

A man wearing a dark cap and sunglasses is leaning over two young girls who are sitting on a grassy field. The man is looking down at the girls, and they appear to be in conversation. The girl on the left is wearing a blue and white outfit, and the girl on the right is wearing a blue tank top and white shorts. The background shows a clear blue sky and some trees.

The state of play 04|05

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“Scottish sport currently has amazing opportunities.”

Julia Bracewell OBE, Chair sportscotland



From the Chair

This year has seen a seismic change in the sporting landscape. London won the right to host the 2012 Olympic and Paralympic Games, and Scotland launched its bid for the 2014 Commonwealth Games in Glasgow.

These two events present everyone in Scottish sport with fantastic opportunities. It's now up to all of us to make the most of them to deliver to Scotland unparalleled sporting success and a lasting legacy of inspiration, experience and facilities for generations to come.

The building blocks and strategy needed to exploit these events are already in place. In fact, all in Scottish sport have been working towards them for some years! *Sport 21*, the national strategy for sport is testament to that.

These major events, on home soil, provide Scottish sport with the political and public profile to accelerate the development of the people, organisations and facilities of Scotland. I am determined that Scotland will make the most of these announcements, and will have a sporting legacy to be proud of.

London 2012, and the bid for the Commonwealth Games in 2014, have not been the only pieces of good news. In so many respects, 2004/05 was a great year for Scottish sport. In Athens, Chris Hoy and Shirley Robertson won gold, and Campbell Walsh and Katherine Grainger took silver for Team GB – a fantastic achievement. We must also congratulate our Athens Paralympians who together came back with eight gold, five silver and two bronze medals. To help an athlete to the very top takes support from many quarters. It's gratifying to know we have also played a part, with almost all medallists having been supported at some stage in their careers by the Scottish Institute of Sport or **sportscotland** Lottery funding.

This year, our cricketers qualified for the ICC World Cup. Cricket is a great example of a sport where people of multi-ethnicity come together in Scotland at the grass roots. We are delighted to see that they are now making great strides at international level.

For children, one individual lit up their summer holidays more than any other this year. Andy Murray, a Scots tennis player full of pride and passion, burst into their imaginations as he strode on court at Wimbledon, listened to his iPod and then proceeded to take on the world's best. At that moment many children will have concluded that it's cool to play sport.

Perhaps the most exciting development, with fewer headlines and media coverage, is the amazing work being done by the Active Schools Network of Managers and Coordinators. It's a fantastic example of what can be achieved by working in partnership. By March 2005, Scotland had 328 Active Schools Coordinators in secondary schools, 277 in primary schools, and nine in Scottish special schools. All 32 local authorities now have Active Schools Managers.

The establishment of the Active Schools Network and the work now being done is an outstanding achievement. They will help develop extra curricular physical activity and sport in Scottish schools for years to come – and that's in addition to the two hours of curriculum PE the Scottish Executive has committed to by 2007. It just shows what can be achieved when experts in health, education and sport work together. Things are certainly moving in the right direction.

An Olympic Games on home soil in 2012

The prospect of a Commonwealth Games in Scotland in 2014

The Ryder Cup in Scotland in 2014

Over 600 professionals now working in sport and physical activity in our schools

Approx £230 million to be invested in Scottish sports facilities

Sport has never been higher on public and political agendas

...Scottish sport has amazing opportunities

For further evidence of great partnership-working, we need look no further than all the work that has been done around *Sport 21*. It is the product of many agencies and stakeholders coming together and it provides us with a roadmap for sport.

London 2012 and the bid for the Commonwealth Games in 2014 provide added impetus to the delivery of *Sport 21*. **sportscotland** will be working with the Scottish Executive in the coming months to review, revitalise and strengthen the strategy.

There are many key elements to the delivery of *Sport 21*. One cornerstone is facilities. Last year we continued to progress the national and regional sports facilities strategy; a partnership between the Scottish Executive, **sportscotland** and Scotland's local authorities, which will unlock circa £230 million of investment in major facilities throughout the country in the years to 2010. These will undoubtedly play a crucial role for athletes and participants alike as we work towards the goals of *Sport 21*.

I joined the organisation on the day of London's success. Since then, I have been impressed with the way the people in our organisation work with our partners to impact on the lives of the people in Scotland. **sportscotland** have seven key investment areas and this document demonstrates how the work being done in each area has a dynamic impact on the lives of individuals across Scotland.

The work showcased here is by no means a comprehensive account of the work of the organisation. However, the personal stories are a powerful and positive reminder of why we do what we do. None of the stories are down to **sportscotland** alone. While we can invest, facilitate, enable and influence, we cannot deliver without our partners. These personal accounts could not have happened without the work of many other agencies and individuals, and I would like to thank them for all their help.

Looking forward, there is another Olympic Games around the corner. We'll send proportionately more Scots in the GB team to the Winter Olympics in Turin in February than we do to the summer Games. Our curlers, skaters, skiers and snowboarders all have excellent chances of success.

And then in March, it's the turn of Scotland to compete as a nation in its own right at the Commonwealth Games in Melbourne.

Scottish sport currently has amazing opportunities. I wish all involved great success this year and ask all our partners to keep sport at the heart of peoples' lives in Scotland – and at the heart of what makes up our nation.



Julia Bracewell OBE
Chair, **sportscotland**



“Me and my pal used to make up dance routines at home. Then we got this note about doing all types of dancing at school, and Mum said I could go. It’s great. I love it.”

Megan Phillips, Perth



Active Schools

Megan Phillips has a mischievous grin which gives away the notion that, in days gone by, she may have been a bit of a worry. These days, no one is complaining. Not her parents, nor her teachers – and definitely not her dance instructor.

Dancing has gained a new, eager recruit. But no one's gained more than Megan herself. Since joining a class organised by her local Active Schools Coordinator, she's shimmied her way to becoming a more confident, more engaged, more active 11-year-old.

"I want to be a dancer when I grow up now," says Megan. "Or maybe a nursery teacher."

Why a teacher? Well, apart from the dancing, which she loves, she reads stories to the Primary Ones at Perth's Letham Primary, and is someone all the younger pupils look up to. "At break, if I see one of the wee ones with no one to play with, I get them started playing games," she says.

