

Aberdeenshire Football Clubs attain SFA Awards

Three Football clubs from Aberdeenshire have been awarded Scottish Football Association accreditation awards. Kemnay Football Club is one of only 2 clubs in the Aberdeenshire & the North Region to have been awarded the SFA Quality Mark Development Award. They join Deveronvale Football Club who attained the award in 2007. This was a fantastic achievement for Kemnay FC and the culmination of a lot of hard work by a dedicated team of people, led by Derek Brown and Steven Law.

The Quality Mark has a set criteria that all qualifying clubs have to meet and therefore the club had to work exceptionally hard to ensure that all coaches were appropriately trained in the requisite SFA coaching qualifications, not to mention having all coaches and office bearers Disclosure Scotland checked and First Aid trained. The SFA Quality Mark scheme is split into three levels Standard, Development and Community Awards. Each having a higher standard of criteria. Also this month saw Newtonhill Boys Club and Donside Juveniles FC attain the Standard award.

There are currently 8 football clubs in Aberdeenshire that are Award holders and are all working towards the next level. The SFA support clubs and schools going through the scheme with discounted coach education, free first aid courses and fund a place on a child protection course along with support from a local Football Development officer to help the club get through the programme.

The SFA Quality Mark scheme also works along side the Aberdeenshire Council's Clubcap. A lot of the criteria are similar in both programmes and football clubs are encouraged to go for Clubcap after attaining the Standard Award in Quality Mark as a lot of the work has already been done by the club to achieve Clubcap status.

If your Football Club or School would like to find out more about the SFA Quality Mark programme please contact Mark Slater, SFA Club Development Manager for North Region, email Mark.Slater@scottishfa.co.uk or telephone 0782 353 6176.

GROUP INSURANCE COVER

Just a reminder to all clubs that we offer all affiliated clubs Insurance Cover, a short proposal form will need to be completed by each group, these can be obtained from Christine Edward or Tracie Lovie on 01261 813383.

Clubs that are already members of the insurance scheme should note that fees are due again, reminder letters have already been sent out.

If you have any queries regarding the scheme please contact Lynne Walster on 01467 632418 or lynnewalster@btinternet.com and she will be more than happy to answer your questions.

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ABERDEENSHIRE SPORTS AWARDS 2009

Venue and date of event still to be confirmed

Category Details

*Sports Personality of the Year

This award aims to recognise the achievements of a top sports performer in 2009. (aged 18 or over)

*Young Male Sports Personality of the Year

This award aims to recognise the achievements of a top junior male sports performer in 2009. (U18 at 1/1/09)

*Young Female Sports Personality of the Year

This award aims to recognise the achievements of a top junior female sports performer in 2009. (U18 at 1/1/09)

*Coach of the year Award

This award aims to recognise the dedication and achievements of a sports coach in 2009.

*Team of the Year Award

This award aims to recognise the achievements and commitment of a sports team in 2009. This award applies to teams at all levels.

*Service to Sport Award

This award aims to recognise someone who has made an outstanding voluntary contribution to sport as administrator, helper or official, over a number of years. (Please note that previous winners of this award are not eligible for nomination)

* Outstanding Achievement of the Year Award

This award aims to recognise an individual who, for example:

- is new to a sport but has shown outstanding potential
- has overcome particular difficulties to pursue their chosen sport, showing courage and determination
- is returning to their sport after a lengthy break for injury
- or has achieved personal bests or broken records in their sport

This applies to an individual in sporting activities at any level, and deserves recognition for their achievements in 2009 (Please note that a winner of any other category will not be eligible to receive this award)

Criteria for Categories

* Sports Personality of the Year

1. Be an Aberdeenshire resident aged 18 +
2. Compete in a sport recognised by sportscotland

* Young Male & Young Female Sports Personalities of the Year

1. Be an Aberdeenshire resident under 18 years
2. Compete in a sport recognised by sportscotland

* Coach of the Year Award

1. Coach an amateur sports club, team or individual within Aberdeenshire.
2. Coach a sport recognised by sportscotland.
3. Coaches in fully paid professional jobs are not eligible for this award (i.e. manager/coach of professional football club, professional tennis coach, professional golf coach)

