

MAKING INSURANCE AND RISK MANAGEMENT SIMPLE

Here is some useful information - extracts from Zurich booklets that you may find interesting and if you wish more information please email Lynne Walster (Executive Committee Member) Contact details and further information of what our insurance scheme can offer your club can be found on page 7.

To help you identify areas that may warrant insurance cover, here is a brief overview of the different types of insurance commonly chosen by non-profit organisations:

Public liability

This protects you (meaning your organisation, your committee members, your volunteers and your employees) for your legal liability to meet claims for compensation made by third parties for injury, death, loss of or damage to property, and in some instances, financial loss, too.

Employers' liability

If you employ people, you are required by law to have this insurance. It protects you against your legal liability for injury and/or death claims for compensation.

Material damage

Cover for loss of or damage to your property, be it buildings, contents, property in the open, or property in transit and used away from your premises. The most comprehensive cover available is 'all risks' which covers against all losses other than specific, standard exclusions such as wear and tear.

Money

If your organisation handles money, for whatever reason, take it to the bank as soon as possible. You may consider insuring against the theft of notes, coins, etc. for which you have responsibility, be it in your custody, in transit or held at the premises or in a night safe.

Personal accident

An agreed level of benefit is given usually following an injury suffered on business (or commuting), on a scale of compensation, for employees, volunteers and committee members – this can either be a weekly sum for a temporary disablement or a lump sum for a permanent injury. It's over and above any compensation agreed arising from your legal liability (which is why it's deemed a benefit).

Risk Management

An organisation that can show a clear risk management policy, setting out its approach to risk and how this aligns with its goals, will be well placed to argue that a court should accept their assessment of why particular risk control measures were (or were not) adopted. If you can present this evidence in a structured and well documented way this will be a very useful tool for defending claims, as it shows that your organisation is fully aware of the risk situation, has considered both the drawbacks and the benefits, and has taken the appropriate steps. Your organisation's risk management policy should outline its risk management approach (for example, policies and procedures, reporting, internal audit programme), and the ways it will be reviewed. The policy should also state the risk management responsibilities of relevant people in your organisation

NEW WEBSITE AND EMAIL ADDRESS:

www.aberdeenshire.gov.uk/sportscouncil

sports.council@aberdeenshire.gov.uk

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CHAIRMANS REPORT 2009

This has been a very exciting first year as chairman of Aberdeenshire Sports Council I would like to thank everyone on the committee for all their help and support in the past year. Especially Jim Conn, James Lessells and Alison Hodgson whose knowledge and expertise have been invaluable.

This year we have had the re-launch of the Aberdeenshire Sports Directory 2008/09, featuring 385 clubs that are all affiliated to Aberdeenshire Sports Council. This publication is also available at our new web page. www.aberdeenshire.gov.uk/sportscouncil

We have also formed strong links with the active schools co-ordinators holding joint workshops and also helping forge strong links with schools and clubs. With several sports running festival programs, to encourage participation for primary pupils.

This year we also ran a pilot athletics forum starting with an open meeting held at Ellon Meadows Sports Centre. We formed a working group to help develop and steer our athletics program working in partnership with the Athletics development officer.

This year we also played host to the National Danish Performance Team (NDPT). From the 16th march this internationally renowned display team spent 2 weeks in Scotland as part of their world tour. They arrived in Scotland directly from Columbia. Thanks to the work on Jim Conn and the

Scottish Association of Local Sports Council they arrived in Aberdeen on Friday 20th march for a four day visit with workshops in Aberdeenshire and the City ending with a wonderful show at RGU. Again thanks go out the officers from Aberdeenshire Council and Aberdeen City for showing us a good display of partnerships in action.

The awards night ran well with some excellent nominations making the selection very difficult.

We also launched our new web pages – www.aberdeenshire.gov.uk/sportscouncil

One stop shop for affiliation forms to grant application forms newsletter and club directory.

A very exciting year thanks again to all the help from the committee and the girls in the office, Christine and Tracie-Ann.

Kenneth Gibb

ABERDEENSHIRE SPORTS COUNCIL

An Open Invitation to everyone interested in Sport

Aberdeenshire Sports Council will be holding an Executive Committee meeting on Wednesday 2nd September in Maud venue to be confirmed.

It is some time since we last held a meeting in the Maud area and feel that it is appropriate to have an open session from 6.30 to 7.30pm for local clubs and organisations. The open session will allow anyone interested in the development of sport to come and meet us and discuss the benefits of Sports Council membership.

Information will be available on the following:-

- * Grant Funding We offer a range of grants designed to help clubs and individuals develop their sport.
- * ClubCAP Aberdeenshire's Club Accreditation Programme which has achieved national recognition as an excellent way of demonstrating that your club is well managed and offers a child safe environment.
- * Group Insurance We offer a cost effective group insurance scheme, which is available to our members.
- * Active Schools Partnerships We have a good working relationship with the Active Schools Coordinators and offer development funding for new joint initiatives.

