow.

By day five Scotland had surpassed its gold medal target of more than 11, when lawn bowlers Alex Marshall and Paul Foster won gold in the Men's Pairs. Darren Burnett went on to strike gold in the Singles, with Marshall and Foster adding a second gold in the Fours with David Peacock and Neil Speirs. The para-



sport Mixed Pairs of Robert Conway and Irene Edgar secured silver to ensure lawn bowls' most successful Games ever.

Hampden Park was the scene for Scotland's first gold on the track since Yvonne Murray in 1994, when Libby Clegg and guide runner Mikail Huggins took gold in the para-sport T12 100m. There were silvers for 400m Hurdler Eilidh Child and Lynsey Sharp in the 800m and a bronze for Mark Dry in the Hammer. Wrestling also made a return to the podium for the first time in 20 years when Viorel Etko and Alex Gladkov won bronze in the 61kg and 65kg weight categories, respectively.

Small Bore Rifle shooter, Jennifer McIntosh, then helped Scotland reach its overall target of winning 34 plus medals, by taking silver in the 50m Rifle 3 Position event. This also made Jen the most decorated female athlete for Scotland in Commonwealth Games history.

Gymnastics won their first gold medals since Manchester, with Daniel Keatings and Daniel Purvis each winning three medals. Keatings became Commonwealth Games Champion on the Pommel Horse as well as winning silver in the Individual All-Around and silver in the Men's Team event. Teammate Daniel Purvis was the only athlete to collect a full set of medals with gold on Parallel Bars, silver in the Team event and bronze on Rings. Frank Baines, Adam Cox and Liam Davie also contributed to Scotland's first ever gymnastics team medal.

Boxing kept up its 100% record of winning medals at every Commonwealth Games. Larger than life character, Charlie Flynn, took Scotland to the 50 medal mark with gold in the 60kg weight category, followed hot on the heels by Josh Taylor winning gold at 64kg. There were also hard-fought bronzes for Stephen Lavelle and Reece McFadden.

Remarkably, Scotland won medals on every day of the Games, with badminton player Kirsty Gilmour securing Scotland's final medal, taking silver in the Women's Singles to add to the bronze won by the Mixed Doubles pairing of Imogen Bankier and Robert Blair.

Overall, 10 sports contributed to Team Scotland's record medal haul, and expressing his delight Team Scotland Chef de Mission, Jon Doig said: "I would like to pay tribute to all the athletes and staff for contributing to this overall team success of 53 medals - a figure above even my stretch targets.

"Glasgow 2014 organised a fabulous Commonwealth Games and provided the perfect stage for our athletes to perform on, backed up by the incredible support of the Scottish public. These Games will live long in the memory for all of us."



www.goscotland.org



Thank you Scotland!

The athletes that secured the greatest ever medal haul for Team Scotland took to the streets of Glasgow to say one final 'Thank You' to the public for their amazing support throughout Glasgow 2014. The parade on 15 August was a fitting finale to the 'best ever Games', with thousands of people lining the route to cheer on their heroes. 'Pure dead brilliant!'



#ThankYouScotland



Talent, legacy & learning

Ensuring that all athletes reach their absolute potential is at the forefront of the work being done at the **sport**scotland institute of sport. Talent Manager Tony Stanger explains how redefining what 'talent' is can help drive young athletes on to greater heights.



Reflecting on the phenomenal Glasgow Games, and the all-important question of legacy, I am struck by the relationship between learning and performance. To my mind, legacy is very much about learning, application and continuous improvement.

Now the Games are over, it is important to look back, before we move forward, and ask: what did we learn that we can use to make sure we are even more successful in the future? This is a question that is always at the forefront of our minds at the **sport**scotland institute of sport, and over the last six years we have learned more and more about the fascinating area of talent and what we need to do to have continued success on the world stage.

One of our key initiatives was Gold4Glasgow, a project designed to transfer athletes between sports with the aim of winning medals for Team Scotland at Glasgow 2014. We ran our first initiative in partnership with Scottish Cycling in May 2009, followed by projects with judo (2009), triathlon (2010), cycling again (2010), powerlifting (2011) and netball (2011). In total, around 150 athletes were assessed to establish their potential to be successful in a different sport and seven athletes who were involved in the Gold4Glasgow initiative qualified to compete for Scotland at the Games - two of them winning medals. Louise Haston successfully piloted partially sighted cyclist Aileen McGlynn to two silver medals in the Tandem Time Trial and Tandem Sprint. Katie Archibald won cycling bronze in the women's Scratch Race.

Although on the face of it, athletes were successful in a 'new' sport quite quickly they did bring many transferrable skills

with them. These were physical skills they had already developed which were useful in their new sport and technical skills which they could adapt quite easily. The biggest factor though, was their belief in their own ability and their attitude to the way they approached the development process - what we would call a growth mindset.

