



THE OFFICIAL NEWSLETTER OF

ABERDEENSHIRE SPORTS COUNCIL

ISSUE 35

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SUPPORTING SPORTS CLUBS, ORGANISATIONS & INDIVIDUALS
IN ABERDEENSHIRE

ATTENTION ALL READERS

Over the next few months, Aberdeenshire Sports Council will be making a number of changes, on the way we conduct our business.

A major Grant Guidelines and Criteria Review is currently underway, which will also include being able to apply for grants via the website.

In a move to be more cost effective with our management and administration, we are hoping to:

- Phase out the printing of the "Sports Directory" and replace it with a "live, up-to-date" document on the website.
- Ask all our club members and individuals, if they would consider receiving their newsletter via email every quarter, and distribute to their members. The newsletter will also be available to view on the website.
- Where possible communicate with all our members electronically.

The changes will help make us become much greener and will reduce our printing and mailing costs considerably - which in turn, will allow us to spend more on grants and development.

We would ask if you would response to these suggestions by emailing the ASC at sports.council.aberdeenshire.gov.uk providing your contact name, club name and valid email address.

Thank you and wishing you a belated "Happy New Year"

Kenny Gibb
Chairman

Remember to get your Nomination Forms in!!!

**You can download forms for the Sports
Awards Evening from our website
www.aberdeenshire.gov.uk/sportscouncil or
you will find a nomination form on page 3 of
this newsletter.**

**Closing date for nomination forms is Friday
26th February 2010. So don't delay get your
Nominations into day!!**

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A copy of this Newsletter is available in large format text if required.

ABERDEENSHIRE SPORTS AWARDS

2009

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).
- Active Schools Award – This award aims to recognise the outstanding commitment to volunteering their time to support Active Schools and its objectives. This may be helping coach or deliver sessions, organising sessions, assisting the Active Schools Coordinator or even taking registers. Be an Aberdeenshire resident.

Criteria For Categories

- Sports Personality of the Year - Be an Aberdeenshire resident aged 18+ - Compete in a sport recognised by sportscotland.
- Young Male & Young Female Sports Personalities of the Year - Be an Aberdeenshire resident under 18 years. - Compete in a sport recognised by sportscotland.
- Coach of the Year Award - Coach an amateur sports club, team or individual within Aberdeenshire. Coach a sport recognised by sportscotland - 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 - Team must be from a sports club within Aberdeenshire - Team must be from a sport recognised by sportscotland - The sports club, from which the team derives, must be affiliated to Aberdeenshire Sports Council.
- Service to Sport Award - Be an Aberdeenshire resident - For the purposes of this award, must not be a competitor or performer - Former winners of this award are not eligible for re-nomination.
- Outstanding Achievement of the Year Award - Be an Aberdeenshire resident - Compete in a sport recognised by sportscotland.
- Active Schools Award - Be an Aberdeenshire resident. - Recognise the outstanding commitment to volunteering their time to support Active Schools and its objectives - This may be helping coach or deliver sessions, organising sessions, assisting the Active Schools Co-ordinator or even taking registers.

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

Active Schools 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 St, Macduff, AB44 1UR

BY FRIDAY 26TH FEBRUARY 2010

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

CALLING ALL SPORTS CLUBS!

Would you like to introduce more people to your sport?
Could you offer taster sessions in the school holidays?
Would you like to offer extra training to current participants?
Would you like the power of an Aberdeenshire wide marketing campaign?
We would be happy to work with you!

Aberdeenshire Council is currently preparing the school holiday programme for 2010. All the opportunities being offered across Aberdeenshire in sports, arts and culture will be drawn together into one big publication to be distributed to every family in Aberdeenshire. This will happen for Easter, Summer and October 2010.

Trying a new activity is always high on the list of why people participate in holiday activities. If your club would like to work with us to offer taster opportunities to potential new members then this is a great time to do it as parents and children are looking for exciting ways to spend their holidays.

In addition to come and try sessions perhaps your club might like to run something for players who are developing their skills? Again we would like to work with you on this especially if you are willing to open up these sessions beyond your own club members.

As well as help with marketing and promotion we may be able to provide facilities and admin assistance. We can discuss this when we meet you and have a better idea of what you think might work for your sport.

If you are interested then please contact any of the following officers who will be delighted to investigate with you how we could work together. Please don't hesitate to get in touch.

