



## FORTH VALLEY DISABILITY SPORT

Issue 3

Summer/Autumn 2010

# Forth Valley Disability Sport News

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**The next FVDS  
Newsletter will be  
out at the end of  
March 2011.  
If you have any  
information or sto-  
ries for the next  
edition email :  
[info@fvds.org.uk](mailto:info@fvds.org.uk)**

### Get Involved in FVDS

We are currently looking for volunteers to assist with clubs, new committee members and a vice-chair. If you have some spare time and would like to have a rewarding past-time please contact Forth Valley Disability Sport  
Tel: 01324 590720 or  
email [info@fvds.org.uk](mailto:info@fvds.org.uk).  
Training will be provided and no experience is necessary.

### FVDS Track and Field Event

Grangemouth Stadium played host to the annual Forth Valley Disability Sport Junior Athletics Championships on 26<sup>th</sup> May 2010. 107 children and young people from 11 schools in the Forth Valley Area competed in the running, jumping and throwing competitions.

The standard of the competitors was very high and athletes were competing not only for medals, but to qualify for a place in the Scottish Disability Sport National Junior Athletics Championships on 2nd June 2010.

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

Carrongrange School retained the overall schools trophy with many excellent individual performances. Thanks must go to all the Scottish Athletics officials, volunteers, Stirling, Falkirk and Clackmannanshire local authority officers and Central Sporting Partnership members that helped on the day.

For further information on athletics classes and clubs on offer in your area for children and adults with physical, sensory and learning disabilities telephone Forth Valley Disability Sport.

### Commonwealth Games Event 2010

Forth Valley Disability Sport in Partnership with Clackmannanshire Council and Active Stirling held Commonwealth Games events to celebrate the start of the event in India. The purpose of the event was to give young people aged between 8 and 18 with a disability the opportunity to participate in Commonwealth sports. The Stirling event was held on 26th September at The Peak sports village with 10 participants attending. The Clackmannanshire event was held at Alloa Academy with 14 young people attending. All athletes had the opportunity to participate in Athletics, Boccia, New age Bowls, Table Tennis and Football.

If you would like further information on any of these sports please contact us.

**We're on the web! [www.fvds.org.uk](http://www.fvds.org.uk)**

## Regional Manager Report Summer 2010

The annual Summer Development Camp was held at Stirling University for the third year running.

Seventeen athletes from athletics, swimming and football took part in a three day camp which offered two coaching sessions a day and a workshop for athletics.

Every athlete attended a diet and nutrition workshop, presentation from Michael Kerr GB Wheelchair Rugby Player and a core stability workshop.



The partnership approach in the central area to develop disability sport has benefited athletes, local authorities, schools, clubs and forth valley disability sport alike as demonstrated by the statistics in the table below.

Development	2005 – 2006	2009 – 2010
Number of Disability Specific Club opportunities	3	10
Number of disability specific clubs affiliated to NGB	0	8
Number of mainstream clubs offering inclusive training opportunities	4	10
Membership of clubs	56	167
Numbers attending FVDS events programme	150	707
No of candidates attended CPD opportunities *over 3 year period	-	242 *
No of Coaches on Mentoring Programme	0	7
No of Regional Squads	0	3
No of athletes training in mainstream clubs	2	11
No of athletes in Scottish Disability Sport Programmes	3	11
No of athletes in Scottish Disability Sport Academy	0	2
No of SDS strand 1 sports offered at club level (SDS have 6 strand 1 sports)	1	6

## Forth Valley Athletes Individual Success

**Tennis:** Congratulations to Jonathon Fisher who competed in the National Wheelchair Tennis Championships in Gloucester on 29th to 31st May 2010. In his first competitive wheelchair tennis event he won the final of the singles novice category. He also came runner up in the doubles partnered by Harriet Dingell. FVDS wishes Jonathon all the best in his future competitions.

**Golf:** Well done to Andrew Stewart who won the section two 9 hole golf competition at the Highland Disability Sport Golf Open in Inverness on 11th May 2010. This was an excellent performance from Andrew who is only 10 years of age and competed against adults. FVDS wishes Andrew all the best in his future competitions as well.

