



The official newsletter of

ABERDEENSHIRE SPORTS COUNCIL

SUPPORTING SPORTS CLUBS, ORGANISATIONS &
INDIVIDUALS IN ABERDEENSHIRE

ISSUE 36

MAY 2010

Wanted Sports Council Treasurer

Aberdeenshire Sports Council is seeking a person with good finance knowledge to support its Executive Committee.

We need a volunteer Treasurer who can take responsibility for our financial affairs: the committee meets every six to eight weeks and the Treasurer would be expected to prepare reports and attend these meetings which are within Aberdeenshire.

Overseeing the budget and monitoring process, issuing cheques and ensuring good practice in financial governance. Aberdeenshire Sports Council is happy to reimburse travel.

The successful volunteer can look forward to being part of a progressive organisation and working with a friendly group of colleagues.

If you are interested, then why not get in touch for an informal chat with Acting Treasurer, Jim Conn 01771 644424 or Chairman Kenny Gibb on 01467 633425

SPORTS AWARDS EVENING 2009 26TH MARCH 2010

Aberdeenshire Sports Council annual Sports Awards Evening was again a great success with over 200 people attending. The winners were selected from over 70 nominations. Photos from evening are on pages 2 and 3.

ABERDEENSHIRE SPORTS COUNCIL WOULD LIKE TO THANK EVERYONE WHO HAS KINDLY DONATED SUCH WONDERFUL PRIZES FOR RAFFLE including: -

Run 4 It
Inverurie Golf Club
Stonehaven Golf Club
Skip 2 the Beat
Cuminestown Youth FC
Lecht 2090
Executive Committee members.

Aberdeenshire Sports
Council A.G.M

Tuesday 25th May 2010
at The Meadows, Ellon
at 7.00pm

Please see page 4
for more info.

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

ABERDEENSHIRE SPORTS AWARDS 2009

- YOUNG MALE SPORT PERSONALITY OF THE YEAR SPONSORED BY MCI NTOSH PLANT HI RE

Rory Adamson, Badminton
 Aaron Clark, Equestrian
 Jack Grimmer, Football
 Harry Hay, Bowling
 Finlay Langan, Orienteering – HIGHLY COMMENDED
 Mark Leith, Badminton
 Sean Leith, Badminton
 Connor Milne, Bowling
 Lewis Murchie, Triathlon
 Andrew Young, Cross-Country Skiing - HIGHLY COMMENDED
 Patrick Young, Tennis



- YOUNG FEMALE SPORT PERSONALITY OF THE YEAR SPONSORED BY MCI NTOSH PLANT HI RE

Lois Bannerman, Netball
 Ailsa Beck, Swimming
 Eilidh Campbell, Swimming
 Kate Fowlie, Equestrian
 Sara Hamilton, Swimming - WINNER
 Kirstie McBeath, Judo
 Louise McGillivray, Golf
 Rhona McMillan, Orienteering
 Aimee Ridgeway, Football



- COACH OF THE YEAR AWARD SPONSORED BY MASSON AND GLENNIE

Robert Bartlett, Football
 Graeme Burnett, Juvenile Football
 Miller Mathieson, Athletics – HIGHLY COMMENDED
 Nathaniel Porter, Football
 Gerry Towler, Squash
 Denise Wright, Orienteering
 Roy Young, Skiing – HIGHLY COMMENDED



- TEAM OF THE YEAR SPONSORED BY
LIMEHILL LOCK QUARRIES LTD

Aberdeenshire Sports Council U17 Bowling Team
 Aberdeenshire Under 18 Select – HIGHLY COMMENDED
 Bon Accord Rifle Team – HIGHLY COMMENDED
 Garioch Gymnastics Club
 Mar Orienteering Club Junior Section
 McDonald Golf Club – Gents
 Mintlaw Academy Senior Girls
 RGU Riding Team



ABERDEENSHIRE SPORTS AWARDS 2009

- SERVICE TO SPORT (INCL SALSC SPORTSCOTLAND)
SPONSORED BY SALSC

Duncan Macleod, Tennis
Robert Robertson, Badminton – HIGHLY COMMENDED
Roger Searle, Horse Riding
Graeme Verra, Orienteering