We also want to hear from you. This is a good opportunity for you to tell us how you feel the services we offer to our members can be improved.

The Executive Committee meeting will follow on from the open session at 7.30pm, we welcome anyone interested to stay for this meeting, and would particularly interested in anyone wanting to become a club representative on the Committee.

Looking forward to meeting you.
Kenny Gibb(Chairman)

Aberdeenshire Sports Council Executive Committee 2009/2010

ABERDEENSHIRE SPORTS COUNCIL CONTACT LIST

At the Executive Committee meeting on 3rd June the committee elected the following office bearers:

Chairman - Kenny Gibb

Vice Chair - Jim Conn

Treasurer - James Lessells

Secretary - Tracy McGarry (Alison Hodgson will remain in post on a temporary basis)

The following have been elected to Aberdeenshire Sports Council Executive Committee for 2009/10. There are still a number of vacancies - contact us if you know of any reps who would like to get involved. We are keen to fill these places as soon as possible.

Should you have any queries regarding Aberdeenshire Sports Council contact Keith Leslie (Administrator) on the number(s) given below or any of the Executive Committee who should be able to help.

a) Three elected Members appointed by Aberdeenshire Council.

Councillor Ron McKail	01224 742095
Councillor Hazel Al-Kowarri	01467 642984
Councillor Sandy Stronach	01771 653724

b) Sixteen volunteer representatives, from affiliated clubs, forums, organisations, individuals.

Lynne Walster (Swimming)	01467 632418
Rhona Lawrence	(Highland Dance)	01358 789429
Gordon Ingram	(Angling)	01339 882398
James Lessells	(Pony Club)	01771 637834
Alan Still	(Football)	01261 818303
Mark Chisholm	(Football)	01261 818303
Jim Conn	(Equestrian)	01771 644414
Kenny Gibb	(Basketball)	01467 633425
Alison Hodgson	(Equestrian)	01771 644384
Tricia Morrison	(Trampoline)	01467 642045
John Morrison	(Trampoline)	01467 642045
Tracy McGarry	(Shooting)	01346 532939
Albert Middler	(Curling)	01224 781248
Jamieson Shearer	(Rugby)	07767252171
John Chapman	(Hockey)	
Bill Conn	(Bowling)	

c) One Sports Development Officer, appointed by Aberdeenshire Council Education, Learning and Leisure Service.

Keith Leslie 01771 613666

d) Three representatives, to be appointed by Aberdeenshire Council Education, Learning and Leisure Service, to represent the Community, Primary and Secondary Education Services.

Vacant	Secondary
Neil Ironside	01651 871312 Community
Vacant	Primary

e) One representative appointed by Aberdeenshire Disability Sport

John Wills 01467 628158

f) Director of Education, Learning and Leisure for Aberdeenshire Council, or representative.

Tim Stephen-Sport & Leisure Manager
01224 665515

g) One representative appointed by sportscotland

Ewan Menzies 0131 3177200

h) One representative appointed by Scottish Association of Local Sports Councils

Oliver Barsby 07530871456

i) Two young person representatives (under the age of 25 yrs) from affiliated clubs, forums, organisations, or affiliated individuals.

Craig Sanderson (Basketball)
01467 624096

Vacant

BANFF NETWORK SKIPPING EVENT

The Active School Coordinator and Assistant Health Improvement Officer in the Banff Network worked together to deliver a whole network activity to all the primary schools in the Banff Cluster. After securing funding through the Network to supply every single child with a skipping rope a 4 week skipping programme followed for all P1 – P3 pupils. 2 local skipping workshops then followed and these were open to all teaching staff and auxiliaries who were keen to get some ideas for teaching skipping to their classes. Through a teacher link from Macduff primary an Australian school was contacted and asked if they would like to get involved in a ten minute skip, mimicking what we were doing and they agreed. On the morning of the 6th of May all Banff Schools had every single child outside, participating in our 10 minute skip at exactly the same time. The event kicked off with every school receiving a skipping demonstration from the girls from the Skip To The Beat club.

Each school had the opportunity to win various awards:

- * Whole School Approach – Judged by Dawn Tuckwood
- * Active Afterschool/ Lunchtime Skippers – Judged by Brian Mitchell
- * Most Improved P1 – P3 s – Judged by Silvana Matheson
- * Imaginative Skipping Shape – Arts Development
- * Most Interactive School Message – Deveron FM

The event was recorded in every school by senior pupils and volunteers and we are in the process of editing and hope to produce a Network DVD. Every school was awarded a trophy and certificate for participating and all 1272 children received a certificate. The event was sponsored by local businesses, Scotframe, Aberdeenshire Sport Council, Ken Barbour, Deveron Coaches, Coop, Community Food Initiative and Macduff Ship Yards. Every child was given a bottle of water which was donated by Sangs and a piece of fruit.

