



**FORTH VALLEY**  
**DISABILITY SPORT**

Annual Report

February 2007 – February 2008

## Acknowledgements

Forth Valley Disability Sport wishes to thank the many agencies which have supported it's activities in the last year, and wish to thank the following in particular:

Clackmannanshire Council  
Falkirk Council  
Stirling Council  
Active Stirling  
**Sport**scotland  
The Grand Boys  
Scottish Disability Sport  
Big Lottery Fund  
Scottish Football Association  
Syngenta  
Carrongrange P.S.  
Falkirk Sports Council  
Central Scotland Police

Forth Valley Disability Sport would also like to thank Lauren Mactaggart for collating the audit results as part of her Research Masters.

## **1.0 Chairman's Foreward**

At the end of last years report I commented on how I felt there was an exciting future ahead for the organisation under the support of SportCentral and the last twelve months have certainly proved this theory correct.

The last year has seen a new start for a committee, which has been reformed and developed to facilitate many new changes in disability sport in the Forth Valley Area.

We have been fortunate to have a new committee who have been willing to be part of the developments achieved this year. I thank them very much for their hard work and giving up their valuable time to further disability sport in this area.

Thanks must also go to the many partners who have supported Forth Valley Disability Sport in the many developments achieved this year.

This year has seen many developments occur including:-

- ◆ An increase in the number of schools taking part in fun days, festivals and competitions
- ◆ An increase in the number of entries in fun days, festivals and competitions
- ◆ The development of a new membership and grant aid scheme
- ◆ The creation of a new FVDS website

I am sure that in the coming year new and existing committee members will endeavour to continue to undertake new challenges in making more opportunities available for children, young people and adults in the area.

Walter McAdam MBE  
Chairman

## **2.0 Background**

Forth Valley Disability Sport, formerly known as Forth Valley Sports Association for People with Disabilities, was established in 1997 as a voluntary organisation. The branch is one of 17 in Scotland, all of who acknowledge Scottish Disability Sport as their National Governing Body for sport.

The branch geographically covers Falkirk, Stirling and Clackmannanshire Councils who have a combined population of 287,000 people. The make up of the population is :-

|                    |         |
|--------------------|---------|
| ◆ Falkirk          | 149,000 |
| ◆ Stirling         | 89,000  |
| ◆ Clackmannanshire | 49,000  |

A Disability Sport Officer supported the branch until December 2004 but due to the formation of SportCentral (formerly Central Sports Development Group) and the appointment of the new sportcentral manager there has been an absence of a dedicated manager until August 2006.

In August 2006 there was a newly appointed SportCentral Disability Sport Development Manager in post. This appointment was the first of it's kind and the role of the manager is to support the branch committee in developing opportunities for adults and children with physical, learning and sensory difficulties in the Forth Valley area to participate in sport.

SportCentral is a partnership consisting of the following key partners Clackmannanshire, Falkirk and Stirling Councils, Active Stirling, Central Scotland Institute of Sport, The University of Stirling, and selected Scottish Governing Bodies of Sport. The partnership is also supported by and works closely with **sportscotland**.

The main aims of the manager is two fold;-

- ◆ to increase participation
- ◆ to improve performance.

In order to achieve these aims the manager will integrate the aims and strategies of the local authority partners, Forth Valley Disability Sport, SportCentral and Scottish Disability Sport.

The Branch with the support of all the partner agencies in Forth Valley will continue to promote and develop sporting opportunities for children and adults with physical, learning and sensory disabilities in the Forth Valley area.

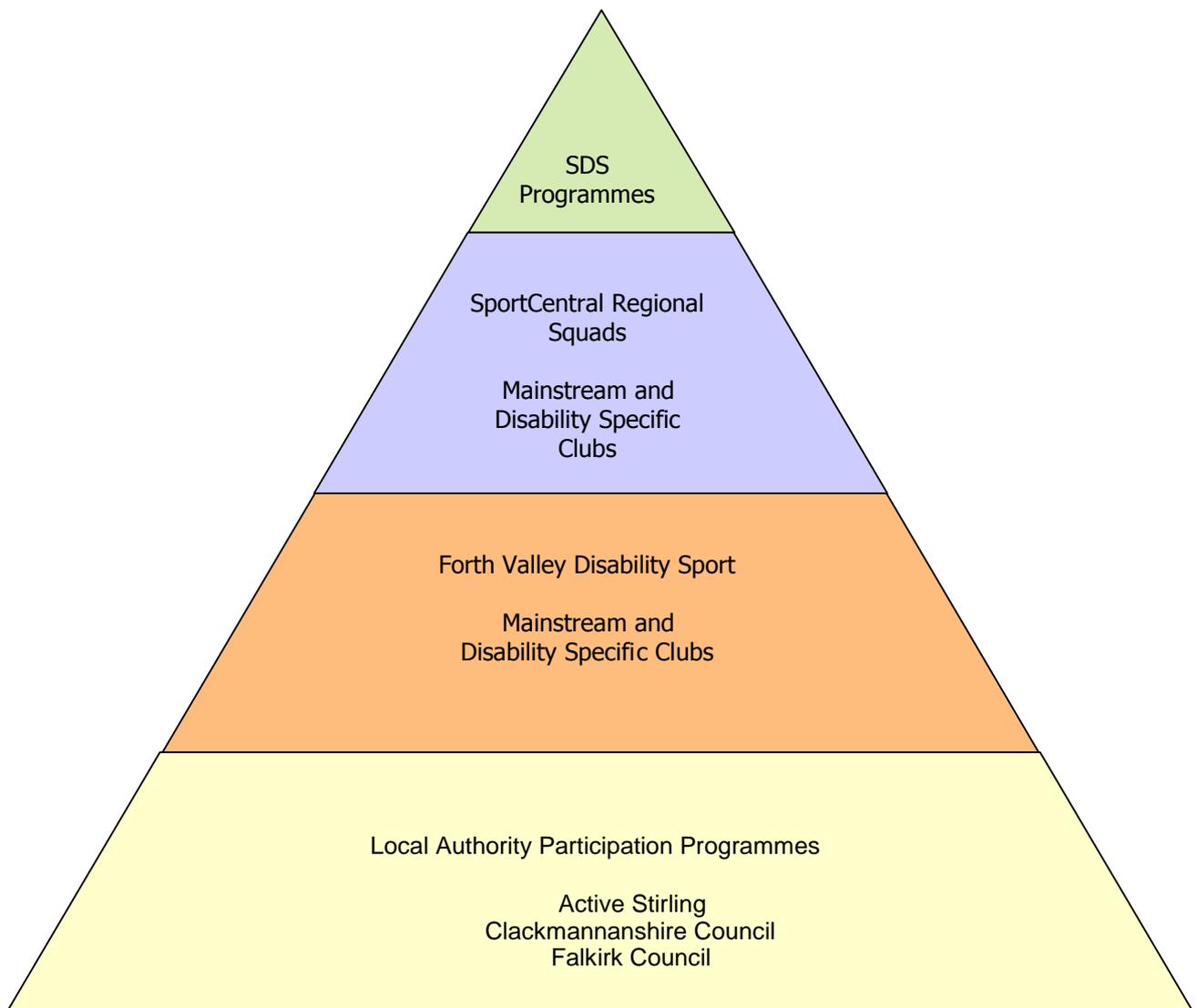
### **3.0 Introduction**

This report is written by the SportCentral Regional Disability Sport Manager and will outline the key areas of work for Forth Valley Disability Sport from February 2007 – 2008. Although the main area of this report is to provide information on the developments achieved by Forth Valley Disability Sport it

will also include updates from local authority partners, clubs in the area and SportCentral.

This is due to the extent of partnership working by all of the above and the integration of strategies and action plans.

As you can see from the diagram below there is a close working relationship between all partners to introduce athletes to sport and realise the potential of athletes in the Forth Valley Area by developing the pathways in disability sport. Each partner has a clear role to play in the pathway.



#### **4.0 Local Authority Reports**

The basis for each of the reports is an audit of participation that was carried out by the SportCentral Disability Sport Development Manager.

An audit questionnaire was circulated to all active school co-ordinators, sports development officers and local authority officers with a responsibility for disability sport in Clackmannanshire, Falkirk and Stirling. Most audits were completed on a cluster basis.

The audit of participation was issued for academic years :-

- ◆ 2005 – 2006
- ◆ 2006 – 2007

The key areas of work which were audited were :-

- ◆ playground games
- ◆ lunchtime clubs
- ◆ after school clubs
- ◆ sports development classes
- ◆ participation in Forth Valley Disability Sport Events

Each local authority area has provided a report to accompany their audit charts.

#### **4.1 Active Stirling**

Active Stirling – Disability Sport 2007 – 2008

2007 – 2008 has been a busy year for disability sport in Stirling. In February the current programme of two multi-sport classes increased to include a Disability Athletics class. This class has gone from strength to strength with a number of the athletes attending this class either being selected for regional squads or to be part of the FVDS team at national events. Currently two male athletes are included in the regional athletics squad having come through the Disability Athletics class.

In April disability football and swimming classes were introduced to the programme as well. These classes now have a core group of individuals who attend regularly and who are constantly developing their skill base. Two male footballers are included in the regional football squad and one male swimmer was also included in the regional swimming squad. In each of these cases the individuals have been identified through participation in the classes at regional FVDS events.

In June Active Stirling hosted a Track and Field event, which saw the successful inclusion of a disability section on the day. In July, Loch Venachar Sailing Club, in partnership with Active Stirling, hosted a Sailability Day. This day was a huge success with families from all over Stirling taking part in sailing. The Sailing Club provided appropriate equipment and their excellent coaches led the day.