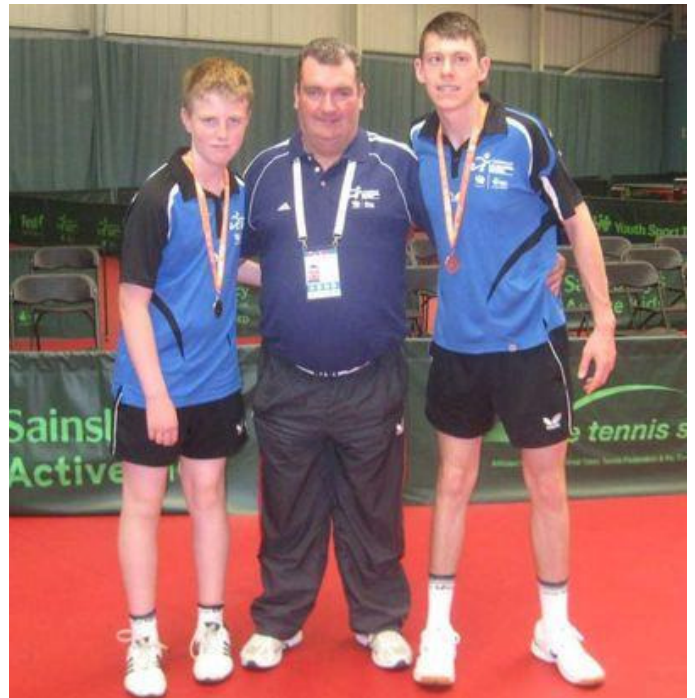
**Athletics:** Excellent performances from Cara Macrae Forth Valley's only representative in the European Special Olympics Games in Warsaw Poland from 14th to 24th September 2010. Cara competed in the 100m and shot put at the University of Physical Education in Warsaw, winning Gold in the shot put and silver in the 100m.

**Bowls:** Fraser Mathieson from Stirling's Spittal-Myre Bowling Club and Kevin Wallace from Clackmannan Bowling Club. Recently competed for Scotland in Nottingham at the Home Nations International Match against England and Wales. Both bowlers are in the national bowling squad and helped Scotland to record their first ever victory on English soil. Kevin Wallace from Forth Valley was the only undefeated player of the tournament giving the Scottish team a brilliant platform to build on.

Well done to the our local bowlers for their excellent performance in the tournament.

**Table Tennis:** Connor Gordon from St Mungo's High School in Falkirk represented Scotland in table tennis at the UK School Games in Newcastle. Connor who trains with the Drumchapel Table Tennis Club competed in the games alongside his club mate Kevin McCormack. Both players were Scotland's first ever representatives at this level. Connor Gordon from Forth Valley returned home with a silver medal with Kevin in Bronze medal position respectively, a superb achievement.

This was also the first time any Scottish table tennis player had won an individual medal at this level. FVDS wishes Connor all the best in his future competitions and training.



**Photo Above:** Left to right, Connor Gordon from Forth Valley, coach Terry McLernon and Kevin McCormack

**FVDS would like to congratulate all of our athletes and wish them all the best for future competitions and training.**

**We're on the web! [www.fvds.org.uk](http://www.fvds.org.uk)**



# FORTH VALLEY CLUB NEWS

## Right on Target Boccia Club

The Right On Target Boccia Club has been training weekly in Alloa Academy every Thursday night between 6.00 pm and 7.30 pm. The new club are enjoying competing under the club banner.

In June, the members of the club competed as individuals in the Scottish Disability Sport National Open Boccia Championships at the Peak in Stirling. Three players returned with medals (as below) with Steven Donaldson being awarded the most improved player shield. Steven Donaldson Gold Medal, Darren Rooney Silver Medal, Marc Miller Bronze Medal.

The club entered their first Discovery Games in September of this year where a further three members returned to Forth Valley with medals.

Jamie Docherty Gold Medal, Ben Crowe Silver Medal, Neil Carruthers Silver Medal (Plate Competition).

The club are looking for new members so if you are interested in going along to the club for recreational or competitive purposes you will be made very welcome.

If you want further information on the club please the Club Secretary on 01259 769 241



### Right on Target Boccia Club:

Left to right Marc Miller, Darren Rooney and Steven Donaldson with their medals from the SDS National Boccia Championships at the Peak in Stirling.

## Forth Valley Flyers Athletics Club

Congratulations to the committee of the Forth Valley Flyers who have been successful in their application for Awards for All funding to develop a new athletics club in the area.

The £6500 awarded will allow the club to buy specialist equipment for members, assist with weekly the training costs and volunteer expenses as well as provide a new event for athletes.

The club will offer children, young people and adults with physical, sensory and learning disabilities the opportunity to take part in athletics and gain the health and social benefits of being a member of a sports club.

Members who wish to come along and train recreationally or competitively will be made equally welcome. Any one wishing further information about the club can email the Club Secretary Ann Finlayson at [ann.finlayson@btinternet.com](mailto:ann.finlayson@btinternet.com) or alternatively contact Forth Valley Disability Sport on 01324 590 720.