- * Active Schools Coordinators for primary schools
- * Active Schools Coordinators for secondary Schools
- * Community Leisure Officers based in facilities
- * Sports Coordinators (where they exist locally for your sport)
- * Sports Development Officers (based north, central and south Aberdeenshire)

To find out who is who in your area please phone one of the area offices:

Stonehaven 01569 768358
Inverurie 01467 628283
Macduff 01261 813383

Note: Holiday programme details for Easter must be ready to go to print by 26 January and for the Summer holidays by 30 April so please get in touch as soon as possible.

School holidays 2010 are:

Easter: Saturday 27 March to Sunday 11 April
Summer: Saturday 3 July to Sunday 15 August

Author: Rachel Boal, Sports Development Officer, tel 01467 628158 rachel.boal@aberdeenshire.gov.uk

INDEPENDENT TAEKWON-DO SCHOOLS AT THE UKTA COMPETITION

Taekwon-Do Martial Artists from Aberdeenshire. competed in the British Taekwon-do championships at Kelvin Hall in Glasgow. The competition started at 9.30am on Saturday morning and finished at 8.30pm. Pictured are some of the medal winners from the Aberdeen University, Aberdeen, Mintlaw, Peterhead, Inverurie and Bridge of Don Taekwon-do clubs.

Well done to all the competitors and congratulations to the medal winners.

For further information on a club in your area call us on 01779 47666 or 01779 821866 and arrange a free trial class.



Max Murdoch, 2nd Dan Black Belt, brought home, two Silver and one Bronze medal



l to r, Stuart Reid, Malcolm Watt Miss Bruce, 3rd Dan Instructor for Inverurie School. . Max Murdoch, 2nd Dan Black Belt, Ryan Jamieson, 1st Dan Black Belt and Jay Murdoch, Red Belt



Alicia Cooper, of Inverurie School brought home 2 medals!



Students from Aberdeen, Bridge of Don and Mintlaw School. Kallum Knight, 1st Dan Black Belt (pictured far right) brought home a GOLD Medal



l to r, Thomas E. Jones, Hallur Simonsen, Kris Carbis, 2nd Dan Black Belt, Mr Mamer, 2nd Dan Instructor, Iris Krammer and Stuart Rogers of their Aberdeen University School. Hallur Simonsen brought home a gold and silver medal, Kris Carbis brought home a Bronze and Stuart Rogers brought home a Silver medal.



Mr Murdoch, 6th Dan Black Belt, Senior Instructor for the Independent Taekwon-do Schools

Disability Football Structure goes from strength to strength

In October 2009, 7 players from the Grampian Mild Learning Disability Football Squad attended the National squad trials in Stirling. Congratulations to Stuart Gordon, Colin Knox, Daniel McIntosh, Gavin Rothney and Michael Mortimer for securing their places in the Scottish FA U19 squad to play internationally at the Home Nations Championships in Belfast Northern Ireland in April 2010. Also fingers crossed for Craig Tevendale and Ewen Coutts who currently are standby players for the National Squad. This achievement is fantastic for Grampian boosting the largest percentage of the National squad. The strength of the squad has been seen across Scotland, thanks to the fantastic partnership working with Scottish FA, PRSCT, Loco's FC, Aberdeenshire Disability Sports and Sports Development.



Daniel McIntosh at National 7's September 2009

Further congratulations go to the Grampian Football Squad who received the Sunday Mail Team of the year award at the Scottish FA grass root awards on Thursday 21st January at Hampden Park. They received their Award from Kenny Dalglish and Craig Levein. This award was well deserved after their amazing season winning both the Scottish Disability Sport/Scottish FA LD National 5 a-side and 7 a side Championships and sit top of the National League. The Squad have remained undefeated all season.



Squad celebrating with John Hughes Hibs Manager after victory at National 7's September 2009

For further information on the football structure across Grampian for players with a disability please contact:

Claire Bonner Disability Sports Development officer on 010467 628812 or email Claire.bonner@aberdeenshire.gov.uk

Reports From A Number Of Previous Grant Recipients

The Pony Club National Novice Championships - Kelshall Hill Equestrian Centre, Tarporley, Cheshire 29 & 30 Aug 2009 by Fiona Hamilton

Thurs 27 Aug – 3 lorries, 1 car, 6 horses, 6 riders and 10 assorted drivers and grooms, headed south towards Cheshire. The reason?