Moray Firth Radio and Deveron FM presented live recordings from Banff and Macduff primary schools and local newspapers covered the event.

The event was a huge success and it was an amazing sight to see every staff member and pupil outside participating in a whole Network event with parents watching and encouraging participation. Skipping is now taking place daily in our playgrounds at lunchtime and break times which was a key aim to this project.

Well Done to the Banff Network for pulling together and creating an amazing successful event!

Susan Macintosh(ASC) and Jill Smith(AHIO)

NATIONAL SUCCESS FOR GRAMPIAN FOOTBALLERS

Eight Footballers from the Grampian learning disability football squad attended Scottish Disability Sports National 5-a-side Championships at Glasgow Green on Wednesday 29th April. They were banded in the highest division (A).

There first game was against Abercorn where they came



out top winning 4–2. Second game saw off tough competition from St Aidans but with determination they secured a 2 – 1 win. In their third game they continued there run of success winning 8 – 1 against Lothian. Full of confidence they defeated Ayrshire 6 – 0 and then onto there final match to secure a clean sheet they won 8 – 1 against Dunbartonshire. Bringing home gold.

Great to see the gold coming North of the central belt with many teams commenting on the strength of the Grampian Squad which consisted of Colin Knox, Stuart Gordon, Ryan Robertson, Daniel MacIntosh, Gavin Rothney, Michael Mortimer, James McDonald and Ewen Coutts.

The Grampian squad has gone from strength to strength with Colin Knox, Daniel MacIntosh and Stuart Gordon also securing their first cap for Scotland U19 LD team who played at the Home Nations Championship in Dublin in April finishing second in the tournament overall.

Further information on the above squad and Disability Sport contact: Claire Bonner, Disability Sport Development Officer on 01467 628812 email claire.bonner@aberdeenshire.gov.uk

TALENTED PERFORMERS REVIEW A SUCCESS

Following research done over the past 5 months the Sports Council have so far identified over 70 people who are at a national or international level in their specific sports.

The sports range from Archery through to Triathlon and the research has identified a number of new participants at a national level than we were previously aware of.

The research will be used when finalising the new Sports Pass benefits for national standard sports performers and be reviewed on an annual basis.

The breakdown so far per sport is as follows:-

Archery 4	Karting 1
Athletics 2	Netball 2
Badminton 5	Orienteering 3
Bowls 1	Pentathlon 2
Cricket 2	Rugby 1
Equestrian 12	Shooting 5
Football 1	Skiing 10
Golf 5	Skipping 1
Gymnastics 1	Snowboard 1
Hockey 3	Squash 1
Indoor Rock Climbing 3	Swimming 5

Aberdeenshire Sports Council is very encouraged by the response to date with a range of sources being used to compile the table. Information was sourced from the Grampian Institute of Sport where Aberdeenshire has 11 institute members. Further information came from individual grants made to talented performers across Aberdeenshire in 2008.

The range of nominations to the ANNUAL SPORTS AWARDS EVENING provided a ready source of information and further illustrated the extent of sports talent in Aberdeenshire.

The Sports Council are especially pleased to hear of the growing percentage of juniors now at a national/international level. There are also athletes who have achieved Great Britain selection and competed successfully at the Commonwealth Games.

The research undertaken will also help in monitoring the allocation of grant aid to talented individuals annually.

Commenting on the review to date Kenny Gibb, Sports Council Chairman said " We have made a promising start to building up a profile of our sporting talent. We intend to repeat the research annually to look at the progression of these talented performers up the sporting pathway."

If you know someone who is at a national/international level in their sport please contact Keith Leslie at keith.leslie@aberdeenshire.gov.uk or on telephone number 01771 613666.

TRIPLE SUCCESS

This year saw a major achievement at AIC Inverurie Hockey Club. The Ladies 1st XI, so close last year in 2008 coming runners up in the North District Division 1 and SHU District Plate competition, surpassed that this year and added an addition title by winning all District Competitions entered, the Outdoor and Indoor Division 1 titles, and the SHU District Cup by beating Glasgow Academicals at Peffermill, Edinburgh to make it a historic triple.



This was the Ladies first major success and to win all three competitions make it a memorable year. The Indoor league was won with a 100% record and conceded less than 1.5 goals a game, for indoor is a great feat as it is a fast high scoring game.

The outdoor was a bigger challenge over the whole season, with Aberdeen ladies and Aberdeen Grammar School being their closest rivals. However with a title decider as their last game against Aberdeen ladies, saw a crowd of 70+ at Garioch Sports Centre to watch the match, certainly the largest for a District match in recent years. Inverurie ran out 2-1 winners to clinch the title.