- ACTIVE SCHOOLS VOLUNTEER OF THE YEAR AWARD SPONSORED BY DFS, INVERURIE

Steffi Buchan, Fraserburgh Network – HIGHLY COMMENDED
Tracy Gray, Mintlaw Network – HIGHLY COMMENDED
Cally Winter, Banff Network – HIGHLY COMMENDED



- OUTSTANDING ACHIEVEMENT OF THE YEAR AWARD SPONSORED BY LIMELHOCK QUARRIES LTD

Mark Boyd, Surfing
Eilidh Campbell, Swimming
Rhona McMillan, Orienteering
Connor Milne, Bowling
Nathaniel Porter, Football



- SPORTS PERSONALITY OF THE YEAR SPONSORED BY CRAIGDON MOUNTAIN SPORTS

Peter Barron, Skiing
Tom Brewster, Curling
James Byrne, Golf – HIGHLY COMMENDED
Hannah Guild, Equestrian
Lorna Hogg, Endurance Riding
Ben Kilner, Snowboarding – HIGHLY COMMENDED
Scott Walker, Cycling
Andrew Young, Skiing
Patrick Young, Tennis



Annual General Meeting

Tuesday, 25th May, 2010 from 7.00 - 9.00 pm

The Meadows, Ellon

AGENDA

1. Apologies
2. Minute of the previous A.G.M.
3. Matters Arising
4. Chairman's Report
5. Treasurer's Report - Accounts for 2009/10
6. Resolution – re: Constitution item no. 4. Membership – Consider, Revise & Adopt Affiliation Fees (recommended change to "Affiliation fees (which shall be for the period of the Sports Council financial year) shall be paid by 31st August following the Annual General Meeting at which the fee for that year is determined." Increase affiliation to £25 by Standing Order and £30 by Cheque.
7. Election of Executive Committee.
8. Election of Office Bearer's
9. A.O.C.B.

Presentation by Robbie Stewart, Sportscotland Partnership Manager Grampian

Followed by Q & A

Grant Awards Presentations followed by light refreshments

All Welcome - Please make every effort to attend

All Sports clubs/organisations and interested individuals in Aberdeenshire are welcome and encouraged to attend to hear about the wide range of benefits that are available from Aberdeenshire Sports Council. Please complete and return the tear off slip as soon as possible.

.....
Cut Along Dotted Line or Photocopy and Return

I/ organisation* will/will not* be represented at the ANNUAL GENERAL MEETING (*delete as appropriate)

Name(s) of representative(s) (if known)

- 1.
- 2.

Signed Date Tel No

Please also complete the nomination form below (if applicable)

NOMINATION FORM (note – nominations can also be made at the AGM)

Name of Nominee + Age if under 25 yrs* (please print)	Signature of Nominee	Name of Proposer (please print)	Signature of Proposer
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1. _____
2. _____
3. _____

*Two young person reps under 25 years
Return to ASC Administration, 1 Church Street, Macduff, AB44 1UR, email tracy.mcgarra@aberdeenshire.gov.uk, or fax 01261 833646 ASAP, Should you have any queries contact 01261 813383.



Club Network Evening (North)

Peterhead Leisure Centre
Thursday, 3rd June, 2010
6.30 to 9.30 pm

Free Workshops
Limited Spaces – Registration Required

Information Marketplace

FREE OF CHARGE



Club Network Evening

Workshop 1 – Safeguarding & Protection Children – Committee Room 1

This three hour workshop will allow coaches and volunteers to explore and understand good coaching practice. Candidates will learn how to recognise the different signs of abuse and find out what to do and who to contact if there are concerns.

By the end of the course candidates will be able to:

- * Identify good and bad coaching practice.
- * Recognise signs and symptoms of abuse.
- * Identify the appropriate action if a child discloses they are being abused.
- * Know where to go to get help and support.