Deveron PC Branch had 2 teams who had qualified for the Pony Club National Novice Championships. These were the teams-

- Dressage - Hannah Hunter and Tia
Hannah Lawson and Beakers Bay
Lottie Haley-Lee and Bartusvanhet
Vorsengershof
Maisie Ingram and Oh So Skippy
- Eventing - Hannah Hunter and Tia
Hannah Lawson and Beakers Bay
Stephanie Stewart and Atlantic Blend
Stephen Hamilton and Talnamouth Lady

The competition was very stiff as we had suspected when we saw a number of competitors walking around wearing "England Dressage Squad" sweatshirts. Our team achieved a very creditable 20th out of 40. Hannah Hunter was 8th out of 40 in her section, and so came home with a rosette.

Sunday morning saw another frenzy of activity to get the horses and riders (once again for the two Hannahs) ready for the turnout inspection. Once again they looked fabulous! And this team also produced an excellent set of dressage tests. But their relief was short lived when they saw the show jumps. Not only were the jumps up to maximum height and spread, and adorned with pot plants, but also the arena was very hilly. Hannah, Hannah, Stephanie and Stephen were looking decidedly depressed until one of them suggested that they ride it like a cross country course! Despite their forebodings of elimination, they all completed the course in style, but did pick up a few jumping penalties between them.

Next to the XC course. Again the jumps were big, and this time, solid, But, one after the other they set off and came home safe and CLEAR! Even the commentator said how smart they looked as a team "wearing their black and gold colours".



However, the jumping faults took their toll and the end result was 24th out of 40. Another very creditable performance.

The long journey home, again more rain en route. We arrived home safely, and thoroughly delighted to have been able to take part in, what was for all of us, an experience of a lifetime.

A Year with the Scotland Under 16 Hockey Squad by Scott McNab

It all started away back in August 2008 at the Talent Camp at Strathallan School where technical skills and fitness were focussed on. From this weekend there has 2 follow up Talent days prior to the selection event at the Scottish Hockey Inter District Tournament of which I captained the North Under 16s at the event.

The following week I received my selection letter inviting me to attend a Development Weekend at Inverclyde Sports Centre, Largs over the weekend 19th-21st December. Having been part of the Development Squad the previous year I knew what to expect but with a camp holding 30 players it was always going to be hard to progress into the final 18 for the Home Nations in July 2009.

After 2 weekends of further Talent Days and training I was selected in the 18 players to face the Welsh national team at Largs over the weekend 4th/5th April. Unfortunately I was limited to just playing in the second game due to a knee injury but gaining my first full cap was an amazing experience and we won the match 4-0 with me playing at centre back.

A month off for the exam period saw me selected to play as part of the Development Squad to face 4 games against Ulster Under 16's in Belfast at the University of Ulster. With a very young squad it was a difficult weekend and we ended with two defeats (0-2, 1-3), a draw (3-3) and only one victory (3-1). The Saturday morning game saw another step forward for me with being made captain of the team.

Due to a lack of funds at the squad's disposal the trip that was scheduled to play Belgium had to be scratched and we again returned to Ireland for a 4 game series with the full 18 International Squad members. Friday night saw us play local side Mosley's Under 21 squad which saw us win 3-2 with me scoring the winning goal, my first Scottish goal. Two games on Saturday saw two victories (4-0, 4-2) over the Ulster U16 squad which I again captained a game. On Sunday we had our hardest game when we faced the Ulster U21's and lost 0-5, a great experience but slight disappointment in my performance and the knee injury flared up for the first time since Easter.

At the start of July (3rd/4th) we played the Great Britain Colleges team in Edinburgh. This was a three game series and against a very good side we were beaten 3 times but the experience gained by the side and myself against Under 21 players was brilliant. Unfortunately I only lasted 5 minutes in the last game as my knee was swollen and in a lot of pain.

Due to this flair up in my knee the coaches with advice from the physio decided that they wouldn't risk the injury further and I had to be withdrawn from the Home Nations Squad which is the biggest disappointment I have had in my life so far as the event was the following week. This was my goal for the season.