The SHU District Cup final was a close affair also with the experienced Glasgow side pulling back an early lead from AIC Inverurie, but the Ladies held out to win 4-3 to ensure previous victories against Hillhead in Glasgow, Kelburn at Home, Kinross away and East Kilbride away was wasted .

On top of that, the Men's and Ladies team were invited to Grange in Edinburgh to field a mixed team against their hosts and other invited teams. AIC Inverurie made the final and beat the hosts Grange in a sudden death penalty shoot out, to add another trophy to this years haul. Next year will be interesting.

NORTH HOCKEY DEVELOPMENT

ACTIVE SCHOOLS / SPORTS DEVELOPMENT / HOCKEY DEVELOPMENT

The North Active Schools team are aiming to develop Hockey for children and young people in North Aberdeenshire. Active School Coordinators aim to introduce Hockey for P4/5 in the following areas Banff, Turriff, Mintlaw, Peterhead and Fraserburgh. A festival will be organised in each area with the Hockey Development Officer supporting a North festival. A development pathway with after school activity will then follow in each of the networks with a view that a development pathway will be created. The North team are keen to set up a Hockey forum and would value any support or guidance that could be offered from any interested parties. A basic training workshop will be delivered and for candidates / coaches in Sept/Oct 09 and a Level 1 in Hockey will also be available through Active Schools in Nov / Dec 09. If you would like to be involved in the Hockey forum or are interested in becoming a coach to support your local area please contact the appropriate Active Schools Coordinator / Sports Development Officer for your area.

Banff Network Susan Mackintosh
susan.mackintosh@aberdeenshire.gov.uk

Turriff Network Kevin Davies
kevin.davies@aberdeenshire.gov.uk

Peterhead Network Tracy MacLeod
tracy.macleod@aberdeenshire.gov.uk

Mintlaw Network Patricia Brown
patricia.brown@aberdeenshire.gov.uk

North Sports Development Officer Keith Leslie
keith.leslie@aberdeenshire.gov.uk

Fraserburgh Network Post vacant / please contact
Keith Leslie for this area

ABERDEENSHIRE SPORTS COUNCIL GROUP INSURANCE SCHEME

We can offer clubs providing similar activities a set level of cover:

Public Liability £5,000,000

Operates only where the club has no alternative cover (eg via membership of a league or national association or sports body or personal insurance).

Excludes Member to Member cover.

Personal Accident

Capital Benefits £10,000 Temporary Benefits £100

Operates only where the club/individual has no alternative cover (eg via membership of a league or national association or sports body or personal insurance).

Money

£1,000 cash in custody &/or transit and £500 in private residence.

Excess £50

All Risks

£5,000

Contents belonging to the club or association – excludes items belonging to individuals and sports equipment whilst in use. Excess £100 per claim

Premiums based on risk of individual sport: ranging from £132.50 to £362.50 pa + IPT at 5%

Please Note that: -

Material Damage insurance (Buildings cover) can be added, but will need to be individually rated per risk.

Employers Liability – limit of Indemnity £10,000,000, may also be added where wages do not exceed £20,000 pa.

Sport Clubs that have Public Liability and Personal Accident insurance through their membership with their governing bodies (ie swimming or basketball clubs) may have 'All Risks' with 'Money' cover for a premium of £32.50 + IPT. (Level of cover and Excess as above)

'Public Liability' – there may be exclusions/exceptions as to what is able to be covered (ie equestrian – liability attaching to horses)

'Personal Accident' – anything involving racing other than on foot is specifically excluded. Football and Rugby clubs (excluding Youth Groups) will be charged a higher rate for this cover.

'All Risks' – is available at higher levels £10,000, £20,000 etc if required for an increased premium.

If you have any queries regarding the scheme, or wish a proposal form and further details sent via email, please contact Lynne Walster (a voluntary club representative on the Executive Committee) and she will be more than happy to answer your queries on 01467 632418 or email at lynnewalster@uwclub.net.

A short proposal form will need to be completed by each group, these can also be obtained from Alison Hodgson or Christine Edward, on 01261 813383.

MIDAS AND COUNCIL MINIBUSES

Existing Council Minibus Driver Permits will cease to be valid from 1st October 2009. Those wishing to continue to drive Aberdeenshire Council minibuses after this date must have:

1. Either
(i) gained a MiDAS certificate, or
(ii) hold a valid PCV licence and only intend to drive non wheelchair-accessible minibuses. PCV licence holders wishing to drive an accessible minibus must complete the accessible part of MiDAS training, and

2. You must hold a new Aberdeenshire Council Minibus Driver Permit.

Accessible or Non-Accessible Minibuses?

There are different MiDAS courses for wheelchair-accessible and non-accessible vehicles. If you choose to complete the non-accessible course you will not be permitted to drive an accessible vehicle. If you choose to complete the accessible course you may drive both types of vehicle as required.

