

# The Changing TIMES

The newsletter of  SCOTTISH DISABILITY SPORT

Leading the development of sport in Scotland for people of all ages and abilities with a physical, sensory or learning disability

## Europe's Best Compete in Glasgow

During the summer Scotland was proud to host the Cerebral Palsy International Sports and Recreation Association (CPISRA) 2010 Football 7 a side European Championships, an event that included some of the best footballing nations in the world. Teams from Denmark, England, Finland, Holland, Republic of Ireland, Russia, Scotland, Spain and Ukraine were joined by guest nation, Australia, for the 2010 Championships. The teams converged on Glasgow during August for 11 days of competition at the new Regional Football Centre at Toryglen with accommodation provided by the University of Strathclyde.

The host nation entered these Championships ranked 7th in the world and had high hopes of improving on this position in Glasgow. The Scots ended the group stages in 3rd place following victories over Denmark and Spain by 9 - 0 and 2 - 0 respectively. Other group results included defeats to Paralympic silver medallists Russia by 7 - 0 and a strong Holland squad by 2 - 0.

At the semi final stages, Scotland faced an Australian side who were participating in Glasgow as a guest nation. After a tight first half, Scotland ran out easy winners by 7 - 1.

In their final playoff match Scotland were up against the 'Auld Enemy', England, to determine who would finish in 5th place. As expected this was a closely contested encounter but a goal from Mark Robertson in extra time

gave Scotland a deserved victory by 1 - 0 and their highest place finish in any international tournament to date.

The Championships final was competed by Ukraine and Russia, ranked 1st and 2nd in the world respectively prior to Glasgow. In a pulsating final, both teams produced some dazzling football which thrilled the near capacity crowd of 700. At the final whistle, the team from Ukraine took the title and received the European trophy from Scottish FA Vice President Campbell Ogilvie.

These Championships were hailed as a huge success by everyone involved and have made a massive contribution to raising the profile of disability football and disability sport in general across Scotland. The Championships were co-ordinated by staff from the Scottish FA in conjunction with Scottish Disability Sport and funding partners EventScotland, Glasgow City Marketing Bureau, UK Sport, Capability Scotland, Glasgow Life, Glasgow City Council and **sportscotland**. Special recognition must go to Anne Marie Arthur from the Scottish FA, Project Manager for the Championships, whose hard work

and commitment contributed hugely to the success of this event.

The Scottish squad will now commence their preparation for the CPISRA Football 7 a side World Championships which will be held in Emmen, Assen & Hoozeveen, Holland next June.



September 2010

## In this Issue...

### EVENTS AND REPORTS

|                                      |   |
|--------------------------------------|---|
| Regional News                        | 2 |
| Boccia Brothers represent Scotland   | 4 |
| What does it take to be a coach?     | 5 |
| Scottish Badminton continues to grow | 6 |
| Home Nations success in Bowls        | 7 |
| DVD to promote SDS                   | 8 |

### BRANCH NEWS

|  |    |
|--|----|
| Exciting new club in Aberdeen            | 11 |
| Lots of action in Angus                  | 12 |
| Highlights from Dundee City              | 13 |
| Focusing on progress in Fife             | 14 |
| Busy year for Forth Valley               | 15 |
| Lots of news from Lothian Sport          | 16 |
| Training Calendar                        | 18 |
| Names and telephone numbers for contacts | 20 |

# Regional News

## Regional Network Making an Impact

In the past 12 months the SDS Regional network has been implemented across four areas of Scotland. Six Regional Managers are now in place covering the Central, East of Scotland, Grampian and West of Scotland regions.

The first of the posts was established in October 2009 with Gary Fraser taking up a part time role which enhances and complements his existing role with Lothian Disability Sport. Gary has responsibility for the East of Scotland which takes in East Lothian, Edinburgh City, Midlothian, West Lothian and the Scottish Borders. Gary was closely followed into post by Lynn Allison and Becky Bisland who were appointed in November to cover the 13 Local Authority areas in the West of Scotland. Next to join the Regional Team was Lynne Glen who formally joined SDS

in April having been in the Regional Manager role for three years with Sport Central. The most recent staff joining the team were Claire Bonner and Andrinne Craig. Both have a part time job share role covering the Grampian Region and started in June.

The Regional Managers have a very clear focus on Talent Identification and Development. They also have a specific focus on the sports of athletics, swimming and a minimum of one other Strand I or Commonwealth Games sport. The third sport is very much dependant on the structures within their region. The Regional Managers will also support the development of individual athletes / players from outwith the targeted sports, wherever possible.

In less than a year SDS has already

witnessed the impact of the Regional Managers with a big increase in numbers of young people with a physical disability accessing sporting opportunities such as talent development days, school of sport festivals and the summer camp. New and existing partnerships have been developed and strengthened as Local Authorities, Scottish Governing Bodies, sports clubs, health and rehabilitation organisations and **sportscotland** recognise and support the benefits of the Regional Network.

SDS is currently in discussion with key partners in the Highlands and Islands to establish a Regional Manager post before the end of the year. It is hoped that by the time of the SDS AGM for 2011 funding will be in place to complete the Regional Manager Network by appointing a post in the Tayside and Fife region.

## 2 SDS Regional Manager Network

### HIGHLANDS & ISLANDS

*No post at present*  
Highland, Orkney Isles, Shetland Isles, Western Isles

### CENTRAL

#### Lynne Glen

Tel: 07577 830360  
lynne.glen@scottishdisabilitysport.com  
Clackmananshire, Falkirk, Stirling

### WEST OF SCOTLAND

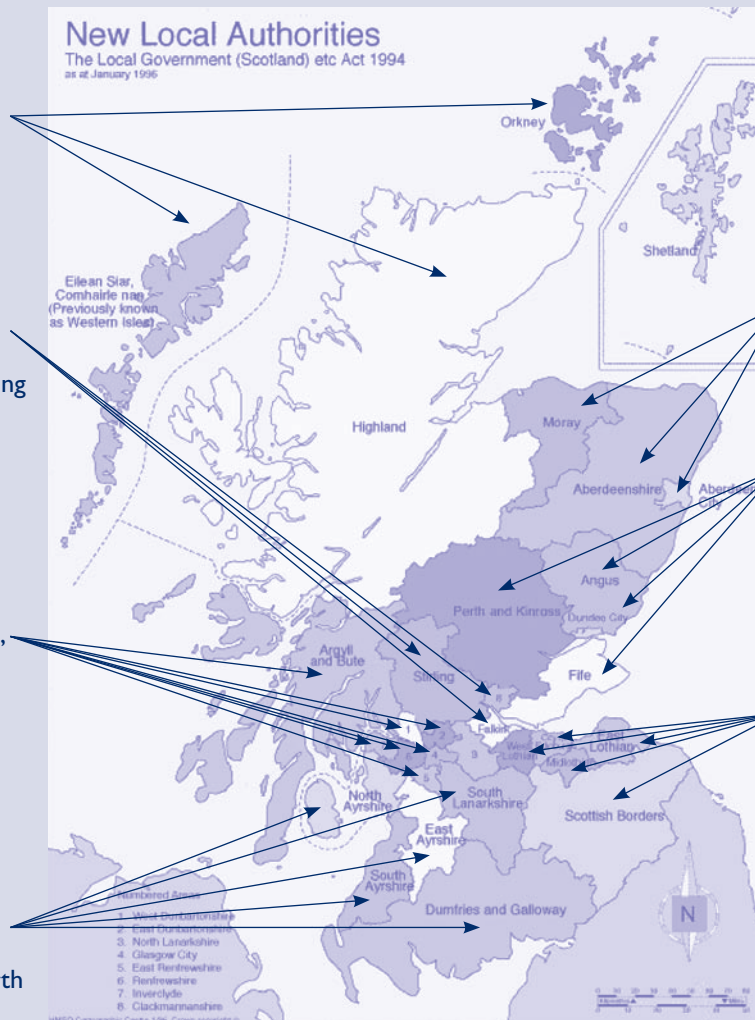
#### Becky Bisland

Tel: 07578 242267  
rebecca.bisland@scottishdisabilitysport.com  
Argyll and Bute, City of Glasgow, East Dunbartonshire, East Renfrewshire, Inverclyde, Renfrewshire, West Dunbartonshire

### WEST OF SCOTLAND

#### Lynn Allison

Tel: 07578 103343  
lynn.allison@scottishdisabilitysport.com  
Dumfries & Galloway, East Ayrshire, North Ayrshire, North Lanarkshire, South Ayrshire, South Lanarkshire



### GRAMPIAN

**Claire Bonner and Andrinne Craig**  
Claire Tel: 01467 628812  
Claire.bonner@aberdeenshire.gov.uk  
Andrinne Tel: 01224 497201  
acraig@aberdeenshire.gov.uk  
Aberdeenshire, City of Aberdeen, Moray

### TAYSIDE & FIFE

*No post at present*  
Angus, City of Dundee, Fife, Perth and Kinross

### EAST OF SCOTLAND

#### Gary Fraser

Tel: 01875 619070  
Gfraser1@eastlothian.gov.uk  
City of Edinburgh, East Lothian, Midlothian, West Lothian, Scottish Borders

# Regional News

## Regional Manager Profiles

Scottish Disability Sport has introduced a new network of Regional Managers over the past year. In this edition of the newsletter we introduce you to the new regional team:

**Name:** Lynn Allison  
**Region:** West of Scotland:  
Dumfries & Galloway,  
East Ayrshire,  
North Ayrshire,  
North Lanarkshire,  
South Ayrshire,  
South Lanarkshire.  
**Start Date:** November 2009.

