



FORTH VALLEY DISABILITY SPORT

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**The next FVDS
Newsletter will be out
at the end of August
2010.**

**If you have any
information or stories
for the next edition
email me at:
info@fvds.org.uk**

Graham Harvey

Forth Valley Disability Sport News

Issue 2

Spring 2010

Positive Sport Adults Forum

Our second Multi-sports event was very successful it was held at the Grangemouth Sport Complex on 12th March. We had 40 participants enjoying Football, Basketball, Boccia, Bowling, Table Tennis, Kwik Curling and Board Games. Forum meetings are held every six week to discuss sport for adults with disabilities in the Forth Valley Area.

Our next meeting is on 22nd June 2010 and will give people with disabilities from day centres and individuals the opportunity to have their say on what sports Forth Valley Disability Sports will deliver at the next Positive Sport event. The meeting will be held at Forthbank stadium at 11am till 12noon. The third Positive Sport Multi-sport event will be in Stirling at the new Peak sports village date to be confirmed.

FVDS Summer Programme

This summer FVDS is holding a summer Multi-sport programme for people aged 8 to 18 years with a disability in the Forth Valley Area. The Event will be held at Alloa Academy on 20th, 21st and 22nd July 2010 . From 1:15pm to 2:45pm each day. For more information and to book your place on the programme get in contact with F.V.D.S.

FVDS Photo Gallery : Below a picture from the FVDS Positive Sport Forum Multi-sport Event at the Grangemouth Sports Complex on 12th March 2010.



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

SDS National Events

SDS National Cross Country Championships 2010

SDS National Cross Country Championships on Wednesday 24th March 2010 was held at Bellahouston Park in Glasgow. A Forth Valley team of 18 competed against runners from through out Scotland.

Many of the entrants have been training for the event in Forth Valleys Athletics Club and Squads. Congratulations to our medal winners Ian Hemingway who won gold in the Secondary school category and Chloe Mclean who won bronze in the primary school category. Well done to all of our competitors and a massive thank you to all the volunteers that helped the runners on the day.

SDS National Sports Hall Championships 2010

SDS National Sports Hall Championships on Tuesday 9th March 2010 was held at the Peak Sports Village in Stirling. A Forth Valley team of 8 competed against athletes from through out Scotland.

Many of the entrants have been training for the event in Forth Valleys Athletics Club and Squads.

Congratulations to our team who finished joint fourth out of seven teams. If you or anyone you know of any age are interested in attending a athletics club in the Forth Valley area telephone Forth Valley Disability Sport on 01324 590720.

SDS National Boccia Championships 2010

The SDS National Boccia Championships took place on Saturday 30th January 2010 at Easter-house in Glasgow. A Forth Valley team of 14 participants took on the best Boccia players of Scotland and the GB team. Many of the entrants have been training for the event by practicing their skills at their schools or centres with their peers.

Congratulations to Forth Valley individual medal winners Ben Crowe for winning Silver and Tommy Buller and Jamie Docherty who both won Bronze medals . Well done to all of our competitors and thank you to all the volunteers that helped the players on the day.

If you or anyone you know of any age are interested in playing Boccia Sessions then telephone Forth Valley Disability Sport on 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

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

Forth Valley Disability Sport

Graham Harvey Tel: 01324 590720

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2012 Club

The 2012 club has just finished its first block of 2010. It was set up to allow people aged between 8 and 18 with physical and sensory disabilities to have the opportunity to participate in sport. The club is a multi-sport club and offers Athletics, Boccia, Bowling, Football, Basketball, Archery and Fun Games.

For more information please contact FVDS on 01324 590720

Forth Valley Special Olympics

Team Prize Winners

Congratulations to the Special Olympics team for winning Clackmannanshire Sports Councils Team of the year 2009. Thank you to all the athletes, coaches and volunteers hard work that enabled the team to be so successful.

Regional Manager Report Spring 2010

The SportCentral pilot has come to an end and as of Thursday 1st April. Following the success of the pilot sports partnership, SportCentral will now be known as the Central Sporting Partnership administered by **sportscotland**.

The regional manager for disability sport is now employed by Scottish Disability Sport as the regional manager for Central and will be supported by the Central Sporting Partnership.

Through partnership working the regional manager's post has facilitated some significant developments in the Central area:-

Club Development

- 4 new disability specific club opportunities
- 3 new mainstream clubs offering disability sections for athletes
- supported athletes to access mainstream training opportunities with 4 clubs
- have club provision in 5 out of 6 Scottish disability sport strand 1 sports

Pathway Development

- created regional development squads in athletics, football, swimming
seen a growth percentage increase of 236 % in the attendance at regional events
- established annual summer athlete development camp providing strength and conditioning, core stability, diet and nutrition knowledge
- 11 Athletes progressing to Scottish Disability Sport National Programmers

If you would like more information on any of the above, please do not hesitate to contact the
Scottish Disability Sport Development Manager Tel: 07577830360

Email: lynne.glen@scottishdisabilitysport.com

Forth Valley Events

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

Forth Valley Disability Regional School and Clubs Swimming Gala 2010

Grangemouth Sports Complex hosted the Forth Valley Disability Sport Regional School and Club Swimming Gala on Saturday 27th February 2010.