For further information please visit our website www.aberdeenshire.gov.uk/sportscouncil and go to our links page.



[www.aberdeenshire.gov.uk/
sportscouncil](http://www.aberdeenshire.gov.uk/sportscouncil)

sports.council@aberdeenshire.gov.uk

ABERCHIRDER PRIMARY SCHOOL / MURRAYFIELD TRIP 30TH OF MAY 2009

Aberchirder primary felt privileged that they were one of the 16 schools invited to attend a Festival of Rugby – National Foundation Event – Tag Rugby 7s tournament. Nine lucky pupils headed off at 6.45am, along with Susan Mackintosh (Active School Coordinator), Jordan Nicol (Rugby coach) and Roddy Hall (Banff player) on their long journey to Edinburgh. A stop at Dundee / Tesco was required for the team to get changed into their kit.



One of the highlights for the boys in the team was watching the Scottish Rockets perform some Cheer Leading routines and getting their photo taken with the girls! The group enjoyed autograph hunting and were able to get up and close to many International players. To finish the event the team enjoyed watching the Scottish 7s squad play in the final match of the day.



On arrival at Murrayfield it was evident that the atmosphere for the day was going to be buzzing. The registration desk allowed the group the opportunity to witness their first close ups of the day with International players warming up and getting ready for action on the main pitch. The format for the day was for the team to play four games throughout the day of events and have the opportunity to



watch the International 7s play in between. Aberchirder won their first game, lost their next two games and won their last game. No prizes were won for their efforts but they played very well.



We arrived home in Aberchirder at 11.45pm with a tired and weary group. A fantastic day was had by all and Aberchirder Primary School would like to thank Banff Rugby Club for covering their transport costs which allowed for them to have a great experience and to Pete Young (Regional Rugby Development Officer) for making this event accessible to them.



Reports From A Number Of Previous Grant Recipients

Doric Bowmen Report

by Tracy McGarry

Doric Bowmen Archery Club recently attended the Northern Area Championships at St George Playing Fields, Banchory this year. Northern Area covers the North East of Scotland from Forfar in the South to Shetland in the North. The squad consisted of novice archers (the first year following completion of the beginner's course) and included senior, disabled and junior archers, shooting, recurve, barebow and longbow. The championship is a two day event, shooting several distances from 30 to 100 yards.

After an early rise, we emerged from our cars at Banchory to be greeted by a brisk breeze and murky rain. The day started with the necessary checks and signatures for equipment, membership, insurance, drug testing, child protection and photography. The target faces loomed in the far distance, the size of dinner plates. After a practice round, we were off, shooting the first round (12 x 6



arrows ends at 80 yards) 3 minutes per end. It took 3 rounds, before any of us even hit the target and all the while diving for cover into our pop up bivvies (not recommended in the wind) where possible, to escape the weather. A mental note made at this point, we

would use a large tunnel tent on Sunday.

The weekend finished and scores were collated, whilst field and personal equipment was packed away. Nervous anticipation ensnared our little group with the start of the award ceremony. In brief Doric Bowmen managed medals in most shooting categories: 1st – Double Bristol 1 Gents Longbow; 1st – Double Bristol 1 Gents Barebow; 1st – Double Bristol 1 U18 Longbow. 1st – Northern Area Champion Gents Longbow; 2nd Northern Area Champion Gents Recurve; 1st Northern Area Champion Gents Barebow and 1st Northern Area Champion U18 Longbow. Our junior, Daniel Best also secured the Scottish Record for Bristol 1 Longbow.

The club's success was inspiring to say the least, all of the individual archers put in long hours of practice and training. However it was the Development Grant from Aberdeenshire Sports Council which enabled us to have regular access to a senior coach over the past few months that made a difference.

Our grant also allowed us to purchase necessary maintenance and tuning equipment and regular workshops now take place in the Club for archers of all levels.

Our next session of beginner courses for both Senior and Juniors will start after the summer recess, so if anyone out there is interested please contact us for further information, of course if you can't wait until then, you can always pop in for a quick 'Have a go' on a Sunday afternoon (please contact us to arrange).

Finally, a big thank you must go to Aberdeenshire Sports Council for all their good work and for making it all possible.

SALSC JUNIOR BOWLS 2008

By Calum Walker

Age 15

On Saturday 28th June 2008, the Scottish Association of Local Sports Council National Junior Inter District Bowls Tournament was held at Hawkhead Bowling Club, Paisley. The event was hosted by Renfrewshire Sports Council.

Aberdeenshire Sports Council was represented by (Team A) – Connor Milne from Tarves Bowling Club, Andrew Thomson from Inverurie Bowling Club, Andrew Reilly and myself Calum Walker, Both of Westhill Bowling Club. (Team B) comprised Harry Hay, Neil Webster and Steven Webster from Huntly Bowling Club, and Andrew Murray from Inverurie Bowling Club. Both teams were fortunate to have Martyn Thomson, Inverurie Bowling Club as a travelling reserve.