**Above:** Forth Valley's Dolphin swimming club pictured in their pyjamas before their sponsored swim at the Grangemouth Sports Complex

## Dolphin Club News

All Dolphin Club members and helpers were encouraged to take part in a sponsored swim on Saturday 27th March in aid of Sick Kids Hospital in Edinburgh. This charity was particularly close to the clubs heart as three club members have undergone major surgery at this hospital. As the Sick Kids logo is a little boy wearing striped pyjamas the Dolphin Club decided that it would be fun for all club members to arrive at the pool wearing their pyjamas. Some even swan wearing them. Everyone swam to the best of their ability for one hour. To reward the swimmers for their efforts, fish and chips were served up in the canteen followed by ice-cream.



**The Sick Kids**

Club Chairman, George Bolton was delighted to present a cheque for the sum of £2000 to Rachel McKenzie Community Fundraising Manager at the Sick Kids Friends Foundation.

## FVDS Fundraising

Thank you to everyone that has helped FVDS to fundraise over the past few months. All our funding for our sport event comes from fundraising events and donations. If you would like to donation to FVDS or help with fundraising events please do not hesitate to contact FVDS on Tel : 01324 590720

## Contacts for Disability Sport in the Central Area

### Scottish Disability Sport

Lynne Glen - Regional Manager Central  
Scotland Tel: 07577 830360

Email:

lynne.glen@scottishdisabilitysport.com

### Forth Valley Disability Sport

Graham Harvey Tel: 01324 590720

Email: harveyg@sportcentral.org.uk

### Clackmannanshire Council

Jean Duncan -Active Schools ASN Co-ordinator, Tel: 01259 452339

Email: jduncan@clacks.gov.uk

### Falkirk Council

Lisa Male, Active Schools, Tel: 01324  
501656

Email: lisa.male@falkirk.gov.uk

### Active Stirling

Jennifer Livingstone Tel: 01786 432323

Email: livingstonej@activestirling.org.uk

## FVDS Grant Aid

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FVDS supports our athletes by helping to fund equipment and training through our grant aid application scheme.

Since the last news letter, FVDS Grant aid has supported Cara McRae in representing the GB Team at the European Special Olympics in Warsaw Poland, Peter Copland in representing the GB team at the Special Olympics World Summer Games in Athens Greece, Stirling City All Star with first aid cover at their National 5-aside football event, Forth Valley Flyers Forth Valleys new athletics Club with a start up grant, Kevin Wallace for transport to the British Lawn Bowls Championships, Megan Dawson Farrell in the SDS Scottish Athletics squad for gym membership to help with training, Right on Target Forth Valleys new boccia club with a start up grant and Alan Oliver to compete at the French international Badminton Championship in Toulouse.

All these Forth Valley athletes have benefited from the Grant aid scheme over the past six months.

## Indoor Bowling Taster

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On Friday 13th August 2010 Forth Valley Disability Sport in Partnership with Falkirk indoor bowling club held a Bowling Taster event. The purpose of the event was to give more adult service users from day centres the opportunity to participate in bowling.

40 members from 5 different day centres from throughout the Forth Valley attended. The event began at 12:30pm and went on until 3pm with qualified bowling coaches who delivered sessions to people with physical, sensory and learning disabilities. All members had a great day with some day centres wanting to organise weekly bowling sessions at the indoor club. FVDS with the assistance of the Falkirk indoor bowling club will look into developing the sport of bowling further in the Forth Valley.

For further information on bowling opportunities on offer for children and adults with physical, sensory and learning disabilities in the Forth Valley contact Forth Valley Disability Sport, telephone 01324 590720 or email [info@fvds.org.uk](mailto:info@fvds.org.uk)

## SDS National Swimming Event

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### SDS National Senior Championships for a swimmer with a Learning Disability

Forth Valley Disability Sport took a team of 14 swimmers from two clubs in Forth Valley to the National Swimming Championships for swimmers with learning disabilities. The swimmers competed against 9 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 8 medals were won by 8 different members of the Forth Valley team.

If you are an adult with a learning disability or are the parent or carer of a child with a learning disability. Please contact FVDS for more information about swimming opportunities in Falkirk, Stirling and Clackmannanshire, Tel: 01324 590720.