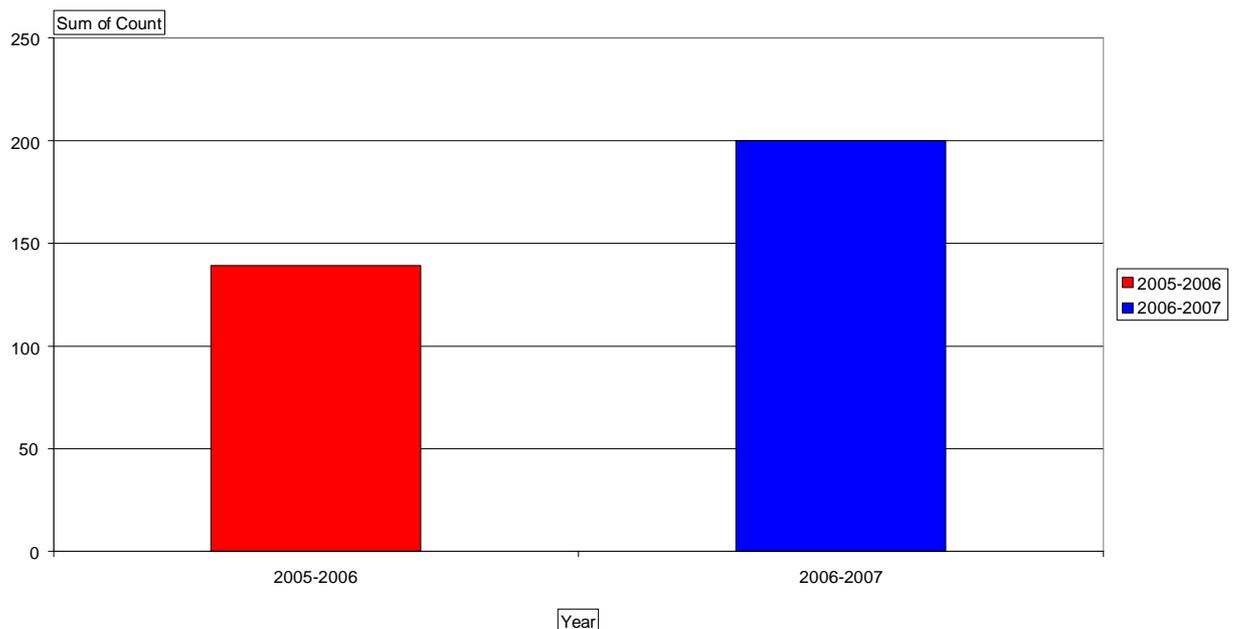
Extensive work has been done with the Arion Swimming Club. The club now have a committee and are fully constituted and are looking forward to future developments. They are successfully continuing to support and develop swimmers with a disability in Stirling due to the enthusiasm and commitment of the volunteers working within the club.

The Active Schools Co-ordinators have successfully sustained their inclusive approach to extra-curricular opportunities; this is reflected in the statistics. They have also continued their commitment to education and training by instigating SLA inclusion training as well as support for individual schools. Overall this has been another successful year for the Active Schools Co-ordinators.

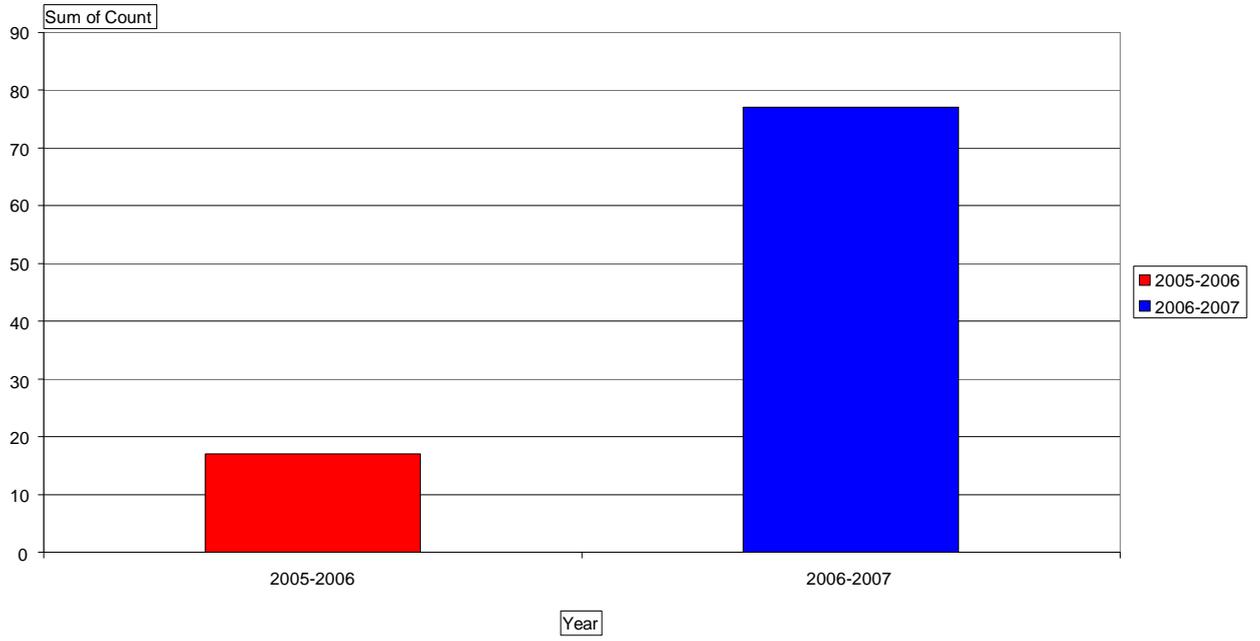
Finally this year has seen a huge increase in the number of young people and schools in Stirling entering into the FVDS events. This has been a huge achievement, which we are hoping will carry on for following years.

This has been a successful year for disability sport in Stirling. This success is testament to the high standard and number of committed people working within Active Stirling, Clubs, Support Agencies and Education. I am hoping that we can continue to improve and promote the opportunities that are available for young people in Stirling who have a disability.

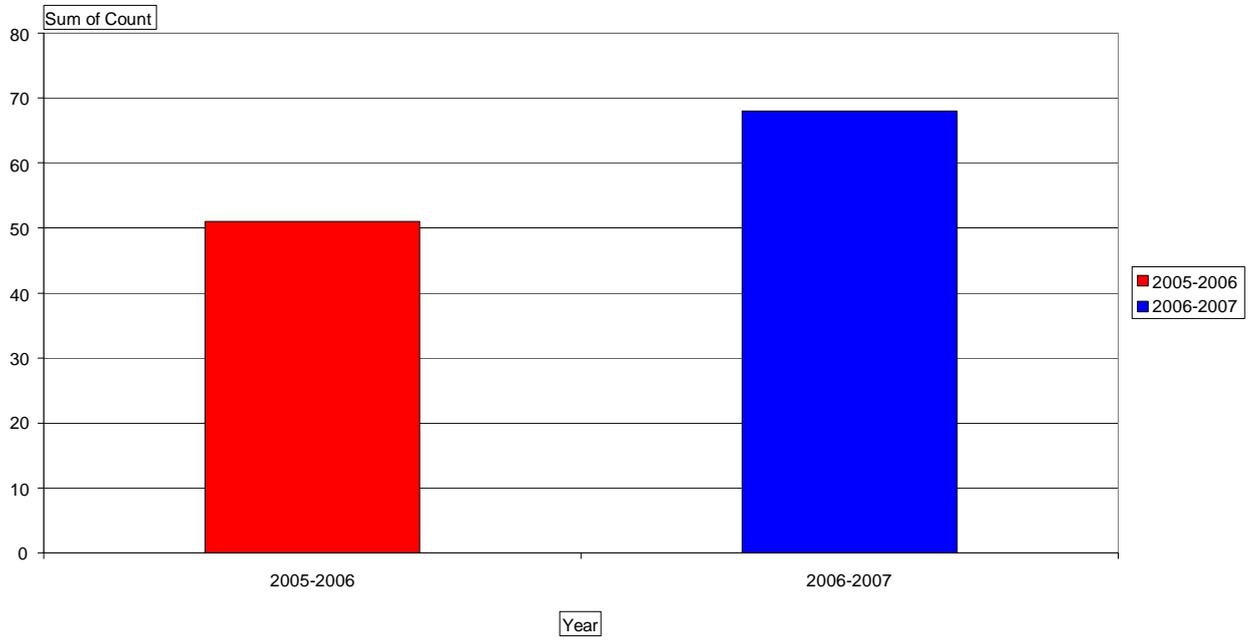
Participation in Playground Games - Stirling



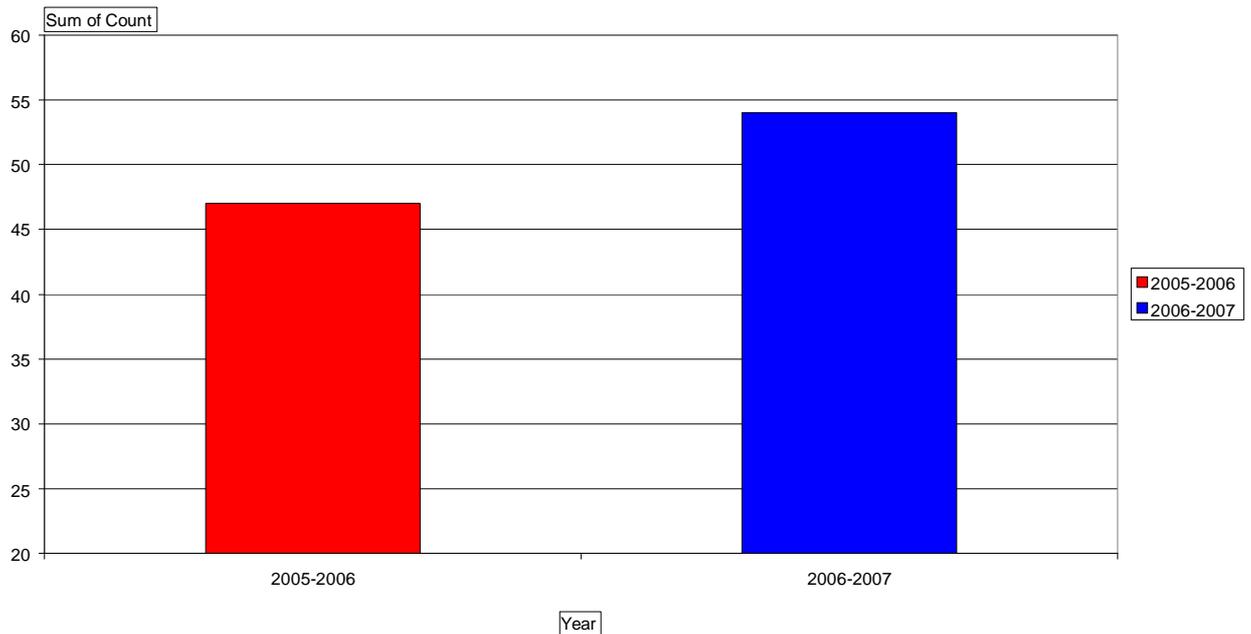
Participation in Lunch time clubs - Stirling



Participation in After School Clubs - Stirling



Participation in Sports Development Classes - Stirling



#### 4.2 Clackmannanshire Council

Clackmannanshire Council have shown significant increases in After school and Lunchtime classes through the integrated working of Active Schools, Sports Development Officers and the Primary PE Team, more schools and pupils have been involved in local and regional events due to this close, co-ordinated and inclusive approach.