Workshop 2 – “Fit for Funding” – Committee Room 2

This workshop will cover all the basics to get you to the stage where your organisation will be able to apply for funding. It will go through all the documentation you will need, including your governing document, policies, budgeting, and explain the basics of outcomes and demonstrating need.

By the end of the course candidates will be able to:

- * Apply good practice
- * Put together a budget
- * Write a fundraising application
- * Strategy

To register please complete the booking form or email your details to sports.council@aberdeenshire.gov.uk (It may be necessary to restrict the number of club members attending each Workshop).

You will receive a confirmation email prior to event, if you fail to attend the course you will incur a £10 charge per member, per club.

All clubs attending will receive a “Certificate of Commitment” to clubCAP, which will entitle them to a free place on the “Introduction to Clubcap Course”.

www.aberdeenshire.gov.uk/sportscouncil
sports.council@aberdeenshire.gov.uk
1 Church Street, Macduff, 01261 813383

Information Marketplace

The club Network Evening will run from 6.30 pm to 9.30 pm.

Practice Hall

Sports Bodies present at the evening will include:

Aberdeenshire Sports Council

- * Grants
- * Affiliation
- * Low Cost Club Insurance
- * Sports Clinic Information

Aberdeenshire Council & Sport Council - clubCAP Scheme

- * Recognising & Rewarding Good Practice in Sports Clubs
- * Enrolment
- * Enhanced benefits

Active Schools Co-ordinators

- * Joint working ideas
- * Pathways for Children into Sports
- * Project Areas

Grampian Coaching

- * Join Us
- * Scholarships
- * Coaching Pathways

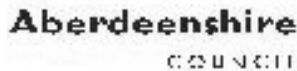
Aberdeenshire Council & Sports Council - SportsPASS

- * Talented Athletes
- * Scheme Information

Just drop in and chat!

(Please complete the booking form as above)

Thank you to our partners contributing to this event.



Registration: Booking Form ASC Network Evening (North) Thursday, 3rd June, 2010

Name _____

Club Name & Sport _____

Club Address _____

Club Telephone No _____

Club Email Address _____

I/We will be attending the Network Evening

Please indicate which Workshops you wish to attend:

“Safeguarding & Protecting Children” No of places required _____

Name of Participant _____

Email Address _____

Emergency Telephone no _____
(Please continue on a separate sheet)

“Fit for Funding” No of places required _____

Name of Participant _____

Email Address _____

Emergency Telephone no _____
(Please continue on a separate sheet)

Aberdeenshire Sports Council would like permission to take photographs during the evening. We may use these images in our printed publications or website. Please tick this box if you do not wish to be included in any publicity.

Data Protection Act. Aberdeenshire Sports Council will use the information on this form solely for registration purposes and will never release your personal information to any third parties. We will also use your information to update you on any future events or initiatives we may organise. Please tick here if you do not wish us to contact you.

Aberdeenshire Sports Council and Partner's hereby disclaims all liability except where negligence can be proven in respect of personal injury or loss suffered by participants.
In the event of emergency I permit you to sign on my behalf for any treatment required. Please return forms back to Sports Council, 1 Church Street, Macduff, AB44 1UR.

AIC Inverurie Ladies win District Winners Trophy

After winning the North District Division 1 title for season 2008/9. AIC Inverurie represented North District in the annual District Winners competition. This was a round robin competition held over one day at St Andrews University on Sunday the 28th of March. Up against winners from West & South District, Midland and East, represented by East Kilbride, Kinross and Edinburgh University.

First up for AIC Inverurie was Edinburgh University and a 3-0 win was the best start for the day, next up was Kinross



and after being a goal down came back to win 2-1. The final game was against old cup rivals East Kilbride who had won and drawn their two earlier game. The Inverurie ladies showed no mercy to their West District rivals and beat them 1-0 to

complete the hat trick of wins and another trophy in the cabinet.

As an accompaniment to that the men's 2nd XI have completed a successful season with the winning of the Division 2 championship in North District, this was a great result for a young team most of who were under 18 years of age. They did have a couple of old men steering them in the right direction, well done to all.