### What did you do before becoming an SDS Regional Manager?

I was an Active Schools Co-ordinator in Renfrewshire for four years having previously worked in Glasgow and travelled in Australia.

### What are your hobbies / interests?

I enjoy going to the gym, running and cycling. I also enjoy socialising with friends and going to the cinema.

### Who are your sporting heroes?

Paolo Maldini, Usain Bolt and Rafael Nadal.

### What would you like to see as the legacy from your role with SDS?

That everyone with a disability has the opportunity to compete at the level they aspire to and the West of Scotland has more competitors with a disability competing at National and International events.

**Name:** Becky Bisland  
**Region:** West of Scotland:  
Argyll and Bute, City of Glasgow,  
East Dunbartonshire,  
East Renfrewshire,  
Inverclyde,  
Renfrewshire, and West Dunbartonshire.  
**Start Date:** November 2009

### What did you do before becoming an SDS Regional Manager?

I was an Active Schools Co-ordinator in Inverclyde.

### What are your hobbies / interests?

I play football for Celtic Ladies and spend most of my free time training or playing matches.

### Who are your sporting heroes?

Mia Hamm, Denise Lewis and Zinedine Zidane.

### What would you like to see as the

### legacy from your role with SDS?

That athletes, identified as having talent progress to competing in sport and realising their full potential, hopefully on the international stage. To inspire partners to be more aware of and develop disability sport and recognise the importance of inspiring the next generation of athletes with a disability into sport.

**Name:** Claire Bonner  
**Region:** Grampian: Aberdeen City,  
Aberdeenshire and Moray.  
**Start Date:** May 2010.

### What did you do before becoming an SDS Regional Manager?

I was the Disability Sport Development Officer with Aberdeenshire Council which I now combine in a part time capacity with my SDS role.

### What are your hobbies / interests?

Spending time with my two lovely children and competing in triathlon (BADLY!!).

### Who are your sporting heroes?

James Cracknell – an amazing diverse athlete.

### What would you like to see as the legacy from your role with SDS?

Clear pathways for athletes with any disability from the Grampian area to follow their dream and fulfil their full potential.

**Name:** Andrinne Craig  
**Region:** Grampian: Aberdeen City,  
Aberdeenshire and Moray.  
**Start Date:** June 2010.

### What did you do before becoming an SDS Regional Manager?

I was Active Communities Development Officer for Aberdeen City. I still do this part time alongside my SDS role.

### What are your hobbies / interests?

I enjoy running, cycling, highland dancing and socialising with my friends.

### Who are your sporting heroes?

Everyone in the GB Cycling Team!

### What would you like to see as the legacy from your role with SDS?

That more sports people with a disability have opportunities and support to reach their full potential

**Name:** Gary Fraser  
**Region:** East of Scotland:  
City of Edinburgh,  
East Lothian, Midlothian,  
Scottish Borders and  
West Lothian.  
**Start Date:** November 2009.

### What did you do before becoming an SDS Regional Manager?

I was the Lothian Disability Sport Development Officer which I still undertake alongside my SDS role.

### What are your hobbies / interests?

I play football for a local amateur football team as well as being a very enthusiastic fly fisher. I am also involved as a volunteer with the Scottish Boccia squad and enjoy socialising with my friends.

### Who are your sporting heroes?

Ally McCoist and David Beckham.

### What would you like to see as the legacy from your role with SDS?

I would like to see more young people with a disability taking part in sport, especially through school and then progressing to clubs. The odd Paralympian or two would also be nice!

**Name:** Lynne Glen  
**Region:** Central:  
Clackmannanshire,  
Falkirk and Stirling.  
**Start Date:** August 2006.

### What did you do before becoming an SDS Regional Manager?

I was a generic Sports Development Officer with Clackmannanshire Council.

### What are your hobbies / interests?

Swimming, cycling and socialising with friends.

### Who are your sporting heroes?

Tanni Grey-Thompson, Davie Cooper and Kelly Holmes.

### What would you like to see as the legacy from your role with SDS?

I wish to make a real difference for people involved at all levels of disability sport so they can achieve their aspirations 'because of the system' and not 'in spite of the system'.

# Events and Reports

## Boccia's Band of Brothers

Scotland has been very well represented on the International stage during 2010 by two sets of brothers. Hamilton's Stephen and Peter McGuire have once again been leading lights in the Scottish and British Boccia programmes. Having achieved success in the 2009 European BC4 Pairs competition Stephen and Peter looked forward to the World Championships in Portugal in June with great anticipation. Knowing that they had been performing well in training and competition in the build up they went into the World Championships in positive mood. Also heading to Portugal under the watchful eye of Head Coach Jim Thomson were Ayrshire brothers Scott and Jamie McCowan in the BC3 and BC4 classes respectively.

The Great Britain Boccia team won three silver medals in Portugal with 4 Peter and Stephen leading the way for the British team, securing a silver medal in the BC4 pairs event. The pair finished third in their pool to go through to the quarter-finals where they played world number one Portugal, who had finished top of the

pool. The British duo, having already overcome Portugal at the pool stage, played impressively to record another victory 5-1. They then went on to beat Slovakia 3-2 in the semi-final before losing out to reigning Paralympic Gold Medallists Brazil in a tightly-fought final 4-2.

Stephen also secured an individual silver medal in the BC4 individual event. After winning his pool, Stephen drew his brother Peter in the next round. It was a close match between the two siblings and the game went to a tie-break with Stephen coming out on top. His quarter-final match, against Hungary's Dezso Beres, also went to a tie-break but once again he prevailed. In the semi-final match he faced home favourite Fernando Pereira, from Portugal but this time the British player won convincingly 7-2 and went on to face Brazil's Paralympic champion Dirceu Jose Pinto in the final. Once again the match was extremely close and went to a tie-break, but this time the Brazilian narrowly won and Stephen secured his second silver medal of the competition.

The successes of Stephen and Peter have proved a great catalyst for the progression of younger players through the Scottish programme into the GB Fast-track system. Four young Scottish players took part in the GB Boccia Talent programme. Following the initial selection process three players were selected to be part of the confirmation process. Joshua Rowe (Perth and Kinross), Jamie Docherty (Forth Valley) and Lewis McConnell (East Renfrewshire) were selected to take part in an intensive training and camp programme over a four month period. The trio then undertook another round of selections which saw Joshua and Jamie continue in the programme. A final selection will be made in November where those selected will be included in the GB Boccia Performance Squad.

Anyone interested in getting involved in the sport of boccia should contact **Claire Morrison** on **0131 625 4415** or email [claire.morrison@scottishdisabilitysport.com](mailto:claire.morrison@scottishdisabilitysport.com)

## High Level Support for Performance Athletes

Scotland's top athletes with a disability have continued to receive excellent support from the **sportscotland** Institute of Sport during their training and competition schedules.

The Institute is now operating a one network approach towards the delivery of support services and 32 athletes across ten sports have received ongoing support during the last year. This network will see one point of contact for all performance athletes and sports in order to ensure a consistency of delivery and support. Liz Mendl is the High Performance Manager for performance athletes with a disability and will provide ongoing support and guidance for athletes in conjunction with each head of discipline, the sport's Performance Director and SDS.



# Events and Reports

## Skills and Qualities of a Coach

### What does it mean to you? One coach could be the lucky recipient of £250 to support their learning.

What are the skills and qualities of a coach or more importantly of a good coach and how can Scottish Disability Sport support the many coaches working with children, young people and adults with a disability, many of whom are volunteers? An article on the Sports Coach UK website ([www.sportscoachuk.org/](http://www.sportscoachuk.org/)) starts to stimulate the discussion of skills and qualities of a coach.