* Team of the year Award

1. Team must be from a sports club within Aberdeenshire.
2. Team must be from a sport recognised by sportscotland
3. The sports club, from which the team derives, must be affiliated to Aberdeenshire Sports Council

* Service to Sport Award

1. Be an Aberdeenshire resident.
2. For the purposes of this award, must not be a competitor or performer
3. Former winners of this award are not eligible for re-nomination

* Outstanding Achievement of the Year Award

1. Be an Aberdeenshire resident
2. Compete in a sport recognised by sportscotland

ABERDEENSHIRE SPORTS AWARDS 2009

Nomination Form

Please tick box

Sports Personality of the Year

Young Male Sports Personality of the Year

Young Female Sports Personality of the Year

Coach of the Year Award

Team of the Year Award

Service to Sport Award

Outstanding Achievement of the Year Award

Nominated Person/Team

Name

Team

Address

Telephone

Date of birth

Club

Sport

Current level of involvement

Nominated by

Name

Address

Telephone

Position/relationship with club/individual

Declaration

I hereby nominated the above named sportsperson for the _____(category)
And confirm to the best of my knowledge, all details given in support of this nomination are accurate.

Signed

Date

Reasons for Nomination

Please give as much information as you can about the nominated person/team, continuing on a separate sheet if necessary in order that the selection committee can give your nomination their fullest consideration.

Achievement to Date

Highlights in 2009

Future Targets

Any Additional Information

Completed nomination forms should be returned to
Secretary, Aberdeenshire Sports Council, C/o 1 Church Street, Macduff, AB44 1UR

NB: There should be ONE nomination per club for the Service to Sport Award. Previous winners of the Service to Sport Award are not eligible for re-nomination

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and bring people together?

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- parkour...touch rugby...graffiti art...*
- abseiling...indoor cricket...drama...*
- american football...fencing...*
- street surfing...gymnastics...*
- video storytelling...wrestling...*
- street dance...kayaking...hockey...*
- baton twirling...cheerleading...*
- mountain biking...yoga...boxercise...*



UnLtd*

* Subject to successful application / terms and conditions apply.
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Banff Active Schools International UK Tug of War Championships 22nd and 23rd of August 2009

Supporting Home Coming Scotland

"The UK Outdoor Tug of War Championships will return home many exiled Scots and their descendants scattered across the UK. The North East of Scotland has traditionally been the Home of Tug of War in Scotland but this will be the first time we will have hosted the event. This will attract visitors from all over the UK to come and see the tug of war while also experiencing Scotland's culture, history and traditions."

Banff Primary schools were given the opportunity to get involved in an International event. There were 3 schools who opted to submit teams – Banff, Fordyce and Ordiquhill primaries. The children had a taster session before the summer holidays and chose to make up their own teams with a combination of boys and girls. On the day we competed with 6 athletes in a team. 4 teams took part in a round robin event.

Team 1



Banff Primary

Team 2



Fordyce Primary

Team 3



Ordiquhill Primary

Team 4



Fordyce/Banff Primary

This major event ran over 2 days at Duff House Grounds on the 22nd and 23rd of August. Tug Of War International teams from Scotland, England, Wales and Northern Ireland were competing.

The children competed on the Saturday and were supported by the crowd and international competitors. The format for their event was conducted in a professional manner. 4 teams took part in a round robin. Banff and Fordyce Primary competed in the last pull to decide the winners. Although Banff put up a strong fight, Fordyce primary stole the show and won the primary competition overall. This was a huge achievement for such a small rural school.

Fordyce pupil interview



Winners - Fordyce Primary



All pupils who competed were presented with a medal from Active Schools. This was a fantastic event for Active Schools to be involved in!

Susan Mackintosh, Active School Coordinator
Banff Network

HUNTLY NORDIC SKI CLUB

In November 2008 at Kuusamo in Finland Andrew Musgrave (aged 19) became the first British cross-country skier in 14 years to race in a World Cup event. The former Gordon Schools pupil, who lives in Oyne, has been a member of the Huntly Nordic Ski Club since a young boy. Andrew wanted to



acknowledge the support he has received by presenting his first World Cup bib to the Club. At an informal ceremony at the Huntly Nordic & Outdoor Centre in August 2009 the bib was handed over to Alan Telford, Vice-chair of the Club. It was also an opportunity to recognise

the tremendous support given to numerous young Huntly skiers over the years by Aberdeenshire Council and Aberdeenshire Sports Council and Councillor Moira Ingleby and Kenneth Gibb (Chair ASC) were invited to learn more about Andrew's achievements.