Megan's story is by no means a unique example of how the activities organised by the Active Schools Network of Managers and Coordinators benefit young people across the country.

In Megan's local authority, Perth and Kinross, Active Schools Manager Tammy McKinlay leads a team of eight full-time Active Schools Coordinators (Primary) and 11 part-time Active Schools Coordinators (Secondary).

"We have had great success with our active playground games programme; supporting playground supervisors, or providing equipment," says Tammy. "There have also been some fantastic walking projects organised by a couple of our rural Coordinators."

"At break if I see one of the wee ones with no one to play with, I get them started playing games."

“The work done by the Active Schools Network will make a significant contribution to the health of the nation and provide Scottish sport with a solid foundation to build on.”

Valerie Mitchell, sportscotland

“In Blairgowrie, we’ve linked up with 13 pensioners who voluntarily take the kids out in a local walking group. Fabulous. Not only because it gets the children active, but it can help with teaching about everything from nature to local history.”

The Perth and Kinross experience is mirrored across all 32 local authority areas, each of which now has an Active Schools Manager.

In the last year, **sportscotland**, in partnership with Scotland’s local authorities, has moved closer to completing a full complement of Active Schools Coordinators.

Scotland now has 328 part-time Active Schools Coordinators (Secondary) working within a designated secondary school, and 277 full-time Active Schools Coordinators (Primary), each responsible for a cluster of primary schools. There are also nine Active Schools Coordinators working within special schools. Recruitment is ongoing to complete the picture.

That’s a huge leap forward from small beginnings in 1996, when formally allocating people and time to organise extra curricular physical activity and sport in school was introduced as a pilot in two secondary schools.

It is now an intrinsic part of the Scottish Executive’s drive towards a healthier Scotland. However, the fundamental aim of the Active Schools Staffing Network of people remains the same: to recruit, support and develop a sustainable network of coaches, leaders and volunteers to deliver physical activity to young people.

“The work being done is as much about integrating what’s happening in the local community with the kind of activities pupils want to do,” says Valerie Mitchell, one of **sportscotland**’s Partnership Managers who support the Active Schools Network. “Megan and Tammy’s experiences are great examples of that.”

“One of the most exciting things we’ve done in the last year has been to encourage Coordinators to be part of ‘pupil councils’.

“It’s an opportunity for the kids to tell us what they want to do. By involving them in the decisions, we’re improving the take-up of activities.”

From that process has come sailing in North Lanarkshire, fencing in Clackmannan, surfing in East Lothian, and rafting for teenage girls in Aberdeenshire.

This ‘customer led’ approach is vital in the drive towards more children and young people participating in more activities for a longer period of time.

“The long term benefits to people in Scotland are huge,” adds Valerie. “The work done by the Active Schools Network will make a significant contribution to the health of the nation and provide Scottish sport with a solid foundation to build on.”

2004/05 update

- **328 Active Schools Coordinators in Scotland's secondary schools**
- **277 Active Schools Coordinators in Scotland's primary schools**
- **9 Active School Coordinators working with Scotland's special schools**
- **All 32 local authorities with an Active Schools Manager**



“We used to play in a quagmire. There were no floodlights, so we’d train in school gyms. See trying to do a slidey... skinned knees, that’s what I remember most.”

Barry Fleeting, Kilwinning



Club Development

Barry is passionate about football. However, even in a place like Kilwinning, where the game has been part of the fabric of the community for generations, playing conditions have tested the enthusiasm of even the most committed.

But Barry is still there. And so are the next generation of young players – in increased numbers. Not just taking part in football, but golf, athletics and fitness training.

Pennyburn Park has been transformed by the formation of the Kilwinning Community Sports Club and the subsequent investment of £368,000 in the organisation and its facilities – £200,000 of which was from **sportscotland**.

“It’s like night and day,” says Barry. “Now there’s two good 11-a-side grass pitches with proper drainage, that are well looked after, and four floodlit multi-sport pitches. The new sports club has got the whole place buzzing. Every Saturday morning, the pitches are full but the thing I notice most is this steady stream of kids coming up the road for coaching.”

Before the redevelopment of the Pennyburn site by Kilwinning Sports Club, it is estimated that there were around 350 people taking part in team sports, mainly football. Today, the club hosts 33 football teams for adults and young people. The fitness centre has around 1500 registered users. It’s also used by local residents, including many pensioners, as part of a GP referral scheme.

The club built a six-hole pitch-and-putt course, a nine-hole putting course, and one full-size putting green. It is used as the coaching resource for the local clubgolf programme, aimed at introducing local primary school pupils to the sport.

“It’s like night and day. Now there’s two good 11-a-side grass pitches with proper drainage, and four floodlit multi-sport pitches. The new sports club has got the whole place buzzing.”

“A strong club structure is integral to both participation and performance in sport.”

Craig Burn, sportscotland

The **sportscotland** investment in facilities at Kilwinning is similar to the 20 **sportscotland** awards made in 2004/05 – valued at £3,407,209 – where the investment priority has been increasingly on providing a resource for the whole community.

“To complement the investment in club facilities, we are also striving to ensure clubs are properly supported and encouraged across a variety of needs,” says Craig Burn, a Lead Manager within Developing Potential at **sportscotland**. “A strong club structure is integral to both participation and performance in sport.”

In 2004/05, 311 Awards for All grants were made to local clubs with annual turnovers of less than £20,000 – a total investment of some £1 million. Sportsmatch awards totalling £250,000 have been made to 89 projects, matching new sponsorship money pound-for-pound.

Investment has also continued through the Scottish governing bodies of sport, local authorities and other partners to ensure there are more professional sports officers with the skills and experience to support club development in Scotland.

“One of our most exciting developments has been the launch of a dedicated website resource for Scotland’s clubs, www.helpforclubs.org.uk,” adds Craig.

“It provides Scotland’s clubs – some 13,000 of them – with training materials and resources, child protection policies and procedures, template club constitutions, fundraising ideas and sponsorship information.

“We’ve also included case studies to describe how successful clubs have achieved their success.

“At the end of the day, clubs are the backbone of sport in this country. So, through our partners, we’re continuing to invest time and resources to have a club structure that allows people like Barry, and communities like Kilwinning, to participate at whatever level in sport they want.”