“Coaches come from a variety of backgrounds and possess a range of qualities and experiences from which they develop their coaching skills and unique coaching styles. Coaches then adapt these qualities to the specific needs of the performers with whom they work. Yet, in spite of such individual approaches to coaching, it is possible to identify certain skills and attributes that underpin effective coaching. For example, all coaches need to:

- communicate effectively with performers to ascertain their needs and ambitions, relay information and provide constructive feedback
- plan and organise sessions and programmes to meet performers' needs and guide their development
- analyse and evaluate performance (their own and that of their performers) to gauge and direct progress
- create a safe environment in which the well-being of the performer is paramount
- be open-minded in developing their coaching skills and knowledge. This is perhaps the most important attribute of good coaches: the ability and willingness to evaluate their own skills and knowledge, and constantly work to develop and improve them.”

Therefore, if the most important attribute of a good coach is to be open-minded in developing their coaching skills and knowledge and to be constantly working to develop and improve them, then one of the roles of SDS must be to provide learning opportunities. To this end SDS is trying to provide new and tried and tested options to support coaches:

- The coaching and education programme, which is

a collection of courses identified by the Regional Development Managers as what people in the region have requested. These range from a Strength and Conditioning session in Aberdeen to Classification workshops in the west, from a Boccia Day in Stirling, covering coaching, officiating and classification, to a new introductory Carpet Bowls course in the east. Plus many others – please see the SDS website for further details.

- ‘Coaching Matters’ – a programme run in collaboration with **sportscotland** and the University of Stirling for coaches working with High Performance Athletes/Players to come together and share ideas and learn about current topics pertinent to them.
- There is also the ability to try out the recently revitalized Typhoo UK Disability Inclusion Training. There are courses organised near you.
- SDS is sponsoring two coaches to attend the Canadian Coaching Conference in November and they will be sharing what they learnt, so watch out for some good feedback.
- It is also hoped that in 2011, a mentoring programme and further sport specific introductory workshops can be established.

But really we want to hear from you, what would make a difference to you as a coach? In order to encourage feedback, SDS is offering coaches the chance to map out a learning opportunity for themselves and to be supported in making it become a reality. Coaches need to complete a coach's profile and answer three simple questions in no more than 250 words: What further skills and knowledge do you want to gain? What outcomes will result from enhancing your skills and knowledge and how will your needs be met? A panel ratified by the SDS Board will consider all the applications and award £250 to the selected coach. It is also hoped that other applicants' needs can also be met through different avenues.

For further details on any of the topics in this article please visit the SDS website [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com) under Coaching, or contact the SDS Coaching & Education Manager, **Heather Lowden** on **0131 625 4416** or at [heather.lowden@scottishdisabilitysport.com](mailto:heather.lowden@scottishdisabilitysport.com)

We do want to hear from you.

5

## New Talent Continues to Succeed

The SDS Athlete Academy continues to work with Scotland's most promising athletes looking to support their progress on to UK programmes. The Academy supports athletes with their training and competition programmes by providing sport specific support and education. This year 16 athletes across six sports have received support with a total of six new athletes being inducted. The sports of archery and bowls have seen athletes included for the first time.

Excitingly two athletes have progressed from the Academy onto World Class programmes during the last year. Swimmers Craig Rodgie and James Clegg are now part of British Swimming's Podium and Talent squads respectively which is brilliant news and testament to their incredible hard work during the past couple of seasons.



# Events and Reports

## Archery on Target Again

SDS has recently formed a strong working partnership with Scottish Archery to assist in the running of the Scottish Indoor Archery Championships and the development of the sport more generally.

A development day will be developed in conjunction with Moira Taylor from Scottish Archery and aimed at those players who would like to become involved in the sport in a more competitive environment. SDS will also work with Scottish Archery and attempt to develop a junior club for those wishing to compete.

An Archery Leaders Award was run at Meadowmill Sports Centre, Tranent on 3rd and 4th July, 31st July and 1st August 2010. There were ten attendees on this course, all looking to become Archery coaches. The trainee coaches were all invited to attend the archery session at the recent SDS Summer Camp to allow them the opportunity to put into practice all the skills and knowledge learned on the course.



Anyone interested in trying archery as a sport should contact the SDS Participation Manager, **Russell Hogg** on **0131 625 4417** or at **[russell.hogg@scottishdisabilitysport.com](mailto:russell.hogg@scottishdisabilitysport.com)**

## Continued Growth for Scottish Badminton

**6** SDS continues to work closely in partnership with the Scottish Disabled Badminton Group (SDBG), **BADMINTONscotland**, Awards For All and Scotland's local authorities to develop a robust pathway for players and coaches across the country.

### Club Development

Great emphasis has been placed on the creation of local participation opportunities for anyone interested in playing badminton. Specific clubs have been established in Glasgow (Haghill Community Centre), Fife (Fife Institute of Sport, Glenrothes), Lothian (Musselburgh Sports Centre) and Highland. Work is also currently underway to establish additional disability badminton clubs in Aberdeenshire and North Lanarkshire. All these clubs welcome new players regardless of their ability.

### Scottish Squad Training Camp

The first Scottish Badminton Player Training Camp for athletes with a Physical Disability was held on 21st August at Carronvale House, Stenhousemuir. The Camp was an opportunity for those badminton players with a physical disability to train



together as part of a Scotland Squad.

### Four Nations Disability Championships 2010

Almost 100 competitors from Scotland, England, Ireland and Wales descended on Scotsoun Leisure Centre, Glasgow on the 19th – 21st February for these Championships. The event was a huge success for Scotland with the Scottish players collecting 13 titles and 16 runner up places.

### French Badminton International Disabled Championships

The first ever French Badminton International was held in Toulouse on 2nd - 5th April 2010. A small Scottish contingent of Alan Oliver, Connor MacFarlane and Niall Jarvie flew the flag for Scotland. Alan was seeded one and lived up to his seeding by winning his very first international singles title. Connor McFarlane from North Berwick competed in his first international and reached the semi-final of the singles by winning all his group matches. Alan then teamed up with Connor to play in the doubles and reached the final by remaining undefeated through the qualifying group stages. In the final they lost narrowly to Hong Kong China's Peter Lo and Chiu Hung Chung. Niall Jarvie managed a fourth position overall which was another outstanding performance by a Scottish team member.

Anyone interested in taking up the sport of Badminton should contact SDS Participation Manager, **Russell Hogg** on **0131 625 4417** or **[russell.hogg@scottishdisabilitysport.com](mailto:russell.hogg@scottishdisabilitysport.com)**

# Events and Reports

## Bowls Update – Home Nations Success

Scotland's leading bowlers with a physical disability returned home from Nottingham after a hugely successful Home Nations International Match against England and Wales. The squad of ten players put in some stunning performances to win the Home Nations Competition as well as retaining the International Test Match Trophy they won against England last summer. This year's squad has been greatly strengthened by the inclusion of a number of new players. Kevin Wallace, John Hughes, Alex Ainslie and Garry Brown were all making their first appearance at International level and performed brilliantly throughout the weekend. Other members of the Scottish squad included Michael Simpson, Gary Clelland, Fraser Mathieson, Billy Allan, Jim Sellar and Barbara McMillan to make up the Scottish Team.

The Home Nations competition was split into a Men's Team of 5 (B7/8), a Men's Team of 3 (B6) and a Ladies' Team (B6/7) and allowed the Scottish players to play for points across a number of classifications. Running alongside this competition, all matches played between Scotland and England counted towards the International Test Match between the two countries. Led superbly by Head Coach Bob Dick and his coaching team of Grace Whitton, Ron McArthur and Eric McMillan the Scots returned home with a famous and first ever victory on English soil. Kevin Wallace in winning all five of his ties finished the weekend as the only undefeated player in the tournament giving the team a brilliant platform to build on. Playing alongside Kevin were Simpson, Hughes, Ainslie and Sellar who all contributed superbly in the pairs, triple and fours to win the Men's B7/8 event.

Scotland's leading female bowler Barbara McMillan competed in the Ladies' B7/8 event and had a terrific victory against her Welsh counterpart before being edged out in a tense and deciding match against England. McMillan then provided a wealth of experience to the mixed triple and four which secured vital points towards



Scotland's overall team total. Team captain Billy Allan led Gary Clelland and Garry Brown in the Men's B6 event and all three players were involved in some fierce and close competition over the three day event. In fact, the Home Nations and International Test were ultimately decided by the final shot of the final end at the close of competition on Saturday night. Garry Brown delivered a terrific bowl under incredible pressure to clear two English bowls and take the tie which gave Scotland the vital points required to win the overall match.

Head Coach Bob Dick was absolutely thrilled with the team's performance during the whole weekend and was greatly encouraged to see a blend of youth and experience compete so brilliantly in the squad. The team will now begin preparations towards the IBD World Championships in South Africa in 2011 where the Scottish team hope to improve on their third place finish three years ago.