This was the fifth consecutive year that we had represented Aberdeenshire Sports Council in this event. From our experience, we were aware that the standard of Under 16 competition on a national level was very high.

We arrived in Paisley feeling well prepared and ready to face the challenge ahead. Sports Councils from Moray in the North to Wigtownshire in the South of Scotland were again represented. The event was very well organised with great hospitality and facilities provided by Hawkhead Bowling Club

We played six matches over two rounds of round robin format against strong opposition with the best placed four teams qualifying for the semi finals. Both Aberdeenshire Teams had a very successful day with Team A losing in the semi final and Team B losing out narrowly in hard fought match against North Ayrshire in the final. At the end of the day Team B were presented with trophies by Sports Council officials.

WE are all very grateful to Frank Philip, President of Grampian Junior Bowling Association, for organising the trip for us and for his dedication and support which he gives to promote junior bowling. Thanks must also go to all family and friends who made the journey to Paisley to give us their support.

Finally, we would like to express our appreciation to Aberdeenshire Sports Council for the funding which we were fortunate to receive.

Reports From A Number Of Previous Grant Recipients

Season report 08/09

by Andrew young

Seeing as the season is almost over I felt it is about time I wrote my annual report. Although the sun is shining, the birds are singing and it is now definitely spring here in the UK, in northern Finland in the arctic circle winter is still prevailing and the skiing is not yet finished for the season. In the Tornio valley they hold a competition every Easter weekend, 4 x10km races in as many days. A tough ask. Last year you may recall it went well here and I qualified for world cup and became number one in the world for my age. I look forward to returning there next week to try and better my results.

The summer started well, mostly easy training with nothing more than a few sprints to tax the system. At the end of June I attended the British Olympic Association Generation 2014 camp, aimed at getting people to be competitive at the 2014 winter Olympic games in Sochi. From this camp, feeling good, I attended the British team's summer camp held in Huntly and Aviemore. Towards the end of the school summer holidays the training stepped up a gear or maybe 5 gears all at once. This was the hardest block of training I have ever done. 3 weeks and 72 hours of training. One week was 22 hours of training the next 24 and the last week 26 hours.

The Autumn then followed. Good results in the British roller ski championships and the Scottish roller champs (I won both) set me up for a great run into the winter season. During the school's October holidays I attended the British teams training camp in Sweden at the Torsby snow-tunnel with 1.5m of snow on the floor and goes up and down hills and round sharp corners. The tunnel is 1.2km long and at times was pretty much a continuous stream of skiers training. The training we did there was again of the hardest possible level. I have never done so many intervals in 2 weeks and I have never had legs that I actually think are about to fall off they are that sore, either.

I raced at Gala in Norway for my 1st race of the season. A tough 15km classic technique race and a classic technique sprint (the sprint was hardly a sprint – advertised at 1.8km – but was more like 2km). I raced ok but not as well as I wanted. The 15k was my better race scoring 117 fis points, but I really wanted to go sub 100 (fis points – Federation in skiing points – work that 0.00 is the best for winning a world cup or Olympics, your points are worked out by your percentage behind the winner). Looking at the positives it was my 1st 15km race and I still got a world cup qualifying race and hopefully when I step back down to 10km I should be able to smash the 100 points.

From Gala I went to the Davos (Switzerland) world cup. Here a 15km classic race and a freestyle sprint. The classic went well, I was the youngest in the field by 2 years from team mate Andrew Musgrave. I didn't finish last but I was in the back 10. That's what I expected considering most skiers peak at 28 and I was only 16. The purpose was to gain experience, which I did and hopefully in years to come this will give me an edge over competitors. The sprint went to plan as well with another good result.

The following week I went to the Dusseldorf city centre sprint world cup. The individual was by far my best result of the season. I was 0.64 of a second behind my team mate Andrew, was 70th position and with in a second of the 3 places above me. The next day was the team sprint – basically an interval session – each person goes 3 times, taking it in turns to ski 1.6km. So my heart decides to play up at the most inopportune moments and I have an "episode" and we failed to finish the race. Then the doctor realised that my heart was affecting "world class" performance or something to that effect and decided to do something about it when I returned home in the new-year.

After Dusseldorf, I went to Norway to train with the team over Christmas. It was a good training block and I could feel my skiing improving over the 2 weeks. I raced once in the block at the Gasbu rennet. It was a 10km classic race where I

won my age group with 50 seconds in hand for the second year running. Things were starting to look good for the mid season races in February and my form was really starting to come together.