2004/05 update

- **28 sportscotland facility awards totalling £3.4m**
- **£1m investment through Awards for All to 311 sports clubs or community organisations**
- **£250,000 Sportsmatch awards made to 89 clubs, matching new sponsorship money pound-for-pound**
- **Help for Clubs website developed and launched, www.helpforclubs.org.uk**



“People say I’ve got the talent, it’s just a question of making the most of it. The regional academy has made a huge difference. My handicap’s down from four to one this year.”

Ross Leeds, Glenfarg



Player Improvement

Ross Leeds has a driving ambition for golf. It's worth noting the name. If his improvement continues, the 17-year-old Kinross schoolboy may well realise his dream of playing on the professional tour.

It's no surprise that Ross is one of the sport's rising stars. The whole family is golf-daft, he says. However, there's a big difference between winning the 'Family Open', organised each year by his grandparents, and achieving his long-term goals.

That's where the **sportscotland**-supported Golf Academy comes in. Ross is part of a six-strong regional squad which receives four hours of group coaching from the Scottish Golf Union each week, and an hour of individual tuition each fortnight. He also gets fitness and nutrition advice.

"I'm playing off one now, my short game's come on big time, and that's entirely down to the coaching I've received," he says. The evidence is contained in the video analysis of his swing: before and after; chalk and cheese. "Long-term, I want to be playing professionally."

Ross has tremendous self-motivation. However, what has become clear from a series of consultations **sportscotland** held with partners during 2004/05 is that the simple drive to get better shouldn't be solely down to individual participants, coaches, clubs, or governing bodies; nor should it be focused only on the elite.

In every sport and at every level, the process should be supported by an integrated pathway, involving everyone who helps deliver that sport.

"I'm playing off one now and that's entirely down to the coaching I've received. Long-term, I want to be playing professionally."

“Golf is a really good example of all the partners working together for the benefit of the sport as a whole.”

Colin Pearson, sportscotland

It's called the Long Term Player Development (LTPD) pathway and, in Scotland, golf has been one of the first sports to embrace its principles. It's about helping people get the most from sport – at whatever level they choose, or are capable of – by creating strong links between different points on the pathway.

“Golf is a really good example of all the partners – the Scottish Golf Union, Professional Golfers Association, Scottish Ladies' Golfing Association, **sportscotland** and the Scottish Executive – working together for the benefit of the sport as a whole,” says Colin Pearson, **sportscotland**'s Director of Developing Potential.

Ross is a county-level young golfer with the potential to play for his country. He benefits from being in a regional academy where he receives coaching and support aimed at players of his standard. As he progresses, he will be supported by his local Area Institute of Sport, and may eventually join the Scottish Institute of Sport alongside other athletes capable of delivering success on the world stage.

In turn, Ross's place in the regional squad will be taken by someone who was first introduced to golf at primary school, perhaps by an Active Schools Coordinator, progressed through a basic coaching programme at a local club, and showed enough promise to be invited to join an area squad.

“Obviously, not everyone is going to go on and become a champion, or indeed want to,” explains Colin. “And that's fine. Perhaps they will use skills learned in one sport to excel in another, or turn their attention to coaching instead. Perhaps it will simply encourage a lifelong involvement in sport, or a healthy lifestyle.”

The introduction of an LTPD pathway is at the heart of **sportscotland**'s aim to strengthen the infrastructure of Scottish sport. It will be delivered by 'sports partnerships' – clubs, local authorities, Scottish governing bodies and the Institute network working together to deliver the national plan for each sport at a local level.

“After the consultation on LTPD in 2004/05, we've moved very quickly to establish pilot sports partnerships in Tayside and Fife, and Central. A number of sports are involved, including swimming, athletics, rugby, golf and gymnastics,” adds Colin.

“In the coming year, we will look closely at how the pilots are working, try different things in each, make comparisons, and determine what resources are required. That will help us shape how we introduce sports partnerships to other areas in the future.

“It is a fascinating area of work, with potentially huge benefits for Scottish sport.”

2004/05 update

- 8 pilot sports identified for LTPD framework development, and lead officers appointed
- LTPD Steering Group established, consultation document produced, 45 Consultation Workshops held, recommendations complete
- Sports Partnership and Regional Academy consultation process complete



“I trained as a heating engineer and was a complete rookie when it came to being the chairman of a sports governing body. Within a week of being appointed, I was presented with a personnel crisis. The help and advice I got from sportscotland was invaluable.”

Paul Hancock, Edinburgh



Organisational Development

Paul Hancock was simply a recreational skier, with no competitive aspirations; no children in the sport. He sat on Edinburgh Ski Club's committee, just to help out really. But he was capable, committed and enthusiastic, and they made him Chairman.

Part of that job meant he was the club's delegate at Snowsport Scotland's AGM. Before he knew it, he was serving on the governing body's Management Board. Earlier this year, he was appointed chairman.

Now, there is no doubt Paul brings many qualities to the role, but the heating and ventilation consultant recognises there are gaps in his knowledge.

"Obviously, there were some things I had no experience of," says Paul.

"That's where **sportscotland** came in. They invited me to join their Active Learning Set with governing body chairs from five other organisations. We talked about our roles, and shared ideas and experiences from the perspective of six very different sports at various stages of development, with different turnovers.

"It was hugely valuable for me and my organisation, but just as important is the specialist help we get from **sportscotland**, in areas such as human resources and child protection policies."

In the past year, many Scottish governing bodies of sport (SGBs) have received similar help and guidance from **sportscotland**. The theory is simple: the better the management of SGBs, the greater their ability to deliver sport.

"Just as important is the specialist help we get from sportscotland, in areas such as human resources and child protection policies."

“44 of the 54 SGBs invested in by sportscotland have gone through a fit for purpose audit and are now moving towards the full implementation of the recommendations.”

Lorna MacLeod, sportscotland

sportscotland has worked very closely with the Scottish Sports Association on the modernisation and organisational development of SGBs.

“Support delivered has allowed significant improvements in HR and financial management, and we’ve helped with a range of IT projects and legal advice,” says Lorna MacLeod, a Partnership Manager with sportscotland. “In addition, 18 senior executives, mainly chief executives, have benefited from a tailored programme of management training.”

