

East Lothian in Action

Issue 3 | June 2012

EAST LOTHIAN
COMMUNITY
SPORTHUBS

Active East Lothian Website Launch

A brand new website to be the 'one stop shop' for sport in East Lothian is to be launched by the Healthy Living service of East Lothian council in partnership with the Community Sport Hubs across the authority. Active East Lothian will be an essential tool for providing club information to the public while linking all groups who are involved in developing sport within their community in one central place. Information on sports within each area will be available at the communities' fingertips including an easy activity search option, up to date news and events, information on community projects and resources on how to get involved in volunteering and coaching in the community.

The Active East Lothian website will provide substantial resources for club sport on everything from child protection to funding through its Community Sport Hub pages. All local East Lothian clubs will have access to this facility as long as they are engaged with their local Community Sport Hub. This will give clubs the opportunity to share resources and expertise, find templates for administration and governance, create valuable relationships and partnerships between clubs and promote their club within the sporting community. This side of the Active East Lothian site is designed to create stronger more sustainable and better connected clubs by making the everyday running of a club easier and more streamlined. This along with their CSH membership gives the valuable club volunteers more time to spend out in their respective sports.

In order to really create a community website the Community Sport Hubs have been working hard to build their membership base so that all sport clubs are represented both in the hubs and therefore on the Active East Lothian site. If you are part of a club and would like more information on Community Sport Hubs and how your club can be involved please contact Bengy Barsanti on 01875 619 069 or by email on bbarsanti@eastlothian.gov.uk

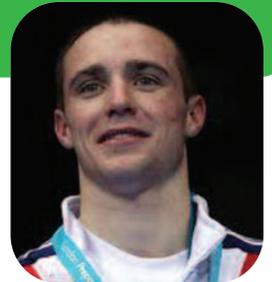
Good luck...

to Josh Taylor and Blair Glynn who have been selected for the Olympics and Paralympics respectively.

21 year old lightweight Josh, from

Prestonpans has been a rising star in the boxing world in recent years, winning a silver medal at the last Commonwealth Games in Delhi. Another East Lothian boxer, Hugh Roddin from Musselburgh, won a bronze when the Olympics were held in London in 1908 and it would be a fantastic achievement were Josh to equal or better this feat.

After being paralysed by a stroke aged 11, Blair, who is now 25, says that his passion for football helped in his recovery and he is now hoping that this same passion will help him and his team mates win gold in London. Defender Blair, from Tranent, has been a fixture in both the Scotland and GB cerebral palsy teams since 2010 but he had to wait until April before getting confirmation of his place in the squad for the Paralympics. He is very upbeat about the team's chances of winning a medal in London and we wish both him and Josh every success.



Olympic Excitement

Children and young people in East Lothian have been learning about the Olympic and Paralympic values through a variety of activities and events. Active Schools have been working closely with schools to raise awareness and increase excitement of the upcoming games through: Olympic Athletics championships, cluster Torch Relay events, Olympic themed cross curricular sessions, and Olympic inter-house competitions. Children at Windygoul, Sandersons Wynd, Macmerry and Ormiston Primary Schools even managed have a visit from the official Paralympic torch.



Green V White Basketball

East Lothian Basketball concluded the season with the annual Green v White Game. This Event saw the county's Under 12 teams compete in the play-offs to get their final standings plus the Senior East Lothian Peregrines competed against the Under 14 Development Teams in a final exhibition game. Held at North Berwick Sports Centre the atmosphere was electric as the eagerly anticipated play-offs had never been so close to call. Parents and supporters from across East Lothian filled the viewing areas to watch their children in action and they didn't disappoint. After several placing games the final was between North Berwick and Haddington. North Berwick have been dominant of late under coach Marie Caie, however Haddington were very focussed and, after a nail biting game, they managed to hold the lead by two points and win the Junior Jam play-offs to an overjoyed Haddington crowd. Their Coach James Jamieson, who made the move from football to basketball coaching a few years back was overjoyed and congratulated his team on their hard work and effort over the season. The final standings for the 2012 Junior Jam season were:

1st Haddington **3rd Dunbar** **5th Musselburgh**
2nd North Berwick Ones **4th North Berwick Twos** **6th Tranent**

The final adults versus Junior development player game was a great exhibition fixture and the talent and skill on display was encouraging. Rob Woodhead Basketball Development Officer for East Lothian Council said he was very pleased with this year's Green v White and the standard of basketball throughout the season. There are still areas that need development but we are heading in the right direction. Well done to all the coaches, players and parents involved in supporting this event. We will continue to grow and develop basketball in East Lothian.

