



FORTH VALLEY DISABILITY SPORT

Forth Valley Disability Sport
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The next FVDS
Newsletter will be
out at the end of
November 2011.
If you have any
information or sto-
ries for the next
edition email :
info@fvds.org.uk

Get Involved in FVDS

We will soon be adver-
tising for the position
of Chairperson for
Forth Valley Disability
Sport. If you or anyone
else you know are in-
terested in this post
and would like to find
out more, please con-
tact Graham Harvey,
Forth Valley Disability
Sport Tel: 01324
590720 or email
info@fvds.org.uk.

Forth Valley Disability Sport News

Issue 4

Summer/Autumn 2011

Falkirk Active Schools Award Ceremony Rewards Local Athletes

On Wednesday 22nd June the Falkirk Active Schools Team hosted their first Sports and Volunteer Awards Ceremony at Falkirk Old and St. Modan's Parish Church.

The ceremony was organ-
ised by Active Schools to
honour and reward sporting
excellence in its local
schools, as well as recog-
nising all the tremendous
work done to provide
sporting opportunities by
teachers and volunteers.

The Disability Sport Ath-
lete of the Year Award,
sponsored by local business
Tapside. was awarded to
Jamie Docherty GB Boccia
Squad Member in recogni-
tion of an athlete who has
achieved the most sporting
success in 2010 - 2011.
Conor Gordon, Scottish Ta-
ble Tennis Squad Member
was runner up.

Congratulations to both boys on their well deserved awards! !
Winner - Jamie Docherty, Larbert High School, Boccia
2nd Place - Conor Gordon - St Mungo's High School, Table Tennis
3rd Place - Christopher Rooney - Carrongrange School, Swimming
3rd Place - Scott Morton - Carrongrange School, Swimming



Above: Winner of the Falkirk Active Schools Disability Sports Athlete of the Year - Jamie Docherty (right) with runner up Conor Gordon

We're on the web! www.fvds.org.uk

Special Olympic Success for Forth Valley Athletes

As 2011's largest multi-sports event drew to a close on 4th July 2011, Special Olympics Great Britain Team had something to celebrate! The nine days of competition in the Greek capital saw the GB team record an incredible 187 Medals, 72 Gold, 63 Silver and 52 Bronze across 17 sports and a host of personal bests. "We arrived as 157 athletes and 56 volunteer coaches but we leave as ONE TEAM" says GB Head of Delegation Gordon McCormack (Glasgow).

The Special Olympics World Summer Games in Athens was the biggest sporting event in Greece since the 2004's Olympic Games and the largest in the world this year with over 180 countries and 7000 learning disabled athletes competing.

Forth Valley athletes, Peter Copland and Owen Keeble both returned home with an excellent medal tally. Swimmer Peter Copland won gold, silver and bronze in the pool, with Owen Keeble winning a gold and 2 silvers in equestrian events.

In recognition of their sporting success in Athens, Peter Copland and Owen Keeble were both presented with a Certificate of Commendation by Provost Fergus Wood during an afternoon tea held in their honour at Viewforth in Stirling.

Forth Valley would like to congratulate both athletes for their excellent performances in Athens and wish them further sporting success in the future.

Pictured below: Provost Fergus Wood with Forth Valley athletes Peter Copland (left) and Owen Keeble



Central Coaches Learn from the best at Paralympic World Cup

Ten of Central's workforce, four swimming coaches, two athletics coaches and four professional officers working in disability sport from Central Scotland travelled to Manchester to sample first hand the delights of Elite Para Sport at the Paralympic World Cup last weekend.

The group visited both swimming and athletics events where they witnessed World Records being broken in the pool and on the track by South Africa's Oscar Pistorius (400m record) and China's Dong Lu (400m Backcrawl record).

Sue Littlejohn, a coach mentor in swimming said, "Seeing a world record being broken was fantastic but what was so impressive were the starts and turns of the Chinese swimmers". As coaches we have returned home to consider our training plans, determined to make our swimmers much better at these essential components of a race".

It was a family affair in the GB Team for the Cleggs as Libby won Silver in the 200m and brother James performed well having just arrived back from a training camp in Majorca.

Shona Malcolm and Paul Wilson were on hand to answer questions in relation to events and athletes. Both are National Officers for disability athletics and disability swimming respectively.

The trip was organised by the Central Sporting Partnership as a CPD opportunity for coaches involved in the Scottish Disability Sport Regional "Coaching Matters" Development Programme.

The coaches were joined by Active School Co-ordinators and development officers who have a responsibility for disability sport in their local authority.