Initially we established which sports the athletes were physically suited to and then it was very important they had a clear picture of the development process about to be undertaken. Some important questions helped frame the journey:

- What key challenges would they face?
- Did they have the ability to push themselves to do the hard work required?
- Could they deal with inevitable setbacks?
- How would they make sure they learnt from those setbacks?
- Who, where and what would be the best sources of feedback to help them learn?
- What were the key things they would need to take ownership of to ensure the very best chance of success?

Building the belief that you can be good enough takes time and the Gold4Glasgow athletes deserve huge credit for taking time to understand what they needed to do and for committing to the development process. We know talent transfer can work, but only if athletes understand and take ownership of the journey - and this includes developing a growth mindset.

The more we learned about talent the more we recognised these behaviours

in elite athletes across all sports. That's why our focus over the last three years has been to ensure this learning impacts on the development of young athletes across Scotland. To be successful, we need to recognise that there are many people who impact on the athlete's journey to the top - parents, siblings, coaches, clubs, teachers, governing bodies of sport and many more - and it's crucial they all have a positive impact.

And what does the future hold? The Gold4Glasgow initiative was a project very specifically aimed at Glasgow 2014, but it has also shown us the potential of what can be achieved by any athlete through understanding and embracing the talent development process. As we move forward we are using this understanding to tackle two key issues. Firstly, the issue of young people dropping out of sport too soon - this often happens because they compare themselves to others and wrongly feel if they are not currently the best, then they never will be. And secondly, where athletes get to a level when they are enjoying relative success and don't recognise the need to work on their weaknesses, or really push themselves to develop the skills they need to reach the very top.

To help address these issues much of our work will continue to focus on educating the groups who support the athletes through their development. To help do this we run a series of workshops loaded with really helpful information about understanding talent development and a growth mindset.

www.sisport.com/talent

GLASGOW TOPS THE LOT

Hockey player Ailsa Wyllie has amassed an impressive 145 caps for Scotland, as well as one GB appearance, during her nine year international career. Balancing her role as a Lead Manager for **sportscotland** with playing commitments has not always been an easy task. But after shining for Team Scotland during Glasgow 2014, Ailsa took some time out from her busy schedule to speak to Sport First.

Q. How did you get in to hockey and what do you love about it?

I got into hockey at my primary school in Dundee. I enjoyed all sports when I was growing up and played everything I could. I loved being part of a team and still love that today playing with my club teammates and with the Scotland team.

Q. Congratulations on your performances at Glasgow 2014! What did playing in a home Games mean to you – more or less pressure?

Thank you very much. Being part of a home Games was a massive honour and not something that all athletes are lucky enough to experience. Being able to play in front of not only friends and family, but a home support who were all cheering for Scotland was amazing. With regards to pressure, we had high expectations of ourselves anyway due to the additional training that we had been doing and what we believed that we could achieve and I think the fact it was in front of a home crowd added to the buzz and excitement rather than pressure.

Q. This was your second Games, how did your experience from Delhi help prepare you for Glasgow?

Being part of a multi-sport event in the past and having experience in many different tournaments definitely helped me know and prepare for what was ahead with regards to playing tournament hockey. However, the Glasgow experience was like no other. Hockey is a big sport in India so there was good support over in Delhi too, but the whole atmosphere during Glasgow was something I'd never experienced before.

Q. As a member of a national squad and working in sport you must always be surrounded by sport, do you ever get bored of it?

Sport has always been a huge part of my life and has given me so many opportunities and life skills. After studying sport and marketing at university my first job was in local sports development. I loved being able to pass on my experiences and be instrumental in developing sport from grassroots to

schools and clubs and this enthusiasm has only grown. Sport can offer so much to not only individuals, but to schools and communities and I am very passionate about playing a role in helping to make a difference. The fact that I love what I do both on the pitch and in the office definitely helps with your mindset!

Q. You got the chance to train full time in the run-up to Glasgow – how did this compare to your normal training schedule?

Full time training has so many benefits to the team as a whole and also to each individual within the squad. Balancing both training and working definitely helps you make the most of every hour in a day, but this is not always beneficial to performance. Like so many athletes I would train before and after work with quite a bit of travelling in between to make all the necessary sessions, whereas being full time allowed us to base ourselves in Glasgow and get the most out of every session, as our focus was solely on hockey and training.

QUICK FIRE ROUND

Sun or snow?

Sun

Favourite sport apart from hockey?

NFL

Pizza or pasta?

Pizza

Favourite animal?

The Tasmanian Devil, who reminds me of my husband!

Dream holiday destination?

Vegas, where I was lucky enough to visit as a post-Games break



Q. What have been the highlights of your sporting career?

I've been fortunate enough to have attended a previous Games and many world and European standard tournaments, but nothing will top the recent experience of playing as part of Team Scotland in Glasgow. A personal career high is definitely scoring the opening two goals for Scotland in our first match against Malaysia – it was an amazing way to start the Games and brilliant to play a key part in that game.

Q. Have you ever had a serious injury as an athlete and what happened?

My worst injury has been a broken collarbone. I was quite young at the time and went straight over the top of a defender whilst playing indoor hockey, which resulted in many weeks of little activity.