**We're on the web! [www.fvds.org.uk](http://www.fvds.org.uk)**



## Special Olympics World Games

Forth Valley has two representatives in the Special Olympics World game in Athens Greece from the 25th June to the 4th July 2011. Peter Copland in Swimming and Owen Keeble in Equestrian both train weekly at their clubs in the Forth Valley area. Peter Copland will soon be travelling down to Runcorn with the GB team for his second training weekend. Peter will travel to Runcorn on the 22nd of October and will return on 24th October. This will be a great opportunity for Peter to socialize and train with other swimmers in the GB team. Forth Valley Disability Sport wishes both Athletes all the best in their training and preparation on the run up to the games in Athens.

## SDS Senior National Track and Field Championships 2010

Scottish Disability Sport Senior National Track and Field Championships took place on Wednesday 8<sup>th</sup> September 2010 at Grangemouth Stadium. A Forth Valley team of 21 competed against teams from throughout 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 17 Gold medals, 5 Silvers medals and 5 Bronze medals won on the day.

The Team also recorded 4 personal bests for Squad members and one Scottish record in the 1500m wheelchair event by Megan Dawson-Farrell.

Overall the event was a great success for Forth Valley 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 of any age are interested in attending a athletic club in the Forth Valley area then telephone Forth Valley Disability Sport on 01324 590720.



**Above:** Participants at the SDS Senior Track & Field Championships 2010, Grangemouth

## SDS National 7 a-side Football Championships

Forth Valley had three teams from the Stirling City All Stars Football Club in the SDS National 7 a-side Championship at Toryglen on Thursday 23rd September 2010 in Glasgow. Well done to all players that competed to the best of their ability in their sections with some very competitive games. If you or anyone you know of any age are interested in attending a Football club in the Forth Valley area then telephone Forth Valley Disability Sport on 01324 590720.

## Positive Sport Forum Third Multi-Sport Event

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Our third Multi-sports event was very successful it was held at the Peak Sports Village in Stirling on 25th June 2010. We had 40 participants enjoying Football, Basketball, Boccia, Bowling, Table Tennis, Kwik Curling and Board Games. The forum meetings are held every eight to ten weeks to discuss sport for adults with disabilities in the Forth Valley Area.

Our next meeting is on Thursday 20th January 2011 and will give people with disabilities from day centres and individuals the opportunity to have their say on what sports Forth Valley Disability Sport will deliver at the next Positive Sport event. The meeting will be held at Forthbank stadium from 11am to 12noon. FVDS is now looking into developing a adult sports programme for 2010 –2011. The programme will consist of one multi-sport event and four sport specific events to be held at different venues around through out the Forth Valley. For more information on Adult sporting opportunities in the Forth Valley area please do not

## Forth Valley Disability Sport Events Programme

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On Tuesday 15th June 2010 Forth Valley Disability Sports in Partnership with Falkirk Council Sport Development Team held the Annual FVDS golf festival. The event was held at the Grangemouth Sports Complex and was delivered in a safe and fun environment. Over 65 Primary and Secondary pupil from through out the Forth Valley area attended.

On Wednesday 19th May Active Stirling in partnership with Forth Valley Disability Sport hosted Forth Valleys first Kwik Curling and New Age Bowls festival at The Peak in Stirling's sports village.

Over 45 primary and secondary pupils with physical, sensory and learning difficulties

**Right :** participants are pictured practicing their bowling technique at the FVDS Kwik Curling and New age Bowls event at the Peak in Stirling



## Central Disability Sport Events Programme 2010/2011

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The new Central Disability Sports events programme had it's first event on the 17th of September 2011. The programme has 18 events offered over a wide variety of sports, including Athletics, Boccia, Golf, Football, Swimming, Kwik Curling. The programme has been planned and delivered in a partnership approach with personnel from Clackmannanshire, Falkirk and Stirling council as well as FVDS and Scottish Disability Sport. Over the past two years participant numbers have gradually increased. Please see the FVDS website for more detail at [www.fvds.org.uk](http://www.fvds.org.uk). The Central Disability Sport coach education and training calendar can also be viewed on the same website under FVDS branch.

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## Clubs in the Central Area

### Stirling City All Stars

Football Club St. Modan's High School Stirling - Fridays from 7:30pm - 8:30pm For further information email Sandy White  
[sandy@stirlingcityfootballclub.co.uk](mailto:sandy@stirlingcityfootballclub.co.uk)

### 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](mailto:jduncan@clacks.gov.uk)

### Alloa Swimming Club

Alloa ASC train on Monday nights at the Leisure bowl 6-7pm. Please contact Lisa Houston on 07740419498

### Forth Valley Flyers

The Forth Valley Flyers take place every Friday at Grangemouth Stadium from 6:15 to 7:15pm. For further information contact  
[ann.finlayson@btinternet.com](mailto:ann.finlayson@btinternet.com)

### 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](mailto: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 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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