Volunteer Coaches Wanted for Banff Trampoline Club

- no trampoline experience necessary but would be an advantage, full training will be provided. You don't have to be a trampolinist yourself - just a desire to help the youngsters get the most from the sport. We are a small club (with a long waiting list!), looking for additional coaches to ensure the continued successful future of the group. Please contact Mandy Smith (mandyatlintmill@aol.com or 07845 692514) for more info.

Young Legacy Leaders for Aberdeenshire

With the Commonwealth Games coming to Scotland the Scottish Government is looking to identify Young Ambassadors for Sport in Aberdeenshire to support the Legacy of the Games. In partnership with Young Scot four young people aged between 14-22 will be selected to represent Aberdeenshire. The link below provides further information and details on applying: <http://www.youngscot.org/youthlegacy/>

Within your club I am sure you all know of candidates with the enthusiasm, leadership and people skills who would thrive as a legacy leader, and benefit from the training and opportunities that come with being a legacy leader.

The deadline for applications is Friday 23rd April which does not leave a lot of time. However, if you know of any individual who stands out as an ideal candidate please direct them towards the Young Scot Website. Any support you could provide in guiding candidates through the application process would be a great help.

For further information please contact: Jonathan Christie, Active Schools Coordinator,
Jonathan.christie@aberdeenshire.gov.uk 07917580622

Changes to Coaching / Scholarship Grants

Aberdeenshire Sports Council will shortly be altering the way grant applications are dealt with. The first change will affect the Coaching Grants.

When you next apply for funding, you will be asked to submit your application online. The website will have dedicated page for Coaching and Scholarships. You will have a choice of applying directly to Aberdeenshire Sports Council for a standard coaching grant, by downloading a form, (until the form becomes available to complete online)

Or you can complete the Scholarship form online from Grampian Coaching which will send a copy of your application directly to Aberdeenshire Sports Council and Grampian Coaching. We strongly recommend that clubs and individuals (who must apply through their affiliated club) follow this route and obtain the added benefits Grampian Coaching has to offer.

If you are in one of the “target or priority sports” categories, you may be considered for an Enhanced Tier2/3 Scholarship from Grampian Coaching which means an additional 30% of funding over and above the 50% from the sports council will be on offer.

Target Sports:

Swimming
Athletics
Football
Rugby
Golf
Gymnastics

Priority Sports:

Badminton
Curling
Hockey
Cricket
Shooting
Basketball

(Enhanced Scholarships Grampian Coaching):

Grampian Coaching will contact applicant to offer the Enhanced Scholarship if the Tier 2/3 application is satisfactory and applicant agrees to the criteria listed below:

- 12 Month Programme
- Extra 30% Funding available
- Coaches/officials have to agree to develop a Long Term Personal Development Training Plan if applicant doesn't have one
- Quarterly Meetings with Mentor & Coach Development Manager to look at training needs
- All coaches/officials on the programme will be subject to an annual review
- A monitoring/evaluation system will be implemented to measure the success of the programme coupled with the implementation of a tracking process
- Exchange of learning experiences and good practice amongst coaches/officials across sports.

You will also get the following benefits:

- * Updates through Newsletters
- * Links with Active Schools Co-ordinator in the area
- * Links with Sport Specific Officer
- * Link to pathways
- * Informed of changes in coaching ie: UKCC
- * Coaching Opportunities if you make yourself available

Having Grampian Coaching as a Partner is a positive move, which has opened up new avenues of information and development for our clubs. We urge you to take full advantage of this.

Reports From A Number Of Previous Grant Recipients

Summer Orienteering GB Start Squad

by Kirsty Combs

In July 2009, 16 British juniors including myself and several coaches attended the summer orienteering GB Start Squad tour to Halden, Norway (90minutes from Oslo) for two weeks. Accommodation was in the local club's hut, situated in the forest not far from Halden itself – ideal terrain for technique practice. It was an opportunity I found invaluable to increase my experience and confidence of navigating in different types of challenging terrain and also to both evaluate my previous season and plan my next one successfully.