Jean Duncan, Active Schools Co-ordinator, Clackmannanshire Council said "the group were in awe at the talent and they all appreciated the opportunity to see athletes such as Oscar Pistorius, Ellie Simmonds and Libby Clegg with fellow Scots, Jim Anderson, James Clegg, Sean Fraser and Andrew Mullen."

If anyone would like more information on development opportunities for coaches involved or wishing to be involved in disability sport in the Central Area please contact Lynne Glen, Scottish Disability Sport Regional Manager Tel: 01324 590 720.



Above: Forth Valley coaches & professional officers outside the swimming venue at the Paralympic World cup.

Summer Athlete Development Camp 2011

The fourth annual Summer Athlete Development Camp took place at Stirling University last week. Fifteen athletes from across the Forth Valley area came together from the sports of athletics and swimming to take part in the three day development camp.

Over the first two days, athletes benefitted from a busy schedule of four coaching sessions, diet and nutrition work shop and a core stability workshop.

On the third day, Jane Egan, British, European and World Champion in Paratriathlon joined the athletes in a mini triathlon and delivered a presentation with a question and answer session. Athletes were intrigued to hear about Jane's journey in Paratriathlon and what that means in terms of her training and competition commitment and lifestyle management.

They were also in awe at the distances that Jane, swam, handbiked and pushed in her racing chair. She was a true ambassador for her sport and was delighted to join in and encourage the athletes in the mini triathlon.



Forth Valley Disability Sport Athletics Championships 2011

Grangemouth Stadium played host to the annual Forth Valley Disability Sport Junior Athletics Championships on the 25th May 2011. 114 children and young people from 11 schools in the Forth Valley Area competed in the running, jumping and throwing competitions.

The standard of the competition was very high as the athletes were not only competing for medals but were also competing to qualify for the Scottish Disability Sport National Athletics Championships.

All athletes received certificates, and Gold, Silver and Bronze medals were presented to 1st, 2nd and 3rd places. Well done to all the medal winners for their performances. With many spectators in the stand the event had a fantastic atmosphere for all.

Event Winners were presented with medals by the Forth Valley Disability Sports honorary member Davie Lawrie and Forth Valley Flyers Chair, Heather Ross.

Carrongrange School retained the overall schools trophy with many excellent individual performances, with St Modans winning the runner's up trophy. Thanks must go to all the Scottish Athletics officials, Stirling, Falkirk and Clackmannanshire Local authority officers and Central Sporting Partnership members that helped on the day.

Scottish Disability Sport National Championships for Swimmers with Learning Disabilities

Forth Valley Disability Sport took a team of 21 swimmers from two Clubs from the Forth Valley to the National Swimming Championships for swimmers with learning disabilities, which was held at Tollcross Leisure Centre, Glasgow on 7th May 2011.

The swimmers competed against 10 teams from throughout Scotland, coming home with an excellent medal tally. All members of the team competed in finals in their events.

A total of 11 medals were won by different members of the Forth Valley team (see below)

National Swimming Championships Forth Valley Medal Winners

Gold

Frank Macguire	Arion Club	100m Individual Medley Men
Lindsay White	Dolphin Club	25m Freestyle Back Women 25m Freestyle Front Women
Claire Mathewson	Dolphin Club	25m Freestyle Back Women
Sharon Sloan	Dolphin Club	25m Freestyle Front Women

Silver

Robin Williamson	Dolphin Club	50m adapted Breaststroke
Paul Wotherspoon	Dolphin Club	25m adapted Breaststroke
James McDonald	Arion Club	25m Freestyle Front Men
Nathan Boyle	Arion Club	50 m Freestyle Front Men
Frank Macguire	Arion Club	100m Freestyle Men

Bronze

Craig Stirling	Arion Club	100m Individual Medley
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Congratulations to the rest of the Forth Valley team that consisted of Hendry Bell, Robin Turner, Colin Brown, Peter Copland, Audrey McDonald, Laura Young, Virginia Shaw and Lizzie Jackson.

If you would like further information about swimming opportunities in Forth Valley for children or adults with physical or learning disabilities, please contact Forth Valley Disability Sport.