The driving force behind the provision of support to SGBs remains the Modern Sport programme. It encourages governing bodies to put in place the features of strong governance, such as long-term strategic plans, business plans and effective staff structures.

“The first step is a comprehensive ‘fit for purpose’ audit which identifies strengths, and highlights any issues which need to be addressed,” adds Lorna.

“A total of 17 audits were undertaken in 2004/05, which means 44 of the 54 SGBs invested in by sportscotland have gone through the process. All these organisations are now moving towards the full implementation of the recommendations.

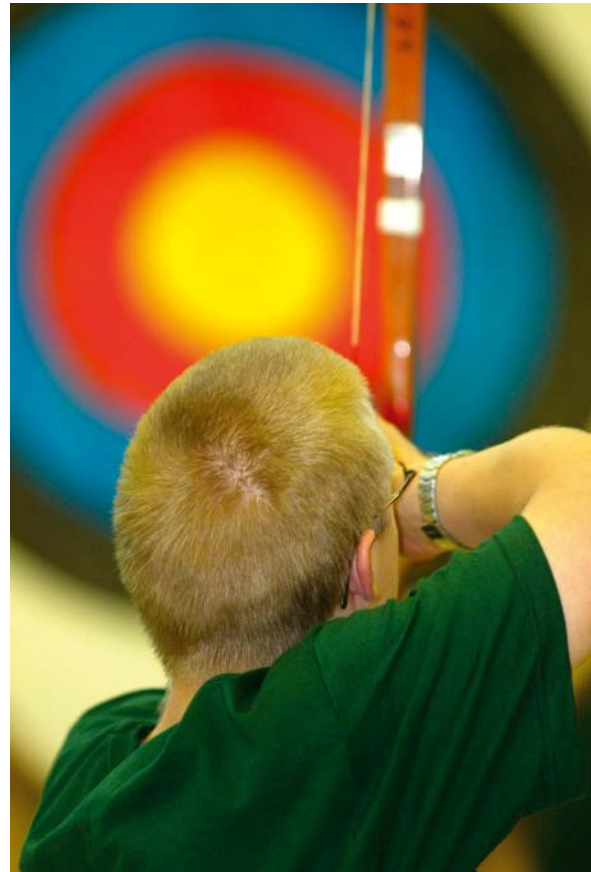
“Where the skills, experience and resources don’t exist within SGBs, particularly the smaller ones, we’ve been helping with advice on sound strategic planning, solid human resource practices, education and training for professional staff and volunteers. It’s all part of good corporate governance; something that’s just as important in sport as in business.”

Paul Hancock's story is a reminder that many governing bodies are volunteer-led. With the continuing demands on SGBs, **sportscotland** recognises the need to create and support full-time posts within organisations to help voluntary boards deliver their sports. In the last year, **sportscotland** invested in new senior posts in six sports – canoeing, tennis, sailing, squash, cycling and curling.

“It’s part of our role to help governing bodies deliver their sport in a professional, compliant manner, and in a cost-effective way,” says Lorna. “If the SGBs are run in a professional manner, with good governance, then the whole sport benefits.”

2004/05 update

- **6 new senior posts appointed to governing bodies**
- **35 sports have accessed human resource, ICT, legal and financial support**
- **9 governing bodies involved in Management Development programme**



“The best thing was being able to go out to Australia and see how other coaches and their athletes prepared for a major international games. I’m sure it’s going to stand me in good stead for the future.”

Phil Potter, Edinburgh



Coaching

Phil Potter watched some of the best swimming coaches in the world in action at the Commonwealth Youth Games in Bendigo, Australia last year.

Inspirational? You bet. And something Phil says wouldn't have been possible without the financial support he received from **sportscotland's** Coach Development Programme to get him there.

His experience had an immediate impact on his club in Edinburgh. On his return, he made sure his best coaches at the Heart of Midlothian Swimming Club started to work with every group of swimmers, not just the elite.

And he sent them off on coaching workshops, and applied for scholarships to help fund their training. Then he organised in-house training for his volunteers, and made sure they got the right certificates.

“Going to Bendigo was great for me; really worthwhile,” he says. “I learned so much. But I also realised that being a great coach is about more than working with great swimmers.

“I'm the head coach of a club responsible for about 160 kids, of all abilities. Going to Australia made me determined to be the best coach I possibly can be.”

Phil wasn't the only swimming coach to benefit from Scottish Swimming's Coach Development Programme. A total of five went to Bendigo – the highlight in a year of coach education and training initiatives, which fall under the auspices of Richard Gordon, Scottish Swimming's Director of Coaching and Development. His is a new **sportscotland-**funded appointment that recognises the vital role coaching has to play in taking forward participation and performance in sport.

“I also realised that being a great coach is about more than working with great swimmers.”

“The UK Coaching Certificate has been labelled as the single biggest step change in coach education and development in Britain... ever.”

Billy Bell, sportscotland

“Richard’s appointment is an example of where we invested directly in a governing body to create a dedicated resource,” says Billy Bell, a Lead Manager in **sportscotland**’s Developing Potential team.

“We have also invested in directors of coaching for judo, netball, volleyball, hockey, gymnastics and cricket. Where a similar post existed already, we encouraged governing bodies to look at coaching needs for their sports, and provided investment for coach education and development programmes.”

It’s all added up to more qualified coaches, more trainers and more people who’ve been through **sportscotland**’s coach education programme. Demand for **sportscotland**’s generic programmes, particularly in the area of Child Protection has never been higher. During the Special Olympics in Glasgow, the organisation helped ensure everyone involved was appropriately trained.

Underpinning most of the activities in the last 12 months has been the work to implement the UK Coaching Certificate (UKCC). “It’s been labelled as the single biggest step change in coach education and development in Britain... ever,” explains Billy, “and I wouldn’t argue with that.

“It seeks to create a coaching certificate that provides parity across the country. So, if you’re a coach in Scotland, Wales, England or Northern Ireland, level 1 is level 1. However, Scotland has its own characteristics and priorities, and it’s important that we recognise the particular needs and aspirations of Scotland’s coaches.

“We have taken steps to update ‘Coaching Scotland’, Scotland’s coaching strategy, creating a new national framework for coaching in Scotland that will inspire, develop and recognise Scotland’s coaches to help deliver *Sport 21* – the national strategy for sport.”