Roy Young, a founding member of the Huntly club and currently Head Coach to the British cross-country ski team, highlighted to the gathering the level that Andrew has achieved in a sport when athletes do not peak until their late twenties. At the World Junior Championships in France Andrew made the more established ski nations take note with 9th and 12th positions. He went on to the World Senior Championships in the Czech Republic where he was able to achieve his target of finishes in the middle of the field. Andrew was joined at World Cup races by another Huntly skier Andrew Musgrave (17) and the pair were easily the youngest skiers at these races. Roy went on to point out that there were many other young British skiers challenging the two Andrews and that we were able to send teams to European Youth Olympics as well as World Junior and Senior Championships. By the end of the season there were five British skiers qualified to ski at World Cup races next season: Andrew Musgrave, Andrew Young, Alex Standen, Callum Smith (all from Huntly) and Simon Platt from England. Sarah Young (Huntly) and Fiona Hughes (England) produced the best ever performances by British ladies and both are very close to their World Cup qualification. All these skiers, and others, have the target of the Winter Olympics in Vancouver. The competition for the three possible cross-country ski places will be fierce.

Another young Huntly skier, PJ Barron may be skiing under the Irish flag at Vancouver.

Andrew's World Cup bib is on display at the Huntly Nordic & Outdoor Centre where he has spent many hours training. It is hoped it will inspire other young skiers to emulate his success. Andrew heads out to Norway at the end of August to continue his full-time preparation for the ski season.

More information on the Huntly Nordic Ski Club and cross-country skiing is available from Peter Thorn (huntlynordicsc@yahoo.co.uk).

ABERDEEN SANTA RUN

Wildhearts are holding a Santa Run this year on Sunday 6th December. A fun event that the whole family can take part in. Runners, joggers and walkers of all abilities can take part. The route begins at Pittodrie Stadium and follows a 6k loop around the beach front, finishing with a lap of honour around the pitch at Pittodrie. You can find out more about the event at www.wilddayout.com/ events or by calling 01667 458849

SCOTTISH NATIONAL TRAMPOLINE CHAMPIONSHIPS

Here are the results of the above competition. Four member clubs took part.

Under 11 level H

Charlotte Clarke (Banchory) 2nd
Kate Cruickshank (Mastrick Springbox) 4th

Under 15 level G

Katie Forbes (Mastrick Springbox) 1st
Harris Andeerson (Aboyne) 3rd =
Sian Fish (Aboyne) 3rd =

Over 15 level G

Yasmin Walker (Mastrick Springbox) 2nd
Kirsten Glennie (Mastrick Springbox) 3rd

Under 15 level F

Erin Garden (Mastrick Springbox) 5th

Over 15 level F

Naomi Garden (Mastrick Springbox) 5th

Under 15 level E

Jovita Fawcett (Banchory) 2 =
Megan Anderson (Aboyne) 4th

Over 15 level E

Claire Thomas (Banchory) 1st
Craig Fyfe (Banchory) 4th

Under 15 level D girls

Emily Duff (Banks o' Dee) 3rd

Under 15 level D boys

Graham Ross (Banchory) 3rd
Craig Scott (Banchory) 4th
Ruairaidh Simpson (Banchory) 5th

Over 15 level D girls

Rachel Harrison (Banchory) 2nd
Christie Duff (Banks o' Dee) 4th

Under 19 level C girls

Rebecca Houston (Mastrick Springbox) 1st

Under 19 level C boys

Duncan Ross (Banchory) 1st

This was good results for the north of Scotland in the most prestigious trampoline competition of the year.