The Active Schools programme for children with Additional Support Needs has grown over the last 31/2 years and offers a wide range of physical activity and sporting opportunities to children in pre- school, primary school and secondary school.

Weekly classes on offer to children with additional support needs are:

Pupils in mainstream primary school education

- ◆ Multisports Club
- ◆ Swimming – beginners
- Swimming – intermediate
- Swimming – advanced
- ◆ Gymnastics
- ◆ Inclusion Group – Fun Activities
- ◆ Boccia
- ◆ Rugby x 2 (pupils on autistic spectrum)

Pupils in mainstream secondary school education

- ◆ Multisports Club
- ◆ Swimming – advanced
- ◆ Gymnastics
- ◆ Boccia

#### Pupils in Special Education - Primary School

- ◆ Dance
- ◆ Movement & song
- ◆ Multi Activity
- ◆ Boccia
- ◆ Playground Games

#### Pupils in Special Education - Secondary School

- ◆ Dance
- ◆ Movement
- ◆ Multi Activity - Boccia
- ◆ Playground Games

#### Human Wiring – Movement, the Brain and Learning

The Human Wiring programme was introduced by Clackmannanshire Councils Psychological Services some 3 years ago with the aim of aiding and integrating development in the mind and body for individuals who show a delay in these areas.

Sports Development, Active Schools took over the programme 5 months ago with the intention of developing it in all pre schools, primary school and secondary school establishments.

To date 7 Primary schools are involved in the programme with 64 pupils taking part in daily activity, 2 Nurseries are also involved with 4 children taking part in daily activities.

Programmes change according to the local and regional events programme. (Hence the reason for the slight decrease in playground games numbers and the increase in lunchtime classes). Clackmannanshire Primary School Sports Association and Sports Development Events programmes have fully inclusive competitions and festivals:- tri golf, cross country, football, gymnastics and track and field.

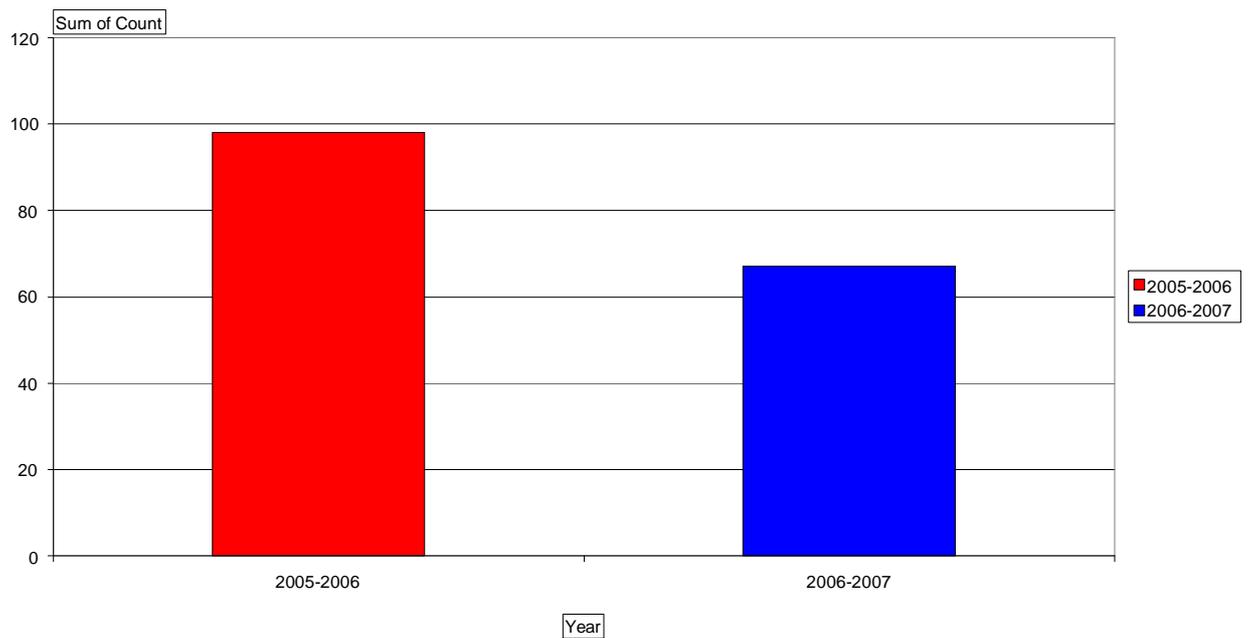
Clackmannanshire Council are delighted to be working in partnership with FVDS to set up and host events such as football fun day, fun in athletics,

Clackmannanshire Council Football for all Festival as well as host FVDS Regional Boccia Competition.

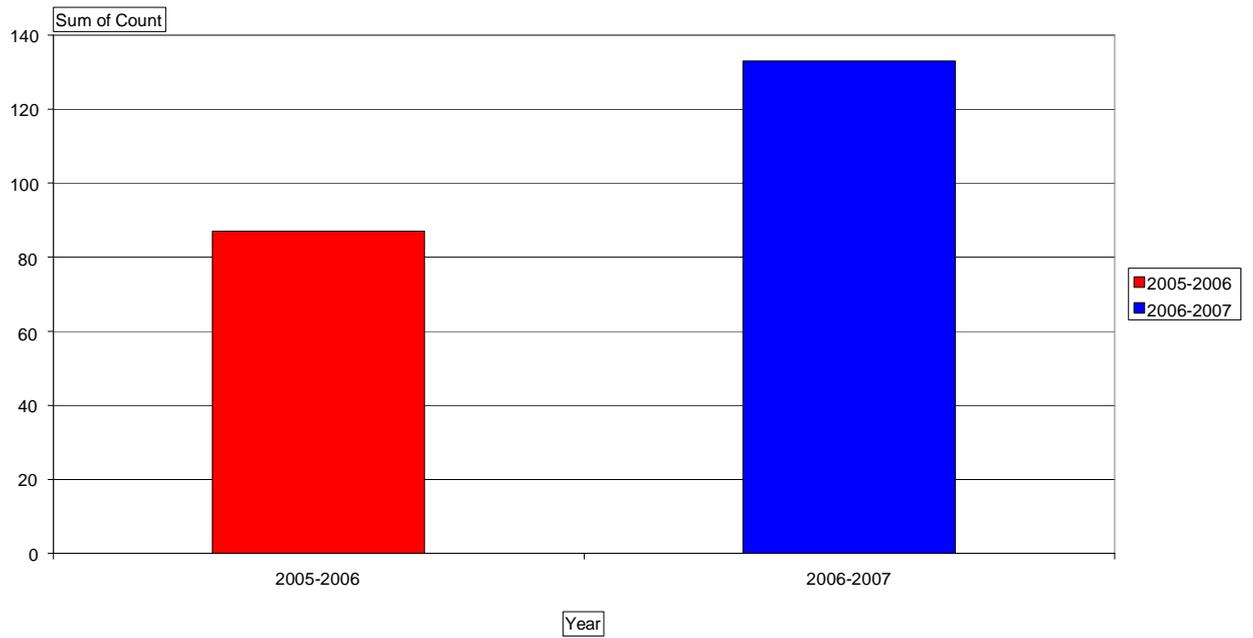
Pathways to regional and national events have been more accessible for the pupils of Clackmannanshire since the appointment of the regional partnership manager. Pupils who have been building skills are now being recognised in their achievements at higher levels.

Coach education and training are important for the delivery of the programmes. This year the courses that have been delivered are sports specific makaton level 1 and level 2, inclusion training theory and practical and human wiring. These courses have been delivered to coaches, pre school co-ordinators, support assistants, classroom assistants, sports development officers, active schools co-ordinators, primary P.E. Team, the Inclusion Support Team and Stirling University P.E. Students.

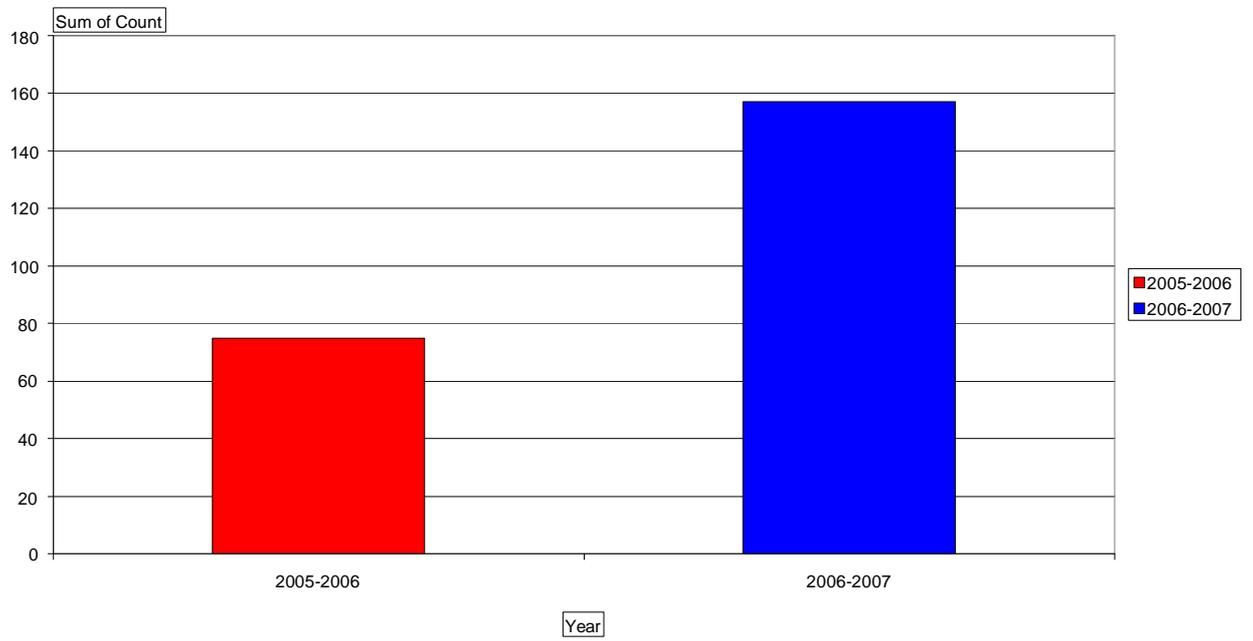
Participation in Playground Games - Clackmannanshire