This should have been the end of my report but I was invited to train with the squad to represent Scotland at the UK School Sport Games in Cardiff (3rd to 6th September) as a continuation of my development. The day before the squad were to leave I received a phone call to invite me to join the squad as another injury had seen a player pull out. I was given limited time at the event but it was a brilliant experience, results for the side weren't very good but we were a young squad against Under 18 players. At this event my knee again flared up in the last game and I was advised by the physio that I needed 3 to 6 months to get my knee sorted properly, so I am half way through my rehabilitation.

It was a mixed year and my main goal was missed but I have gained experiences I never thought I would have, I have captained and scored for my country, I have played in a major event and I am looking forward to the future getting fit and playing for the Under 18's in the coming year.

Reports From A Number Of Previous Grant Recipients

BIIBC Under 18 Mixed International Series 2009, County Antrim, Ireland by Connor Milne

On Saturday the 10th and 11th October the British Isles Indoor Bowls Council held the above event at Country Antrim Indoor Bowling Club (Jim Baker Stadium) in Belfast. This is the first time this event had gone ahead.



On Friday the 9th October I travelled with my Mum and Dad to Edinburgh and we met up with the Scottish party and stayed in overnight accommodation. On the Saturday morning we all travelled to Edinburgh Airport and then flew onto Belfast. We arrived in Belfast safely and were transported by bus to the team hotel. We left our luggage there and travelled by bus to County Antrim Indoor Bowling Club, where we had our lunch. After our lunch



we were asked to change into our bowling gear, of white bowling trousers and Scotland tops, ready for the opening ceremony.

Two teams each from Scotland, England and Wales, One team each from Ireland and the Channel Islands, were contesting the competition itself. At the start of the competition we all walked into the stadium, accompanied by our own national anthems. This I felt was an honour to walk out onto the carpet, to the sound of "Scotland the Brave" and representing your country at the same time. It is something I shall always cherish and never forget.



The eight teams were split up into two groups of four, and played in a round robin format. Each team was made up of six players with there being a single, a pairs and a triple. Both Scotland teams made it past the group stages, and won their sections. The team I played in was Scotland 1. We played England 2 in one semi-final while Scotland 2 played England 1 in the other semi-final. Unfortunately both Scotland teams were beat in their matches against the "Auld Enemy." This resulted in both Scotland teams playing each other for 3rd and 4th play off, which I am glad to say Scotland 1 defeated Scotland 2.



Overall apart from the result, the weekend was a great success. I would like to thank all the officials at the tournament for making it such a success and a well-run competition, from the first bowl through to the last bowl delivered.

I would also like to thank Aberdeenshire Sports Council for the Grant Aid Application that was allocated for myself.

Ludlow - Scottish Endurance Team 2009- Home International and Celtic Challenge by Lorna Hogg

In June I received a call saying I had been selected for the Scottish Team, our fourth time as team members and this year being selected to do the Highest Distance- 160km over 2 days. We (Lorna Hogg & De Marco) had proven ourselves over the distance in on 13/14 May at the Famous Golden Horseshoe ride over Exmoor- where we achieved the much sought after Gold Award for completing over 12kmph and with finishing heart rate of less than 55 beats per minute.



Quite an achievement given the distance we had travelled to the ride and the fact that I did not do so on an endurance bred horse.

Ludlow was hilly, some steep climbs up and down, but Marco was fit to cope with that having had plenty hills across Exmoor too- but the conditions at Ludlow were made more difficult owing to wet weather conditions- it rained daily from our arrival at the racecourse- only letting up for short periods of time- this made the clay soil very deep and slippy and great care had to be taken to remain upright and to maintain some kind of momentum- Marco passed vetting after vetting supported greatly by our Crew, Team Vet, Physio, Chef D'Equip and other Team members who were due to compete the next day- or on Sunday those who had



already undertaken their Team role on the Saturday. I heard on occasions how our other Team Members were faring and was riding on the first day with 2 other team members- one of whom unfortunately was eliminated at the vetting at the end of day 1 due to lameness- this was a great disappointment for her and the team, it also meant that I would be riding without company from Scottish Team Members on day 2 as she was to be doing the same distance as myself and Marco.

Day 2 saw more slippy and even wetter conditions and changes of clothes at each vet gate, I felt sorry for Marco who was trying so hard yet always had one leg sliding with each step he took in places- we were thankful to have the company of the two Irish 160km riders- it certainly helps keep spirits up. Marco vetted quicker than the Irish horses at the last vet gate and we set off on the final 7km home alone- and Marco flew- he knew where he was headed and was not in least bothered that his new friends were no longer with him!