I went to high altitude in the Czech Republic to gear up for the European Youth Olympics. I felt amazing and was thinking that it was really possible for me to win a medal at the youth Olympics the next week. On the last day of the holding camp in the Czech Republic before moving to Poland I became ill. At first we thought it would get better fairly quick, but I remained sufficiently too ill to race the whole week. And missed the whole thing only leaving the hotel 3 times in a week. I tried to race the sprint on the last day but during warm up I realised that not even a man made of molten rock would be able to cope with the pain in my chest and skiing easy wasn't going to do me any justice going into the competition ranked 4th.

We left Poland and went back to the Czech Republic for the World Champs. Here I raced the freestyle sprint, which turned out to be a complete disaster. Not because I was still ill, not because the British team did anything wrong in the preparation but because of a cameraman. I set off, 2 strides into my race a camera on an extendable boom was lowered into my path and caught my left ski tripping me up. Race over. In a race where every quarter of a second counts and the average fall loses 20 seconds there was no chance. I cruised the rest of the race to finish 98th, my worst result of the season by points and position.

I returned from Finland last night having had some of the best racing of the season. I am obviously very disappointed with the season as a whole. I missed the most important race because I was ill, performed badly because I was ill and then found it hard to find my top form shape again for the end of the season. But my first race in Finland started off well with a win in the under 18's 10km skate category, racing an age group up. I scored 96 FIS points, which is my best so far. I then went on to race at junior level (under 20's) racing two age groups up from my own and finished 8th and 7th in the 10km classic in Yllas and Yllitornio. I am disappointed with the FIS points from the race in which I came 8th I scored 113 ish. For me this was my best race of the season, I skied well and kept form throughout the whole race, and most importantly I felt good on the skies. However the points seem to tell a different story. The season ended with a very warm race at about plus 9 degrees and great atmosphere around the whole venue.

So evaluating the season, well it didn't go to plan, but the good points are that I am ranked number one in the world for my age in sprint, number 3 in the world for my age in distance and I am the youngest male ever to start world cup. Next season I would like to qualify for the winter Olympic games in Vancouver. So after my brief two-week break from training I will start all over again for next season.

I would like to thank all those who have supported me throughout the season both financially and out on the snow, its been greatly appreciated.

Reports From A Number Of Previous Grant Recipients

2008/ 2009 season

by Sarah Young

My main aim for the season was a 5-8% improved performance at the World Junior Championships.

Last year at the 2008 World junior's in Mals, Italy I came 10km skate mass start: 68th position, 294 FIS points, 5km classic: 75th position, 228 FIS points, Skate sprint: 71st position, 223 FIS points, 16% off winner

I really wanted to be skiing between 15 and 12% behind winner. My secondary aim was to make the qualification requirements for the World Championships. Direct qualification was 150FIS points and secondary qualification under 240 FIS points and attending the selection race in Trondheim.

Summer training - This summer I trained predominantly in Huntly. There were several summer training camps including a week in Lofer, Austria with the British Olympic Association 2014 programme and a two week camp held in Huntly and Aviemore. To keep competitive, I raced some of the British rollerski series and also competed in several sprint triathlons.

I had a brilliant stretch of continuous training over the summer and benefited greatly from the facilities available to me, especially in Huntly. I found the camps encouraging and inspiring.

Autumn racing - Throughout September and October there were weekend rollerski races and training camps, held in Huntly, Lancaster and Castle Combe. I also got the opportunity to visit the Olympic Medical Institute in London for VO2 Max testing.

In late November and early December the first on snow race camps were held in Brucksvallarna, Sweden and Gaala, Norway. I had to take time off university to compete, but it was worth it as the summer's training definitely paid off, I earned my best FIS points by a long way.

Christmas break training

Norway camp - We spent three weeks training as a team out of Sjusjoen, near Lilliehammer (94 Olympics), Norway. We raced in Lygna, near Gjørvik before Christmas at another Spar Cup and then at a club race in Gasbo, Hammer on the 27th of December. It was a good race to go back to as we competed there last season as well.

Trondheim - I was part of a small group of the Junior team that headed up to Trondheim, Northern (ish) Norway, which has impressive facilities as the World Championships were held there in 1997, unfortunately the weather deteriorated and we were subjected to heavy rainfall.

The races there were the Norwegian Junior selection races for World Juniors and so the competition was tough. I had a great set of races finishing in 26th and 28th position and qualifying for the classic sprints. It was the first time I had made it past the prologue.

Switzerland - After Trondheim five athletes and one coach drove down to Switzerland for 2 Weeks training pre Swiss National Champs. The Swiss champs were held in Trun, in stark contrast to Trondheim, all the races were held completely in one field!

In the classic sprint, I was 6h Junior girl, unfortunately due to difficult waxing conditions, I skied really badly in the prologue, only qualifying as there were less than 30 girls competing. This meant that although I had a good result at the end of the day, my FIS points were really poor as the points are awarded for the prologue..