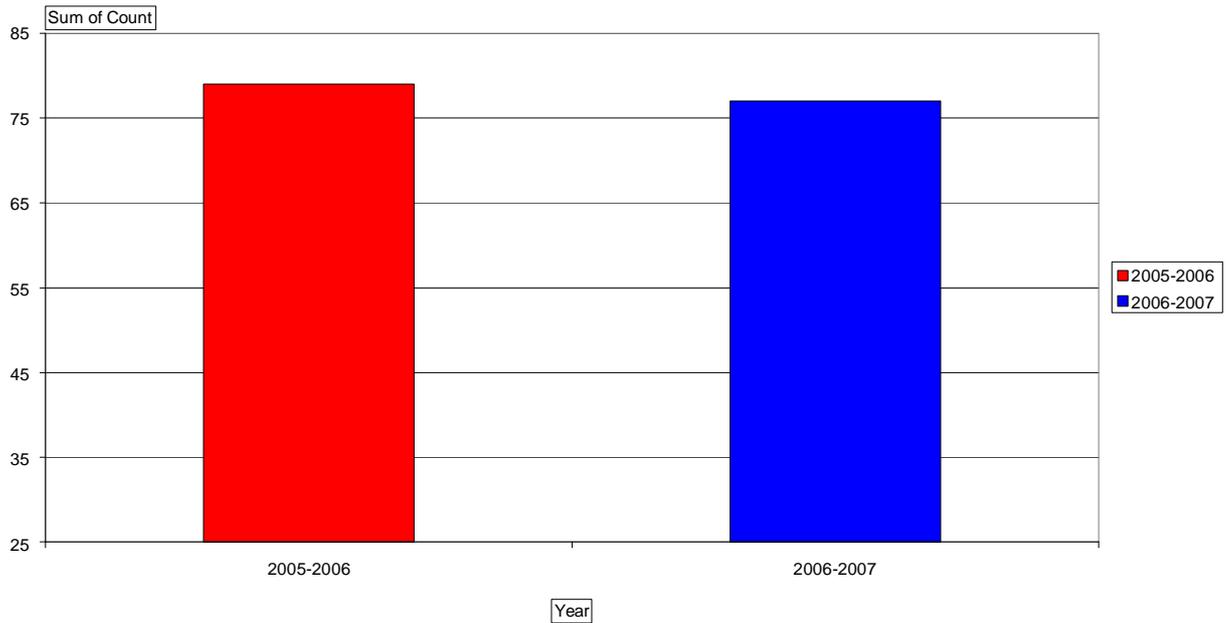
Participation in Lunch time clubs - Clackmannanshire



Participation in After School Clubs - Clackmannanshire



Participation in Sports Development Classes - Clackmannanshire



### 4.3 Falkirk Council

As there is no dedicated officer for disability sport in Falkirk Council, a report has been submitted by the Active Schools Manager and the Principal Officer for Sports Development.

#### 4.3.1 Active Schools

Over the last two years there has been awareness raised of disability sport in the Falkirk area that has resulted in a concerted effort to involve, include and make contact with the enhanced provision service.

This in turn has created a demand and expectation from the enhanced provision service. The active schools team have reacted to that demand by providing activities and offering opportunities for children with disabilities.

In house Boccia training has been delivered to the primary P.E. team and to the enhanced provision service.

The active schools team attended training delivered by Scottish Disability Sport . This has given the team more confidence in offering opportunities in a mainstream or enhanced provision setting.

An example of good practice is the Larbert Cluster, the co-ordinator has established and maintained good working relationships with the Headteachers. Excellent communication has broken down barriers to participation and facilitated classes taking place in the schools.

A Falkirk Schools Boccia Competition has become a regular feature in the calendar every year in preparation for the FVDS Boccia Competition. All events organised by the Active Schools Team are inclusive and we encourage mainstream schools to enter children in the events.

The marketing of the activities through links with the Children and Disabilities Team Activity Co-ordinator have proven to be effective and has resulted in children accessing both mainstream and disability specific activities in after school clubs, sports development classes and holiday programmes.

The local development group pulled together by the SportCentral Disability Sport Manager has helped with communication between active schools, sports development, P.E. and social work. The group has been informative, has helped identify opportunities and reduce barriers to enable children to access physical activity and sport in the Falkirk area.

Over the past 12 months, within the Falkirk Council area, with valuable support from the Sport Central Disability Manager, significant progress has been made in terms of disability sport in the Falkirk.

#### **4.3.2 Sports Development**

Weekly football sessions have been established at Grangemouth Sports Complex and have proved to be a successful with 15 participants attending on a regular basis. In addition to this the annual schools disability football festival, in February, attracted over 70 players. Our target now is to translate some of this healthy turnout into weekly attendance. Increasing the numbers at the weekly sessions will allow for an improvement in the quality leading in turn to an improved experience for the participants.

Disability athletics sessions, established at Grangemouth Stadium have also been a success with 12 participants attending Run, Jump and Throw sessions regularly on a Friday evening.

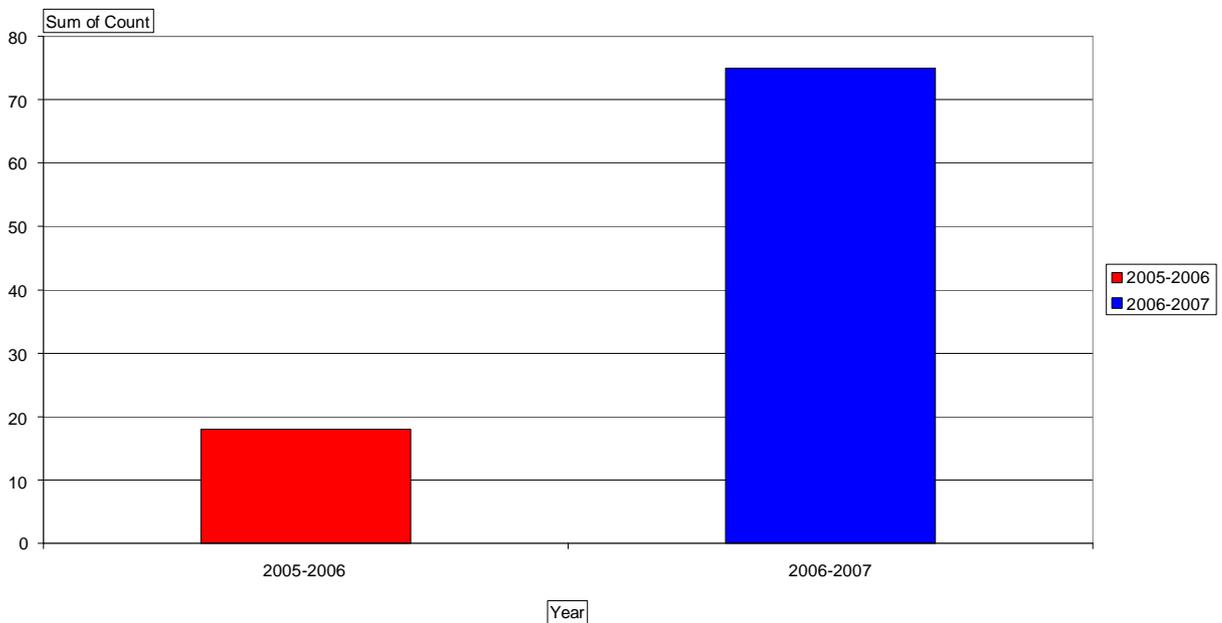
Further to this a programme of swimming lessons was also set up. Uptake on these, to date, has been lower than expected so a change to the venue and

are planned as we aim to increase the uptake from we believe to be an untapped pool of potential participants.

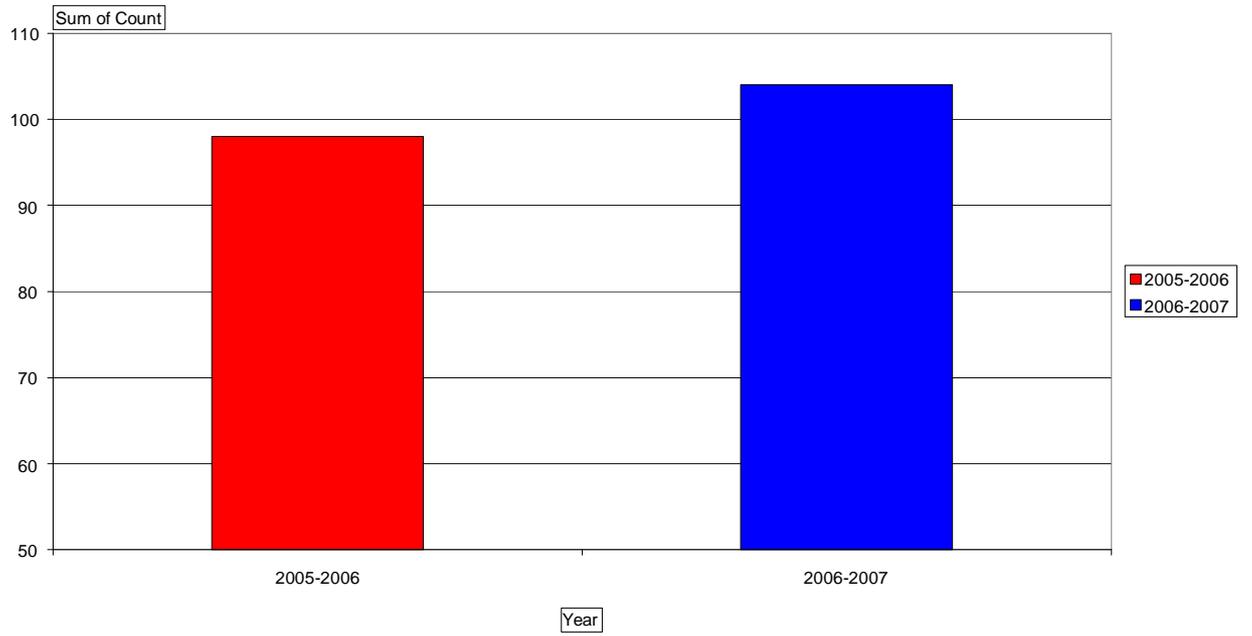
Moving on from these participation level activities we are pleased to see that pathways for the further development of potential are now also in place. This again is clear testament to the work of the Sport Central Disability Sport Manager.

In the Falkirk area in the last year there have been changes - positive changes. We look forward to further positive developments in the coming year, and beyond.