Contacts for Disability Sport in the Central Area

Scottish Disability Sport

Lynne Glen - Regional Manager
Central Scotland

Tel: 01324 590720

Email:

lynne.glen@scottishdisabilitysport.com

Forth Valley Disability Sport

Graham Harvey

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Clackmannanshire Council

Jean Duncan

Active Schools ASN Co-ordinator,

Tel: 01259 452339

Email: jduncan@clacks.gov.uk

Falkirk Council

Lisa Male,

Falkirk Active Schools,

Tel: 01324 501656

Email: lisa.male@falkirk.gov.uk

Active Stirling

Jennifer Livingstone

Tel: 0300 028 0101

Email:

livingstonej@activestirling.org.uk

Individual Successes

Congratulations to Alan Oliver who competed at the Spanish Parabadminton International . Alan's report follows:-

Between 25th and 27th March, I travelled to San Pedro del Pinatar, Spain, to compete in the 1st Spanish Parabadminton International Championships, where I won Gold in the mens singles BMSTL 1-2 class. After winning all of my group games, I had to overcome two home favourites, in the semi finals I knocked out second seed Juan Antonio Ramirez 21 -16, 21-9 and then successfully downing Simon Cruz 21-15, 21-18 in the final to take the singles title.

Also I narrowly missed out in taking BMSTL 2 -U4 men's doubles title, where I partnered Ireland's Niall McVeigh to win silver. We were leading in both the first and second sets against Sebastian Muller and Heiko Vullers, but couldn't capitalise on our advantage as the German pair managed to secure victory with a closely fought match winning 21-19, 21-19.

It is fantastic feeling winning my second International title after the French Parabadminton International in 2010.

I would like to thank Forth Valley Disability Sport for their grant support in aiding me to compete in these International tournaments. Without their valuable support I wouldn't be able to compete in many competitions that I currently attend.

Congratulations to Meggan Dawson-Farrell on her success at the Nationwide Junior Athletics Championship in Preston on 9-10th July.

It was an exceptional Championship for Meggan's Dawson-Farrell who returned home with gold medals in the 100m, 200m, 400m 800m and 1500m as well as clocking two new personal best times. This has been a breakthrough season for the talented wheelchair athlete from Tullibody who continues to perform incredibly well under the guidance of National Coach Ian Mirfin.

To finish what was an excellent weekend, Meggan was awarded athlete of the championship by the event organisers in light of her gold medal haul.

Pictured below: Meggan with her medals and athlete of the championship award



FVDS FUNDRAISING

Thank you to everyone that has helped FVDS to fundraise over the past few months. All our funding for our sport events comes from fundraising events and donations. If you would like to make a donation to FVDS or help with fundraising, please do not hesitate to contact us.

Like to walk but not on your own?

Want to get fitter and meet new people?

Why not come along to our led walk.

Walkers meet at Falkirk Stadium every

Monday at 10.00am . For more information contact 01324 504 568 or 556 or email

Barbara.mcconnel@falkirk.gov.uk

Forth Valley Flyers compete at Redstar Track & Field Championships 2011

Forth Valley Flyers competed at Redstar Track & Field Championships 2011 on Saturday 11th June 2011 at Crown point in Glasgow. A Forth Valley Flyers team of 15 competed against teams from through out Scotland.

Many of the entrants have been training for the event in Forth Valleys Flyers Athletics Club and Squads. Congratulation to all our medal winners with 14 Gold medals, 11 Silvers medals and 9 Bronze medals won on the day.

Overall the event was a great success for the Forth Valley Flyers. Well done to all of our competitors and a massive thank you to all the volunteers that helped the Team on the day.

If you or anyone you know has a disability and is 12years of age or older and are interested in attending the Forth Valley Flyers athletic club then telephone Forth Valley Disability Sport on 01324 590720.

7 a-side Football Championships

Clackmannanshire Council hosted the Forth Valley Disability Sport Annual 7 a - side football championships within their main annual football festival for primary aged children on 3rd June 2011.

Eighty footballers competed over two divisions in the competition. Medals were contested in the Band C and Band D divisions and winners of each section were as follows:

Band C

- | | |
|-----------|---------------------------|
| 1st Place | Stirling City All Stars B |
| 2nd Place | Stirling City All Stars A |
| 3rd Place | Carrongrange School |

Band D

- | | |
|-----------|---------------------------|
| 1st Place | Centre Space, Alloa |
| 2nd Place | Livingstone |
| 3rd Place | Stirling City All Stars C |

FVDS Regional Golf Festival

The FVDS Regional Golf Festival was held at Grangemouth Sports Complex on 14th June 2011 in an enjoyable and fun atmosphere.

Two secondary schools and one primary school from the Forth Valley area attended the golf festival at the Grangemouth Sports Complex.

The Golf Festival was specially designed for children with physical, sensory and learning difficulties and gave a brief insight into the many events that you can participate in, in the sport of athletics.

If you would like further information on disability sport classes which take place in your area please telephone Forth Valley Disability Sport on 01324 590720 or email info@fvds.org.uk.