Reports From A Number Of Previous Grant Recipients

Champion of Champion Events

by George Watt

I've returned from Sri Lanka, had a really good time during the contest, the waves were really good and the weather was very hot. I actually managed to get sun stroke the day before the competition and didn't compete as well as I would have liked on the first day. In the first round I came in 2nd place to a high seeded surfer with an average performance. On the second day I was feeling much better but had a bit of a shocker in my heat, the waves were really inconsistent and I only caught 2 waves during the 25 minutes given, the first wave was a real good score but there was not that many quality waves coming through so I tried to be patient and wait for another like the first but it didn't happen, in the last few minutes I caught a small wave but the score wasn't enough to advance, so unfortunately I got 3rd place in my heat which meant I was knocked out (only 1st and 2nd place advance). I still felt OK with the performance I gave though, all I needed to advance to round 3 was to get another score similar to the first so I am more than capable of doing well in these events in the future, just need to improve on my competitive strategies. The standard of surfing during the event was very inspiring and I've got to know some handy contacts for competing in the future.

Sri Lanka is a beautiful place, it has recently been through hard times from acts of terrorism and this event was made to help bring back tourism to the country. The media attention in the upcoming months of this event will be huge and I'm sure the Sri Lankan people are happy that the UK Surf Tour is helping to bring back tourism to the country. Commenting on the return of the event, Sanjika Perera, UK & Ireland Director of Tourism - Sri Lanka Tourist Promotion Bureau said: "The last time the championships were held were just after the Tsunami in 2005 and they played a crucial role in reviving the area. We are very happy that the UK Pro Surf Tour is returning as this will help to raise awareness of the tourism opportunities that are now available on the east coast of the island which is waiting to be discovered." <http://www.ukprosurf.com/>

Canet Training Camp – South Aberdeenshire Swimming

By Craig Thomson

After travelling most of the day we landed in Perpignan in the south-west of France. We went to the fantastic outdoor pool in Canet that night for our first of many training sessions over the next three weeks where we were taking part in a training camp to prepare for the Scottish National Swimming Championships.

Whilst we were in France the weather was perfect for training. The sun shone almost everyday and the temperature rarely dropped below 30°C. This meant we could swim outdoors everyday in the longcourse pool to gain valuable experience as we don't have easy access to one in Aberdeenshire. The sun also meant we could do land/core work and running outside.

The pool itself was great, 8 lanes, 50m longcourse and outdoors. There was also a brand new 8 lane shortcourse (25m) pool that was opened during our training camp. There were also 2 gyms available to use for land work. The facilities in Canet were great and being able to use these facilities continuously for three weeks was a major benefit to our squad. It meant we had more experience of swimming longcourse and we could build more strength.

During our stay in France we were training with clubs from all over Europe such as Limmat Sharks from Switzerland, an Israeli team, Marelle Performance Swim Team and a Belgian squad. Training next to teams from other nations was a good experience as we learned many different things such as new drills and exercises that are used in mainland Europe. It was very interesting to see what people from different countries did differently and how long certain things can help so much.

Whilst we were in Canet we were spectators at the Mare Nostrum Swim Meet, where many of the world's fastest swimmers have swam over the past few years. This meet is of very high standards and the field was very strong, as well known swimming stars from across the globe were competing. Olympic Championships such as Libby Trickett were swimming at the meet as well as various World Record Holders such as Frederick Bousquet, Eamon Sullivan and Liam Tancock. Watching this meet was again a great experience as we were able to learn so much about swimming by watching these professional athletes. For example we could study their starts and turns and learn from the best in the world.

Overall, our squad really enjoyed the training camp in France and it helped significantly as preparation towards not only the Scottish National Swimming Championships in Glasgow, but towards the main focus meet on the year, the ASA's in Sheffield.

Aboyne Gymnastics Club Level 1 UKCC Coaching Course by Dale Kitching

Aboyne Gymnastics Club has been in operation for over 30 years based at the Mid Deeside Community Centre. We currently have a membership of 20 five to eleven year old boys and girls.

In recent years the club has experienced considerable difficulty in finding qualified coaches. The introduction of the new UKCC courses, designed to improve the quality of coaching in sports, has unfortunately increased this difficulty. Courses are now longer, much more expensive and extra time and course attendance is required before coaches can operate independently.

Fortunately Aberdeenshire Sports Council is able to provide valuable support to aid would-be coaches through this process. Helene Pattillo recently attended a Level 1 coaching course at Banchory and is now ready to complete mentored coaching hours before going forward for assessment. Helene will be a great asset to the Club because of her considerable personal experience of the sport of gymnastics.