### Individual Team Standings

Men's Team of 5 (B7/8): 1st Scotland 18 points; 2nd England 15 points and 3rd Wales 3 points.

Men's Team of 3 (B6): 1st Scotland 9 points; 2nd England 3 points and 3rd Wales 0 points.

Ladies' Team (B6/7): 1st England 6 points; 2nd Scotland 3 points and

3rd Wales 0 points.

### Home Nations

1st Scotland 30 points; 2nd England 24 points and 3rd Wales 3 points

### International Test Match

1st Scotland 18 points and 2nd England 15 points

## Blind Bowlers Victorious

The Scottish Blind Bowling squad, led by Head Coach Ron McArthur travelled to Gateshead to take part in the UKVIB Home International Singles Championships. The Scottish squad of 16 players recorded their best ever performance, achieving a fantastic medal tally of 15. The men's team won three gold, three silver and one bronze medal whilst the ladies' team won two gold, three silver and three bronze medals. The Scottish team finished the Championships by winning the Team Cup. Scotland's leading visually impaired and blind bowlers will now form part of the Scottish Team as they travel to the IBD World Championships in South Africa next year.

Anyone interested in getting involved in the sport of bowls should contact **Ruari Davidson** on **0131 625 4414** or email [ruari.davidson@scottishdisabilitysport.com](mailto:ruari.davidson@scottishdisabilitysport.com)

# Events and Reports

## SDS Promotional DVD

SDS is in the process of creating a visual resource to support the future development of disability sport in Scotland. The aim is to use this tool to support the identification and recruitment of the next generation of athletes and promote the defined sporting pathways available. This resource will also be used to raise the profile of SDS and support the development of coaches and volunteers.



The visual resource will take a two-fold approach. A comprehensive DVD will be created and will be circulated to schools and partners throughout Scotland, which will be aimed at participants, coaches, parents and teachers. This DVD will have a direct link back to the new SDS website where further resources will be available. The company producing the DVD is WeeFlee Productions who have worked tirelessly collecting footage at a number of SDS events and interviewing coaches and players.



SCOTTISH DISABILITY SPORT

## Branches Embrace MOR

Two years ago SDS introduced a set of Minimum Operating Requirements (MOR) for all Branches to ensure best practice. Branches have been required to adhere to MOR under the headings of Governance, Child and Vulnerable Adult Protection, Education and Training, Communication and Sports Development. Successful branches were to be credited by SDS for having put the appropriate foundations in place and recognised as examples of good practice across the Association.

SDS is delighted to announce that four Branches have successfully achieved MOR status. These are as follows:

- Disability Sport Fife
- Highland Disability Sport
- Lothian Disability Sport
- Forth Valley Disability Sport

Congratulations and thanks go to these branches for all their effort and hard work in achieving the MOR.

SDS officers will continue to work with all Branches to ensure they not only have in place the paperwork to achieve the MOR but also put practices in place that will allow these processes to be implemented effectively for the benefit of athletes and players of all ages and abilities.

Anyone requiring further information about the SDS MOR should contact SDS Participation Manager, **Russell Hogg** on **0131 625 4417** or at **russell.hogg@scottishdisabilitysport.com**

8

## Equality Standard for Sport

After successfully achieving the Foundation level of the Equality Standard for Sport in March 2008, Scottish Disability Sport (SDS) is currently in the process of working towards the Preliminary Level of the Award.

A second SDS equity audit of key personnel, including performance athletes, is well under way. Based on the findings from the Foundation audit, an Equity Action plan is being prepared. SDS is keen to engage with under represented groups and SDS officers and key personnel are committed to engage with athletes with sensory impairments and children and young people with physical impairments in particular. The SDS Equity Policy is currently being reviewed and all members currently have the opportunity to contribute to the review process. Update training has been provided for staff and Board and a major Training Needs Analysis has almost been completed.

The SDS Equity Group has met for the third time and a full review carried out of its terms of reference. Key priorities include:

- To ensure fairness in disability sport for existing and potential athletes, players, leaders, coaches, officials and volunteers regardless of gender, age, ethnicity or disability.
- To offer guidance and information.
- To promote equal opportunities in every aspect of disability sport.
- To contribute to the preparation of SDS data and evidence for the four levels of the Equality Standard.

SDS hopes to conclude its work towards the Preliminary Level of the Equality Standard during 2010. SDS aspires to the notion that all communities should feel they are welcome and valued members of the SDS sporting family.

# Events and Reports

## 10th Year for Summer Sports Camp

This was the 10th Anniversary of the SDS Summer Sports Camp which has continued to grow in popularity with new participants and sports involved at the National Sports Centre Inverclyde each year. This year saw a record number of 51 young people attending from all over Scotland for three days of intensive sporting activity. There were many new faces both in terms of participants and staff which indicates that the SDS Regional Managers are reaching out to more young people who perhaps previously would not have attended the Camp. The Camp continues to be the highlight of the year not just for the participants but also for the staff who assist during the three days.

Nine sports were participated in over the three days all led by experienced coaches. This gave the participants the opportunity to try different sports many of which they may not have had the opportunity to try before.

The programme started with an athletics session led by John de Courcy and Shona Malcolm, Scottish Athletics Disability Development Officer. This was followed by coach led sessions in Tennis, Boccia, Badminton, Archery, Basketball, Table Tennis and Shinty. As well as having our experienced archery coaches Richard Vallis, Richard Scott and Bill Murray we were also able to provide some extra training for archers who had recently undergone their archery coaching award.

Each year camp participants have the opportunity to meet and hear a top Scottish athlete. This year was no exception and we were extremely lucky to have not one but two World Class

Boccia players in Stephen and Peter Maguire. Both athletes had recently returned from the World Championships in Portugal



where Stephen won a silver medal in the BC4 individual event and the pairs event and Peter a silver medal in the pairs event. Peter and Stephen are also current European Pairs Champions and gave a highly motivational talk about their experiences and took part in a question and answer session.

With so many new faces at the Camp it was great to see the camaraderie and teamwork develop over the three days. The Staff have to be thanked once again for putting in a tremendous amount of effort and hard work to ensure the Camp was an amazing experience for the participants.

Finally thank you to all the staff at the National Sports Centre Inverclyde for all their hard work. Hope to see you all again in 2011 for Camp number 11.

9

## Table Tennis Talent Looking Good

SDS in partnership with Table Tennis Scotland has established a Scottish Talent Squad, comprising the country's



leading young players. Following a series of Talent ID days around Scotland, ten

players with performance potential were identified and invited to attend a number of training weekends. Led by

Terry McLernon, the squad is taking part in monthly sessions at Drumchapel Table Tennis Club and all players have been successfully included within mainstream clubs across the country.

Excitingly, the season culminated in two players being selected for the 2010 UK School Games. Kevin McCormack

and Connor Gordon, Scotland's first representatives at this level, returned

from the event in Newcastle with bronze and silver medals respectively. This superb achievement was also the first time any Scottish table tennis player had won an individual medal at this level. A fantastic effort from both players and their coach Terry McLernon.

With a Paralympic and Commonwealth Games pathway, Table Tennis is becoming an increasingly popular sport within Scotland and it is hoped this talented group of players will be the catalyst to further developments both regionally and nationally.

# Events and Reports

## Football Flourishes Across Scotland – Regional Development Squads

The Regional Football Squad programme has been a huge success this year with more than 130 players across the three Scottish FA Regions, West, South East and Grampian (North), participating in regular activity. The squads have come together on two occasions this season, competing in inter region games. Plans are well developed for a further two Regions to sign up to the programme and fixtures will commence in the East and Central Regions in November. There will be three inter regional games spread throughout the season, visiting various locations across Scotland.

### Schools League

The Scottish FA and Scottish Disability Sport have worked in partnership to launch the inaugural Regional schools league. The winners of each regional league qualified to compete in the National Final in June, with St Aidans School from Glasgow winning the National Championship. The forthcoming year looks to be an exciting one as the league looks to grow, with the potential of a further two Scottish FA regions coming on board to expand the league nationwide.

### Visual Impaired Football

The first Visually Impaired Football Festival was held at Uddingston Grammar School in November attracting 20 participants. The aim now is to create regular training

opportunities within the school in conjunction with Motherwell FC. It is also hoped to expand this programme going forward and offer similar coaching and playing opportunities to the Royal Blind School in Edinburgh.

### National Roadshow Programme

The Scottish FA in partnership with Scottish Disability Sport have successfully delivered eight Roadshows throughout Scotland attracting more than 150 players with a range of ambulant disabilities. The programme culminated in a National Roadshow which was held on 21st August at Toryglen Regional Football Centre which saw more than 40 participants attend. All participants were then given the opportunity to attend the Scotland v Spain match as part of the CPISRA Football 7 a side European Football Championships.