Anyone interested in playing basketball in East Lothian please contact Rob Woodhead on 01875 619066 or email rwoodhead@eastlothian.gov.uk or visit www.eastlothianperegrines.co.uk



National Success for Pais Rugby Athletes

Two Pais rugby athletes, Scott Burnside and Karl Main, have both represented Scotland National age grade teams in international Fixtures this year. Karl was chosen for the Scotland U/17 team that played against England in March down at the Greenyards in Melrose. Although Scotland were beaten, Karl put in a solid performance after starting at openside flank. Two former Rugby Pais athletes from last season, Ruaridh Smith and Sean Mackle, who have both moved on after taking up rugby scholarships at independent schools, also started for the match for the Scotland u/17 team.

Two other Pais athletes, Lewis Carmichael and Reece Patterson narrowly missed out on the national u/17 team after taking part in the final trial but both, together with Karl Main, represented Edinburgh U/17's in the District games. A fourth player, Scot Burnside, who has been on the Rugby Pais programme since the start of last season also represented Edinburgh U/17's in the District games as well as being chosen to represent the National U/16 team as he is still eligible for that age group. Scott ended up captaining the team in both their games at the Wellington International Festival against England (South) and France.

There is a lot of hard work ahead for these young aspiring rugby players in East Lothian but hopefully they can follow in the footsteps of Findlay Gillies, Alun Walker and Tom Brown, all young East Lothian players that have made their way into the Glasgow and Edinburgh Pro ranks in recent times after progressing through the national age grade teams.

Hockey in East Lothian

Since the turn of the year Hockey festivals have been held in the Prestonpans, Dunbar and Haddington clusters to the enjoyment of the many P6 pupils who have taken part. The festivals were organised by Fiona Harfield, East Lothian Hockey Development Officer with help from students of Edinburgh's Telford College who umpired the games and coached the children.

The annual Regional Hockey Finals, are due to take place at Meadowmill in May when teams from the Lothians and Borders take part to win the coveted trophy. Windygoul and Gullane will represent East Lothian this year after winning the qualifying P7 tournament in October 2011.



EAST LOTHIAN COMMUNITY SPORTHUBS

The Community Sport Hubs of East Lothian were given a boost recently with the opportunity to attend a workshop presented by Svend Elkjaer of the Sport Marketing Network. Svend has worked with some of the top agencies in the UK including SportsScotland, Sport England, the FA, the RFU plus a number of local authorities, sports clubs and Universities across the country.

Sport Marketing Networks 'Grow your own club' workshop, designed to create 'Vibrant', 'Visible' and 'Viable' community clubs combined perfectly with the ideals of the CSH's in East Lothian. "Great sports providers work for and with their communities, and as a consequence, both parties benefit. They are in reality Hubs for their Communities which share values and link up their assets, skills and relationships with people, groups and institutions in their communities." Svend Elkjaer.

The Community Sport Hubs, based in each of the principal towns, are already putting these practices into place working together to tackle community issues and are starting to see real results in their clubs.

Positive Coaching Scotland

April saw the roll out of Positive Coaching Scotland Workshops throughout East Lothian. PCS is an exciting new programme designed to teach our young people valuable life lessons through sport while training them to compete to be the best they can be. Backed by SportsScotland, Winning Scotland Foundation and a number of high performance coaches and athletes its message resonates through into all levels of sport.

PCS is a cultural change programme designed to help educate young people about winning, losing and cooperation, while at the same time encouraging them to learn and develop new skills. Through PCS we can support parents, coaches, teachers and sport leaders to create a positive sporting environment for our young people. Workshops took place in Haddington and North Berwick in May and more will be held later in the year. For further information please contact Hazel Moffat on 01620 820 123 or by email on hmoffat@eastlothian.gov.uk.

TITLE TREBLE FOR SHONA

Longniddry's Shona Whillan performed outstandingly earlier this year, winning a title treble at the U13/17/23 Scottish National Junior Badminton Championships at Meadowbank Sports Centre in April.

The U13 event was dominated by Whillans who won the girls singles comfortably, not dropping a set throughout the championships, and beating Edinburgh's Rachel Lu 21/15 21//6 in the final.

She then teamed up with fellow Longniddry player Sarah Brogan in the girl's doubles, both players playing a good solid match in the final to beat Ciara Torrance (Prestwick) and Annabel Young (West Linton) 21/10 21/11. To complete her title treble Whillans won the mixed doubles with Glen Lewington (Edinburgh) in a thrilling three set match 21/19 17/21 21/19 over Christopher Grimley (Glasgow) and Lauren Middleton (Dundee).