An advisory group, made up of coaches, representatives from the Scottish Executive, Scottish Institute of Sport, local authorities and Scottish governing bodies of sport was set up to revitalise the Coaching Scotland framework. Consultation is now complete and the new version is scheduled to be launched in late 2005.

“Coaching is a hugely significant area of Scottish sport,” adds Billy. “It contributes to at least eight of the 11 *Sport 21* targets for 2007. And the revision of Coaching Scotland is a fantastic opportunity to help coaches like Phil and Richard maximise their impact on Scottish sport.”

2004/05 update

- **75 Coach Educators trained**
- **6,125 coaches in Scotland further qualified**
- **345 workshops delivered as part of the Scottish Coach Education Workshop Programme**



“It’s nice to do our bit for the shinty club and the community. Mind you that’s not what I say when the boys leave their muddy socks all rolled up. What a trauchle turning them the right way.”

Maureen Brown, Lochcarron



Volunteering

Maureen Brown loves being involved in sport: full-time supporter, part-time taxi-driver, occasional sports psychologist. Her friend, Mary Morrison, is just the same.

As their sons were growing up in the West Highland village of Lochcarron, life revolved around the shinty club. They did their bit; everyone did. From the volunteer coaches, officials and committee members, to the fundraisers and helpers.

President George Hendry reckons the club would be nothing without volunteers. Something that was recognised when the club became the first entirely volunteer-run organisation in the Highland and Islands to gain an Investor in People award.

When the club needed someone to wash the strips every week, Maureen and Mary volunteered. That was years ago. Thing is, they're still doing it.

"I do the first team, Mary does the seconds," says Maureen, whose son now lives and works in London and doesn't even play for the team anymore. "I don't suppose I have to do it but I get a lot out of it. It's like I play a wee part in the success of the club."

It's no real surprise that Maureen and Mary remain so committed, nor that Lochcarron Shinty Club recognises their contribution. Shinty's governing body, the Camanachd Association, has long recognised the value of volunteers, and was among the first to make use of the new network of regional volunteer development officers put in place by **sportscotland** in 2004/05.

The appointment of these six individuals in Edinburgh and Lothian, Tayside and Fife, Highland, Central, the West and North-East, has been **sportscotland**'s most important development in volunteering over the last 12 months.

**"I get a lot out of it.
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“Sport traditionally recruits volunteers from within, so one of the main purposes of the six new posts is to help sport develop volunteers from the community.”

Christine Mullen, sportscotland

It recognises that without volunteers, sports participation in Scotland just wouldn't be possible on the same scale. And it's not only about washing socks. Volunteers fill a whole variety of positions in sport. From coaches to committee members, referees to chairs, volunteers are at the heart of Scottish sport.

The new development officer posts recognise that there is a gap between volunteering opportunities in sport – and volunteers willing to fill them.

“Sport traditionally recruits volunteers from within, so one of the main purposes of the six new posts is to help sport develop volunteers from the community,” says Christine Mullen, sportscotland's Volunteering Partnership Manager.

“We could have put these development officers into sports organisations and Scottish governing bodies. However, there already was a network of Scottish Volunteer Centres – every local authority has one – with the expertise to get more people into volunteering. What they lacked were links with local sports groups.”

That's where the six new officers come in. Funded by sportscotland, they are employed by the Volunteer Centres. Inverness-based Dagmar Heyer's first job was to raise the profile of the centres among local authority sports development teams, Active Schools Coordinators, sports governing bodies and clubs.

Shinty was already ahead of the game, having identified volunteering as an important part of its development plan. A total of 52 clubs had been encouraged to register with their local Volunteer Centres, and advertise volunteering opportunities.

A national database of opportunities already exists within the Volunteer Centre network, but one of the roles of the new officers has been to increase input from sport.

“It's a two way process,” says Dagmar. “Clubs tell us about opportunities for volunteering; we tell them about people wanting to volunteer.”

The designation of 2005 as Year of the Volunteer has raised the profile of volunteering generally. However, it is important to look to the future.

“We're also delighted to see that many Scottish governing bodies are starting to work up strategies to support volunteering in their individual sports,” adds Christine.

“We plan to work with between 15 and 20 of them in the year ahead. Generally, though, it is so encouraging to see volunteers being increasingly recognised and supported by Scottish sport. There are approximately 150,000 people like Maureen and Mary who help keep Scottish sport running. We are working to help sustain their fantastic efforts.”

2004/05 update

- 6 regional volunteer development officers in place
- Web-based information and communication programme established through Volunteer Scotland
- Resources developed for Active Schools Coordinators through partnership with Skills Active and Volunteer Development Scotland



“There was no question I was as well prepared as I could have been for Athens, and the strength and conditioning work I did with the Institute was a contributing factor.”

Campbell Walsh, Team GB, Bridge of Allan



Medal Success

Campbell Walsh first met the Scottish Institute of Sport's Dave Clark in the summer of 2003 – a year before the Athens Olympics. Twelve months later, the canoeist from Bridge of Allan was collecting a silver medal in the slalom.

Campbell is a laid-back sort of a guy, not prone to exaggeration. The Olympic competition, he says, was just another major event. So, when he describes his work with Dave – the Institute's Head Strength and Conditioning Coach – as a “contributing factor” in his success, you sit up and take notice.

“Dave introduced me to free weights a year before the Olympics,” says Campbell. “It was a new approach for me but one which had a very big impact. It improved my core stability, which you can imagine is pretty important in a canoe, and helped me apply more power from the odd positions I find myself in during a race.”

Campbell was just one of many athletes to receive strength and conditioning support from Dave and his team. Olympic gold medal-winning cyclist Chris Hoy describes the Institute's strength programme as the best in the world. However, support for Scotland's top athletes comes in many different ways.

“We continue to invest and support the development of the Institute as it is a key element in our overall support for performance in Scottish sport,” says Steve Paulding, **sportscotland's** Acting Director of Achieving Excellence.

“It provides athletes with specialist services such as the preparation of training and competition programmes, technical support, sports medicine advice, and performance analysis.

“It improved my core stability and helped me apply more power during a race.”

“All the structures are in place. What the London 2012 Olympics and the Glasgow 2014 bid do is raise the perception and importance of sport at a political and public level.”