Word had gone back to the rest of the Scottish Team and supporters that we were on our way home and they were all waiting in force for us as we entered the racecourse- there was great temptation to canter down the racecourse to them all- but Marco had given me so much over the 2 days and at the end of the day the main thing is to get him vetted sound and with his HR recovered so since we were alone we sauntered in at a gentle trot and walk- but with Marco eyeing the crowd rather suspiciously and with pricked ears- perhaps it was as well we came in slowly or we may have ended up going in the wrong direction at speed- which would not have gone down well with our Chef!



Marco passed his final vetting with flying colours and helped the Home International Team to Second Place to Ireland. The Celtic Challenge was also won by Ireland with Scotland in Second.

Individually we were placed 4th in the 160km out of 7 starters. De Marco and I have continued with our success in 2 day 160km rides in the 2009 season by being placed 5th at the Red Dragon Festival of Endurance in Builth Wells, Wales- another hilly tough testing route- but extremely enjoyable!!

I hope in 2010 to complete a one day 160km ride- however for now we are enjoying a more restful time until the start of our training again in January 2010

Reports From A Number Of Previous Grant Recipients

Ludlow 2009- Home International and Celtic Challenge

by Katie Keith

My name is Katie Keith; I'm 31 and work as a French teacher at Aboyne Academy in Aberdeenshire. My horse, Jakhiri, is an 11 year old Arabian gelding, and we are a Gold Series Endurance combination. Aberdeenshire Sports Council recently supported me with a grant towards my attendance at the Endurance riding Home International where we went, as part of the Scottish team, to compete against riders from England, Ireland, Wales and Cornwall.

Endurance riding is not the best known of equestrian sports so I am often asked what it is and why I do it! Endurance riding involves racing up to 160km (100 miles) in one day across all kinds of terrain, and within veterinary parameters which mean that approximately every 20 miles the horse must pass a rigorous vetting before being allowed to continue. It is exciting, rewarding, gruelling and you build the most amazing partnership with your horse, especially if, like me you have trained and fittened him yourself over a number of years to be ready for the toughest of routes.

The Home International at Ludlow Race Course in July this year was certainly one of the toughest of routes! Jack and I had been selected to ride the 120km distance over two days. Our adventure started early on Wednesday morning when Jack, my friend Lisa and I set off on the long journey south from Stonehaven to Ludlow in Shropshire. 12 hours later, tired but excited we arrived on the racecourse where Jack was stabled and got him settled with the other team horses for the night.

Thursday was spent reconnoitring the route by car, preparing the map and the food and water supplies for horse and rider. Each combination is supported by a 'crew' who meet them at strategic points to feed and water and cool down horse and rider. So the crew car was packed that night, we attended a team briefing with our Chef d' Équipe, Vet and Physiotherapist, and the horses were vetted that night by our team vet to help the Chef with final selection.

On Friday the tension was beginning to mount, there were nation's flags flying all over the stables and the campsites and more and more people arrived at the racecourse as the day went on. In the afternoon it was the teams' official vetting. Here the vets decide if your horse is fit to start- potential heartbreak if you have travelled all that way and are eliminated at that stage. Two riders were entered for the top distance of 160km, Grampian's Lorna Hogg and Border's Francis Bakker. Just before the vetting, team Chef Evelyn told me that Francis' horse is lame, and that Jack and I must step up to the 160km slot. I was overcome with pride and excitement, but also great responsibility and nerves.

The Scottish team prides itself on our great team spirit and our turnout, so we present our horses beautifully for the vetting, with tartan ribbon in their manes and tails, satires' on their rugs and I even donned a mini-kilt to present Jack to

the vet! He passed, and the other team horses did too, and after a final Team meeting, it was time to rest and gather strength for the next day. As I hugged Jack good night I told him I knew he could do it and I believed in him 100%.