Q. How many training sessions do you do – on and off the pitch?

We have a varied training programme as hockey players both on and off the

pitch. Off the pitch includes strength and conditioning in the gym, fitness sessions which could be longer running exercises or shorter speed drills, speed technique, injury prevention exercises and more recently yoga as part of our recovery programme. On the pitch includes hockey skill practice, team work and tactical practice, set play sessions, high intensity games and hockey drill practices. The variety is necessary and being full time helped us get a really good balance of all the things that we need to work on.

Q. Where is the most interesting place you have visited with your hockey team?

I have been lucky enough to visit many fascinating and exciting places, but if I had to pick a favourite place I would pick Rio.

www.scottish-hockey.org.uk

THANKS TO OUR VOLUNTEERS

Without volunteers, sport in Scotland could not happen. With over 13,000 clubs in Scotland, volunteers work tirelessly to keep the members engaged in sport and give them the best possible environment in which to hone their talents. This work helps to create the next generation of sporting greats.

That's why **sportscotland** wants to say 'thank you' to all volunteers in sport. The success of Clyde-siders at Glasgow 2014 placed the role of volunteers in sport under the spotlight, but we cannot forget the work that happens week in, week out at sport clubs and community sport hubs throughout the year, come rain or shine, all run by volunteers.

Unsung heroes

There are so many roles in volunteering, from coaching or officiating to being the treasurer or the kit convenor. Some people help organise local sport events or take part in huge sporting events like Glasgow 2014. All roles are important, and every club has different needs, so talents can be used far and wide.

Through our 'Thanks Volunteer' campaign we want clubs and sport organisations to thank their volunteers for all the work they do. You can share a photo or a short video clip of you thanking an individual who's made a difference in your club or area or alternatively why not thank all of the volunteers that help make sport happen.

We want all volunteers to get the recognition they deserve.

GLASGOW FEVER BASKETBALL CLUB

Glasgow Fever is run by a group of volunteers. From their board to the coaching staff, all the group's volunteers are 100% committed to giving the members the best experience they possibly can. Through their hard work they have grown the membership and are retaining players year after year. Fatemah Nokhbatolfighahai is 17 and volunteers at the club.



"I began volunteering with Glasgow Fever Basketball Club a year ago through my school's strong link with the club to utilise the skills I had developed through my UKCC Level 2 community coaching award," she said. "Before that, I had also been training with the team as a senior girl and currently train with the ladies team. I was really inspired by the hard work and commitment of the volunteers that keep the club running and growing, and really wanted to be a part of the increasing outreach and impact. It is really

rewarding being able to coach the sport that I love playing so much and also giving the kids who come to training a positive experience just like I had. Fever has a very good ethos of enjoyment and fun and that really made me keen to be a part of such a supportive environment. As a result, I have learnt so much more about my sport, become more confident as a leader and benefited from amazing opportunities, such as becoming a member of the Young people's sport panel. When kids come to you at the end of training and high-five you with smiling faces, that's when volunteering really gives you the best reward possible for your time."

#ThanksVolunteer

If you are a volunteer in a club, a sport organisation which helps develop clubs or if you take part in sport at a club then you can thank the volunteers, just like Fatemah.

What can you do?

- Post on either a personal or club social media site using the hashtag #ThanksVolunteer
- Use photographs or short video clips to demonstrate your appreciation

We will make sure we share your stories. Visit @sportscotland on Twitter and / nationalagencyforsport on Facebook for the latest thank you messages.



LEGACY 2014
XX COMMONWEALTH GAMES
SCOTLAND



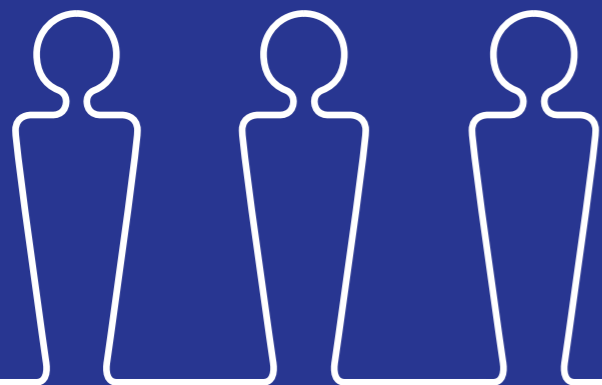
www.sportscotland.org.uk/volunteer

#ThanksVolunteer

BRINGING COMMUNITIES TOGETHER



The community sport hub programme is a key component of **sportscotland's** contribution to the legacy of Glasgow 2014. Having been started in 2011, and with annual National Lottery investment of £1.5m, the benefits of this approach to local sport are already being felt. With 134 community sport hubs (CSH) up-and-running throughout the country, an independent evaluation has examined the impact hubs are having.



In April 2014, **sportscotland** commissioned an independent evaluation to collect information on how CSHs are developing and connecting with local sport clubs and the community. It also looked at how hubs have contributed to the five key principles of the programme. The research analysed existing monitoring data and gathered evidence from 37 CSH officers and 230 wider stakeholders involved in hubs. Additionally, 10 detailed evaluation profiles of individual CSHs were completed with input from 55 participants, including the hub officer, clubs and wider stakeholders.