Clubs and schools from throughout the Forth Valley Area and guests from Lothian entered teams to compete in 25m, 50m and 100m events in Freestyle, Breaststroke, Butterfly and Backstroke and Relay Races.

The event was very well attended with every swimmer having a fun and enjoyable time.

91 children and adults competed in the event to a very high standard. Many of who achieved the qualifying times for the Scottish Disability Sport National Swimming Championships that take place later this year.

The competition was very close and there was very little time between placing in many of the events, which made for a great atmosphere and lots of cheering from the spectator's gallery.

Lynne Glen Sport Central Regional Disability Sport Development Manager, presented winners with medals.

Our thanks must go to the many club volunteers, time keepers, marshals and officials for their assistance at the event

For further information on swimming lessons and clubs for adults and children with physical, learning and sensory disabilities in the Forth Valley Area telephone Forth Valley Disability Sport on 01324 590720

FVDS Athletes in National Programme

Boccia: Congratulations to Jamie Docherty who has been selected for the GB Boccia Talent Squad after travelling to Sheffield for the GB Boccia fast track camp. Keep up the hard work.

Swimming : Well done to Sam Agnew who Competed for the Scottish Swimming Team for the First Time . Sam competed for Scotland at Ponds Forge in Sheffield and gave an excellent first time performance for the Scottish team. We look forward to seeing more performances from you.

Football: Keiran Martin and Connor Hay from Falkirk in the Cerebral Palsy International Squad. Recently competed against Holland at Largs in a Friendly in preparation for the European Championships which are in Glasgow in August this Year. The Scottish players showed a lot of courage in there game however the Dutch ran out 4-1 winners on the day.

Connor Fenn also recently made his debut in the Learning Disability U19 Squad at the Home Nation Championships in Belfast . Scotland finished in bronze medal position .

Check the Scottish Disability Sports website for more information at
www.scottishdisabilitysport.com

Get involved in FVDS

If you wish to get involved in Forth Valley Disability Sports please do not hesitate to contact us on Tel: 01324 590720 or email info@fvds.org.uk. At the moment 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 call us. Training will be provided and no experience is necessary.

Athletics Athletes Travel to England

James McCarroll: Who is training in the Forth Valley and the SDS National Development squads for athletics. Competed in Manchester on the 24th of April 2010. Competing in the 100m, 200m and the long jump. With excellent performance in each event. James return home with three silver medals.

Cara Macrae : From Grangemouth has been selected to represent Forth Valley Disability Sport and G.B in the European Special Olympics games in Poland in September 2010. Cara travelled to Runcorn on the 23rd April for a training weekend and a chance to meet the other athletes in the team and from the other sports. We wish Cara well in her preparation towards this event.

Right: Megan is pictured in her old racing chair at last years SDS National Junior Championships

Success in Toulouse

Congratulations to Alan Oliver in his badminton success in Toulouse France. Earlier this year Alan participated in his first ever French Badminton International in Toulouse as a member of a small Scottish Contingent. Not surprisingly he produced outstanding performances. Alan was seeded one and lived up to his seeding by winning his very first International singles title in a closely fought 45 minute final against Hong Kong China's Peter Lo. He won in three set 21-23, 22-20 and 21-9. A high Level of fitness, concentration and determination were all aspects of the Oliver character that came into play during the second and third games of a closely contested tie.

For more information please look at the Scottish Disability Sports website on www.scottishdisabilitysport.com

Megan Dawson-Farrel: From Forth Valley travelled to London to compete in the Virgin Min Marathon Wheelchair race. This is a 3mile race over the last part of the main marathon route. The weather was not very favourable for the wheelchair racers with heavy rain before the start and continued to drizzle throughout the race. Megan competing at London for the first time, was a very good first race and pushing for a medal with a kilometre to go had an unfortunate crash. Luckily nothing was broken Megan will be racing Again soon in the Women's 10km race in Glasgow and in the Manchester 10km race on 15th of May.



Special Olympics

World Games in Athens

Peter Copland from the Arion Swimming Club and Owen Keeble from the RDA have been selected to represent Forth Valley Disability Sport and Team G.B at the World Special Olympics games in Athens in July 2011. Peter and Owen travel to Runcorn on 14th May for their first team training weekend training weekend and a chance to meet the other athletes in the team and from the other sports. We wish them both the very best in their events.

Club Golf sessions

FVDS working in partnership with Club golf have developed golf participation centres for people with learning, physical and sensory disabilities. Three separate sessions are delivered on Saturdays at Brucefields golf club in six week blocks. The first block of 2010 will begin on the 24th April for a 8 week block until the 12th of June 2010.

The session have been very popular over the past three years with 24 golfers participating over the three sessions every Saturday.



Clubs in the Central Area

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

Right On Target Boccia Club

Thursdays, 6– 7.30 pm starting 25th February at Alloa Academy. For further information contact Jean Duncan Tel: 01259 501656 or email jduncan@clacks.gov.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.

Dolphin Swim 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 the club coach on 01506 824430.

Alloa Swimming Club

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

Arion Swimming Club

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

Forth Valley Flyers

New athletics club from 20th November 2009 at Grangemouth Stadium Friday night from 6:15 to 7:15pm. For further information contact ann.finlayson@btinternet.com

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

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.