The start of the 80km and 160km ride was en masse on the race course. The horses were fired up; we fought to keep them steady as they had a long way to go! Fast, reckless riding risks injury and elimination, but there are time constraints too, so it is a fine balance. It had rained and rained all day Friday, and it soon became evident that the going would be extremely tough. The soil was clay and the horses struggled for footing, especially on treacherous down hills. Lorna and I were tense, concerned that Jack or Marco might injure themselves. We progressed slowly but surely, making good time into the first Vet gate after 25 miles. The team vet and my crew took over, cooling and preparing Jack to vet. Once his heart rate dropped below 64 beats per minute he was taken up to the official vet. There were tense moments as I watched them present him, but he passed with flying colours.

On the next leg, the rain started and the going deteriorated further. We had to reduce our speed and were beginning to worry about time, as well as the possibility of a fall or an injury. We kept each other positive and the horses were amazing, trooping on the final vet gate, only 7km from the end. This time, Jack vetted well, but with a 'B' for gait, meaning that the vet had seen some slight irregularity with his stride. My heart sank but I tried to hide my feelings as I saddled him up for the last few miles. He was going beautifully, eating up the miles, still feeling fresh and excited. He floated into the finished to cheers and a sea of blue and Saltires waving on the race course. It was very emotional.

Met by my crew at the finish, we worked hard to prepare him to vet. His heart rate fell quickly and I passed him to Diane to take to the vetting. I felt it was better not to go and pass my anxiety through to him as it might affect his heart rate. I sat with Lisa and waited- sick with nerves and apprehension. It seemed to take forever. Finally, Diane rounded the corner leading my beautiful boy; her face was inscrutable from a distance. As she approached me she shook her head, saying 'Sorry, he's lame'. He had failed the vetting.

I put my arms around his neck and let the tears come. He had tried so hard for me, carried me 50 miles on the toughest of going, and today was not to be our day. I felt I had let the team down, despite what everyone said. It is the nature of our sport, if it was easy they wouldn't call it Endurance! I needed a little while alone to gather myself and throw myself back into supporting the rest of the team as they vetted their horses. Cheers and happy tears this time as Lorna and Marco passed their vetting, and all the other team members succeeded in their classes. 2009 would see Scotland take Silver in the Home International and Celtic Challenge, and what an experience being part of it!

For Jack and I, the story is far from over. After a few months rest, his injury is healed and he is coming back into training. Ludlow showed us that we can aim for 160km, which before I hadn't dared to consider. We have new goals to aim for now and 2010 season will see us stronger, more ambitious and with more self belief than before, thanks to this wonderful experience.

Reports From A Number Of Previous Grant Recipients

Report

by Lauren Mackie

I would like to thank you very much for awarding me a sports grant, which enabled me to go down to the Pony Club Novice Dressage Championship held at Kelshall Equestrian Centre, Chester. We left on the 28th August, I was delighted to achieve an 8th equal out of 35 competitors, this was my first big competition and to say that I was nervous was an understatement.

We then went out again on the 4th of September to Islington House, Renfrew to compete at the British Dressage Scottish Championships. I achieved a 4th out of 25 competitors and a 2nd for the under 25's.

I would like to thank my mum and dad for all their hard work and encouragement, also my trainer Victoria Gladwin, Carol Hardy for supporting me and helping to drive to Chester. Last but not least Laurens weeman, my pony, which I have had for a very short time and we are still getting to know one another. Hopefully we will attain higher marks next year and do better.

Grant Report

by Nicola Fowlie

Kate went to the British Triathlon Championships in Wolverhampton in November 2008, and came 3rd in the Youth B girls competition. Due to this result she was asked to attend 3 'talent camps' run by Pentathlon GB, at Harpur college in Gloucestershire, to be assessed for qualification in to the 'World Class Talent Program'. Her performance at these 'camps' resulted in her being accepted into the program in March 2009. This involved alot of travelling - sometimes I drove her and sometimes she flew on her own with Eastern Airways to Bristol. She then had a Youth B competition at Bath university in April where she came 1st and was then ranked number 1 for Youth B girls by Pentathlon GB for 2009. Kate has taken part in competitions in London (Crystal Palace in April), the Czech Republic (May), Lisbon for the European Youth Championships (June), Budapest (Youth Olympics qualifier) in October and the British Triathlon Championships in Wolverhampton in November 2009 where she came 1st.

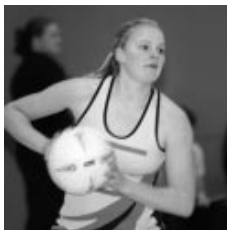
We have to pay Kate's accomodation and return travel costs from home to Bristol, Bath, Wolverhampton and London, with Pentathlon GB looking after her from there.