In the U23 event Haddington's Hannah Laing teamed up with Glasgow's Viktoria Tsvetanova to win the Scottish



Left:Hannah Laing
Right: Shona Whillans

ladies doubles title 22/20 19/21 21/11 after a close fought match over Lynne Dargie (Prestwick) and Mauchline's Emma Cook. Hannah also reached the semi finals of singles and mixed doubles with Duncan Leith but lost out in both events to the eventual winners.

East Lothian Badminton Development Officer Christine Black commented "Shona's performance was not only an exceptional display of talent it was also impressive how such a young girl coped so well in pressure situations." She also went on to applaud Shona's doubles partners for their good performances and to congratulate Hannah Laing on a great achievement as a 17 year old, having won National ladies doubles titles at U17, U19 and now U23 level.

East Lothian's Youth Games



East Lothian's Annual Youth Games enjoyed great success this year in the sunshine. Held on Tuesday 27th March at Meadowmill Sports Centre, around 600 S1 and S2 pupils, representing all 6 East Lothian High Schools, competed in 6 core sports: Football, Rugby, Hockey, Badminton, Basketball and Golf.

The Games were facilitated by East Lothian's Sports Development Officers, Secondary Active Schools Co-ordinators, Telford College and Secondary staff.

For the second year in a row North Berwick High School won the Youth Games Shield, with Dunbar Grammar taking runner's up position.

The table below shows the winning school in each event.

Football	S1/S2 Girls	North Berwick
Football	S1/S2 Boys	Dunbar
Golf	S1/S2 Mixed	North Berwick
Badminton	S1/S2 Mixed	Preston Lodge
Hockey	S1 Girls	Dunbar
Hockey	S2 Girls	Knox
Rugby 7's	S1 Boys	North Berwick
Rugby 7's	S2 Boys	North Berwick
Basketball	S1/S2 Girls	Dunbar
Basketball	S1/S2 Boys	Dunbar

High School High's

Dunbar Grammar School pupils will be trying a variety of activities this term during an Olympic inter-house competition as well as looking forward to Keith Cook, (British Olympic Fencer) showing them the skills involved in his Olympic sport.

Knox Academy S2 pupils travelled to John Muir Country Park in March, to compete and win the East Lothian School's Secondary Orienteering Competition.

Musselburgh Grammar School U15 football team won the Edinburgh Schools League Cup after finishing as runners up in the league.

North Berwick High School U14 rugby 7's squad celebrated an impressive victory at Merchiston Castle 7's competition, the first time that NBHS has achieved a triumph or even runners-up position in the main competitions during the 23 years that the event has been running.

Preston Lodge High School The U19 and U14 badminton teams represented Mid and East Lothian in the Scottish Schools Badminton Championships. The U19s lost in the pool stages to Dalziel High (Lanarkshire), the eventual winners in their age group, but the U14s got revenge by beating Dalziel in the final to become U14 Scottish Champions.

The school was delighted to welcome Gillian Cooke, Word Champion at Bobsleigh, to their annual Sports Personality of the Year Awards in March where she gave a short speech on her career and answered questions from pupils on her sporting experiences.

Ross High School senior boys enjoyed victory in the East Lothian Schools Football Cup, while rugby players helped the school achieve Gold status with the Scottish Rugby Union as a Champion Rugby School.

Gullane play host to East Lothian Scottish Schools Golf Championship Qualifier



41 of East Lothian's secondary school lowest handicap golfers competed in the Qualifying Competition for the Paul Lawrie Scottish School Golf Championship on Friday 27th April.

This year's event was very kindly hosted by Gullane Golf Club and the weather conditions were very challenging including everything from sunshine to hail! For some it was a hard lesson learned in terms of being prepared for changes in the weather as waterproofs, hats and mitts are definitely still needed in April!

The following 3 players qualified to represent East Lothian:

1st: Lewis Govenlock (70 - better inward half) North Berwick HS / Tantallon GC

2nd: Tim Heubner (70) Loretto

3rd: Gary Brownlee (71- better inward half) North Berwick HS / Tantallon

Good luck to the team who will now represent East Lothian on Monday 11th of June at Murrayshall in Perth.

John Home Robertson Football

Venue: Meadowmill Wed 2nd May 2012

The annual John Home Robertson Primary Schools Football Festival was a great success as 12 boys teams & 5 girls teams participated this year. The weather, which had been awful, relented and although not warm, a good day was had by all.

The girls kicked off the Festival in the morning and following the round robin games, Stoneyhill & Kings Meadow reached the final. Having drawn their sectional game a close encounter was anticipated and we were not disappointed. The first goal was scored by Stoneyhill's Rebecca Wilson when she scored with a low shot. They increased their lead in the second half through Ellie Taylor with another low shot to the corner but Kings Meadow responded and following a prolonged attack were rewarded when Jade Stenhouse scored from close range in the dying seconds.

