

Sports Development Service | Newsletter October 09

Welcome to the October edition of Sports Development News. There has been a lot of activity over the summer months and this newsletter updates you on recent activities as well as up and coming dates for your diary.

Get Active!

The start of semester brings an array of new opportunities to brush away the cobwebs and get into shape. Why not try a new activity and feel the benefits of regular exercise? There are lots of classes available and they cater for all levels of fitness and ability. We have added to our programme additional early morning classes, a funky choreographed dance class and a challenging 'Pump it Up' class. The details of these and many more classes can be found in the *Fitness Class* and *Sports Coaching* brochures. If you have a sports centre membership these classes are free of charge.

Help Others Get Active!

The University of Stirling Fitness Leader Awards are available to people who are interested in teaching exercise classes. The Gym Instructor and Exercise to Music Awards are accredited by the Scottish Qualifications Authority and offer students, staff and members of the wider community opportunities to develop leadership and teaching skills. Many have used these qualifications to support fitness activities within the local community.

During the summer a new activity award has been created in partnership with the Dementia Services Development Centre at the University of Stirling. The award is designed to help care home workers plan and offer suitable programmes of physical activity to people in care who suffer from dementia. This is the first award of its kind and the course takes place in November 2009.

If you are interested in participating in any of these awards please see the *Sports Coaching* brochure for course details.

Zambia 2009

Students from the University of Stirling returned recently from a summer spent in Lusaka, Zambia. This is the fourth year that students at Stirling have been involved in UK Sport's 'IDEALS advanced' project which aims to improve the conditions for underprivileged children in Zambia. The project has been set up to train selected students from six leading sports universities in the UK before deploying them to help local volunteers organise and run a wide range of sports and physical activities in deprived areas of Lusaka. By the end of September, three different groups from the Universities of Stirling, Durham, Wales, Northumbria, Bath and Loughborough will have spent 18 weeks in Zambia working on placements for two sports non government organisations: Sport In Action and EduSport.

This year Andrew Jenkin, a Film and Media student from the University of Stirling, was selected to support and further develop the project. Andrew worked closely with both organisations to help promote and raise awareness of their work in Zambia. Andrew visited

a local radio station and Zambia's first independent TV Station, MuviTV. These contacts proved to be extremely useful and MuviTV promoted upcoming events for both Sport In Action and EduSport throughout the summer. Andrew also delivered two workshops on journalism and sports photography to help Zambian volunteers increase media coverage of their events.

Thanks go to all the staff, students and local community who have supported this project throughout the past year. In particular, thanks go to the support of Bridge of Allan Primary School. Over the past 3 years the School has fully embraced the project and in addition to raising funds they have taken part in mass participation coaching sessions to allow the students to put their teaching skills to the test. We are very much looking forward to working with the School again this year and the newly elected student council will be heavily involved in our fundraising plans.

Student recruitment for summer 2010 is now underway. To find out more about fundraising for the year ahead E-mail sportsdevelopment@stir.ac.uk

Mini Tennis Summer Tour

Throughout the summer, Tennis Central organised a series of 32 Mini Red, Orange and Green events. These events were open to all junior players within the Central area with several players from the University tennis programme competing alongside players from local clubs. The best performers were invited to the Grand Prix Masters final held at the Gannochy National Tennis Centre on 29th August. These tournaments provided a great opportunity for some young players to get a first taste of competition in a fun and relaxed environment. More events are planned for the year ahead. Watch the tennis centre notice board for more information.



World University Games

Great Britain's tennis team secured silver and bronze medals at the World University Games in Belgrade, Serbia. Katie Gater is a Law student at Stirling University and joined the squad as the 2008 Scottish Indoor Championship winner. Gater was one of two British-based students in the British tennis squad. She also represented British Universities in the BNP Paribas Open in 2008. Gater has had a successful junior season this year with two Grand Prix under 18 titles and a runner up spot in the under 18 Masters.

Sporting Success for Stirling Alumni

Numerous University alumni performed well in high-level sports competition over the summer. In golf, Catriona Matthew won the British Open Championship in July and represented Europe in the 2009 Solheim Cup alongside Stirling graduate Maria Hjorth. Jamie McLeary won his first professional golf title, taking the Scottish Hydro Challenge at Spey Valley in July. In addition, Gavin Dear represented GB & I in the 2009 Walker Cup in Merion, USA under the captaincy of Colin Dalglish, Stirling's first golf scholar. Their performances will hopefully spur on Stirling's current golf squad who won the 2009 British Universities' Team Championship. The team, captained by Scottish internationalist and Sports Studies student James White, head to Canada in late September to participate in 3 college events around Ontario.

In tennis, British doubles duo Colin Fleming and Ken Skupski have won their first ATP Tour title at the Open de Moselle in Metz with a stunning 2-6 6-4 10-5 win over top seeds and former Wimbledon champions Michael Llodra and Arnaud Clement.

Gannochy National Tennis Centre Awarded the Lawn Tennis Association's Mark of Quality

Tennis Clubmark is the Lawn Tennis Association's club accreditation programme. This national endorsement is a cross-sport quality accreditation for sports clubs which cater for juniors. Stirling is the first university in Scotland to achieve accreditation. This mark of quality highlights that the facility is well-managed and provides a safe and enjoyable environment to learn and play tennis. This award promotes the University programme as all inclusive with excellent links to local clubs, schools and performance pathways. The University's policies and procedures regarding child protection, health and safety and qualifications of coaching staff are now being used as an example good practice.

Memberships of the Sports Facilities for those in Full Time Education

The University has recently introduced a special membership category for students who study at other universities and colleges. It is available to any student in full time education at a special price of £119 for a full academic year. This gives those still in full time learning a great opportunity to access some fantastic sport and physical activity opportunities at a really good price.

Join the Social Network for Sport

You can now find the University of Stirling's Sports Development Service on Facebook. That's right you can receive regular updates on all things sport by becoming a fan of "Sport @ the University of Stirling". You can also voice your opinions, join discussions, ask questions or look at photos on our group page, "Sport @ the University of Stirling". If you have a Facebook account log on and search for "Sport @ the University of Stirling". You can then become a fan at our page and also access and join our Group. You can also find the Facebook link on our University web pages at www.sports.stir.ac.uk/sports-development

Dates for the Diary

Keep an eye on our News and Events section on the Sports Development Service website (www.sports.stir.ac.uk/news-events/index.php) and on our Facebook page (Sport @The University of Stirling) for details of what's happening in sport. Over the next few months we are supporting:

- > The Stirling Triathlon Club Duathlon on 11 October. See the club's web pages for more details: www.stirlingtri.co.uk/
- > The RNLI Reindeer Run on Sunday 29 November. See its web pages for more details: www.rnli.org.uk/who_we_are/events

Students have exams in December so the sports hall is closed from approximately 6 to 21 December inclusive. Keep an eye on notice boards for further details of this.

Christmas Time-table

We will be open throughout the festive period. The Christmas timetable will be available from early November on the web pages and on Facebook.