But it's been a sad year horse wise, losing Bertie (Comeragh Hill) in February with a broken leg. This was devastating for Kate and her family. The bond between Bertie and Kate was strong and the trust built up is not easy to find again. She has a new horse Merlin which has allowed her to continue with pony club tetrathlon. She came 1st equal at the area and Scottish championships in July, and was placed 'Best Girl Member' (highest placed under 18 year old) at the National Pony Club Championships at Harpur, Gloucestershire, in August.

Netball

by Claire Brownie

This year has seen a massive turn around for netball in Scotland with many new and exciting opportunities which I have been fortunate to experience.



This year I have played Superleague games live on Sky television, played in two European Championships, a Test series against Singapore in Scotland, a Test series against Barbados and St Vincent and Grenadines in the Caribbean and I have travelled to New Zealand for a training and acclimatisation camp before the World Youth Netball Championships in the

Cook Islands. This time last year I could never have imagined the year that has just past. Not only have I have competed at all these events but furthermore, I was Vice-Captain of the Senior Scotland Team and Co-Captain of the U21 team for the World Championships.

The season kicked off last August with Superleague trials for Glasgow Wildcats, which is practically the Scotland Senior squad. Trials were successful and the new, very intense programme started which included travelling to and training 3/4 times a week in Glasgow. In addition to the netball training, 2 ball management sessions, 2 strength and conditioning, 2 endurance and one speed and agility session are endured every week to make up 6 days of training a week, with training often twice a day! This intense programme was stepped up again when netball was included in the Scottish Institute of Sport programme in January 2009.

Away from the training grounds, Glasgow Wildcats faced tough opposition in the Superleague, however improvements were evident in the comparison of the statistics from each game between the first and second half of the season, with the squad pulling off two wins live on Sky TV at the tail end of the season. Swiftly after the Superleague season ended the Scottish National Squad became the focus and the Senior European Championships were the next target on our list. Only a month prior to these championships the U21 Europeans occurred and we finished a disappointing fourth. The Senior Squad fared better and met their target of second place, allowing Scotland to move 2 places up the world rankings to make our ambition of reaching the 2010 Commonwealth Games more feasible.

A successful Test series against Singapore was vital for improving Scotland's ranking and the team managed to achieve two convincing wins to take 13th place from Singapore.

Next destination was a tour to Barbados where tough opposition and a very different style of netball was faced. The tour started well with a win over the U21 Barbados team. In Test 1 we were one ahead going into the third and lost disappointingly by 11 in the end. Scotland earned a Test win versus St Vincent and the Grenadines and again beat a resilient U21 Barbados team. In the 2nd Test against Barbados, Scotland gave their all and narrowed the deficit this time to 8.

After a further 6 weeks of training, I was jet setting again for netball but this time it was right across the world to New Zealand and the Cook Islands for the 2009 World Youth Championships. Twenty teams from around the world were competing in the eleven day tournament held in a new 2 court stadium. I was extremely proud to carry the Scottish Flag for the Opening Ceremony on my 21st Birthday! With a tough pool draw that included New Zealand, Northern Ireland, Barbados and Trinidad and Tobago, Scotland did not get the results they were aiming for. Saying that though, the game against New Zealand, one of the top sides in the world, was the team's best performance in the Championships and one of the most enjoyable despite facing defeat. Following the group stages, Scotland only had one remaining aim and that was to convincingly win the remainder of their round robin games. This target was reached and meant Scotland finished 17th in the world. Although, we were all disappointed with the result, the World Youth Championships were an amazing experience that everyone enjoyed and learnt so much which is essential for Scotland's future development!

Reports From A Number Of Previous Grant Recipients

Skip 2 the beat – Report on recent trip to the British masters. by Skip 2 the Beat

A group of 8 skippers + 6 parents travelled to Birmingham on the 9th of October to take part in the British masters. We left Portsoy at 9am for Aberdeen airport. Our flight was at 12.30pm. The pilot wished all the girls good luck. We stayed in a premier inn at Redditch- a few miles from Studley leisure centre where the competition was held.

First up was Amy Innes for her 30 seconded speed followed was Eilidh Hutcheson, Laura Pirie and then Maddie Cox. They all had also to do 30 seconded double unders and a freestyle routine. The girls all did exceptionally well.