### National Championships

This year's National 5 a side Football Championships were held at the Glasgow Green Football Centre. A record number of teams entered this year with 53 teams spread across eight divisions. The full list of winners



and runners up of each division is as follows:

#### Senior Division A

Gold: Aberdeenshire  
Silver: Glasgow Firhill

#### Senior Division B

Gold: Lothian Hibernian A  
Silver: Stirling City

#### Senior Division C

Gold: Dundee B  
Silver: Firhill Thistle

#### Senior Division D

Gold: Greenside  
Silver: Angus

#### Junior Division A

Gold: St Aidans  
Silver: Aberdeenshire

#### Junior Division B

Gold: Highland A  
Silver: Lothian Orient

#### Ladies Division

Gold: Firhill  
Silver: Highland

Anyone wishing to get involved in football for people with a disability should contact **Greig Taylor** at Scottish Disability Sport on **0131 625 4412** or email [greig.taylor@scottishdisabilitysport.com](mailto:greig.taylor@scottishdisabilitysport.com)



# Branch News

## Aberdeen Disability Sport – Exciting New Club in Aberdeen

Aberdeen Judo Club, who have been successfully training and competing in the city for over 50 years, have now taken positive steps to open up their sport to athletes with a disability. The club held an open night during the Easter holidays which attracted nine new participants who learned some of the 'mokusō' or etiquette, language and moves involved in the sport. This session also allowed participants the opportunity to try some of the holds and throws and experienced players and coaches were on hand to demonstrate and support throughout.

Following the open night, regular coaching commenced on a weekly basis led by the club's dedicated and enthusiastic volunteer coaches

called 'sensei'. These sessions have proved a huge success with everyone who attended the open night still coming back each week. All players are now part of the club set up and look the part wearing their 'judogis' – special judo suits.

Some of the players are now attending mainstream club sessions and just before the summer holidays one of these players Craig Stewart received his red belt, a very proud moment for him and his coaches.

To find out more about the club and what they can offer, contact **Jean Davidson** on **01224 681398** or email **jean@abdnjc.fsnet.co.uk**



## Aberdeenshire Disability Sport – Sporting Success in Aberdeenshire

### Football

The football programme in the Grampian area has made significant progress in the last 12 months with success and recognition part of the process. The season got off to a flying start in April with Aberdeenshire winning the A Band Seniors Section at the SDS / Scottish FA National 5 a side Championships at Glasgow Green. The senior success was closely followed by the new Aberdeenshire Junior Squad finishing runners up in the A Band Junior Section.

The success at the National Championships led to six Grampian players gaining selection to represent Scotland at the Home Nations U19 Learning Disabilities Championships. All the Grampian players benefited greatly from their involvement and bronze medal finish in Belfast.

The hard work and dedication shown by players and coaching staff was recognised with the Grampian Football Squad being awarded the Scottish FA Team of the Year at the Scottish FA Grass Root Awards in January.

### Archery

Archery is rapidly becoming a key sport in Aberdeenshire with two local archers enjoying success on the international stage. Alasdair Hamilton secured his place in the GB squad to compete at the Arizona cup where he finished in 7th place gaining invaluable international experience. David Gardner, also represented GB at the EPC European Archery Championships in Vichy, France.

### Table Tennis

The table tennis structure in Aberdeenshire is also going from strength to strength. Funding has been secured from the National Lottery's 2014 Communities Fund to develop the pathway from local club participation through to the SDS Table Tennis Talent Squad. Lewis Clow from Pitmedden has been the first player to make this transition and benefit from this much needed support.

### Cycling

Following Scott Walker and Ian Urquhart's successes at the Special Olympics GB Summer Games in Leicester in 2009 both cyclists have now secured places to compete at the Special Olympics World Games in Athens in 2011. Scott also continues to focus on the INAS-FID international competitive opportunities with a hope to represent Great Britain again in 2011. This year has seen an improvement in Scott's times due to the continued hard work and dedication he gives.



### Athletics

The annual Run Balmoral event, sponsored by PIHL, again included a dedicated wheelchair 10k race. For the fifth year running the race was won by a Scottish athlete, with this year's winner being Ross Low. The 2010 event also saw the first lady racer in Jane Egan, another Scottish wheelchair athlete.

For further information relating to opportunities in the Aberdeenshire area, please contact Aberdeenshire Council's Disability Sports Development Officer, **Claire Bonner** on **01467 628812** or email **claire.bonner@aberdeenshire.gov.uk**

# Branch News

## Angus Disability Sport – Action in Angus

This past year has seen steady progress for Angus Disability Sport (ADS) and its members. A new and stronger committee has been formed who have embraced the SDS Minimum Operating Requirements which will strengthen the organisation for the future. Areas in particular to mention include the production of new membership forms and cards, a code of conduct for members of the management committee, clear roles and responsibilities for coaches and volunteers and the establishment of new databases of athletes, coaches and volunteers.

ADS in partnership with Angus Leisure Partnership Services (Alps), who have representatives from Leisure Services, Social Work, Health, Physiotherapy,

12

Occupational Therapy, Dietetics, Community Nursing and Speech & Language, piloted a ten week programme to promote health and wellbeing called Active Angus. The aim of the project was to promote health and wellbeing, promote healthy choices, provide an opportunity for social networking and to enable individuals to move onto community leisure activities and mainstream services. The programme included health screening, dietetic and exercise sessions. The success of this pilot has led to a second ten week programme being delivered between October and December this year.

Football in Angus has gone from strength to strength this year with 42 children attending the SDS Football Roadshow. The Angus Football Development squads have increased numbers and competed at the SDS National 5 a side Championships, with the A Squad finishing 3rd and the D Squad 2nd. The D band squad have also represented Special Olympics Great Britain at the Invitational Helsinki Cup and 14 coaches also completed their Coaching Footballers

with a Disability Coaching Course.

The Easter, Summer and October Holiday Programmes continue to be successful. To further develop the opportunities available to children with

be delivered in all Angus secondary schools and boccia sessions delivered in all Angus primary schools.

ADS is delighted to have six athletes and four coaches representing Special



additional support needs, links into various mainstream programmes have also been developed.

Weekly classes and clubs continue to thrive with an increase in numbers in Boccia and Multi-Sports clubs and an Angus / Tayside team of 16 attending the SDS Junior Athletics Championships at Grangemouth for the first time.

ADS in partnership with Angus Council have secured funding for a hoist which will enable athletes to access rebound therapy/ trampoline sessions.

Partnership working with Angus Active Schools continues with a calendar of events being produced. A Disability Inclusion Training Course was also delivered to teachers and SEN staff at the beginning of the year. Funding has now been secured to allow future developments with Active Schools. In the year ahead, football sessions will

Olympics Great Britain in the 2010 European Games in Warsaw and seven athletes and five coaches selected for the 2011 Special Olympics World Games in Athens.

ADS is also delighted to receive the Angus Club Excellence Gold Award. This is a club accreditation scheme which has been developed by Angus Council to allow the public to recognise safe, effective and child-friendly club environments.

For any further information on opportunities for people with disabilities in Angus, please contact **Laura Smith** on **01307 475367** or email **smithlap@angus.gov.uk**

# Branch News

## Dundee City Disability Sport – City of Discovery Welcomes Darren

Dundee City Disability Sport (DCDS) has had a very busy 12 months with Dundee athletes attending local branch and Scottish Disability Sport events. DCDS has an excellent working partnership with Dundee City Council Leisure and Communities Department through the Disability Sports Officers. DCDS would like to thank the Disability Sports Officers for their work in supporting teams and attending events throughout the year.

### Some of the highlights from 2009 - 2010

#### Darren Burnet coaches Dundee Bowlers

A Scottish International bowler dropped into Douglas Sports Centre to inspire bowlers with a disability from DCDS. Darren Burnett, who earlier this year was placed 16th in the World Bowls Tour rankings, shared his skills and knowledge with DCDS bowlers. The visit aimed to inspire existing players to greater things in their chosen sport and encourage new players to get involved. The bowlers had a great time learning from Darren and took the opportunity to show Darren their own individual skills.



#### Discovery Games 2009

The 11th Annual Discovery Games took place during the weekend 19th - 20th September 2009, 350 athletes from all over Scotland attended the event to take part in the following sports:

Boccia, Carpet Bowls – Dundee International Sports Complex, Motor Activities – Douglas Sports Centre, Table Tennis – Ward Road Gym and Swimming at Olympia Leisure Centre.