The first week was spent primarily training on areas surrounding Halden, usually in the format of focussing on a specific technique in the morning e.g compass work, route choice etc. and putting this into practice with a training race in the afternoon. Racing allowed me to learn to cope with challenging terrain both at high speed and under pressure, which would prepare me for the following week. Each evening was spent addressing a different topic relevant to the orienteer such as nutrition, race analysis, injury prevention etc.

The first race we went to was the Swedish Sprint Championships. This consisted of a qualifier on the Monday where the top 10 in every heat went through to the final held on the Tuesday. The qualifier was held on a very distinctive area – an island called Kosta several kilometres out to sea, fairly flat and open with pebbled beaches and open rock. I was disappointed with how I performed in this race as I lost concentration when I was nearing the end – unfortunately this meant that I was unable to qualify for the final. However four Brits did qualify and this meant an evening urban sprint race in the Swedish town of Stromstad the following day. Although only supporting, this was very interesting to see how other athletes coped and what methods they were able to use to make them successful. The organiser kindly let us run around the course afterwards which then enabled us to compare our times to those of the actual race – mine were surprisingly very good so this was a big confidence boost for me.

The two days following this, a Norwegian 2day event took place not far from Halden. This time the second race was a chasing start that was based on your time for the first race. Both days were held in very physical, intricate terrain that required a lot of good route choice and high physical fitness. Day1 I had an excellent run and was extremely pleased with how I performed. I began Day2 very positively and although was not quite so successful I finished in a respectable position and was satisfied overall.

The final race we attended was the Junior 10-mila in Sweden. This is an overnight relay that takes place annually and in which about 75 teams compete in a boys relay and 90 take part in the girls race. As boys teams require 10 runners and the girls only 5, I ran the 6th leg of the boys relay which meant starting at 5am. After an interrupted sleep in army tents, I was feeling a little weary in the start pen. When the runner handing over to me came in, he was in the top 5 and so the pressure and adrenaline woke me up very quickly. It was a very fast area and so there was no time for the slightest mistake. I managed to keep it together and came back having only dropped a couple of places. The boys team succeeded in

finishing 4th and the girls team 3rd which was the highest British teams have ever come at this particular competition. The whole atmosphere throughout the whole race was incredible and such a great achievement meant that the whole tour ended on a very motivational note and was very inspiring for the coming winter training.

All in all, the tour gave me the chance to build on my previous skills in new and demanding terrain in the presence of some world-class coaches. I also had the chance to race against some very good competition and gain more experience of international races. Finally, it was a very enjoyable trip and both inspired and motivated me after a mixed season of injury and illness, for the coming year. I would like to thank Aberdeenshire Sports council for helping to fund my expenses and allow me to continue to improve and enjoy the sport for a successful season in 2010.

GARIOCH GYMNASTICS CLUB

by Janine Lloyd

Garioch Gymnastics Club most senior gymnast – Emma-Louise Donald (18 from Oldmeldrum) travelled to Rushmoor Gymnastics Academy in Aldershot for the British Challenge Cup on the 22nd November 2009 with her coach Janine Lloyd.

Emma-Louise competed in the Senior Competition against some of the best gymnasts in Britain. She competed extremely well to finish in 13th place and inside the top 10 on Asymmetric Bars and Beam. She also showed a new double twisting dismount off Asymmetric bars for the first time.

It was a very hectic day as we chose to fly down and back on the same day in extremely poor weather conditions but the Rushmoor Gymnastics Academy in Aldershot was a terrific venue and there was a very festive atmosphere as it is the last British Gymnastics event of the year.

Emma-Louise and Garioch gymnastics Club wishes to thank Aberdeenshire Sports Council for their continued support as the club are more and more branching out of their comfort zone and taking part in competitions in England and further afield.

Reports From A Number Of Previous Grant Recipients

Torphins Tennis Club by Michelle Kay, Coach

I am just a social tennis player since my early 20's and my quest started just over 2 years ago. My local village Tennis Club in Torphins couldn't get a replacement coach after Rebecca left for Australia, despite adverts and contacting Tennis Scotland and the LTA. The coaches do not want to come out from big centres as they lose money in travel time. So to avoid losing young members, I agreed to do my levels one & two so at least the primary children were catered for.