Positive Sports Multisport Event for Adults

26th August 2011, 11am—2.30pm McLaren Leisure Centre, Callander

Bowls, Boccia, Kwik Curling & Board Games

For further details contact Graham Harvey Tel: 01324 590720 Email: info@fvds.org.uk

Club News - Wishaw Games 2011

Forth Valley Clubs and athletes had a very successful weekend at the 2011 Wishaw Games which were held on Saturday 13th and Sunday 14th August 2011. The Wishaw Games is one of Scotland's premier multi-sports competitions for people with physical and learning disabilities, attracting over 300 competitors.

Forth Valley Flyers Athletics Club: 13 athletes competed in the Track and Field event on Saturday 13th August. From the 13 athletes competing from the club, seven recorded personal best times and the club athletes returned home with an excellent medal tally of 24 gold, 7 silver and 6 bronze medals.

Right on Target Boccia Club: 7 players competed on Saturday 13th August with all Boccia players playing brilliantly on their first ever appearance at the Wishaw games. From seven competitions the club won 1 gold, 1 silver and 1 bronze medal.



Above: Right on Target Boccia Club players at the Wishaw Games

Arion Swimming Club: 15 swimmers competed at Wishaw on Sunday 14th August. All swimmers had a brilliant day competing exceptionally well in all their races. From 15 swimmers, 12 swimmers recorded Personal Best times, with Caitlyn Ross receiving best female swimmer award. The Arion club returned home with 9 gold, 7 silver and 11 bronze medals.

Forth Valley Disability Sport would like to congratulate all of the clubs and athletes on their performances at the Wishaw Games.

Athletics Medals	Gold	Silver	Bronze
Meggan Dawson-Farrell	5		
Caitlyn Ross	1	2	1
Alan Burton	3		1
Mark Lumsden	1		1
Liam Nolan	1	1	1
James McCarroll	3		
Ian Hemingway	2		
Niall Finlayson	1		1
Jonathan Fisher	3		
Lizzie Jackson	3		
Bruce Anderson	1	1	
Craig Wilson		2	
Otis Berry		1	1
Total	24	7	6
Boccia Medals	Gold	Silver	Bronze
Stephen Donaldson	1		
Lewis McConnell		1	
Mark Miller			1
Total	1	1	1
Swimming Medals	Gold	Silver	Bronze
Andrew Wright	1		1
Peter Copland			2
Craig Stirling		1	
Frank Maguire	2		2
Lizzie Jackson	1	2	
James McDonald		1	1
Adam Dickson	1		
Virginia Shaw			2
Gordon Reid		1	1
Claire Mathewson	1		
Mark Lumsden	1		2
Caitlyn Ross	2		
Nathan Boyle		2	
Total	9	7	11

Clubs in the Central Area

Stirling City All Stars

Football Club at Wallace High School Stirling - Mondays from 7:30pm - 8:30pm For further information email Alban Dickson Tel: 07766984228 or email: Alban_dickson@gmail.com

Right On Target Boccia Club

Every Thursdays, 6- 7.30 pm at Alloa Academy. For further information contact Jean Duncan Tel: 01259 501656 or email: jduncan@clacks.gov.uk

Alloa Swimming Club

Alloa ASC train on Monday nights at the Leisure bowl 6-7pm. Please contact Lynne Hasten-Duggen on 07788 866277

Forth Valley Flyers

The Forth Valley Flyers take place every Friday at Grangemouth Stadium from 5:30 to 6:45pm. For further information contact ann.finlayson@btinternet.com or contact FVDS Tel: 01324 590720

Stirling Swimming Club

Stirling ASC train on Wednesday and Friday evenings at Stirling University between 6.30pm and 8.30pm contact secretary@stirlingswimming.co.uk

Wildcats Wheelchair Rugby

The club train at Woodlands Games hall, Falkirk from 7:30pm to 9:30pm on Monday nights. For further information telephone Richard Priestley on 07748 968 517 or 0131 4497399.

Wheel-Chair Curling Club

Thursdays, 2-4 pm at the Peak Sports Village in Stirling. For further information contact Logan at Active Stirling on Tel: 01786 432323

Arion Swimming Club

Swimming Club train on Thursday night at the Peak Sports Village in Stirling 7pm -8pm. For further information contact: Tel: 07523 132144

Dolphin Swimming Club

The club has been meeting at Grangemouth Sports Complex, 5-6 pm on alternative Saturdays to the Bo'ness Swimming club.

Contact Ian Jenkins Tel: 01324 626305

Boness Swimming Club

This club meets on the alternate Saturday from the Dolphin Club and has all ages and abilities attending. The club has been meeting at Bo'ness Recreation Centre for the last eight years with the expertise of Mr Ian Stewart. For further information telephone 01506 824430.



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