The following shows how CSHs have contributed to the five principles of the programme:

Offering a range of sport

There are now over 800 clubs from across 49 sports involved in the initiative. The most common sport within hubs is football, representing just over a quarter of sport clubs. Around 57% of those surveyed indicated that their CSH offered the right amount of activities, with a significant proportion (43%) saying that their hub should offer more activities. About half of CSH officers and stakeholders feel that hubs have significantly improved the range of sport on offer in their communities.

Growth in participation

The number of hubs has increased from 22 in 2011 to 134 in 2014, and there are now over 800 sport clubs involved in CSHs. Evidence from the monitoring data shows that about 56% of clubs have seen an increase in membership since joining a CSH.

Understanding community need

CSHs have used a wide range of methods to promote themselves and engage with clubs. Local sport forums, public meetings, surveys with the community and schools, and consultation with clubs were all methods employed to engage with the community. The initial engagement has focused heavily on clubs and specific target groups (school pupils, for example) with some stakeholders suggesting that the wider community would be the next step in their engagement strategies.

Supporting community leadership

As well as strengthening the way existing clubs work together, those involved feel the programme has particularly supported the development of young sports leaders, and expanded the skills of existing club leaders. Roles on the management committee or steering group, running the facility and being a coach are some of the opportunities on offer to support community leadership.

Partnership working

CSH officers identified there are now stronger relationships between clubs, who were now working together to plan, develop and manage their activities. There are also strong links between clubs and schools, and better links were also reported between CSHs and those responsible for managing facilities.

The following are examples to illustrate some of the main findings from the evaluation.

Hub officer critical to success

The Aviemore CSH is an area based hub focusing on the unique natural environment and wide range of outdoor sports locally. Those involved felt that the hub officer has done a lot of work on community engagement, and that this has contributed significantly to the success of the CSH. This involved:

- A mapping exercise to understand the sporting landscape of the area
- One-to-one club engagement to discuss the benefits of being part of a CSH
- Community engagement event where clubs were given the opportunity to talk about issues related to the CSH collectively

"The hub officer has been instrumental in building relations. There is a good flow of information at all times and this keeps people enthusiastic and involved."

Opportunities to take on leadership and voluntary roles

The Duffus Park CSH is based in Cupar, Fife. Established in 2012, it is adjacent to the Cupar Sports Centre, Scotland's Rural College (SRUC) Elmwood campus and Bell Baxter High School.

The CSH works with Young Ambassadors from the high school who help with holiday programmes and provide support at clubs, with 70 pupils helping out at the recent Commonwealth Games sports day. Students from SRUC benefited from placements within different clubs at the CSH and this has provided a wide range of leadership opportunities.

The Basic Moves programme – in which primary one to primary three pupils develop the ability to run, jump, throw and catch – has also enabled students to get involved in coaching. With the support of the Active Schools coordinator and SRUC, students are now getting more involved in running the programme themselves in a voluntary capacity.



www.sportscotland.org.uk/csh

HOW DID YOU UNLEASH YOUR SPORTY SIDE?

This summer proved that there has never been a better time to get into sport, so **sportscotland** seized this opportunity and helped the Scottish public to 'Unleash their sporty side'! By directing people to the website – www.sportscotland.org.uk/unleash – we signposted them to activity right on their doorstep and highlighted the hundreds of ways to get involved. So whether people wanted to play, coach or volunteer, the opportunities were there.

Thank you to everyone that supported 'Unleash your sporty side' and here's a re-cap of the campaign as it travelled the length and breadth of the country, appearing at an event in every Scottish local authority during the Queen's Baton Relay's tour of Scotland.



Close to **50,000** footfall at the stand over the 32 events

Nearly **40,000** pieces of merchandise handed out over the campaign, featuring the web address

261,000 combined reach of #sportyside tweets

14,481 total reach of Facebook campaign posts



Scottish Student Sport



"Who are you going to encourage to unleash their #sportyside this Summer?"

Legacy2014

"The #BatonRelay is in Scotland! In honour of its journey @sportscotland is encouraging us to unleash our #sportyside"

Scottish Archery

"Team Eastern are unleashing their #sportyside at the national county team championships @archerygb"

Glasgow Sport

"There are hundreds of ways to get into sport. Find your #sportyside at sportscotland.org.uk/unleash"

NHS Greater Glasgow and Clyde

"Scottish sport needs you! With 100s of ways to get into sport UNLEASH YOUR #sportyside sportscotland.org.uk/unleash"

Inverclyde Council

"Unleash your #sportyside and find out what's available in Inverclyde from @sportscotland sportscotland.org.uk/unleash"

And it didn't stop at the Queen's Baton Relay...