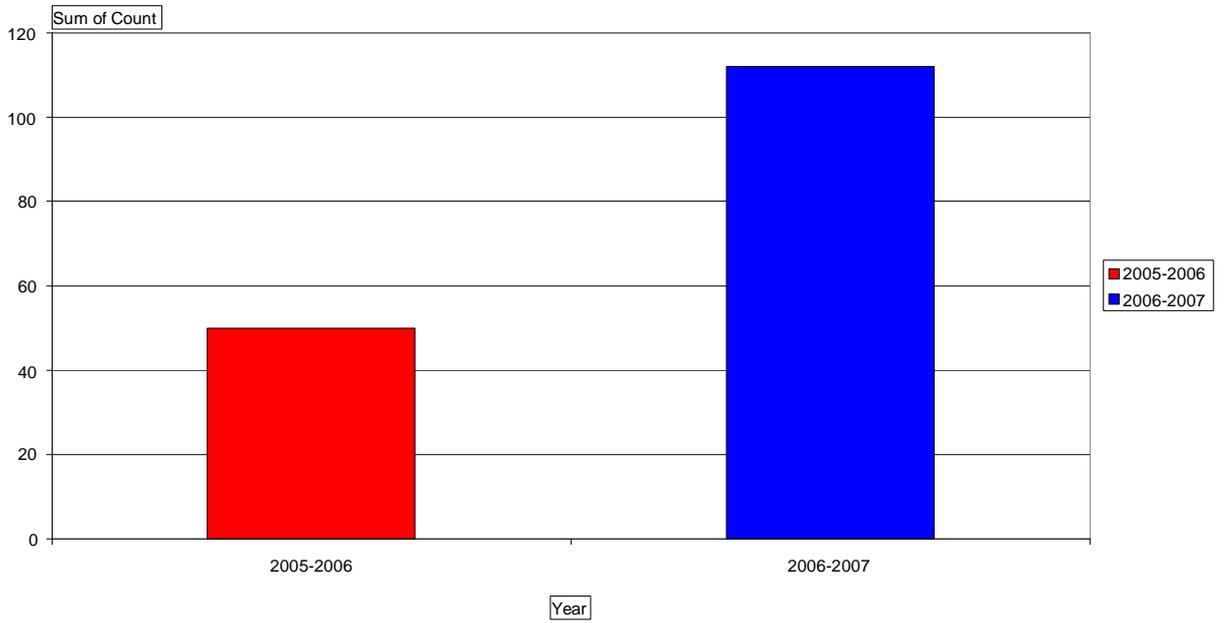
Participation in Playground Games - Falkirk



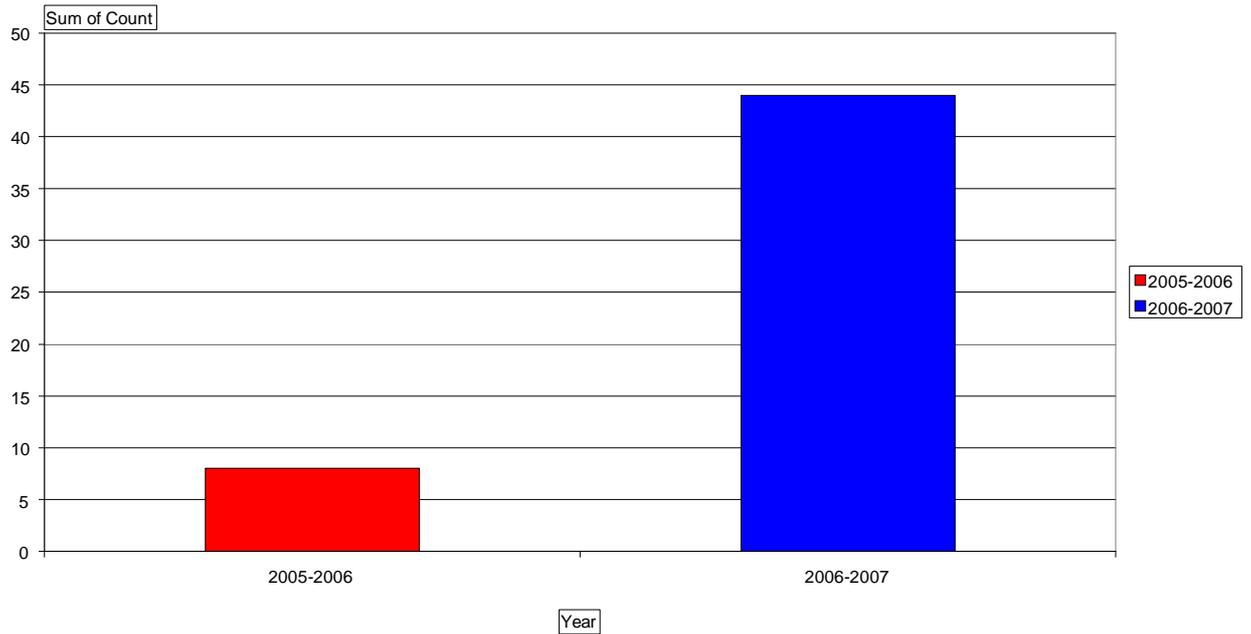
Participation in Lunch time clubs - Falkirk



Participation in After School Clubs - Falkirk



Participation in Sports Development Classes - Falkirk



**4.4 Development Manager’s Overview of Events Academic Years 2005 – 2006/ 2006 – 2007**

**Overall Statistics Table**

| Activity                                  | 05 –06 | 06 –07 | % Growth Increase |
|---|--------|--------|-------------------|
| Playground Games                          | 255    | 342    | 34.17             |
| Lunchtime Clubs                           | 202    | 314    | 55.14             |
| After School Clubs                        | 176    | 337    | 91.5              |
| Sports Development Classes                | 134    | 175    | 30.6              |
| FVDS Events                               | 150    | 440    | 193.3             |
| Number of schools participating in events | 15     | 36     | 140               |
| Number of Events                          | 2      | 15     | 650               |

|         |  |  |  |
|---------|--|--|--|
| Offered |  |  |  |
|---------|--|--|--|

There have been significant increases in all areas of participation with some astounding results in the percentage of growth increase. The audit issued has certainly been constructive in gathering statistics that provide evidence that disability sport is growing in the Forth Valley Area.

The local development groups are key to these changes as they have resulted in a concerted effort to identify, promote and provide opportunities for children with physical, sensory and learning difficulties participate in physical activity and sport.

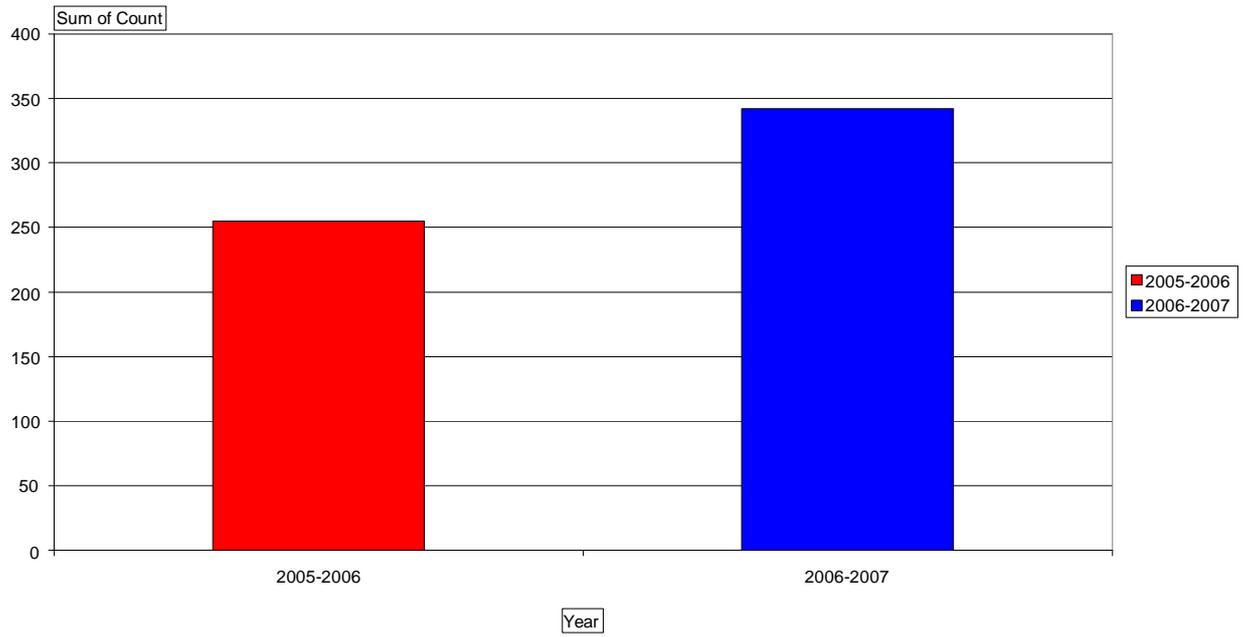
Falkirk, Stirling and Clackmannanshire are all at different stages in the development of their programmes but the statistics are evidence that disability sport is being driven more in the areas that have a dedicated officer. i.e. Clackmannanshire and Stirling.

Falkirk programmes are continuing to be developed through the sport specific officers who are fully committed to providing opportunities but the services and children would benefit more if a dedicated post was created.

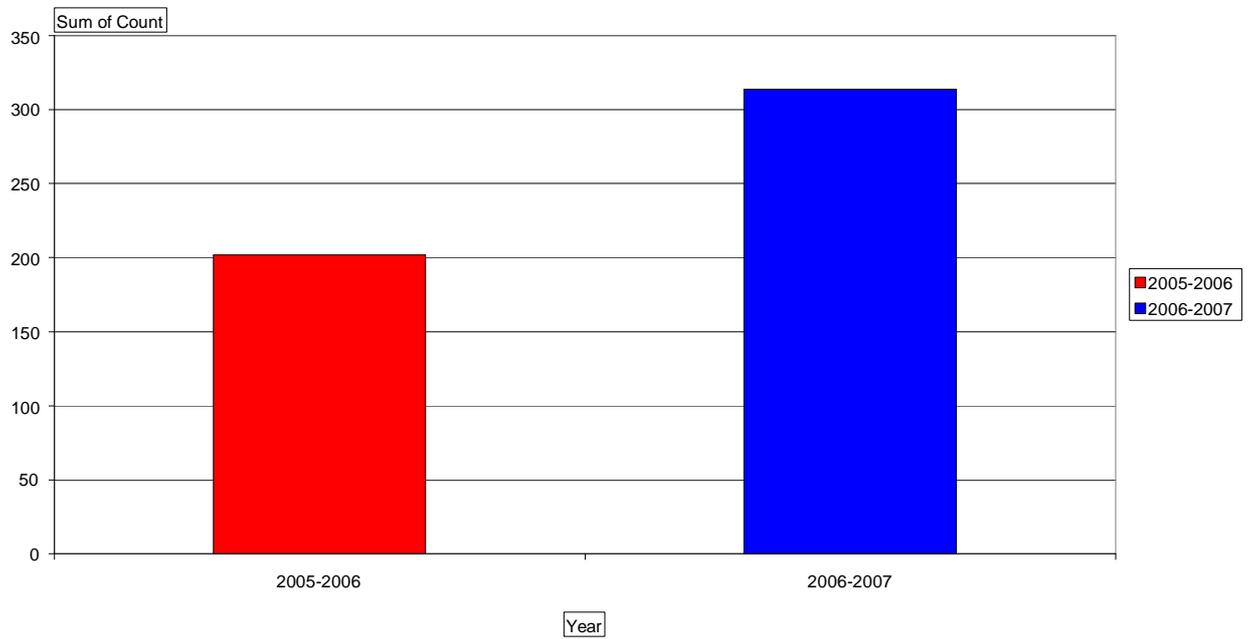
Although fun days are well attended in all three areas but we must be more proactive in encouraging children to move to participation classes and clubs earlier.

