

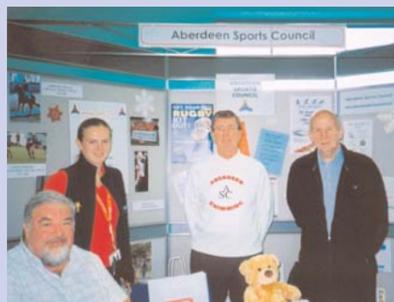
Games Conference

A Conference entitled - Preparing for the Commonwealth Games 2014: Matching Ambition and Opportunity - will be held on Thursday 19 March in Glasgow. If interested, you can register your interest for this event, or if you would like to benefit from our 10% early bird discount, please book your place now - www.holyrood.com/commonwealthgames

On July 23rd 2014, Celtic Park in Glasgow will host the Opening Ceremony for the 20th Commonwealth Games ahead of 11 days of high level sporting competition. But what will hosting the Games mean to Glasgow, and to Scotland, in terms of its sporting ambition and wider health improvement strategies? What are our medal targets for the Games? What are we doing now in terms of setting these goals and laying the groundwork to ensure we achieve them and how are the Games being used as part of a broader drive to a more active and healthy population? Speakers at this event will explore these questions, looking at how we are inspiring Athletes, Coaches, Volunteers and Organisations to greater achievement through the Games and our preparation for them. This Conference will offer the first major opportunity to debate what hosting the Commonwealth Games means for Scotland. The agenda will also include a number of opportunities for attendees to ask questions and raise the issues they feel are important by instigating debate with the conference speakers and contributing their views on how best to ensure the Games impact in Scotland athletically, economically and socially. For further information, please email commonwealthgames@holyrood.com or call us on 0131 272 2133.

Sports Council Publicity

During the year, Aberdeen Sports Council 'wave the flag' at various Events staged in the City by Organisations and Businesses, to help in spreading the Fit for Life message. We have attended the Multi Ethnic Fair at the Music Hall and the Wood Group Fair at the John Lloyd Centre. Pictured at the Wood Group Fair are ASC Executive Committee Members - Dave McDonald, Rebecca Lovie, Gus Gammie and Bill Berry MBE. (And Teddy !)



S M Cycling Group

A local group of young Cyclists are seeking support and Sponsorship for their Big Summer Cycle, being held on 17th August, when Cyclists will cycle from Banchory Park to the City's Duthie Park.....then back again ! This most worthwhile Event, is aimed at Cyclists from 10 – 16 years of age and will be supporting Alzheimers Disease. Further details are available from their website – www.smcyclinggroup.webs.com

Active Communities

A Sports Forum has been organized by the Active Communities Development Officers (formerly Sports Development Officers) on Monday 9th March at Curl Aberdeen, from 7.00 pm – 10.00 pm to which all Clubs are invited. Further details and Registration Forms are available from John Purcell, 497 161 or JPURCELL@aberdeencity.gov.uk

Emergency First Aid Training

Clubs and Associations may be interested in forthcoming First Aid Training Sessions being held at Inspire, Beach Boulevard, Aberdeen which will take place from 09.30 – 16.00 on Saturday 11th April and Saturday 29th August. Each Course costs £ 50.00 per person and includes Lunch. Contact Clare Trembleau for details on – 01224 280 005.

Eat Healthy.....Stay Healthy and Fit.....

Community Food Initiatives North East (CFINE) is delighted to launch its Larder Bytes site. You can buy the 5 staples – Bread, Fruit / Veg, Fish, Dairy, Meat – Online and have delivered, FREE, to your door anywhere in Aberdeen. CFINE aims to improve health and well-being and contribute to community regeneration through increasing the consumption of Fruit and Veg and recruiting, training and supporting volunteers. Checkout the Website for details.....www.Larderbytes.com

AND FINALLYWE WANT TO HEAR FROM YOU !!!

Please send info, comments, photos etc to the Sports Council Office, AECC, Balgownie 1 Aberdeen AB23 8AQ and let us know what is happening in your Sport!! Your information could be used for the next Newsletter or included in the ASC Website -www.aberdeensportscouncil.com Send Info to - info@aberdeensportscouncil.com



ABERDEEN • SPORTS • COUNCIL NEWSLETTER



www.aberdeensportscouncil.com

SPRING 2009

info@aberdeensportscouncil.com

Chairman's Message

I hope that all our various Club Members enjoyed a jolly Festive Season and I wish a belated Happy New Year to you all. Please ensure your Annual Affiliation Form (£ 20.00) is returned to the Sports Council Office and the Nomination Forms for this year's Sports Personality Awards Ceremony, being held on Friday 17th April within the Beach Ballroom, have also been posted out to you. I hope your Club will submit Nominations for this prestigious Event (if you require extra Forms, contact us by e-mailing – info@aberdeensportscouncil.com) We are greatly indebted to Lord Provost Stephen and the City Council for Hosting the Dinner.