Over 11 days of the Games the Unleash film clip was shown in all 13 venues, meaning that **1.2 million people had the chance to see our film**

www.sportscotland.org.uk/unleash

EYES ON THE PRIZE



At the **sportscotland** institute of sport, the mantra of leaving no stone unturned is never stronger than with the Sports Science and Innovation team. The difference between winning or losing can be miniscule, so this team targets key academics and sports professionals around the world to help give that all-important edge to Scotland's athletes on the world stage.

The Golf Innovation Team, led by Dr Malcolm Fairweather, Head of Sports Science and Innovation at the institute, has been working on an exciting new project with some of Scotland's best golfers to improve their putting performance. With the Ryder Cup being hosted at Gleneagles, it offered a fabulous opportunity to showcase this pioneering work.

Dr Fairweather told Sport First what the project is all about:

"Vision is critical to performing well in target sports, and golf putting is no exception.

"We train golfers to use their vision effectively before, during and after they putt and the impact of this work is measured in training, and also in game performance."

Steve Paulding, Performance Manager at the Scottish Golf Union, has set an objective to improve the putting skills of top amateur and institute-supported golfers. As a result, players such as Kylie Walker, who has won two Ladies European Tour events this year, and Sally Watson, Ladies European Tour leading rookie golfer, have

been using vision training to help improve their putting games.

Dr Fairweather explains more: "Eye tracking technology has been applied to help player and coach recognise how vision is currently working within the players' putting routines.

"The golfer wears special glasses that provide information on what the eyes are looking at within the putting routine. More specifically, on how the sharpest area of vision is operating, and secondly, whether this area focuses appropriately when putting. The data is downloaded and the information provided helps establish when vision is operating most effectively. This feedback provides the essential performance information that athletes and coaches can easily and immediately apply.

"Ultimately the aim is to consistently decrease the number of putts golfers take in a round of golf and throughout tournaments."

Dr Fairweather and the institute's Performance Psychologist Laura Carey

work closely with external partners to deliver this cutting-edge knowledge in sports vision. The multi-disciplinary team behind the project includes Steve Paulding, European Tour golfer Craig Lee and his coach Steven Rosie, who have helped develop new eye tracking methods, Ian Muir, coach to Curtis Cup player Sally Watson, and Dr Robin Jackson, Senior Lecturer in Sports Psychology at Brunel University. Dr Jackson will also support Laura Carey in a doctoral thesis on this subject over the next three years.



www.sisport.com

Coaching's class of 2014



History suggests that following a major sporting event, audiences can be inspired and host nations in particular can experience a heightened interest in sport. Sport First takes a look at how **sportscotland** has helped sport in Scotland prepare for this interest and demand through accelerating the development of the country's coaching workforce.

Since 2009, **sportscotland** has been working with partners to develop the support available to coaches. The approach centres on recruitment, retention, education and recognition. And there is something for every level of coach supporting every level of participant.

The Class of 2014

Ahead of Glasgow 2014, **sportscotland** initiated a programme to provide the focus and additional resource required to boost the quality and quantity of Scotland's coaches. The Class of 2014 initiative focuses on building capacity to recruit more coaches, giving existing coaches access to additional continued professional development, as well as raising the profile of coaching in general.

Rugby sevens

All 17 Commonwealth Games sports had the opportunity to work with **sportscotland** on the programme. In rugby, the additional investment and support from the Class of 2014 initiative has helped the Scottish Rugby Union (SRU) devise a new rugby sevens coaching module. Seven International

Rugby Board (IRB) coach educators have been trained to deliver this and by the time we watched the rugby sevens competition unfold at the Games, a total of 135 new rugby sevens coaches were in place across the country.

Commenting on the impact of this development, Neil Graham, Coach Development Manager at the SRU, said: "We have been targeting new rugby sevens coaches and teachers with the IRB rugby sevens course and it's helped to develop their understanding of the differences between the 15 and seven-a-side forms of the game. With rugby sevens having originated in Melrose, it is great to say that we are leading the way in sevens coach education, and although we are only part way through the programme we're delighted with its impact so far."



Bowls

The programme has given Bowls Scotland the resources to devise and deliver the Introduction to Bowls Coaching Award which is now being delivered nationally in 32 districts. The award will target a total of 300 new coaches and 100 existing coaches. And after the Scottish bowlers shone a light on their sport by bringing home four medals at Glasgow, this support means that bowls coaches will be in an even better position to capitalise upon the heightened interest in the sport.

Colin Hutchison, National Development Manager at Bowls Scotland, said: "The investment received through the Class of 2014 programme has allowed us to devise a new teaching award which is giving coaches the opportunity to build on their technical knowledge by developing their understanding of coaching methods and how to better guide and support bowlers. This, along with the integration of **sportscotland**'s Positive Coaching Scotland key messages, means that coaches are doing an even better job of engaging new and existing participants."

Coaching Futures

sportscotland's Coaching Futures programme is harnessing the experience of retired or retiring athletes for coaching's benefit. Eight former athletes are currently progressing through a unique apprenticeship opportunity which will fast track them to performance coaching within their sport. During their two-year apprenticeships, these trainee coaches will benefit from full-time coaching deployment, professional development support and a dedicated technical mentor.