Overall as disability manager I feel each area should be pleased with the increases in participation and I thank them for their commitment and hard work in achieving these results and look forward to working with them in the coming year.

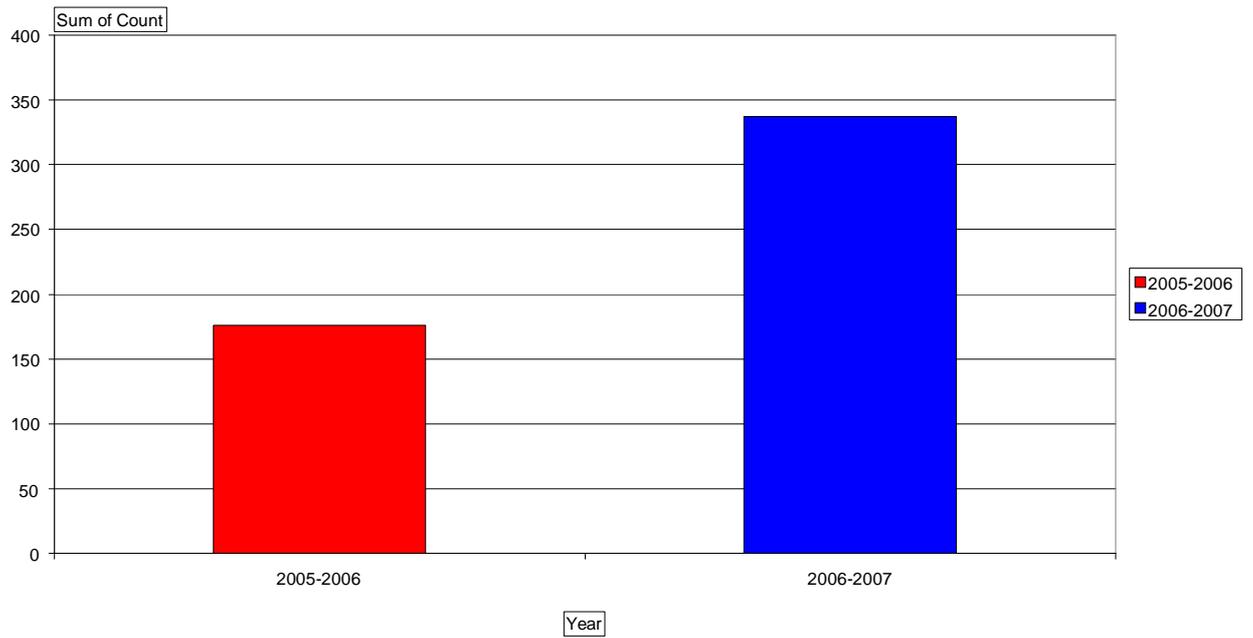
Participation in Playground Games



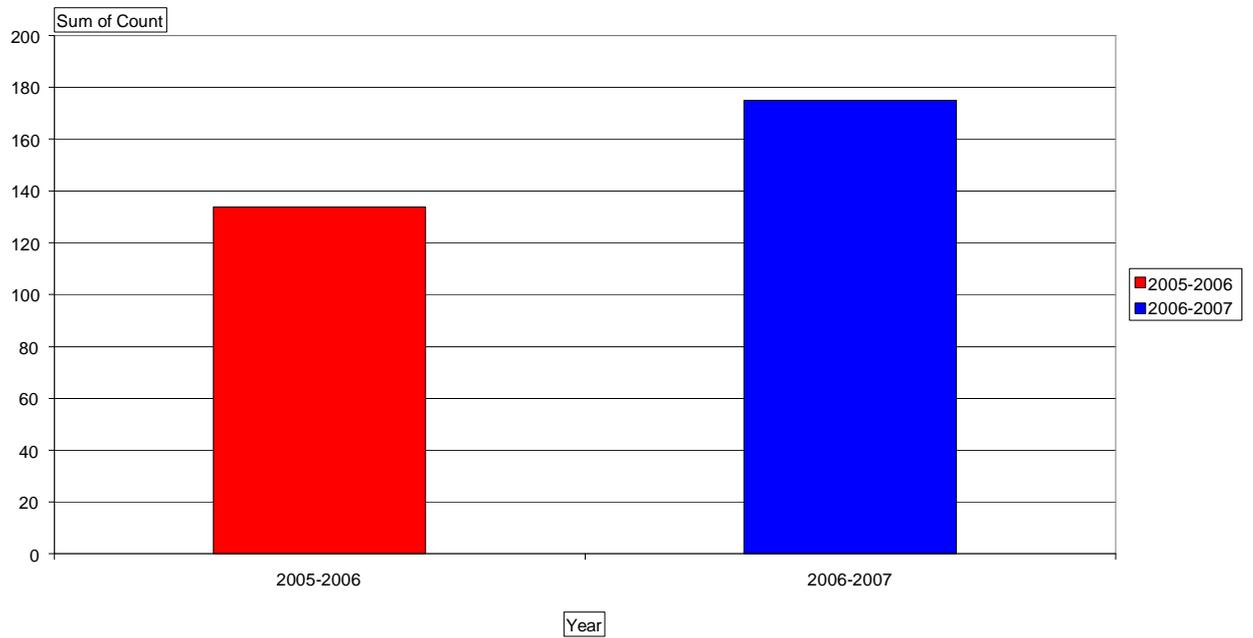
Participation in Lunch time clubs



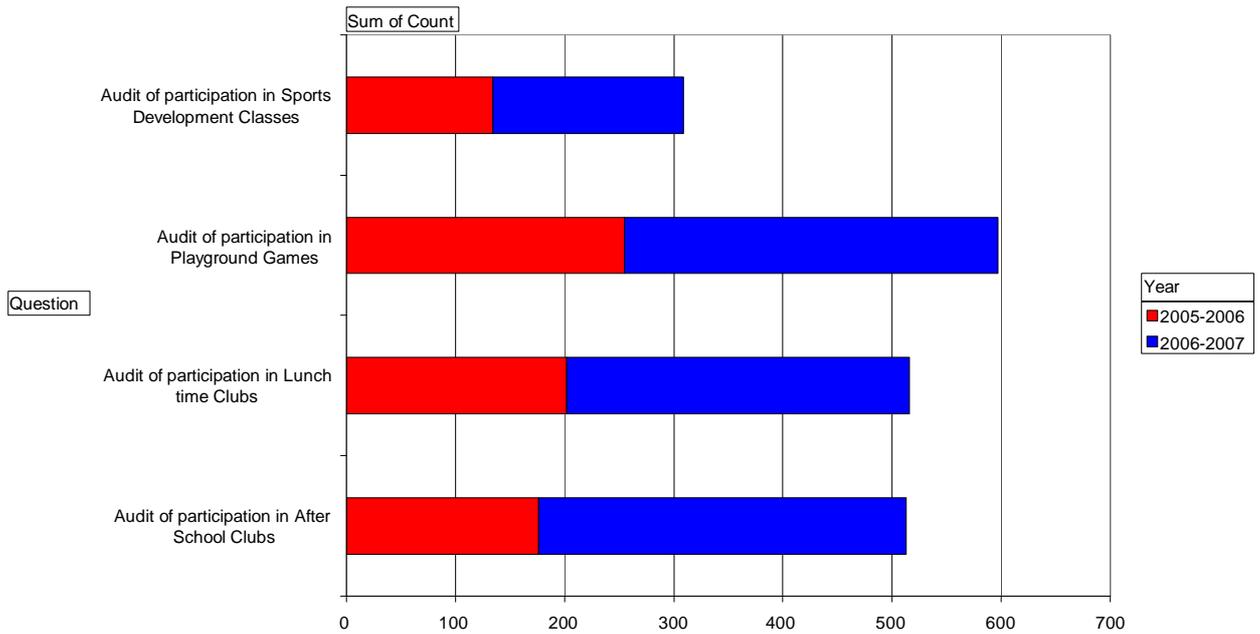
Participation in After School Clubs



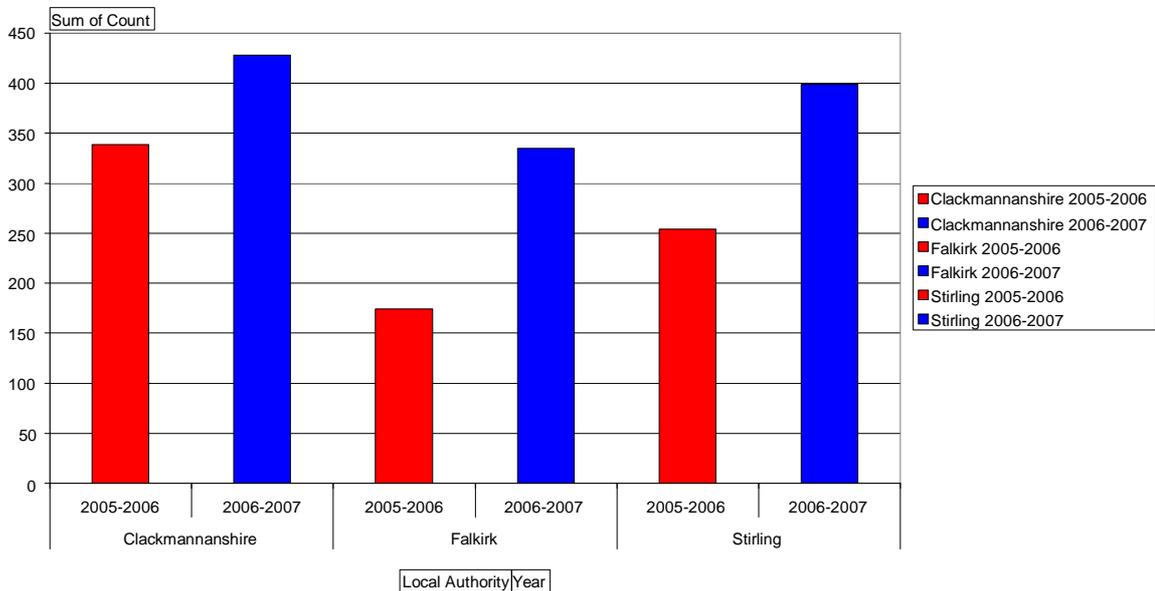
Participation in Sports Development Classes



2005-2007 FVDS



Local Authority Statistics



5.0 Forth Valley Disability Sport Review

This section of the report will cover the period from February 2007 – February 2008 and will provide an update of the work developed by the branch.