One of my best races this season was the senior women's 10km skate. I finished in 12th and earned 133 FIS points, my first points under the Olympic secondary qualification standard.

World Junior Championships - The classic sprint, 10km pursuit and 5km skate, were my main goals for this season. My best result at the championships was 42nd in the 5km skate, earning 131 FIS points and my second Olympic qualification. I was a little disappointed with my performances, I still managed an improvement upon last year, it just was not as large as I was hoping for.

World champs - This time last year I thought qualifying for World champs would be a real challenge, so to ski within one FIS point of the primary qualification in my second race of the season was a huge, but very exciting surprise. I was really disappointed in being lapped out in the 15km pursuit. The highlight of the week was the team sprint that I raced with Fiona Hughes.

The team sprint is a relay, where both skiers race 3x 1.3km (in this case), teams that are lapped by the leaders are pulled from the race, which meant that we had to ski within 16% of the winner's time to stay in the race. Both Fiona and I had only skied at about 20% behind the winners in the previous races at the championships, so finishing and coming 8th out of 9 in our heat was a huge achievement.

Finland - The last races of the seasons were held in Finland. We raced four races on four consecutive days at four different courses. I was really hoping to ski under the Olympic qualification standard again and qualify for world cup, but unfortunately did not perform to that level. However the races there meant that my final FIS points for the season stand at 145, only 5 above the 140 point secondary Olympic Qualification standard.

Next season - The 2009/ 2010 season represents a lot of possibilities and opportunities for me. It will be my first season as a senior and will be my first time racing in the World under 23 championships and the Olympic Games are in February. As we enter the rest phase of the year I need to take the time to assess this last season fully and set my goals for the coming season, but I have already decided that I want to give myself the best possible chance of making the Vancouver 2010 games and therefore will be taking the year out of university to train full time and have as much time on snow as possible.

I would like to take this opportunity to thank you for your support. I deeply appreciate any financial support, towards funding training and racing, especially abroad, as it is very expensive.

Results

Summer: Triathlon

BUSA

Stirling Aquathlon age group winner

Inverurie First overall women

Stirling 3rd in age group

Alford First Overall women

British Short Course Champs, Strathclyde Age group winner

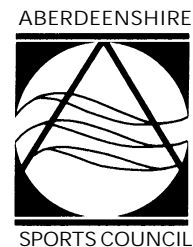
Rollerski:

Scottish and British Ladies Rollerski Champion 2008

Aberdeenshire Sports Council

Affiliation Form 2009 - 2010

Affiliation for 2009/2010 is now due - please complete and return now! We have one of the largest memberships in Scotland. We would be delighted to welcome new clubs, organisations and individuals. For details of the full range of benefits of affiliation contact Alison Hodgson, at the address below, for a promotional leaflet or check out our website on www.aberdeenshire.gov.uk/sportscouncil



Whichever method you choose, we believe that you receive excellent value for money and hope you do also! We look forward to receiving your Affiliation Form for 2009/2010

Return to: Secretary, 1 Church Street, Macduff, AB44 1UR. Telephone 01261 813383

Name of Club/Individual _____

Numbers in Club (approx.)	Senior Male	_____	Senior Female	_____
	Junior Male (U18)	_____	Junior Female (U18)	_____
	Special Needs/Disabilities	_____		

Contact Person (for correspondence) _____ Sport _____

Address _____

Postcode _____ Telephone _____

E-mail _____ Club Website _____

I enclose at cheque for £25.00 payable to "Aberdeenshire Sports Council" (Only applicable if not electing to pay by Standing Order)

Signed _____ Date _____ Position _____

Clubs/organisations are requested to include a copy of their constitution



Cut Along Dotted Line or Photocopy and Return

Standing Order Form

If choosing the Standing Order option, complete the information above and below, return to Aberdeenshire Sports Council and we will forward details to your bank.

Please pay the undernoted on my/our behalf.

Name of Bank _____

Branch of Bank _____ Branch Code _____

Name of Account to be debited _____

Account Number

Reference Number | 1 1 1 1 1 1 1 1 1 1 1

Note: This instruction cancels any previous order in favour of the Beneficiary under this reference

Remit to Bank Clydesdale Bank PLC

Sorting Code Number 82-65-21

Branch Title Inverurie

Account Number 80102294

Beneficiary's Name Aberdeenshire Sports Council

Commencing Date 1st June 2009 (or a.s.ap. thereafter)

Standard Payment £20.00

Frequency Annually

Amount in Words Twenty Pounds

Date of Last Standard Payment _____

Special Instructions Payments in Subsequent Years to be paid on 1st June

Please debit my/our account with the amounts of payments effected in accordance with the above instructions plus any charges which the Bank may make in effecting these payments on my/our behalf.

Signature(s) _____ Date _____