One of the athletes who has been involved in the programme is judo's Matt Purssey, the 10-time British Champion, who is now National Transition Coach at JudoScotland. Matt commented: "Coaching Futures has been invaluable in my development as a coach. It's helped me gain confidence and new ideas and has also allowed me to benefit from the knowledge of other retired athletes and my mentor. My aim is to combine what I've learned from them with my own

experiences, and use it to the advantage of the group of 16 to 23-year-old athletes I currently work with."

Integrated investment

The support provided by these two programmes, and across **sportscotland**'s coaching offering, is aligned to the national agency's investment across sport into Scottish governing bodies of sport and at club level through the targeted direct club investment stream. Together, the offer ensures there are opportunities for development and support available from **sportscotland** and partners for every level of coach, right across Scotland. And this has been accelerated to ensure capacity meets demand post-Games.

Profile and recognition

With sport on the national consciousness after the Games and Ryder Cup, it's also a perfect time to profile the pivotal role of coaches within sport. For the last three years, **sportscotland** has led a national awards programme to recognise the

impact of coaches, as well a variety of volunteers and officials in sport.

With over 1,000 nominations received from across the country since the awards began and with several award categories recognising voluntary, grassroots level coaches and high performance coaches, the work will continue again this year.

So, whether you are on the local playing field or on the podium, coaches are central to your journey in sport. They are pivotal to making sure you succeed and stay in sport – whatever your level. So thanks to extra investment and effort and the extra profile sport has enjoyed following a home Games and the Ryder Cup the foundations are there to continue to build an impactful coaching legacy.

THE BUILDING BLOCKS OF SUCCESS

sportscotland's Head of Facilities Mark Cowan considers what has been achieved over the past 10 years as we strive to develop and support a world class sporting system at all levels in Scotland.



The sporting landscape across Scotland has been transformed over the past decade, with **sportscotland**, local authorities and others investing in the places where sport happens.

Working with key partners, **sportscotland** has now invested £80 million into top class facilities over the last 10 years. Our support has also helped lever investment from local authorities and others who share our sporting ambition for Scotland, meaning that well over £400 million has been invested into a number of major sports facilities throughout the country.

From north to south, east to west, **sportscotland** is committed to ensuring that Scottish sport has a facility infrastructure that meets its needs and rivals the very best. In Aberdeen Sports Village, Ravenscraig Regional Sports Centre, Toryglen Regional Indoor Football Centre or The PEAK in Stirling, to name a few, Scotland has never had such an enviable supply of top class sports facilities.

And in July, we announced a new National and Regional Facilities Investment that will see an additional £20 million **sportscotland** investment put into enhancing and extending this even further. The money will create new sports facilities and help turn good facilities into great ones, ensuring Scotland has a high quality

and accessible network of facilities that meet the needs of sport at every level.

However, a sports facility is just an ingredient of success. It offers potential, with success entirely dependent on the right people working together to create the environment for sport at community or high performance level to achieve great things.

Scotland's sporting infrastructure has come a long way in a relatively short period of time. In 2003, the National and Regional Sports Facilities Strategy was established to ensure our athletes have access to the right quality of facilities in which to train and compete.

This strategic approach to the development of national and regional facilities has led to the delivery of seven world class facilities over the past decade. Throughout this period, **sportscotland** continued to work with local authorities, the further education and higher education sector, Scottish governing bodies of sport, and other partners to develop and deliver a range of complementary major projects.

The impact of this investment on both community use and performance has been significant. Facilities such as the Emirates Arena and Royal Commonwealth Pool not only act as key venues for major international events, such as this year's Commonwealth Games, they also offer

a long-lasting legacy to Scottish sport, either as world class training venues for our aspiring and high performance athletes, or as key sporting hubs within local communities.

The work does not end here. We cannot afford to sit back and simply admire the view. We need to continue getting better just as we expect our athletes to. That's why, as part of the recently announced £20 million investment, we are currently in discussions with a number of our partners about delivering more and better sports facilities, to add to an already impressive network of national and regional facilities.

And it is that recognition of the need for sustained continual improvement that led to us announcing last October that Heriot-Watt University will host the new £30 million National Performance Centre for Sport, which will be operational by 2016. This multi-sport centre will provide a base for individual athletes and squads, high performance coaching, and cutting edge sports medicine.

This is an exciting year for sport in Scotland. But sport will continue to flourish in Scotland well beyond 2014 – and at **sportscotland** we are proud to be playing our part in creating the physical environment that allows sport to be enjoyed by all.

SPORTING FACILITIES IN NUMBERS:

7 world class facilities created following the 2003 strategy, thanks to **sportscotland** support

10 major capital projects delivered between 2003-2013 with the help of **sportscotland** investment

£80 million ploughed into sporting facilities since 2003 by **sportscotland**

388 miles between our most northerly facility – the Pickaquoy Centre in Kirkwall – and our most southerly facility – DG1 in Dumfries



www.sportscotland.org.uk/facilities



Taking the High Road

Mike Whittingham, Director of High Performance at the **sportscotland** institute of sport, reflects on Scotland's most successful four-year cycle of sport and considers the road ahead.