I ran school holiday camp sessions and regular sessions throughout term time, then organised Sunday morning junior non-coaching sessions where they are in charge of what games are played and the general format of the time. After a few weeks I persuaded some parents to get their disclosures so that a rota for the session's supervision could be done so I didn't have to be there every Sunday.

All this has been very successful and has increased playing membership. We have now got a Coach (from within the Club) who has just completed his Club Coach Award. He works full time at David Lloyd Aberdeen, but will come out to do adult, junior and better primary age. I will continue at grass roots and mini tennis.

An off shoot to this is that Aberdeenshire Council also employ me for Active Schools in three local primaries. And Huntly Tennis Club has asked me to work with them.

The Courses themselves are run over several weekends (5 days) by 1st4sport and Tennis Scotland throughout the country. All details are on the Tennis Scotland website.

Level one is very practical based. Learning lots of drills and games to get the pupils used to the Tennis ball, and through playing fun games learning and practicing movements required in tennis. Eventually they want to get the ball over the net anyhow, to win a point and into a game as soon as possible. Enjoyment and fun is the main aim whilst learning and meeting the pupils' individual needs to progress.

Level 2 more theory based creating full consecutive lessons plans with definite coaching points and outcomes based. Ensuring the Coaches, pupils and parents understand why they are doing a drill or skill. It was more about getting into the game and tactics. How to solve/correct/improve poor play.

We had to do at least 16 hours mentored coaching sessions between these weekends which had to be signed off and feedback given. This was very useful especially as I was going from a very small village 2 court club to David Lloyds Tennis Centre in Aberdeen where I worked with primary school aged children of different standards.. The whole course was a great way for self improvement and awareness of own skills and methods of teaching and pupils needs. I also learned so much from others on the course, of which the majority had been through the tennis coaching system themselves as children and competed the Club circuit. They did have an advantage. Most of them were looking for careers in Coaching mostly in the big Clubs and Tennis Centres (I think I was the oldest by a long way) but a couple were just helping out their club.

Winter 2010 Michael May

On Sunday the 31st of January, I travelled with the British Junior Development Squad to Absam, Austria. With the team I spent 3 days training before our first race, which was to take place on the following Wednesday. The race was to be a freestyle sprint and was also held after day light hours. To meet the qualification criteria to represent Britain at the 2011 European Youth Olympic winter games, I had to finish within 25% of the winning time in my category. I met the qualification criteria after finishing 15% behind the race winner. The next race would be 2 days later which gave the team time to recover, relax and prepare for the following event. This race was a 10km classic race, the longest race I had ever done at the time. The conditions on the race day were not as we would have hoped as the temperature was unexpectedly high creating very hard skiing conditions. This also meant that it was extremely hard to find the right ski wax to obtain maximum grip during the race. The race was held early in the morning and had been snowing continuously which made the track very slow. It was a tough race and after losing all grip and falling over just once I finished a respectable 17% behind the winner. We then had the rest of the day off to recover before travelling back home the next morning.

5 days later i was back on a flight to Austria. This time it was to compete in a 50km ski race called the- "Tiroler Koasalauf". This race was by far the longest I had ever skied and so was quite a daunting task. The race took me 3hours 35minuites- a time which I am very pleased with, seeing as this was the first race I had ever done of such considerable distance. I was also the youngest competitor that took part in the race but still finished in the middle of the field.

In this way the 2010 winter season has shown to be a successful one for me and displays high hopes for the following year- where I hope to represent Britain in the European Youth Olympics in Czechoslovakia.

Reports From A Number Of Previous Grant Recipients

Curl Aberdeen

By John Penny

Competitions which I have competed in this year, include - Scottish Mens Mini Tour – This competition is spread over three weekends, in which each team competes in two weekends. The top 8 places make straight qualification to the Scottish men's qualifiers. We played in the Hamilton and Lockerbie Mini tours. We made it into the Quarter finals of both weekends. Unfortunately we did not make it into the Top 8, team "Black".