Steve Paulding, sportscotland

“However the path towards success on the world stage can start at a very early age, and we are working to support that progress at all levels.”

Steve highlights the six Area Institutes of Sport, which have been in existence for four years. In 2004/05, **sportscotland** continued to develop their role in offering Scotland’s most promising young athletes access to essential support services, wherever they live, work or train.

“Over the last year, we’ve also continued to invest in the performance end of the Scottish governing bodies,” he adds. “The aim is to create an overall performance plan for a whole sport; to map out the roles and responsibilities for all the key partners, to ensure there are no gaps, no overlaps, and no waste of resources.

“All this work has been brought into sharp focus by two fantastic things for Scottish sport: London’s successful bid for the 2012 Olympic and Paralympic Games, and the bid to host the Commonwealth Games in Glasgow in 2014.

“These decisions do not mean that we radically change the work we are doing, or start in a new direction. We are always going to need school-age children to be active, local sports partnerships who can develop that participation, Area Institutes of Sport who can further develop those who show talent, and the Scottish Institute of Sport to support performance at the highest level.

“What the London 2012 Olympics and the Glasgow 2014 bid do is raise the perception and importance of sport at a political and public level. It gives us the opportunity to enhance the quality of the network of organisations, and the number of volunteers, coaches and facilities which underpin Scottish sport – and ultimately medal success in sport.

“It’s all about partnership and making sure our work is connected. If someone was to ask me, what is the biggest or most exciting initiative in Scotland which will impact on Scotland’s medal success in the future, I’d say the work that’s being done by the Active Schools Network to increase the number of potential athletes that our future medallists will come from.

“I think we all now understand that, in the big picture, having more people with a higher level of physical activity and better physical literacy will enable us to have more athletes in sport generally and, therefore, more athletes like Campbell performing at the highest level.”

2004/05 update

- **8.25% of athletes in the UK’s World Class Performance Programme are Scots**
- **180 athletes supported by the Scottish Institute of Sport**
- **£1m allocated for the development of a curling academy in Stirling**
- **65 medals from 35 medallists**
- **4 Scots medalled as part of Team GB in Athens Olympics: 2 Gold, 2 Silver**
- **15 Scots medalled as part of Team GB in Athens Paralympics: 8 Gold, 5 Silver, 2 Bronze**



National Centres



Glenmore Lodge

Centre Principal Tim Walker believes there's one magnificent, but underestimated resource to get more people, more active – the landscape itself.

“On any given weekend over the summer, there will be 60,000 hill-goers enjoying Scotland's natural assets – right on their own doorstep,” says Tim. “It's Scotland's biggest participation sport.”

Glenmore Lodge itself welcomed more than 10,000 visitors last year to take part in a range of outdoor activities. At the same time, the centre invested in a new mountain bike training facility (£40,000) and a purpose-built national centre for Scottish Orienteering (£80,000).

To meet the growing demand of the outdoor industry, two new faces were appointed – Ian Sherrington as head of coaching, and Eric Pirie as training officer for the Mountain Rescue Committee of Scotland.

A number of significant events were hosted, including the International Winter Climbing Meet, the Scottish Mountain Safety Seminar and team-building training camps for Scottish Swimming and the Scotland cricket squad.

Paddle sport events experienced a huge growth, while the centre was also heavily involved in clarifying the new access legislation among sport and recreational outdoor users.

More than 500 people took part in leadership courses for outdoor leadership qualifications – taking their experience back to communities and helping others enjoy outdoor activities.

“For me, seeing mountaineers from as far away as Australia and the USA converging on Scotland for the International Meet reinforced more than anything else how fortunate Scotland is to have a mountain landscape for us all to use,” adds Tim.

“On any given weekend over the summer, there will be 60,000 hill-goers enjoying Scotland's natural assets.”

Tim Walker, Glenmore Lodge

Cumbrae

The ripples from Shirley Robertson's sailing gold medal at the Olympics in Athens were felt as far away as the national watersport centre at Cumbrae, where she did much of her early training.

"By the end of the summer, I really felt we'd done something special to introduce kids to sailing, and develop those who had been to Cumbrae before," says acting Centre Principal Chris Nichol, reflecting on a full house for summer junior courses. "Shirley's success has certainly made an impact."

Activities at Cumbrae tend to be concentrated over the summer, attended by schools, colleges and members of the public from all age groups. At either end of the season, the focus is on instructor training, where interest has been strong. Then, over the winter months, the Royal Yachting Association Scotland's racing squads are regular visitors. Cumbrae has also been the venue for coaching and instructors' conferences, allowing on-the-water activities to be part of the programmes.

The centre staff continue to have a big involvement in the development of the Scottish Sailing Institute at Largs and helped run a number of major events during the year. These included the National Youth Championships, the Optimist National Championships – contested by 300 boats – and the European Laser Masters Championships.

Sea kayaking and sub-aqua are also becoming increasingly popular, and these areas have great potential for development.

In 2004/05 there was investment in new equipment, while the refurbishment of the existing changing rooms, the creation of additional storage space and the upgrading of accommodation are priorities for this year.



The main challenge for the next year, says Chris, is to build on the increased awareness created by the success of Shirley Robertson and Ellen MacArthur. "We are planning on going out to schools, to talk to teachers initially and then hopefully raise enthusiasm among pupils," he adds.

**"By the end of the summer, I really felt we'd done something special to introduce kids to sailing."
Chris Nichol, Cumbrae**



Inverclyde

If **sportscotland's** Corporate Plan was a place, it would be the National Centre Inverclyde. So says Centre Principal John Kent, who has seen all seven key investment areas represented at the centre in 2004/05.

From Active Schools groups starting off in sport to top athletes honing their skills – to the improved facilities themselves – Inverclyde remains a remarkable success story. “It’s been a year as busy and varied as ever,” says John. “Everything that **sportscotland** aims to deliver can be seen here.”

The centre continues to be an important venue for Scottish governing bodies. A total of 23 used the facilities last year for elite player improvement, sports science and sports medicine teaching, and team, squad and coach development. A number of important events were also hosted, including veterans badminton and hockey internationals, and strength and conditioning conferences.