The Discovery Games is known as 'The Friendly Games' due to the relaxed yet competitive nature of the events. The games are a firm favourite and many teams and individuals make the annual pilgrimage to compete at the Games. DCDS would like to thank those that have supported us throughout the last 11 years. The event would not be such a success without the following sport specific co-ordinators:

Boccia – Andrea Law, Dundee Boccia Club  
Carpet Bowls – Darren Thomson, Sports Development  
Motor Activities – Eileen Ramsay, SOMA  
Swimming – Jennifer Quinton, Discovery Swimming Club  
Table Tennis – Jim Houghton, Volunteer

#### Rotary Football 2010

During May, 125 children and young people with a disability from primary and secondary schools across Dundee attended the Rotary Football Event, taking part in skills in the morning and small sided games in the afternoon. This event is in its 12th year and now has more children and young people taking

part than ever before. It is particularly pleasing to see more wheelchair users and children with differing mobility issues participating in the sport of football. DCDS would like to thank Darren Thomson and Gordon Quinton for the organisation of this event and all the Dundee College students for their hard work during the day. DCDS also thanks Dundee Rotary Club who sponsor this event each year with a generous donation.

#### Seventeen Brave Individuals scale Ben Nevis for DCDS

Seventeen brave individuals walked up Ben Nevis on 26th September 2009 to raise money for the DCDS Minibus appeal. All walkers made it to the summit and back down unscathed and were ecstatic at completing the climb. It was

a fine September day, however the temperature at the summit was a chilly 6 degrees at times. The group raised over £2000 and DCDS would like to thank each individual very much for their support. The team members were:

Ross McGuire, Allison Reid, Liz Dillon, Darren Thomson, Alan Ross, Laura Easton, Margo Finnegan, Averil Anderson, Lynne Meldrum, Neil Brown, Charlie Black, Jackie Black, Caryn Prophet, Elaine Ross, Lauren Grogan, Sheena McDonald and Gordon Quinton.

13

#### Scottish Disability Sport – Junior Athletics Championships

Eight Dundee athletes were selected to represent the Tayside Team at the 4th Junior Track and Field Championships at Grangemouth Sports Complex on Wednesday 2nd June 2010. This was the first time that any team from Tayside has attended the event and the results for the Dundee Athletes are as follows:

100m Male – Ben McDonald 1st, Hamza Sharif 2nd, Gareth Bell 3rd  
100m Female – Suzie Taylor 2nd  
200m Male – Ben McDonald 2nd  
60m Male – Connor Gablehouse 2nd  
60m Female – Suzie Taylor 3rd  
Softball – Connor Gablehouse 3rd

Well done to all the athletes who represented Tayside at this event.

DCDS thanks all those who have made 2009/2010 a very successful year and look forward to working with friends old and new in the year ahead. We also are looking forward to our 30th Anniversary programme that will start in 2011.

Anyone interested in finding out more about activities taking place in Dundee should contact Dundee City Council's Disability Sports Development Officer, **Gordon Quinton** on **01382 432346** or email **gordon.quinton@dundeecity.gov.uk**

# Branch News

## Disability Sport Fife – Another Year of Progress in Fife

Developing individual sports continues to be the major focus of the work of Disability Sport Fife (DSF). Staff and volunteers are intent on engaging more athletes in more sports more often. Children, athletes and players of all levels of ability interact with quality coaches in safe and appropriate learning environments. Steady progress has been made in the year past to develop the DSF coaching workforce. Professional development opportunities, revision of risk assessments and coach recognition are just some of the areas where progress has been made. DSF recently made a decision to change to self employment contracts for its coaching workforce and move away from the Council payroll. The three year DSF Vortex programme funded by the Big Lottery ends this year but the

**14** Association is confident that the current programme will be sustained during 2011 and beyond.

Membership of Fife Futures currently sits at five. Two athletes have represented GB in the year past (Craig Rodgie and Lucy Walkup) and two others have performed well for Scotland (Stefan Hoggan and Michael Simpson). The fifth member is 18 year old Owen Miller whose performances in cross country and on the track have been exceptional. The recent acquisition of an INAS Primary classification could not have come at a better time for Owen. These are our potential Paralympians and Commonwealth Games team members. DSF is planning to introduce another strand of performance athlete below the 'Futures' called the 'Eagles' to support and encourage young and aspiring athletes in particular. Thirteen great DSF performance athletes were inducted into the DSF Hall of Fame at the 2010 AGM and Awards evening where more awards than ever were presented to leading athletes, coaches and volunteers. DSF has a proud history created by outstanding Paralympians in particular. One great Paralympian Andrew Lindsay officially

retired last year following a highly successful international career when in one ten year period he was undefeated in his class in 100 metres backstroke. Another, three times Paralympian Caroline Baird, is expecting her second child in December and continues to play a part in the General Management Committee.

DSF is proud of its coaches and volunteers and the roles they play in ensuring our members are safe in their sporting environments. Equity is also a DSF priority and underrepresented groups such as children and young



people with a physical or sensory impairment are actively pursued in every way possible. DSF acknowledges the support it receives from Active Fife and Sports Development staff in particular and is proud of the partnership projects and programmes that have been a feature of the year past. DSF will continue to offer mentoring and learning opportunities to college students and encourage, engage and deploy volunteers with the requisite skills and commitment. DSF favours a mix of mainstream and discreet sports options but is robust in its pursuit of inclusive coaching opportunities where possible and appropriate.

DSF is proud of its comprehensive annual events programme and has added three new invitation events during the past year under the Celebrating Fife 2010 Flagship Programme. Netball, badminton and bowls are three key DSF development sports and DSF has invited other Branches to Fife to help with the development of the sports. The Inter Area Bowls Test Match involved

bowlers from Lothian, Highland, Fife and West of Scotland playing singles, pairs and triples over a full day. Once again Beveridge Park members and Fife Council played a major part in the occasion. So successful was the day that Lothian has agreed to host the 2011 event. Other highlights of the year were the Third Junior Multi-Sports Festival for physically disabled and visually impaired pupils and the Annual Fife Sports Festival which received a full Council grant for the first time.

Fife teams and individuals continue to excel on the national and international stage. DSF arranged a families reunion evening early this year, attended by 400, to pay tribute to the many athletes and coaches who were part of the Fife team at the Summer Special Olympics Games in Leicester. Families and sponsors attended. Stories from Leicester were still fresh in athletes' memories. The athletes in that team were wonderful ambassadors for Fife. DSF now

produces a monthly electronic newsletter and special editions were prepared to report on the reunion evening plus another for the Hall of Fame announcement.

The General Management Committee has met less frequently than in previous years due to the illness of Chairman Paul Noble. The Finance committee has been particularly active due to the considerable amount of fundraising undertaken to support individual members and development projects. The Performance Committee has been there to support the Fife Futures specifically. The Equity and Welfare Committee has been active in launching new standards and ensuring our members are safe in sport. DSF is indebted to its many partners whose support enables the Association to be innovative, creative and persistently busy. Another good year was had by all.

For further information on opportunities available in Fife, please contact **Norma Buchanan** on **08451 555555 ext 444989** or email **norma.buchanan@fife.gov.uk**

# Branch News

## Forth Valley Disability Sport – Busy Year for Forth Valley

2009/2010 has been another very busy year for Forth Valley Disability Sport (FVDS). In partnership with the Central Sporting Partnership, local councils and many other partner agencies the branch has hosted 15 regional events again this year. There have also been many successful developments throughout the year, some of which are listed below.

### Golf

FVDS continue to work in partnership with Clubgolf to develop golf participation centres for players with learning, physical and sensory disabilities. Three separate sessions have been co-ordinated at Brucefields Golf Club and there will once again be two blocks of eight week session available throughout 2010. The sessions have been very popular over the past three years with 24 golfers participating over the three sessions every Saturday.

### 2012 Club

The 2012 club has moved venue to the Grangemouth Sports Complex this year and runs on a Saturday morning from 10.30am to 12noon. The club was established to offer children and young people aged between eight and 18 with physical and sensory disabilities the opportunity to participate in sport. The club has a multi-sport focus offering participants the opportunity to experience archery, athletics, boccia, bowling, football, basketball, tennis and fun games.

### Grant Aid

FVDS supports many athletes in national squads and development programmes by helping to fund equipment and training through a grant aid application scheme. This year Sam Agnew (swimming), Megan Dawson (athletics), Alan Oliver (badminton) and Jamie Docherty (boccia) were all supported by the grant aid scheme.

### FVDS Easter and Summer Programme

FVDS have developed an Easter and Summer Multi-Sports programme this year. The purpose of these programmes is to provide sporting opportunities for children and young people aged eight to 18 with a learning, sensory or physical disability during school holidays. The Easter programme was held in the Peak Sports Village in Stirling with participants getting to try out a range of sports. The summer programme was

held at Alloa Academy in Clackmannanshire with a three day programme that ran on the 20th, 21st and 22nd July 2010.