Kinross Junior Classic – This competition is run by the Kinross Juniors club. It was over the weekend of the 9th October – 11th October. In this competition we made it into the semi finals.



Inverness Skins competition – This Competition is in the format of a different style of curling. Instead of scoring points at the end of each end, you receive a cash amount for the result of each end. In this competition we did not manage to reach the knockout

stages.

European Junior Tour – This competition is competed in Inverness. Teams from all over Europe come over to compete in this competition, in this competition we made it into the Semi Finals but lost against Glen Muirhead. We had a playoff for 3rd and 4th Position, which we also lost.

Scottish pre qualifiers – This competition is for a place in the Scottish Men's Qualifying Play down's. This year it was held at the Galleon Centre. We managed to come through that completion undefeated. Meaning we got a place into the Scottish Men's Qualifying play downs. The Scottish Qualifying play down's are played over two weekend's – Over the two weekend's the top five teams from each section qualify for the Scottish Men's round robin finals. In this competition we came 4th in our section guaranteeing us a place in the round robin finals.



Scottish Men's Round Robin Finals – This is the final stages of the Men's Finals for a chance to represent Scotland and the World curling Championships. Our first game was against David Murdoch current Scottish and World Champion. Which we lost too... We progressed through the rest

of the games unfortunately only winning one game. It was still a huge experience and a great achievement.

Scottish Junior Qualifiers – The Junior Qualifier stages were at Ayr this year. We had a ropy few games in this competition but managed to progress though to the Scottish Junior Finals in Aberdeen.

The Finals were 3rd – 7th of February. In this Competition we had a bad start of a few games, after making a team change we managed to progress through to the Semi Finals of the competition which we lost to Glen Muirhead.

June Trip to Pony Club Junior Tetrathlon Comp in Bedale, Yorkshire 2009

By Deeside Pony Club

Friday morning came, and we loaded up the lorry with tents, kit and Crista, before going on to collect Rachel and Subaru, and all their kit. Then off down the motorway to Thornton Watless, Bedale, Yorkshire, the site of the Pony Club Junior Regional Tetrathlon competition. This competition has four elements; shooting, swimming, running, and cross country riding.

At this competition, there were teams from Ireland, Northern Ireland, Central England, Northern England, Eastern England, Wales and Borders, and Scotland. The Scots had 3 girls and 2 boys teams. Horses were settled, tents erected, and supper cooked on barbecues. Then games were organised in mixed teams, to integrate the competitors. On Saturday Morning the boys went off to their shooting competition in Bedale. Shortly before lunch the girls all piled into cars, and went into Bedale, for their turn at the range. The turning targets are set at 7 metres. All shot quite well, and then stayed to cheer on the boys, who were by then, swimming. Points are gained by the distance swum in 3 minutes. All girls and boys swum well, and gained personal bests.

Then back for another cross country walk, and time to walk the running course. The 1500 metre running course is set out around a field, and was quite twisty. The horses were then exercised and settled, before returning to the tents to practice for the evening entertainment.

The sun was shining on Sunday morning, and the boys got ready for the cross country course. The girls all came and cheered them around the course before getting themselves and their horses ready. The horses had an thistle emblem spray-painted onto the rumps of the horses, which looked great! Most of the team had good rounds, with a number getting round clear.

Then it was a quick change and time for the running. All ran well, with many taking seconds off their PB's.

With the competition over, it was time to pack up the camp, and send the horses off on their long journey home.

Prize giving was at 5.00pm, and all the Scots teams won rosettes, with the A girls team (with Eleanor), coming a close second to the Irish, the B team (with Rachel) 4th, and C team (with Olivia) 8th. The boys teams came 4th and 10th. There were many individual successes as well, with a Scot winning the Girls competition, and Eleanor coming 10th, from our branch.

We all piled into cars, and finally reached home at midnight!!

Aberdeenshire Sports Council

Affiliation Form 2010 - 2011

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 2010 (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 _____