In 2014, sporting history was made in Scotland twice. Firstly, at the Sochi Winter Games where Scottish athletes contributed three curling medals to the best ever Games for Team GB since 1924. Secondly in Glasgow, where Team Scotland won 53 medals, with 63 medallists from 10 sports, including 19 gold and fourth place in the medal table. This followed success in London 2012 where Scottish athletes contributed 20% of the overall medals and 25% of the gold tally. These 2014 successes make 2011-2015 the most successful cycle ever for Scottish sport.

The Glasgow medal table tells a compelling story for the home nations. Wales achieved their best ever result of 35 medals (five gold) and Northern Ireland

won 12 medals (two gold). Perhaps most significantly, England won 174 medals with 58 gold, beating Australia for the first time in 28 years and topping the medal table. An excellent Games for all home nations proving perhaps that we truly have a world class system in the UK. As a connected, and also separate, part of this system Scotland delivered an excellent return on investment and achievement for a country of five million.

Other success we can learn from is perhaps New Zealand who moved up to sixth on the medal table with a best ever of 14 gold and 45 medals. Our intelligence confirms that New Zealand are investing both wisely and aggressively in performance sport. New Zealand achieved further success at the recent

World Rowing Championships, where they topped the medal table. Interestingly, these results indicate that aspiration coupled with the right approach can accelerate performance achievement. Smaller nations such as Scotland and New Zealand have the ability to catch up with larger nations and overtake them.

Targeting is a key factor now in the world of performance sport to ensure a return on investment and that is why hosting a major Games offers a unique opportunity to accelerate growth in a planned manner. Maximising the opportunity that Glasgow presented through a targeted approach offered the same opportunity for Scotland as it did in Vancouver for Canada, Beijing for China and Team GB in London. In Sochi, the Netherlands won 24 of the available 36 medals in speed skating, thanks to targeted investment. Post-Glasgow our analysis needs to be concentrated on each sporting discipline and event. An impressive 13 of Scotland's 53 medals came from judo and 10 from swimming. Scottish Swimming's performances were exceptional, confirming why we invest significant resources and expertise in this important sport.

Beyond the numbers we want to collect evidence that demonstrates positive changes. Confidence and self-belief are essential ingredients in winning. There were crowd-pleasing signs of this new-found confidence and belief – Dan

Wallace having already won his gold arrived for his second final wearing the team kilt as part of his swimming attire. Another 'Braveheart' moment was when Alex Gladkov, on the ground in the depths of pain and despair, fought back in front of his home crowd to win wrestling's second medal of the Games. And how about Lynsey Sharp overcoming sickness and sleep deprivation to be lifted by the home crowd and accelerate to win silver in the 800m.

The Glasgow Commonwealth Games highlighted how sport can be both fiercely competitive and also entertaining and fun. The Games marketing captured this with their 'Friendly Games' campaign, and surely both Scotland and Glasgow proved that the Commonwealth Games has a rightful place in the sporting calendar. The Games provided an opportunity for over 6,500 athletes to perform with distinction on the world stage.

If you were designing a four-year calendar to develop, nurture and protect your talent, ideally Commonwealth Games would be year one, Europeans year two, World Championships year three and Olympics/Paralympics year four. For some sports however the Commonwealth Games are the pinnacle of their sport and will continue to be so. Arguably this is true for netball, squash, rugby sevens and lawn bowls where competition is at its highest as there are very few countries not represented.

So, the Scottish lawn bowlers winning three gold in the men's disciplines should not be underestimated.

Our world class system is making good progress but we need to build on the success of 2014 and invest even more for the future. We now have a range of world class venues that allows Scotland to bid for and host world class events for our current talent pool and future generations. There should be no compromise on our vision to make the National Performance Centre for Sport a truly world class training venue and experience. A high performance system with continued investment can provide the foundations and expert technical support to deliver a successful winning formula for many years to come.

We are already in a very strong position to identify how and where we can make our system stronger, better and attract world class athletes, coaches and practitioners to sign up to the 2015-2023 plan. We have managed to learn from other nations and create a system that is flexible and works best for Scotland. We should not be diverted from our targeted and focused approach. Our High Road programme – which we followed for this Games cycle – must always take the high road, for the low road is no longer an option.

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DIVING INTO THE FUTURE



The Team Scotland swimmers certainly made a splash during Glasgow 2014, with medals and personal bests galore. From Ross Murdoch's golden performance to Erraid Davies sealing a fantastic bronze, a whole host of new role models for young swimmers were born. And Scottish Swimming is now ready to build on this enthusiasm by supporting clubs across Scotland to grow their memberships.

The work to help swimming clubs capitalise on the increased demand to take up the sport began many months before Glasgow 2014 was even under way. Scottish Swimming identified the need to take a more focused approach to support clubs to grow their membership and retain members in order to create an environment of lifelong participation and performance in the sport.