In the afternoon was the national category. Natalie smith was first on in the under 11's followed by her sister Samantha and Anya Matheson in the 12-14 age group, then Isla Matheson in the over 15's.

The afternoon finished off with the Medal Ceremony. Eilidh came 2nd and Laura came 3rd in the under 11, novice section. Natalie came 1st in the under 11 National section. We were so chuffed for them! Isla and Anya both qualified for the World Youth Games which are being held at Loughborough University next July. Well done to them! All the girls did exceptionally well and we are all so proud of them.

On Sunday 11th October the girls attended a training day which was run by two Belgian World Champion Skippers. The girls all learnt a lot and are looking forward to including their new skills in their routines and teaching the junior



members of the club.

All in all it was a very successful weekend for Skip 2 The Beat and it is with your support that the club can enjoy such success.

Thank You from all at Skip 2 The Beat.

My dressage year by Carmen Gammie

Thank-you very much to Aberdeenshire Sports Council for awarding me a grant for 2009. I have had a really busy season with both my ponies Champagne Bubbles and Picasso X. My first major dressage competition was in February which was the winter regional finals, where I won 3 championships classes and qualified for the national championships. Dressage is quite unusual in that children compete against adults so I was thrilled to win all of these championships competing against adults which in some cases were professional riders. The national championships were very exciting, albeit a bit nerve wracking and whilst Bubbles was also a bit nervous and did not go his best we were in the prize list for all three classes. He slightly blotted his copybook in the first prize-giving by being very naughty and I had to get special dispensation not to ride him in the rest of the mounted prize-givings! I then attended the Scottish Schools combined training where I won the individual dressage, the individual combined training, and my team also won both team events. This was a real achievement for me as I don't really enjoy jumping - I much prefer to stick to dressage movements.

My first Scottish team appearance was at Cavan in Southern Ireland where the classes were huge. There were 54 in my section and I was placed in all my four individual classes which included a win and a second. I ended up second overall for the individual championship and missed out on the individual title by 0.1% to an Irish Senior International rider who then represented Ireland at the European Championships in Windsor so I was competing against top riders. The Scottish team ended up 3rd and I was the top Scottish competitor. The next team event was once again in Southern Ireland and although the competition started off well as I won the Freestyle to Music championships Bubbles was not on form and our results were disappointing. We called out the vet when we got home and after a blood test we discovered that he had a virus – poor boy – what a pity they can't tell us if they are not feeling well.

Luckily my next team appearance was with my other pony Picasso in England. However, this was a bit of a disaster as the engine of our lorry blew up on the way down. Whilst we managed to get a lift to the competition I then developed flu. As I was part of a team I was determined to compete although my scores were not as good as I could have managed if I had been well. Whilst I was pleased to receive a special award for competing when I was not well I would have been better pleased if Picasso and I had performed good tests.

As the lorry was still not fixed my trainer, Mary McFarlane, who is also the Scottish trainer, drove her lorry to the Home International in Wales which was my next Scottish appearance on the team, where it rained and rained and rained. Bubbles and I went quite well but could have done better and we ended up in the bronze medal position for riders under the age of 16 – if we had performed to our best I think we could have won gold and I came home determined to ride better.

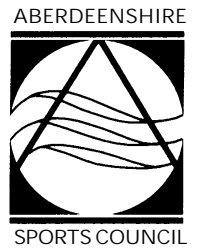
I have since been working really hard and last weekend we competed at the Scottish championships where we won the Elementary Championships. This level of test is a step up for both of us so I was delighted to do so well. I have now been asked to try out for the GB squad and attend the viewing day which is near London at the end of September. I suspect that both Bubbles and I are a bit young to get onto the squad but it should be a good learning experience for me.

Living in the North East of Scotland is a real challenge for my competing as I cannot simply pop on a plane or train to get to my competitions – we need to travel miles in the lorry and whilst I can sleep as my Mum drives, the ponies don't rest when they travel and therefore we need to be quite careful how much travelling we do. My Mum can also only drive so many miles and as she works full-time getting to competitions and training can be a bit of a nightmare. There are obviously also huge costs involved, particularly when Mum manages to blow up the lorry engine. So, thank-you for the support, it is very much appreciated.

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 _____