We are very grateful to Helene for giving up her free time, and to Aberdeenshire Sports Council for their financial assistance. Their continued support will make all the difference in determining whether our Club will continue to survive and provide constructive healthy activity for the children of Mid and Upper Deeside.

Reports From A Number Of Previous Grant Recipients

World Schools Orienteering Championships - Madrid April 2009 by Jenny Lenton

On Tuesday 14th of April 2009, our team consisting of ten girls and eight boys from around Scotland travelled out to Madrid after being lucky enough to be selected to represent Scotland in the World Schools Orienteering Championships. We set off with our minds buzzing as we thought about the week to come.

We arrived extremely early on Wednesday morning. After only a few hours sleep we

were awoken to begin training, so that we could become accustomed to the Spanish terrain. It was not the best start to our trip, as we ran through the hail and rain, many of our team mates caked in clay and mud.

When we were dry and warm we made our way to the opening ceremony in Alcalá de Henares, in traditional kilts though some of them didn't quite reach the length standards. There were numerous speeches by many important people who welcomed us to Madrid and opened the event by hoisting the ISF flag.



Select.

Luckily, the next day we had a fantastic excursion throughout the city of Madrid. Sight-seeing included a tour around Real Madrid Football Stadium, visiting the University of Alcalá des Henares, and other tourist attractions.

After our day of relaxation and socializing, we participated in the middle distance race. Although the course was short it was still technically difficult and there was a large amount of climb. Rona Lindsay had an exceptionally good run with a placing of third position.

Once recovered from our race, the Festival of the Nations took place that evening. Each country had to display a stall about their country giving an insight into their culture and a taste of their traditions. The Scotland stall gave tasters of Irn Bru, shortbread and haggis. In addition to this, each country had a few minutes of the stage to present their performance. Scotland entered with Jackie playing the bagpipes, we then broke into a Dashing White Sergeant followed by a Gay



The next day we competed in the Long Distance race. Thanks to the preparation the day before at the Model Event, we were ready and keen to get started. The environment was steep but the vegetation mild. The climb itself to the finish was the part which exhausted everyone. Banchory Academy had good results with Rhona McMillan coming first and Jessica Mason coming fourth. Fellow teammate Rona Lindsay did well coming fourth in her own category, D2

Gordons. We were thoroughly impressed with the New Zealand's topless Hakka!

On the penultimate day we competed in the friendship relay. Everyone was put into a team of three with athletes



from other countries who spoke different languages. All teams had an hour to plan their route. Each member of the team had to

punch the controls that were assigned to them during the planning process. On the final leg we crossed a large river supported by ropes (this felt refreshing after the heat of the run!) and crossed the finish line with the whole team holding hands. Two Scots were part of relay teams who did outstandingly well. Frances Wright was in a team who came 2nd overall and Kate Robertson also gained 2nd position in the coaches race.

In the overall individual results (combining the times for the long and middle distance races) a few members of the Scotland team did remarkably well: Jessica Mason 3rd in D2 Schools, Rona Lindsay 5th in D2 Select and Rhona McMillan 8th in D2 Schools.

In the Closing Ceremony Banchory Academy D2 Schools team consisting of Jane Lenton, Morgan Prihoda, Jessica Mason, Frances Wright and Rhona McMillan were on the podium to claim their bronze trophy and medals!



We all thought that our week in Madrid was a great experience; we all had lots of fun and made many new friends. The team are very proud of what they have achieved. All our hard training (in all weather conditions) and preparations were worthwhile. To raise money for Madrid we baked and sold many cakes for local events and produced a recipe book. Additionally, we organised a family bingo evening.

We hope to inspire many newcomers to compete in this fantastic event that truly is a once in a lifetime experience.

Reports From A Number Of Previous Grant Recipients

Grant Report

by Ben Kilner

Since narrowly missing Olympic qualification at the 2006 Winter Olympic Games my goal has been to qualify for the 2010 Games.

I have been snowboarding since I was nine years old and have always enjoyed different sports, participated in athletics, football and martial arts before finally deciding that I would pursue a career as a professional snowboarder. My second love is golf, and whenever I am at home I spend hours on the golf course trying to reduce my handicap.