Clubs remain Scottish Swimming's core membership group, offering local communities a vibrant focus for volunteer and athlete development. Membership of clubs has seen incremental growth over the last three years, with around 14,000 active swimmers across the country. It is now hoped that with all the magical moments that took place at Tollcross International Swimming Centre during the Games it will inspire more people to get involved.

With 56% of clubs in Scotland having less than 100 members, as well as there being a significant drop off in swimmers from the age of 11 onwards, Scottish Swimming is more determined than ever to change these trends. There

are approximately 75,000 children in learn to swim programmes throughout Scotland, and currently only 5% move into a swimming club, providing a real opportunity to grow memberships nationwide.

Scottish Swimming is committed to supporting clubs to grow their active membership in a sustainable way, in turn increasing the opportunities they offer and the number of people taking part in club swimming or other aquatic disciplines. In addition, they want to support clubs to create an environment where the required coaching, practice time and attitudes are in place to help the progression of athletes aspiring to world class performance.

Scottish Swimming's club development programme is designed to help ambitious clubs take their activities to the next level. The programme is being driven and facilitated by Scottish Swimming's Club Development Manager, Sarah Pryde-Smith, and a team of Regional Swimming Development Managers, as well as a Water Polo Development Officer.

The team will work across Scotland, offering a strategic view in terms of what support, resource and expertise is required to drive club membership, offer infrastructure support and develop the athlete pathway. In addition to providing clubs with a variety of solutions to grow their membership, capacity and activities, the team will also highlight new opportunities which are available through internal and external initiatives.

By supporting clubs to grow their memberships year on year, Scottish Swimming will help to ensure that clubs play a far greater role in broadening community participation and creating pathways to excellence.

It's four years until Team Scotland head to the Gold Coast for the next Commonwealth Games, and the swimmers will be going all out to improve on the 10 medals won in Glasgow.

As Scottish Swimming continues to put the right framework in place to ensure that clubs develop in a strong and sustainable way, the stars of the future will be given the best chance to shine when their time in the spotlight comes.

WHAT MAKES A STRONG CLUB?

- Increased participation
- Higher standards of coaching, officiating and performances
- Strong and sustainable structures
- A clear pathway of opportunities for athlete development
- Improved and effective support systems
- Training and development opportunities for all
- Sharing of best practice
- Improved communication between all partners

SCOTTISH *swimming*
everyone can swim!

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THE NEXT CHAPTER



Nothing will ever quite match the euphoria of crowds roaring you on to glory, but there comes a time in any athlete's career when they must bow out from competitive action. After Glasgow 2014, a number of Team Scotland athletes are now looking to the next stage of their lives, which is where the Performance Lifestyle team at the **sport**scotland institute of sport come in.

Throughout an athlete's career there are a number of key transition phases, including leaving school, injury, missing out on selection, and finally retirement. If any one of these stages is not managed properly then, ultimately, it could have an adverse effect on the performance and life of the athlete.

Performance Lifestyle staff provide one-to-one mentoring which allows athletes to successfully manage their performance sport career and prepare for life after sport.

Cyclist James McCallum, who won a bronze medal in the Scratch Race at Melbourne 2006, always knew Glasgow 2014 would be his final swansong. In preparation for the end of his competitive career, James has been working closely with the institute's Mary McClung for months to work out the best way forward.

"Mary and the rest of the institute team really helped me realise that there's much more to life than just being an athlete," the 35-year-old said.

"They made me more aware of what my options were and what was viable. I'm

looking to stay within cycling because with 20 years of experience behind me there is certainly plenty I can offer to the younger riders who are coming through.

"Sport has given me a lot of life skills which I had not appreciated were applicable in real life, such as dealing with pressure and working as part of a team. The Performance Lifestyle team helped open my eyes to what these skills can be used for after sport."

Mary explained the process that goes in to helping athletes take the next step in their careers.

She said: "Helping an athlete understand that there is 'life after sport' can be incredibly powerful and reassuring for someone facing retirement.

"Advance planning and preparation is key, but not always appropriate for every athlete. Our job is to help them identify a new goal and support them to head in that direction, much like they would do in their sport."

Every high performance athlete has dedicated their entire life to being the very best they can be, dealing with countless ups and downs along the way. However, it is the final transition into retirement which can often be the most difficult to deal with as athletes try to cope with their perceived loss of identity.

But the work that is being done by the Performance Lifestyle team at the institute is helping to ensure that all athletes have a positive transition out of sport – whatever they go on to do.



www.sisport.com/performancelifestyle



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EVERYONE WINS

Thanks to Glasgow 2014, **sportscotland** has accelerated its plans for a world class sporting system at all levels.

To deliver a lasting legacy from the Games, we are developing and supporting community sport hubs across Scotland. This means more and better opportunities to get involved in sport.



EVERYONE WINS

Thanks to Glasgow 2014, sportscotland has accelerated its plans for a world class sporting system at all levels.

We supported and developed the expertise behind Team Scotland for the Games and for the future. This means more and better opportunities for Scottish success.