I take this opportunity to send Best Wishes to all our affiliated Clubs in the forthcoming sporting season and let us know what is happening in your Sport.



Bill Berry MBE

Chairman

Aberdeen Sports Council AGM

Aberdeen Sports Council held their Annual General Meeting recently, and the following were elected as the

Executive Committee for the coming year -

Chairman - Bill Berry MBE

Vice Chairman - Dave McDonald

Secretary / Treasurer - Katie Barnett

Committee Members: - Caroline Walker, Neil Paterson, Ian Latta, Gus Gammie & Rebecca Lovie
(Not pictured are - Arthur Beattie & Colin Philips)

Membership

All Clubs and Associations are reminded that if they have not yet so done, their Memberships to Aberdeen Sports Council (£20.00) are now due and should be sent to the Sports Council Office.

If a Form is included with this Mailing, your Membership is now due.



Grants

Grants are available to Member Clubs to assist Sportsmen and Women and Grants are also available for Level 1 Coaching (Downloadable from – www.aberdensportscouncil.com) Level 2 Coaching and Scholarship information is available from the Grampian Coaching Website - www.grampiancoaching.org.uk

Outwith the services of Aberdeen Sports Council, Grants may be available by logging onto the Chris Anderson Trust – www.aberdeencity.gov.uk/ACCI/web/site/Sports/spr_ChrisAndersonTrust.asp

Could YOU be a Paralympian ?

If you are aged from 13 – 30, a Wheelchair user, Ambulant with a Physical Disability, Blind or Visually Impaired – you may be interested in a series of Scottish Disability Sports – Sports Talent Days, being held to identify Talent for London 2012 and Glasgow 2014 ! The Sports involved are – Athletics, Boccia, Bowls, Wheelchair Tennis, Table Tennis, Football, and Wheelchair Basketball and the talent Days are being held as follows, all from 10.00 am – 3.00 pm. If you have any questions or you require additional information, please contact the SDS Head Office by phone on - 0131 317 1130 or by e-mail on - admin@scottishdisabilitysport.com

To register please contact Scottish Disability Sport, Caledonia House, South Gyle, Edinburgh. EH12 9DQ.

Saturday 21st February 2009, Dundee

Saturday 14th March 2009, Glasgow

Saturday 2nd May 2009, Stirling

Success for Aberdeen Lacrosse in Edinburgh

On Saturday 21st & Sunday 22nd February, Lacrosse Scotland hosted the MacRobert Festival at Peffermill playing fields in Edinburgh. This is the big event of the year in the Scottish Lacrosse calendar and teams from Aberdeen, Dundee, Edinburgh, Glasgow, Stirling, St Andrew's, Durham and Leeds attended. The Scotland U18 squad also participated as part of their training for the upcoming Home Internationals in March.

Saturday was the mixed event and Aberdeen Lacrosse Club joined forces with Dundee University, another fledgling club, to form a team - Aberdee or Dundeen! With a squad of 18 players they easily outnumbered the rest of the teams and this was clearly demonstrated when they still had fresh(ish) legs late on in the day. Following the round robin event, Aberdee/Dundeen finished a respectable 6th after maintaining their winning streak against Aberdeen University.

Sunday was the ladies event and this time Aberdeen Lacrosse Club had a little bit of help from their friends in Glasgow. A much smaller squad, 13, meant that tired legs from the Saturday wouldn't have many breaks. However, in their group the team finished a respectable 3rd after beating the Scotland U18 squad and Stirling University. Unfortunately, two full days of lacrosse had taken its toll and they were unable to beat Edinburgh University in the 5th/6th playoff.

Coach, Rebecca Lovie said "Our success at the weekend is a great way to finish off our fledgling season in Scottish Lacrosse and we are more than ready to take part in the Scottish League from September. We have learnt a lot over the two days and hopefully we will be able to put this new knowledge into practice in a couple of friendly matches over the next few months."

Special mention must also go to Sheila Reid (Goalkeeper) and Jenifer Davidson (Point) who worked well as the team's first line of defence with a combined age of 127 years between them! Congratulations to Edinburgh Thistle and Edinburgh University who won the mixed and ladies competitions respectively.

Over the next couple of months, Aberdeen Lacrosse is looking to expand its provision to include a boys team for 14-18 year olds and men's team to rival the University. Funding and support to enable the club to do this would be much appreciated. For more details contact Rebecca Lovie on 07968 702876 or bexlax@hotmail.com

Squad (from Aberdeen): Rebecca Lovie, Fiona Samson, Sari Johnson, Amy Bryce, Georgia Strachan, Rachel Elliot, Angela Taylor, Phil Smart, Rachel Smart, Ben Smart, Sheila Reid, Wendy Bruce, Jenifer Davidson, Joao de Oliveira.