It has been a successful year for the branch in it's first year under the new structure with a new committee and alot of hard work and effort has been put into re-establishing Forth Valley Disability Sport.

Key achievements this year are:-

## 5.1 Forth Valley Disability Sport Events

There has been a huge increase in the participation figures in FVDS events, festivals and competitions. There has been a growth of 193 % in the attendance of events. The events programme is designed around the Scottish Disability Sport priority sports, (athletics, boccia, bowls, football and swimming). The festivals and fun days promote local opportunities in each local authority area whilst the competitions not only provide opportunities to compete but also act as qualifiers for athletes to progress to Scottish Disability Sport National Competitions.

Results from each competition are analysed by the relevant SportCentral Sport Specific Manager, the relevant National D.O. for disabilities and I to determine if there are any athletes with potential who may benefit from being part of the regional squads and the generic support that comes with being a member of that squad.

## 5.2 FVDS Regional Events Table February 2007 – February 2008

| Event                                   | No of Juniors | No of Adults |
|---|---------------|--------------|
| Regional School and Club Swimming Gala  | 21            | -            |
| Athletics track and field               | 109           | -            |
| Regional Squad Trials                   | 40            |              |
| Regional Schools swimming championships | 64            | -            |
| Fun In Athletics (Stirling)             | 31            | -            |
| Fun In Athletics (Falkirk)              | 27            | -            |
| Fun In Athletics (Clackmannanshire)     | 46            | -            |
| Adult Boccia and Kwik Curling Festival  | -             | 12           |
| Regional Junior Boccia Competition      | 93            |              |

|                                     |            |    |
|-------------------------------------|------------|----|
| Regional Senior Boccia Competition  | -          | 18 |
| Inter area decathlon                | 23         |    |
| Football Fun Day (Falkirk)          | 62         |    |
| Football Fun Day (Stirling)         | 12         |    |
| Football Fun Day (Clackmannanshire) | 72         |    |
| <b>Total</b>                        | <b>630</b> |    |

As well as having increased the regional events programme this year FVDS also hosted the first ever SDS National 7 a-side competition. Over 290 footballers came from all over Scotland to Little Kerse Playing Fields in Grangemouth. We were fortunate to have Russell Lattapy and Pedro Moutinho from Falkirk FC and Chris Hendry from Clyde FC to present the medals.

Forth Valley entered 5 teams. It was an enjoyable day and a great experience for all of the FV teams for whom it was their first time competing as a team.



### 5.3 Club Reports

Until recently there were two swimming clubs and one wheelchair rugby club in Forth Valley. This year has seen the beginning of the development of football club for adults with learning disabilities, Stirling City All Stars.

This is due to Sandy White who has initiated this through his own voluntary work. Stirling Football D.O. set up a meeting that proposed that the All Stars become a disability team within Stirling City Football Club, which is an SFA charter club.

This process is on going and will continue to be supported by the Active Stirling Sports D.O, Active Stirling Football D.O and the SportCentral Manager.

Both the Arion Club (Stirling) and the Dolphin Club (Falkirk) are successful, well attended clubs that are represented on the Forth Valley Disability Sport committee. Both clubs enter FVDS events and make up the Forth Valley Team that enters the SDS National Competitions.

### **5.3.1 The Dolphin Club, Grangemouth**

Our club had another very successful year in 2007 with average attendances in the region of 45.

Our own club gala took place at the beginning of March and was sponsored by David Morton (Larbert) Ltd. Their generous sponsorship far exceeded the costs involved in running the gala. It was pleasing that virtually every club member participated in this very special event. After the gala there was a special presentation of awards when fortunately every participant achieved a medal. By good fortune several of the races had joint seconds and thirds. Several of the most successful swimmers were selected to form part of the Forth Valley Team, which took part in the National Gala held in Tollcross Baths for swimmers with a learning difficulty. A few of our swimmers were successful in winning medals. It was a great day out.

Later in the year we held our annual Fun Night with crazy races and games. This event was confined to the shallow end of the pool to allow everyone to join in. Another memorable night.

In December we had our annual Presentation of Awards followed by our Christmas Party. Parents, carers and friends were all invited and around a hundred had a most enjoyable time, especially as Santa found time to arrive and present a Gift Box to every member.

We all look forward to another successful year in 2008.

### **5.3.2 Stirling City All Stars F.C**

This project started last summer when Sandy noticed a lack of opportunities for adults with disabilities to participate in recreational football. A meeting time and place was arranged and gradually a couple of players came down.

There was just enough interest to justify continuing through the winter. Lynne Glen and FVDS provided financial and general support and funded the guys to play indoors during the dark nights. We have competed in the SDS National 7 a-side national competition and the guys really enjoyed it. Currently we have 10 players, 2 coaches and a couple of volunteers. We aim to compete in as many competitions and arrange as many games as possible.

Off the pitch we are in the process of registering as a club, as suggested by Lynne Glen and Scot Kinross we have affiliated with local amateur team Stirling City F.C as they were looking to expand. We should receive a number of benefits from this charter club until we build up our own sufficient funds and experience.

### **5.3.3 Arion Club**

The Arion Club still train on a weekly basis despite having to relocate their training due to the recent closure of Rainbow Slides. They are a well attended club and do well in providing targets for their swimmers and enter various competitions throughout Scotland. They are supported by the Active Stirling Development Officer who has been working with them closely on the Club Development Process.

### **5.3.4 Falkirk Wildcats**

The Falkirk Wildcats (wheelchair rugby club) continue to train at Woodlands Games Hall in Falkirk on a weekly basis. They are the only club of it's kind in Scotland and have one GB Squad member in their team.

## **5.4 Membership and Grant Aid Scheme**

A sub committee was formed to look at developing membership and grant aid criteria. This committee reviewed an existing membership scheme used by Disability Sport Branches and adapted it for use in Forth Valley.

This committee will continue to exist with the purpose of managing the grant aid process. Many thanks to Colin Fisher and Davie Lawrie for their huge input with this!

## **5.5 FVDS Website**

I am delighted to report that FVDS now have their own website which was developed by Fraser Mathieson. Fraser has committed a huge amount of his own time to creating the website which will provide users with comprehensive information on the organisation.

Well Done Fraser and thank you for your expertise and commitment.!!

## 5.6 FVDS Sport Specific Volunteer Co-ordinators

The contribution of volunteer co-ordinators has been crucial to the delivery of Forth Valley Disability Sport Events and the supporting of athletes to attend clubs. FVDS has sport specific volunteer co-ordinators in the 5 strand 1 target sports set by Scottish Disability Sport in their National Strategy "Towards London and Beyond."

The co-ordinators for each sport are:

| <b>Sport</b> | <b>Volunteer Co-ordinator</b> |
|--------------|-------------------------------|
| Athletics    | Shona Malcolm                 |
| Boccia       | Jean Duncan                   |
| Bowls        | Fraser Mathieson              |
| Football     | Davie Lawrie                  |
| Swimming     | Alan Robertson                |

The co-ordinators promote their sport throughout the Forth Valley area, assist in the organisation in the Regional Events Programme and act as team managers at National Events.

## 5.7 National Medal Success

Forth Valley Disability Sport have had teams represented at almost all National Competition held in athletics, boccia, bowls, football and swimming. There have been many medal winners. Too many to name individually but see table below for numbers:



| Sport     | Gold | Silver | Bronze |
|-----------|------|--------|--------|
| Athletics | 26   | 9      | 9      |
| Boccia    | 2    | 3      | 2      |
| Bowls     | 13   | 3      | -      |
| Football  | -    | -      | -      |
| Swimming  | 15   | 8      | 10     |

## 6.0 Special Olympics

Richard Binnie was the sole representative in Shanghai from the Forth Valley Area. Richard competed in the World Summer Games as part of the GB football team. The Team of 11 played in Division A in a group of 4 and beat Kenya, Equador and Russia to go through to the Final with Russia.

The next Special Olympic Summer Games take place in Leicester in August 2009. The branch is already beginning to look at ways to fundraise and will be looking at ways to select individuals from Forth Valley to compete in the games.

The gold medallists couldn't be decided in the 90 minutes of play or even after extra time so the game went to penalties. But after the intense experience Russia was beaten 5-3 in the penalty competition.



## 7.0 SportCentral

As well as supporting the branch and the local authorities to increase participation the SportCentral Disability Sport Manager also has a

responsibility to improve the performance and develop the pathway for athletes.

The key areas of work for this are:

- ◆ Regional development squads
- ◆ Coach Education and Training
- ◆ Club Development

Again the structure of disability sport aids these key areas of work as joint working with local, regional and national officers is imperative as outlined below.