However, Inverclyde also has an important role to play in the community. Day visitors in 2004/05 topped 28,000 – local people taking part in classes, clubs and courses. And, the partnership between the centre and Active School Coordinators has given more young people more access to the facilities.

sportscotland continues to invest in the centre – £400,000 helping towards new changing rooms with an area for people with disabilities, an upgrade of the golf facilities, improved accommodation and a new mountain bike trail. Rising electricity usage was addressed by the introduction of a third wind turbine, and there are plans to introduce solar heating.

“It’s been a good year,” adds John. “My highlight? Having some of the best young golfers in the world from 48 countries, staying at Inverclyde to take part in the R&A’s International Junior Open on local courses.”

“It’s been a year as busy and varied as ever. Everything that sportscotland aims to deliver can be seen here.”

John Kent, Inverclyde

Financial Information

sportscotland

Group income and expenditure account for the year ended 31 March 2005

	2005	Restated
	£000	2004 £000
Income		
Grant-in-aid	21,345	13,108
National Lottery Fund	3,928	3,807
Income from Activities	2,391	2,200
Other operating income	1,310	1,486
	28,974	20,601
Expenditure		
Sports development and capital grants	18,065	9,879
Staff costs	5,684	5,273
Other operating charges	5,888	5,624
Loss on revaluation of assets	34	64
	29,671	20,840
Operating deficit	(697)	(239)
Interest receivable	184	92
Other finance income/(costs)	11	(51)
Corporation tax	(9)	7
Transfer to project reserve	(49)	(16)
Notional costs	141	160
Deficit for the year transferred to general fund	(419)	(47)

All the results of the Council relate to continuing operations
2004 comparatives are restated due to restatement of pension costs

The accounts on this page are a summary of the **sportscotland** Group Accounts. The summary account may not contain sufficient information to allow a full understanding of the results and state of affairs of the **sportscotland** Group. A copy of the audited accounts which contain the detailed information required by law and under best practice guidelines can be obtained from the Director of Finance, Caledonia House, Edinburgh EH12 9DQ.

The **sportscotland** Group Accounts were approved by Council and signed on its behalf on 3 August 2005. **sportscotland's** Appointed Auditor, KPMG LLP, has given an unqualified audit report on these accounts. The Group Accounts were laid before the Scottish Parliament under reference SE\2005\193.

sportscotland

Balance sheets at 31 March 2005

	Group		sportscotland	
	2005	Restated 2004	2005	Restated 2004
	£000	£000	£000	£000
Fixed assets				
Tangible assets	13,082	13,297	6,532	6,758
Current assets				
Stocks	31	31	–	–
Debtors	648	711	303	366
Bank and cash-in-hand	1,176	1,243	418	437
	1,855	1,985	721	803
Creditors: amounts falling due within one year	(2,880)	(2,817)	(1,850)	(2,258)
Net current (liabilities)	(1,025)	(832)	(1,129)	(1,455)
Total assets less current liabilities	12,057	12,465	5,403	5,303
Provisions for liabilities and charges	(25)	(26)	(25)	(26)
Deferred grant	<u>(6,069)</u>	<u>(8,043)</u>	<u>(708)</u>	<u>(927)</u>
Net assets excluding pension liability	5,963	4,396	4,670	4,350
Pension liability	(160)	(523)	(166)	(426)
Net assets including pension liability	5,803	3,873	4,504	3,924
Financed by				
Revaluation reserves	4,085	4,068	4,037	4,037
General fund excluding pension reserve	1,878	328	633	313
Pension reserve	<u>(160)</u>	<u>(523)</u>	<u>(166)</u>	<u>(426)</u>
General fund including pension reserve	1,718	(195)	467	(113)
	5,803	3,873	4,504	3,924

The accounts on this page are a summary of the sportscotland Group Accounts. The summary account may not contain sufficient information to allow a full understanding of the results and state of affairs of the sportscotland Group. A copy of the audited accounts which contain the detailed information required by law and under best practice guidelines can be obtained from the Director of Finance, Caledonia House, Edinburgh EH12 9DQ.

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Financial Summary

The following are details of amounts invested in individual sports for sportscotland's financial year ending 31 March 2005.

Sport	Investment direct to the Scottish governing body 2004/05	Other investment to the sport 2004/05*	Total 2004/05
Angling	5,540	25,067	30,607
Archery	3,000	19,277	22,277
Athletics	244,171	459,549	703,720
Badminton	151,660	233,568	385,228
Basketball	138,681	123,757	262,438
Bobsleigh	0	17,166	17,166
Bowling	6,500	301,093	307,593
Boxing	25,000	180,232	205,232
Canoeing	73,367	176,511	249,878
Cricket	234,284	79,675	313,959
Croquet	0	1,500	1,500
Curling	93,450	1,027,888	1,121,338
Cycling	79,210	278,194	357,404
Dance & Movement	2,500	10,005	12,505
Equestrian	38,500	166,354	204,854
Fencing	8,650	22,860	31,510
Women's Football	33,327	76,030	109,357
Football	134,550	1,843,394	1,977,944
Golf	40,000	690,253	730,253
Gymnastics	213,146	127,179	340,325
Hang/Paragliding	0	1,000	1,000
Hockey	219,500	573,627	793,127
Ju-Jitsu	0	2,000	2,000
Judo	108,000	81,587	189,587
Karate	0	33,312	33,312
Lacrosse	5,000	1,505	6,505
Motorsport	0	11,802	11,802

Sport	Investment direct to the Scottish governing body 2004/05	Other investment to the sport 2004/05*	Total 2004/05
Mountaineering/Climbing	60,323	39,239	99,562
Netball	76,825	49,410	126,235
Orienteering	12,500	58,229	70,729
Pentathlon	0	14,825	14,825
Rowing	37,961	155,781	193,742
Rugby Union	455,000	250,045	705,045
Rugby League	5,000	15,000	20,000
Sailing	123,187	291,382	414,569
Shinty	52,602	45,886	98,488
Shooting	0	122,554	122,554
Ice Sport/Skating	0	155,291	155,291
Snowsport	40,500	148,085	188,585
Squash	45,000	228,996	273,996
Sub Aqua	8,167	42,866	51,033
Swimming	308,000	945,754	1,253,754
Tabletennis	17,872	41,496	59,368
Tennis	63,000	251,706	314,706
Triathlon	45,000	91,725	136,725
Tug of War	0	2,000	2,000
Volleyball	87,580	99,684	187,264
Waterskiing	14,125	35,290	49,415
Weightlifting	0	19,297	19,297
Wrestling	0	7,498	7,498
Scottish Disability Sports	43,435	101,286	144,721
Scottish Sports Association	33,000	1,425	34,425
Multisport**	0	26,616,696	26,616,696
	3,387,114	36,395,830	39,782,943

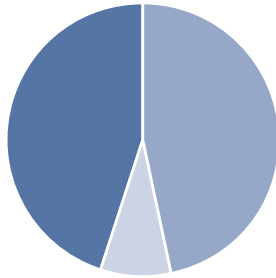
* e.g facility awards, athlete support, coaching awards, etc.