### Clubs

Club Development has been a key focus for the SDS Regional Manager in the last year with two new disability sport specific clubs established. The Forth Valley Flyers Athletics Club started in December 2009, run by a committee of parents, coaches and athlete representatives, and is now affiliated to Scottish Athletics with athletes coached by qualified coaches. The Club provides anyone with a physical, sensory or learning disability over the age of 12 the opportunity to be involved in athletics. The Flyers meet on Tuesday and Friday evenings from 6.15pm to 7.30pm at Grangemouth Sports Stadium and at present the club has 15 regular members. Right on Target Boccia club was set up in February 2010 and is based at Alloa Academy in Clackmannanshire. The club runs on Thursday nights from 6pm to 7.30pm and provides anyone with physical, sensory or learning disabilities the opportunity to be involved in Boccia. The club's committee again consists of parents and is supported by the local Active School Co-ordinators. The Central region now has ten disability specific club opportunities and offers five of six SDS strand one sports.

### Positive Sport Forum

FVDS working closely with partner agencies has developed the Positive Sports Forum to fill a gap in provision for adults with a disability in the Forth Valley area. The group meets

bimonthly and is looking at ways to provide sporting opportunities for adults. This year Positive Sport has held three regional multi-sports events, one in each local authority area. The group is now

looking at next year's calendar to see if the number and range of events could be increased.

Should you require any further information relating to opportunities in the Forth Valley are, please contact Branch Co-ordinator **Graham Harvey** on **01324 590720** or email **harveyg@sportcentral.org.uk**



# Branch News

## Highland Disability Sport – Highland Clubs Established

Two sports groups' that have traditionally operated under the banner of Highland Disability Sport (HDS), have recently formed their own clubs. Highland United Football Club (HUFC) and Highland Disability Sport Golf Club (HDSGC) now have their own committees to oversee governance and development. Both clubs involve players on their committees along with the core coaches, volunteers and managers. This structure allows players some involvement in the decision making processes and gives disabled sportspeople a voice in their chosen sport. The clubs have their own constitutions and bank accounts and affiliate to the HDS branch who will still be responsible for all their administration and for national competition entries.

HDS Football Co-ordinator, Peter Corbett, who acts as membership secretary for HUFC stated "I am pleased that the group decided to form its own club as it could attract more businesses that are football minded into sponsorship for games and competitions and already we are boasting a healthy bank balance". The club already organised their own kit and have some friendly games organised.

Ronnie Mitchell, the HDS Golf Co-ordinator was similarly minded as he said "This gives us independence to do our own fundraising for players that get selected for national events and for other events as we get several invitations to compete all over the country and costs can be very expensive for travel".

The group held a stableford competition at Spey Valley Golf Club in Aviemore recently to raise funds for five of its members selected to travel to Denmark as part of a Great Britain Team competing in a Special Olympics European Golf Tournament. The event at Aviemore attracted interest from private companies and over £1500 was raised for the trip.

Other sports in the Highland Area that are looking at similar schemes are swimming and badminton.

Anyone wishing further information about these clubs can contact **Charlie Forbes** on **01463 663301** or email **Charlie.forbes@highland.gov.uk**



## Lothian Disability Sport

Once again it has been a busy year in Lothian for clubs, athletes and players.

### Badminton

A second branch of the Lothian Disability Badminton Club is set to open in the West Lothian area, offering further opportunities for players with a disability to take part in this developing sport. A number of the existing Lothian



players have enjoyed success at the Four Nations Disability Championships and also at European level. In recognition of this success the club has been crowned 'Club of the Year' at the recent LDS awards.

### Bowls

A team of 15 Lothian bowlers travelled to Dundee on Saturday 6th February to compete in the 30th SDS National Carpet Bowls Championships. With two defending champions in the team, hopes were high for continued



success. However, it was actually two different bowlers who came away with trophies, demonstrating the depth of talent amongst bowlers in Lothian. The 2010 champions were Eileen Restorick in the ambulant bowlers (ladies), unrestricted category and Garry Whitfield in the ambulant bowlers (mixed),

# Branch News

restricted category. This was the second occasion Eileen has won the Bearsden Shield but as her victory this year came on her birthday it was particularly special. For Garry this was his first ever national title and in beating two opponents who have both played for Scotland outdoors he showed his talent at the short mat version of the game. With two former champions in the ambulant bowlers (men), unrestricted category LDS had hopes of success but both Jimmy Restorick and Neil Shirley were knocked out at the semi-final stage, as was Margaret Brown who was defending the title eventually taken by Eileen.

## Football

Lothian Disability Sport (LDS) and Meadowmill Sports Centre were delighted to be able to host the 2009 Scottish Disability Sport / Scottish Football Association National 7 a side Championships for players with a learning disability. The event was the first opportunity for Lothian Hibernian to compete on home soil with two teams competing, one team in the B category and one team in the C category. The teams certainly looked the part, kitted out in full home and away Hibernian FC kit. However, not only did they look the part they also delivered the results with both teams winning gold in their respective categories.

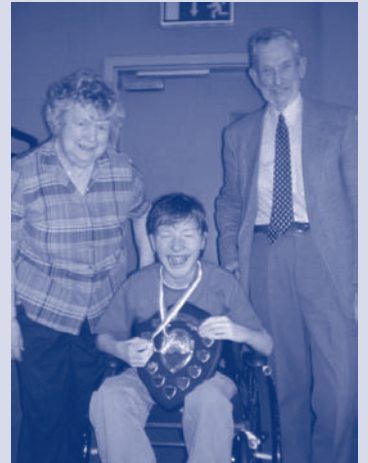


The day was made even more exciting by the arrival of Hibernian Football Club's first team manager, John Hughes, who presented the medals to the winning teams. Lothian Hibernian was formed early in 2009 and is a partnership between the long running Lothian Special Olympic Football Team based at Meadowbank in Edinburgh and the Hibernian Community Foundation. The club is open to any player with a learning disability over the age of 14 living within the Lothian area.

## Swimming

The 2009 IPC European Swimming Championships took place in Reykjavik, Iceland and Lothian Swimmers Jim Anderson (MBE) and Sean Fraser were two of only three Scots to make the British team. Both swimmers were amongst the medallists with Sean winning three individual bronze medals in the S8 class in the 100m backstroke, the 400m freestyle, and the 50m freestyle. In addition, Sean swam in the heats of

the 4x100m Freestyle relay, an event where the British team took gold in the final holding off a strong challenge from Spain. Jim, competing in the S2 class, won gold in the 50m Freestyle and silver in the 50m Backstroke. Jim was also the lead swimmer in the men's 4x50m medley relay team, who took the silver medal. The Lothian Disability Sport Swimming Gala for club swimmers with a disability took place at Dalkeith Campus on Saturday



26th September 2009. 49 swimmers competed in the event, many making their competitive debut, and everyone performed well. To see so many new faces and younger swimmers at the gala indicates that swimming in the Lothian area is improving all the time and that is testament to all the clubs, coaches and volunteers. LDS had the honour of presenting the Mark Headden Memorial Award for the first time at this Gala and were delighted when Mark's parents agreed to attend in order to present this to the 'most improved swimmer of the year'. This accolade went to Lothian Racers' Anthony Swift who has made an enormous improvement over the past year. Anthony, who has Cerebral Palsy, has progressed from not being able to swim a length of the pool to competing in his first gala.

## Wheelchair Tennis

The Winning Wheels Wheelchair Tennis Club, based at Craiglockhart Tennis Centre in Edinburgh, is delighted that its activities can be continued and extended following the award of two grants from the Lottery Fund and Comic Relief for £9680 and £1500 respectively. Both adults and children who have never played tennis are particularly welcome. For further information contact **Anna Myatt** on **07793 968027** or **David Hogg** on **07835 222533**.