Snowboarding is a relative new sport and I am proud to have been part of the GB Halfpipe snowboarding team since the early stages of development, representing Scotland.

I have now been part of the GB Snowboard Half Pipe World Cup team for over 4 years and hold a Gold Olympic Passport. The 2010 Winter Olympic Games rapidly approaches and all my training is now geared towards qualification.

Last year was very productive with some good World Cup results and my goal to



be inside the world top 50 was attained, finishing in 22nd on the World Cup ranking. I have been working with the Highland Institute of Sport over the last few years and just recently moved to the Scottish Institute of Sport. The strength and conditioning programme the Institute developed for me with the RGU has been invaluable and has been a big factor in my increased performance. They have also provided me with Physio which has helped me recover from injury and sport psych.

It was important that I positioned myself well in the World Cup Rankings at the end of last season to make sure I

had a chance of Olympic qualification. The last 3 Competitions went well, finishing 16th at the Canadian WC in Stoneham, 20th at the Spanish World Cup in La Molina and finally having my best result ever finishing 9th at the World Cup Championships in Valmalenco, Italy.

Since the last World Cup competition I have also become the British Halfpipe Champions which as always been one of my goals

I am currently 22nd in the World Cup Rankings will 3 World Cups left to go before Olympic Qualification is decided. I will be heading out to New Zealand in August for the first of these. My confidence is high and a reasonable result will secure my place at the 2010 Winter Olympic Games

Rosaline Hendry School of Dance - Canada Trip Report

by Rosaline Hendry

After ten months of fundraising, in which the dancers were all involved, we set off for Toronto on Monday 29th and Tuesday 30th June to attend the "Scotdance Canada Championship Series 2009".

The event ran for five days, three of which the dancers all took part in their various categories. On the other two days we were able to use the practice rooms, made available by the host hotel. So it was a pretty hectic wee!!



All the dancers from the school had a fantastic experience and worked hard each day they danced.

They competed with dancers from all over the world and had approximately 35-40 competitors in each of their sections.

They came home with a total of 23 medals between them and Rebecca Thow also won the 3rd place overall trophy in the "North American Championship" on the final day.

I was absolutely delighted with all their performances, their attitude towards the whole event and their results.

They all thoroughly enjoyed the trip and a great time was had by all - dancers, parent and teacher!!

Many Thanks

Banchory Trampoline Club

by John Wills

Banchory Trampoline Club were very fortunate to receive a cheque from Aberdeenshire Sports Council for £1,000 towards the costs for the above event. This event took place at the NIA in Birmingham on 18/19th July. Over 800 competitors were involved during the weekend, with an exceptionally high standard of competition.

Five members of Banchory Trampoline Club qualified for the Double mini tramp section, they competed on the Saturday with all doing their best work, however only one of our members qualified for the final on Sunday (top eight qualify for the final) the groups were, in some cases, very large. Ruairaidh Simpson came 6th in the double mini tramp preliminary round (under 15 national "C" grade), making us all very proud of him, on the Sunday we hoped he would manage to land his passes without falling over, better than that, he stuck to the landing area like glue, coming second to the British Champion, an extremely happy young man with a beaming smile took the podium to loud cheers from his fellow club members and the rest of the Scotland contingent.

Reports From A Number Of Previous Grant Recipients

GARIOCH RUGBY FOOTBALL CLUB (Inverurie)

by Pete Thomson

During school session 2009 - 09, through its full time Rugby Development Officer (RDO) and part time Community Coach, Garioch RFC has given free rugby coaching to 26 Aberdeenshire primary schools and given coaching and game assistance to Kemnay and Meldrum academies, with Inverurie unable to join the party due to the lack of a champion within the school. Our RDO worked full time in the schools for the complete session with our part time Community Coach coaching 2 days per week for the first 2 terms.

This catered for all 8 primary schools feeding into Inverurie Academy, all 4 in the Kemnay Learn and all 11 in the Meldrum Learn with Dunecht and Monymusk



thrown in for good measure. For terms 3 and 4 we also gave rugby to St Andrews Special Needs School. St Andrews is indeed our closest school! More than 2200 children therefore received a 6 week block of ripper tag rugby where the tag is attached to a Velcro waist band — when ripped off a "tackle" has been made.