**e.g Active Schools Network investment, sports and community facilities, investment in National Centres.

Financial Summary

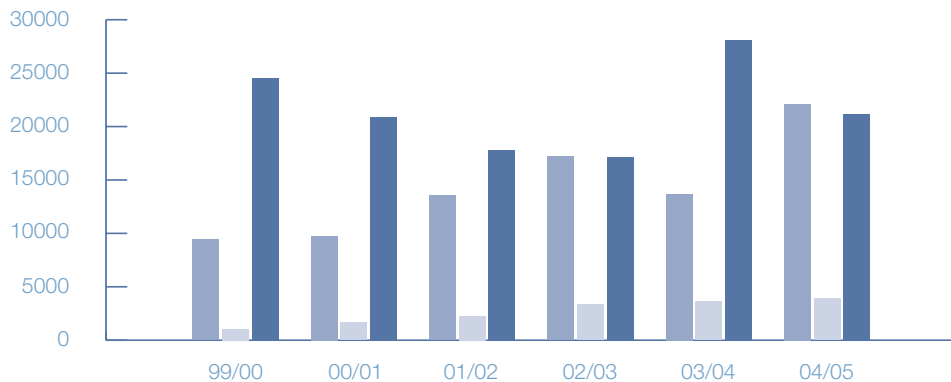
Grant In Aid, Scottish Institute of Sport and **sportscotland** Lottery Fund support

The figures identified below represent funding directed to Scottish sport by the **sportscotland** Group during the year.



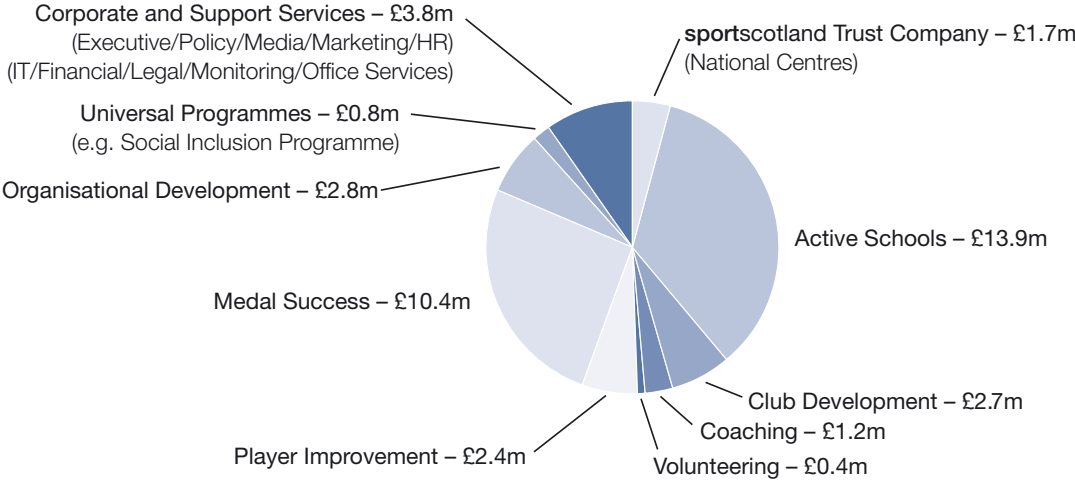
	2004/05 £000
Grant In Aid	22,102
Scottish Institute	3,928
Lottery Fund	21,182
	47,212

2000 – 2005 Sporting Fund (£000)

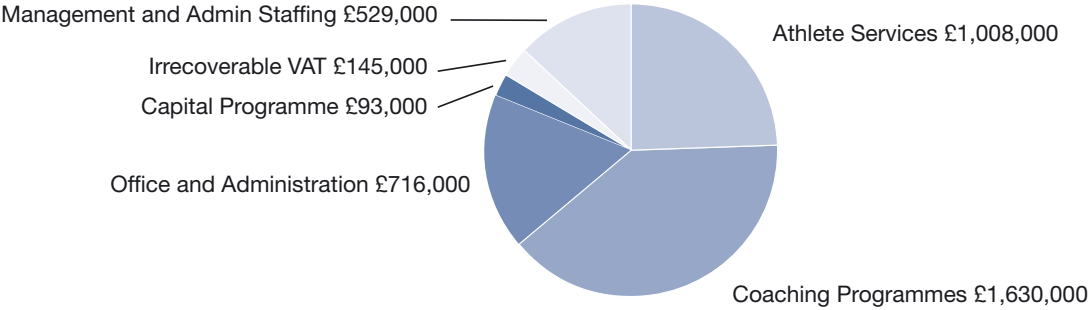


	99/00	00/01	01/02	02/03	03/04	04/05
Grant-in-aid	9,355	9,760	13,534	17,180	13,702	22,102
Scottish Institute	1,061	1,632	2,269	3,353	3,627	3,928
National Lottery Fund	24,447	20,833	17,750	17,145	28,057	21,182
	34,864	32,224	33,553	37,678	45,386	47,212

sportscotland distribution of resources and awards made 2004/05



Distribution of Scottish Institute of Sport resources 2004/05



sportscotland Board members 2004/05

Julia Bracewell Chair (from July 2005)
Alistair Dempster Chairman (until June 2005)
Ian Mason
Louise Martin
Ritchie Campbell
Wai-yin Hatton
Dr. Linda Leighton-Beck
Alan Jones
Atholl Duncan
Fraser Wishart
Kim Atkinson (until December 2004)
Steve Grimmond
Stephen Wright

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