### **7.1 SportCentral Regional Development Squads**

Regional Development Squads in Athletics, Football and Swimming have all been established and are fully operational. The number of squad athletes has grown from 22 to 32 in the last year. All squads take place in the Falkirk area :-

| <b>Squad</b> | <b>Venue</b>              | <b>Day</b> |
|--------------|---------------------------|------------|
| Athletics    | Grangemouth Stadium       | Friday     |
| Football     | Graeme H.S.               | Monday     |
| Swimming     | Bo'ness Recreation Centre | Sunday     |

The SportCentral Disability Sport Manager drives the development of the squads, however the new structure for Disability Sport in Forth Valley facilitates close communication with volunteer co-ordinators, sport specific SportCentral colleagues and the National Development Officers for Disabilities. This integrated approach is intrinsic to:-

- ◆ squads being supported technically
- ◆ improving the quality of squad athletes
- ◆ the development of events for athletes
- ◆ the creation of selection criteria for athletes with potential
- ◆ identifying athletes with potential
- ◆ developing individual plans for squad athletes
- ◆ the long term development of the athletes
- ◆ the progression of athletes to mainstream clubs
- ◆ increasing training and competition opportunities for athletes
- ◆ integrating governing body initiatives, strategies and action plans
- ◆ developing coaches
- ◆ sharing of resources
- ◆ maximising the use of facilities

## **Regional Manager**

Kerry Martin , Swimming  
Alan Morgan, Football  
Liz Morris

## **National D.O. for Disabilities**

Paul Wilson, Scottish Swimming,  
Stuart Sharp, Scottish Football Association,  
Shona Malcolm, Scottish Athletics Limited

Squad athletes are identified once they have competed in a disability event organised by FVDS. They are selected through their time or distance achieved. They are then invited along to the squad sessions. Parents evenings have been held for each of the squads so that parents are given information and have the opportunity to ask questions. Athletes and parents are also informed of the level of commitment expected from them. Where possible the selection process is undertaken by the disability manager, the sports specific manager and the national D.O for disabilities for that sport.

### **7.1.1 Individual Training Programmes**

Individual Training Programmes have been developed for squad swimmers. The purpose of the plans is to assist squad athletes who are attending swimming clubs and have more than one coach. Coaches are aware of what the athlete's pool session should consist of. Individual plans will be reviewed in a twelve-week period. It is planned to roll out this process to both football and athletics.

### **7.2 Coach Education and Training**

The coach education and training courses are planned in conjunction with the professional officers of each local authority with direct responsibility for disability sport and the sport specific managers. The coach education programme runs parallel alongside the events and participation programmes, i.e. athletics, football, swimming and boccia as well as disability awareness courses.

Listed in the table below are the courses that have taken place since February last year.

FVDS has invested considerably in the development of coaches this year to facilitate local and regional programmes.

### **7.3 Coach Education and Training Table**

| <b>Coach Education &amp; Training</b> | <b>No of Candidates Attended</b> |
|---------------------------------------|----------------------------------|
| SDS Inclusion Training                | 2                                |
| Coaching Footballers with             | 10                               |

|  |     |
|--|-----|
| Disabilities   |     |
| Coaching Athletes with a disability                      | 8   |
| Sports Coach UK<br>How to Coach Disabled People in Sport | 18  |
| Boccia Leaders Award                                     | 12  |
| SLA Training Stirling                                    | 100 |
| Primary P.E. Falkirk                                     | 13  |

## 7.4 Club Development

As mentioned in 5.3 Club Reports both the Arion Club (Stirling) and the Dolphin Club (Falkirk) are successful, well attended clubs that are represented on the Forth Valley Disability Sport committee. Both clubs enter FVDS events and make up the Forth Valley Team that enters the SDS National Competitions.

Neither of the clubs are affiliated to Scottish Swimming and therefore do not access the benefits of this. Efforts will be made this year to encourage both clubs to affiliate as Scottish Swimming have recently reviewed the membership of disability clubs and individuals.

There has been little development in this area as the main focus of work has been event participation and the development of the squads.

There has been however 7 athletes integrated into mainstream clubs, both as a direct and indirect result of the structure. Again the integrated approach by the sportcentral disability manager and the sport specific managers means that there is a supportive joint approach to develop the capacity of mainstream clubs to facilitate the needs of athletes with a disability.

Efforts have been made to encourage squad athletes to increase their training by attending mainstream clubs and train up to four times a week.

## 8.0 SDS National Development Squads

This year has seen 9 local athletes included in National Development Programmes. Athletes have been selected for their performance at National Competitions.

The following athletes have been or are members of the National Development Squads :-

Athletics                      Jonathan Fisher

Jade Wilson  
Megan Farrell Dawson  
Lorraine Hunter  
Kevin Wright  
James McCarroll

Swimming Keith Gray  
Sam Agnew  
Rachel Sneddon is awaiting classification but has been included in the squad subject to classification.

Joint working with the National D.O's is assisting with the identification of athletes with potential and their progression to National Programmes.

## **8.0 Highlights and Successes**

There have been many success stories to report this year and some athletes have progressed beyond National programmes despite the system and not because of it. However, more athletes should achieve success in the future because of the new structures in place.

### **Bowls**

Harry Harris from Falkirk, has had a fantastic year and won many regional and National Competitions this year. Harry was selected to represent Scotland at the World Championships in Australia in October of last year. He excelled in his role as skip and won bronze medal in triples for b2/3 as skip and fourth prize in pairs for b2/3 as skip.

### **Badminton**

Alan Oliver competed in his first ever National Badminton Championships to take 1<sup>st</sup> place in Singles and 1<sup>st</sup> Place in Doubles with partner Niall Jarvie. Alan went on to represent Scotland in Cardiff in the Home Counties Competition and returned home with Silver medals in both the singles and doubles competitions.

### **Football**

Alan was also selected to go to Brazil with the Scottish Football Team and compete in the World CP Football Championships. Scotland had a remarkable performance and finished overall in the competition.

## **Football**

Keiran Martin was also selected to go to Brazil with the Scottish Football Team and compete in the World CP Football Championships. Keiran played a key part in the achievements in the team. He performed so well that he has been shortlisted into the last 16 to go to Beijing and represent Great Britain. Keiran is now a Scottish Institute athlete.

## **Football**

Richard Binnie was the sole representative in Shanghai from the Forth Valley Area. Richard competed in the World Summer Games as part of the GB football team. The Team of 11 played in Division A in a group of 4 and beat Kenya, Equador and Russia to go through to the Final with Russia. The next Special Olympic Summer Games take place in Leicester in August 2009. The branch is already beginning to look at ways to fundraise and will be looking at ways to select individuals from Forth Valley to compete in the games.

The gold medallists couldn't be decided in the 90 minutes of play or even after extra time so the game went to penalties. But after the intense experience Russia was beaten 5-3 in the penalty competition.

## **Swimming**

Nineteen year old Keith Gray from Bo'ness was selected to be part of the Scottish National Team competing in the DSE Seniors Short Course Home Nations Event at Ponds Forge International Sports Arena in Sheffield.

Keith trains with Bo'ness Swimming Club, the SportCentral Regional Development Squad and at the National Centre of Excellence at Stirling University.

He had a busy competition and swam against swimmers from England, Ireland and Wales in the 50m and 100m Freestyle and Backstroke as well as the 100m Breaststroke and the 400 Freestyle.

It was a great event for Keith who was happy with his performance and achieved personal bests in 50m, 100m and 400m Freestyle and 100m Breaststroke.

## **9.0 Summary**

2006 – 2007 has been a constructive year for Forth Valley Disability Sport. This year has seen the new committee grow from strength to strength and many new partnerships and relationships have been established.

The increase in the participation programmes is a fantastic indicator of the new but strong relationships created locally, regionally and nationally.

In its first year in the new structure all partners in the pathway have developed clear roles and have settled into their roles to produce excellent results through all levels of the pathway.

The increases have been consistent in all areas of development. This is due to a focussed, integrated approach within the new structure. The participation, events and coach education programmes have grown in parallel proportions to help build the infrastructure and pathways in athletics, football and swimming.

In order for Forth Valley Disability Sport and the services it provides to continue to grow there should be a branch co-ordinator appointed.

This post would allow the SportCentral manager to focus more on improving performance through athlete development programmes and club development programmes.

It would also allow FVDS to widen the net of participation further to include more adult programmes and offer more sporting opportunities outwith athletics, football and swimming.

The appointment of a dedicated officer in the Falkirk Council area would also assist with the above.

The structure is in place to encourage another successful year for Forth Valley Disability Sport, however it is early days in the development of disability sport and its' pathways. There is still a lot of hardwork and commitment needed to work towards sustainable pathways for our athletes in the Forth Valley.

## **Treasurers Report**

This is by way of a joint Treasurers/Development Officers report as the cash handling and maintenance of the cash takes place in the office on a day-to-day basis.

The last year has been relatively quiet on the fundraising front Mrs Binnie has certainly been busy ensuring that all funds are raised for Richard to go to Shanghai.

The association remains financially sound, although as a voluntary organisation we still rely heavily on grants and donations from both internal and external agencies.

FVDS has benefited from grants to develop programmes from SDS, the SFA Regional Committee and once again the association is grateful to the Grand Boys and various businesses from the Forth Valley area that have not only supported Richard Binnie to compete in the World Games but have supported Forth Valley Disability Sport also.

To continue developing quality opportunities for our members it is important to remember fundraising is crucial and will be an on going process.

Sheila Menmuir  
Treasurer

## **Forth Valley Disability Sport Charity Information**

### **Patron**

Jamie Erskine, Earl of Mar and Kellie

### **Trustees**

Councillor Walter McAdam

David Lawrie

Sheila Menmuir

Lynne Glen

Fraser Mathieson

Chairperson

Vice Chairperson

Treasurer

SportCentral Disability Sport Development  
Manager

### **Bankers**

Bank of Scotland

Regent Centre

Blackness Road

Linlithgow

EH49 7HU

### **Registered Office**

3<sup>rd</sup> Floor Wolfcraig Building

Dumbarton Road

Stirling

FK8 2LQ

### **Registered Charity Number**

SCO 24362

## **Forth Valley Disability Sport Trustees Report**

### **Principal Activities**

Forth Valley Disability Sport is a voluntary managed community association. This group was formed 10 years ago and is a registered charity whose principal activity during the year was to promote active participation of disabled people in sporting activities within the Forth Valley area.

### **Trustees' Responsibility**

The Trustees are required under the Law Reform (Miscellaneous Provisions) (Scotland) Act 1990 and the Charities Accounts (Scotland) Regulations 1992 to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing the financial statements giving a true and fair view, the trustees should follow best practice and

- ◆ Select suitable accounting policies and then apply them consistently;
- ◆ Make judgements and estimates that are reasonable and prudent;
- ◆ State whether accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements and ;
- ◆ Prepare the accounts on the going concern basis unless it is inappropriate to presume that the group will continue its activities.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the applicable laws and regulations. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and the detection of fraud and other irregularities.

## **FVDS Independent Examiners Report 2007**

## **FVDS Statement of Financial Activities 2007**

## **FVDS Independent Examiner's Report 2008**

**FVDS Statement of Financial Activities December 2007**

## **FVDS Balance Sheet**

## **FVDS Detailed Schedule**