The Club's November is "TRY" Rugby Month this session coincided with the Scotland v Canada game at Pittodrie, with visits from Scotland squad pairings to Kintore Primary school and Kemnay Academy on Community Thursday, just before the Saturday game. We held a festival for P6/6P7 pupils at Kellands Park, the home of Garioch RFC. 440 school-children attended and we had 80 games of ripper tag rugby played that morning, 10 games running simultaneously.

Also in November, we held our tri-academy rugby tournament. With Inverurie unable to supply any teams at all, Westhill was invited to join Kemnay and Meldrum academies, with Meldrum running out winners at U18s, U15s and girls levels.

At the end of Term 3 after concentrating on coaching the P4 / P5 pupils, we organised festivals for that age-group at Oldmeldrum, Inverurie and Kemnay. Over 640 children attended on these 3 mornings.

At the end of Term 4, the Club organised and ran a very successful S1 / S2 sevens tournament amongst 5 squads from Westhill, Kemnay and Meldrum academies. (Inverurie Academy was again unable to respond.)

As well as the above, the following are worthy of note:

we ran After (Primary) Schools Clubs in our 3 main centres, ran our first Street Rugby session in Kemnay, gave curriculum rugby to Kemnay Academy, ran a 2-day Easter camp and will do again in Summer, work very well with the Active School Coordinators participated in the Food Standards Agency HHEAPS initiative



Finally – congratulations to the GRFC trained P7 squad from Kellands Primary school which was invited to go to Murrayfield to play in the Scottish Primary schools tournament and returned to the Garioch as winners.

Donside Juvenile F.C.

by Gary Matthew

Donside Juvenile Football Club provides coaching and competitive football for boys and girls in the Alford & Upper Donside area.

In recent years the club has expanded greatly with more children attending coaching sessions and extra teams being formed with every new season. In order to maintain an appropriate ratio of coaches to players to properly supervise and carry out training sessions it has been vital that we recruit new volunteers and ensure that they have the coaching skills necessary. In addition our existing coaches are encouraged to improve their coaching by completing supplementary courses as the club works towards the SFA Quality Mark accreditation scheme and Aberdeenshire Sports Councils own ClubCAP Award.

This year we have enrolled several new and existing volunteers for the SFA coaching certificates at Children and Youth level, with other coaches broadening their knowledge by attending specialist courses in goalkeeping. We were very grateful to Aberdeenshire Sports Council for their help with grant assistance towards the cost of enrolment fees on the various courses. I'm sure everyone attending the courses will find them informative and they can put them into practice to keep coaching sessions challenging and enjoyable for the children.

Garioch Gymnastics Club

by Janine Lloyd

Several of the coaches from the club have now attended gymnastic coach courses to help improve their own personal ability as a coach and increase the standard of gymnastics in the area.

Carol Donald, Aidan Moir, Laura Cruickshank, Jennifer Bruce and Karen Erridge attended the Level 2 (Sports Coach) course at Bon Accord in June. Attendance on this course and passing the subsequent exam will ease the pressure on the current coaches as it will allow them to run recreational classes.

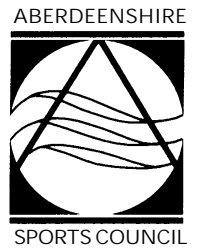
Current expectation on the Level 2/3 coaches means that they struggle to get time off as it does not leave the required standard of coaches in the gym. These coaches passing their exam will also mean that some of the satellite recreational classes can be passed on to these coaches freeing up evenings for the Head Coach/Gymnastics Development Officer to visit other clubs/take blocks of after school classes in various venues.

Garioch Gymnastics Club would like to thank the Sports Council for the Grants, which has allowed us to financially be in a position to permit all of these coaches to participate in their relevant coaching course.

Aberdeenshire Sports Council

Affiliation Form 2009 - 2010

Return to - Aberdeenshire Sports Council, 1 Church Street, Macduff, AB44 1UR, 01261 813383,
 Email - sports.council@aberdeenshire.gov.uk Website - www.aberdeenshire.gov.uk/sportscouncil



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 _____

Which Active Schools network are you linked to (please contact us you are not sure) _____

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 of 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 _____