# Training Calendar

|        | Course Name   | Date                   | Time and Duration    | Cost   | Venue   | Contact for Booking Course   |
|--------|---|------------------------|----------------------|--------|---|--|
| 9.3    | <b>Runningsports Scotland</b><br>Funding for your club all ages           | 27 September 2010      | 1830-2130<br>3 Hours | £20.00 | Limetree House, Alloa, Clacks                       | admin@scottishdisabilitysport.com  |
| 09.102 | <b>Disability Inclusion Training</b>                                      | 28 September 2010      | 1600-2200<br>6 Hours | £30.00 | Edinburgh   | admin@scottishdisabilitysport.com  |
|        | <b>Coaching Footballers with Disabilities</b>                             | 28 September 2010      | 1600-2100<br>5 Hours | £45.00 | Inverness Sports Centre                             | Charlie.forbes@highland.gov.uk   |
|        | <b>Coaching Footballers with Disabilities</b>                             | 29 September 2010      | 1700-2200<br>6 Hours | £45.00 | Aberdeen Sports Village                             | coaching@scottishfa.co.uk<br>0141 616 6071   |
| 10.1   | <b>Classification</b>   | 4 October 2010         | 1830-2130<br>3 Hours | £20.00 | Caledonia House, South Gyle, Edinburgh              | admin@scottishdisabilitysport.com  |
| 18     | <b>Coaching Footballers with Disabilities</b>                             | 12 October 2010        | 1000-1600<br>6 Hours | £45.00 | St Andrews HS, Coatbridge                           | coaching@scottishfa.co.uk<br>0141 616 6071   |
|        | <b>Coaching Footballers with Disabilities</b>                             | 13 October 2010        | 1000-1600<br>6 Hours | £45.00 | Glasgow   | coaching@scottishfa.co.uk<br>0141 616 6071   |
|        | <b>How to Coach Disabled People</b>                                       | 14 October 2010        | 1830-2130<br>3 Hours | £25.00 | Inverkeithing HS, Hillend Road, Inverkeithing, Fife | Inverkeithing Community Use School on telephone numbers: 01383 602349 or Reception: 08451 555555 ext. 496801 or bill.hogg@fife.gov.uk or on 01383 602393 |
|        | <b>Coaching Athletes with a Disability</b><br>(Scottish Athletics Course) | 16 October 2010        | 1000-1600<br>6 Hours | £35.00 | Dalkeith Campus, Lothian                            | Anne Stewart / Shona Malcolm at <b>scottishathletics</b> , Caledonia House, South Gyle EH12 9DQ<br>0131 476 7328   |
|        | <b>Disability Inclusion Training</b>                                      | 9 November 2010        | 1600-2200<br>6 Hours | £30.00 | Stirling  | admin@scottishdisabilitysport.com  |
| 11.106 | <b>Disability Inclusion Training</b>                                      | 8 and 16 November 2010 | 1800-2100<br>6 Hours | £30.00 | Inverurie Town Hall, Inverurie                      | admin@scottishdisabilitysport.com  |
| 11.1   | <b>Poolwork</b>   | 19 November 2010       | 0930-1330<br>4 Hours | £30.00 | Lochgelly HS Community Use                          | admin@scottishdisabilitysport.com  |

# Training Calendar

|        | Course Name   | Date                           | Time and Duration    | Cost                              | Venue                                 | Contact for Booking Course   |
|--------|---|--------------------------------|----------------------|-----------------------------------|---------------------------------------|--|
| 11.2   | <b>Boccia Leaders Award</b>   | 20 November 2010               | 1000-1300<br>3 Hours | £30.00                            | Dornoch Academy                       | admin@scottishdisabilitysport.com  |
|        | <b>Coaching Footballers with Disabilities</b>                             | 28 November 2010               | 1000-1700<br>6 Hours | £45.00                            | The Peak, Stirling                    | coaching@scottishfa.co.uk<br>0141 616 6071   |
| 01.109 | <b>Disability Inclusion Training</b>                                      | 25 January 2011                | 1000-1630<br>6 Hours | £30.00                            | Kirkintilloch Leisure Centre          | admin@scottishdisabilitysport.com  |
|        | <b>Coaching Athletes with a Disability</b><br>(Scottish Athletics Course) | January 2011<br>Exact date TBC | 1000-1600<br>6 Hours | £35.00                            | West Venue TBC                        | Anne Stewart/Shona Malcolm at <b>scottishathletics</b> , Caledonia House, South Gyle EH12 9DQ<br>0131 476 7328 |
|        | <b>Coaching Footballers with Disabilities</b>                             | 5 February 2011                | 1000-1700<br>6 Hours | £45.00                            | Gorebridge Leisure Centre, Midlothian | coaching@scottishfa.co.uk<br>0141 616 6071   |
| 02.1   | <b>Classification</b>   | 8 February 2011                | 1800-2100<br>3 Hours | £20.00                            | Limetree House Alloa                  | admin@scottishdisabilitysport.com  |
|        | <b>How to Coach Disabled People</b>                                       | 18 February 2011               | 1800-2100<br>3 Hours | £25.00                            | Forthbank Stadium, Stirling           | glenl@sportcentral.org.uk  |
| 02.2   | <b>Poolwork</b>   | February<br>Exact date TBC     | Timings TBC          | £30.00                            | Lothian<br>Exact venue TBC            | admin@scottishdisabilitysport.com  |
|        | <b>How to Coach Disabled People</b>                                       | 7 March 2011                   | 1830-2130<br>3 Hours | Please contact organiser for cost | Glasgow Green Football Centre         | Will.McConn@csglasgow.org.uk   |
| 03.1   | <b>Poolwork</b>   | 8 March 2011                   | 1730-1930<br>2 Hours | £30.00                            | Graeme High School, Falkirk           | admin@scottishdisabilitysport.com  |
| 03.113 | <b>Disability Inclusion Training</b>                                      | 14 March 2011                  | 1600-2200<br>6 Hours | £30.00                            | Tayside and Fife                      | admin@scottishdisabilitysport.com  |

# Contacts

## Sports Specific Development Officers

| Sport     | Contact       | Telephone     |
|-----------|---------------|---------------|
| Football  | Stuart Sharp  | 0141 616 6077 |
|           | Greig Taylor  | 0131 625 4412 |
| Swimming  | Paul Wilson   | 01786 466502  |
| Curling   | Sheila Swan   | 0131 333 3003 |
| Athletics | Shona Malcolm | 0131 539 7348 |

## Regional Staff

| Region        | Contact        | Telephone    |
|---------------|----------------|--------------|
| Aberdeen      | Andrinne Craig | 01224 497201 |
| Aberdeenshire | Claire Bonner  | 01467 628812 |
| Central       | Lynne Glenn    | 01324 590720 |
| East Lothian  | Gary Fraser    | 01875 619070 |
| West          | Lynn Allison   | 07578 103343 |
| West          | Becky Bisland  | 07578 242267 |

## Branches

| Area                | Contact          | Telephone                 |
|---------------------|------------------|---------------------------|
| Aberdeen            | Andrinne Craig   | 01224 497201              |
| Aberdeenshire       | Claire Bonner    | 01467 628812              |
| Angus               | Laura Smith      | 01307 475367              |
| Borders             | David Laing      | 01573 224202              |
| Dumfries & Galloway | Alison Murray    | 01776 702151 (ext 61269)  |
| Dundee              | Gordon Quinton   | 01382 432346              |
| Fife                | Norma Buchanan   | 08451 555555 (ext 444989) |
| Forth Valley        | Graham Harvey    | 01324 590720              |
| Glasgow             | Gordon McCormack | 0141 287 5294             |
| Highland            | Charlie Forbes   | 01463 663301              |
| Lothian             | Gary Fraser      | 01875 619070              |
| North Ayrshire      | Stephen Browning | 01294 317457              |
| Perth & Kinross     | Alan Clark       | 01738 477846              |
| South Lanarkshire   | Millar Stoddart  | 01698 476131              |

## Head Office

The Administrator  
Scottish Disability Sport  
Caledonia House  
South Gyle  
Edinburgh, EH12 9DQ

Tel: 0131 317 1130  
Fax: 0131 317 1075  
Email: [admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com)

**Chairperson:**  
Gordon McCormack

**Chief Executive Officer:**  
Gavin Macleod

**Pathways Manager:**  
Claire Morrison

**Performance Manager:**  
Ruari Davidson

**Participation Manager:**  
Russell Hogg

**Coaching and Education Manager:**  
Heather Lowden

**Assistant National Football Development Officer:**  
Greig Taylor

**Finance Manager:**  
Ailien Pallott

**Administrator:**  
Caroline Lyon

**Website:**  
[www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

## Fife Office

The Administrator  
Scottish Disability Sport  
Fife Sports Institute  
Viewfield Road  
Glenrothes, KY6 2RB

Tel: 08451 555555 ext 444989  
Email: [Norma.Buchanan@fife.gov.uk](mailto:Norma.Buchanan@fife.gov.uk)

**Administrator:**  
Norma Buchanan

**Patrons:**  
*Patron*, Craig Brown, CBE  
*Honorary President*, Philip Harris, FRCS  
*Hon. Vice President*, Jean Stone, MBE

### Photographs supplied by:

Scottish FA, [sportscotland](http://sportscotland), Steve Lindridge at Ideal Images, Bob Dick, Terry McLernon, Laura Smith, Gordon Quinton, the Courier, Graham Harvey, Ian Hunt, Jim Innes, Gary Fraser, Val Williamson, Charlie Forbes and Andrinne Craig.