Pictured is Rachel Smart, Aberdeen #15, winning the ball against Scotland U-18 Centre.



Golden Oldies AGM

Aberdeen Strollers RFC held their AGM recently and the Golden Oldies Rugby Team are planning to participate in the 1st Scottish Golden Oldies Rugby Festival in Kirkcaldy in April and Festivals in Wales in June and Orkney in October. Anyone wishing further information on Rugby for the over 35's e-mail aberdeenstrollers@hotmail.com or call 07866 910 865.



Aberdeen Ski Club – Ski Mart

After 52 years - Aberdeen Ski Club has decided to integrate with other Snowsports - Snowboarding, Cross-Country as well as Downhill - and we have therefore changed our name to Aberdeen Snowsports Club. A Ski Mart was held at the beginning of December at Harlaw Academy and despite the terrible weather, we had lots of people snapping up the many bargains of Snowboards, Skis, Boots and Clothing. Former Olympic Skier - Anne Robb Boyle, is pictured right along with Katie Barnett, the new Club President. Anne was one of the 21 Inaugural Members of the Aberdeen Sporting Hall of Fame in 2006 which was created by Aberdeen Sports Council.

Anyone wishing further information on the Club-look up the website - www.aberdeensnowsportsclub.org



Karate Club Success

At the 6th WKC Junior & Cadet World Championships & World Cup for Children held in Novo Mesto, Slovenia, the local NKF Karate Squad, under the guidance and instruction of Ronnie Watt 8th Dan, won a total of 11 medals two of which were Gold, being won by Sara Calder and Bertram Morgan for the Section 8- 9 years Kata and Kumite. For details of your nearest Karate Club, contact



Pictured is Ronnie Watt with Club Members at a Training Session. Aberdeen Sports Council wish Ronnie a speedy recovery after his recent hospitalisation.

Child Protection in Sport

The Winter edition of the Child Protection in Sport Newsletter is now available on the following link: <http://www.childprotectioninsport.org.uk/newsletters.html>

Coaching Grants

Level 1 Coaching Grant Forms can be downloaded from our Website – www.aberdeensportscouncil.com and Scholarship Forms from Grampian Coaching can be downloaded from - www.grampiancoaching.org.uk

Rugby News

Rugby Coaching

The IRB is proud to announce that all new IRB Coaching website is now live. New Features include:

- 6 Stages to Rugby - Six simple steps to teach beginners rugby.
- Coaching Hints - Top hints and tips for coaches, from getting started to working with schools.
- Key Skills - a focus on the key skills of the game, plus example practices.

The new website contains fantastic tools and resources to help novice and experienced coaches improve their coaching and the Free membership includes the new IRB Coaching e-Newsletter, a Monthly Newsletter from the IRB with free coaching tips and suggested session plan. Don't miss out visit www.irbcoaching.com today!

Grammar Rugby

No less than nine current and former Aberdeen Grammar Rugby players turned out for Scottish National sides recently.

The roll call was led by Moray Low who gained his first full cap coming on as a substitute in the 47th minute of the Six Nations clash with France in Paris.

John Beattie, Ruaridh Jackson and Stuart Corsar all started for Scotland A in the Friday night game against Ireland A in Dublin.

Meanwhile, Ashleah McCulloch started for Scotland U20s in their Friday match with France in Chalon-sur-Saone.

The Scottish Universities squad were also in France and current Aberdeen Grammar Rugby regulars Fraser Lyle and Angus Dixon were involved. Former Grammar players, now with Aberdeen University, Redha Guedroudj and Dom Dunnett were also in the squad.

The 2008/09 season has progressed well for some of the young players at Aberdeen Grammar Rugby with 6 of the Under 17 team being selected for the Caledonia training squad. The players have to commit to extra training and weight regimes in addition to the work they put in for the Club.

The players travel every 4 weeks, during February, to Strathallan School in Perthshire to train with the elite players in Caledonia, which includes all areas north of Edinburgh and Glasgow.

The Club are delighted with their performance and the extra training will hopefully reflect in the first fifteen in years to come.

The players are

- Sam Knudsen - Aberdeen Gramamr School - Centre
- John Adams - Banchory Academy - scrum half
- Alex Crosbee - Westhill Academy - lock forward
- Rhuraidh Stewart - Banchory Academy - prop
- Matthew Dickie - Portlethen Academy - hooker
- Lewis Thomson - Cults Academy - lock forward

Congratulations to the boys and best of luck in the forthcoming Inter-District matches.