Final result Stoneyhill 2 Kings Meadow 1

Twelve boys teams participated in the afternoon and three sections of 4 teams commenced action with the three section winners & best runner up qualifying for the semi-finals. The section winners were Stoneyhill, Windygoul & Campie, with Prestonpans finishing second to Campie and just pipping Kings Meadow for the best runner up spot on goal difference. The semi finals were won by Campie and Windygoul to set up a keenly contested final which did not disappoint the crowd. Campie with Jason Jarvis & Dillon Brown showing up well, scored first, Jarvis firing home from 16 yards. A second goal from Jarvis from a similar distance made it an uphill struggle for Windygoul and, although they showed great character in getting a goal back through Cameron McBeth, it was, like the girl's final, just too late, the final whistle coming shortly after.

Final result Campie 2 Windygoul 1

**John Home Robertson Winners:
Boys : Campie Girls : Stoneyhill**



Preston Lodge top Secondary Golf League for fourth year in succession!

Preston Lodge High School secured the top spot in the 2011/12 Secondary Golf League win for the 4th year after a fantastic battle right into the last matches with the title up for grabs to the very last green. Thanks to the clubs for kindly hosting home matches for the high schools and also to staff -particularly Ian Selwood (PL) and Dave Parker (MGS) for overseeing.

Full results below:

1st Preston Lodge (21.5 points), 2nd Musselburgh Grammar (20.5), 3rd = Knox Academy (17) and Dunbar Grammar (17), 5th North Berwick High School

Get Going



Celebration Open Day

Tuesday 3rd July
Musselburgh Sports Centre - 2-4pm

Do you want to know more about Get Going? This family healthy lifestyle programme aims to encourage children to get active, eat well and work towards a healthy weight and our Open day will be a fantastic opportunity for families, particularly those with any concerns about healthy weight, to come and learn more about the programme and ask questions in a very relaxed atmosphere.

During a fun packed couple of hours you will get to take part in lots of fun activities as a family and individually, look round the market place, make smoothies, enjoy fruit tasting and leave with lots of goodies from water bottles to a 5 a day fruit bag.

Come as a family and enjoy the start of the summer holidays with a healthy kick. Places need to be booked in advance and tickets will be sent out prior to the day.

To book your place, please contact:-

Caroline Kaye
Tel: 01620 828 760 / 07530 311 852
Email: ckaye@eastlothian.gov.uk by **Friday June 29th**
Remember to wear comfortable clothing and suitable footwear for taking part in physical activity.



Czech mates

For the second year running a group of athletes from East Lothian were invited to take part in the Pardubice Winery Half Marathon in the Czech Republic. Pardubice has many links with East Lothian, one of which is their racecourse, famous for hosting a steeplechase second only to the Grand National, and they are keen to strengthen these and encourage groups from different partnership areas across Europe to develop their own links. For four of the five it was a return visit as they had enjoyed the event so much the previous year and this year proved even more successful as one of their number, Mary Pattison from Musselburgh & District AC, came second in the ladies over 55 category. This was a fantastic achievement and Mary deserved her moment of glory on the podium in the main square where she got a fanfare from the local musicians and received a watch, wine and flowers.

The hospitality from the Czech hosts was first class and our local athletes, Mary & Steve Pattison and Jamie Cherrie from Musselburgh & District AC and Findlay Smith and John Hughes from HELP, met and socialised with runners from many different countries, including Belgium, Poland, Turkey and Germany. At least one runner from Germany is now planning to take part in the HELP Haddington Half Marathon in August after talking to club members in Pardubice last year and, hopefully, there will be more in years to come.

Club Links

Primary school children across East Lothian have enjoyed getting a taster of a variety of different sports. Active Schools have worked closely with local clubs to enable taster sessions being delivered to children including Judo, Taekwon-do, Hockey, Football, and Enjoy-a-ball. These sessions have allowed children the opportunity to learn a range of different skills and techniques through a variety of fun games in an energised environment. Not only are these sessions invaluable in introducing new skills to children, but also a fantastic opportunity to promote the local activities available to children in East Lothian.



North Berwick Cluster Olympic Torch Relay

On World Sport Day, 25 June, the North Berwick Cluster Olympic Torch Relay will start at North Berwick High School then, over the course of 5 days, it will travel 22 miles visiting our 5 cluster primary schools, and local nursery.

The torch has been designed and made by the school's C.D.T. Department and the torch bearers will be 21 inspirational senior pupils, and one special guest. All senior pupils were given the opportunity to apply to be one of the torch bearers, by saying how they are living the Olympic values at the moment, and what they're going to do to continue living the Olympic values after the London 2012 games have finished. The aim is not to have the 21 best runners but to select the 21 senior pupils who can be role models, and inspire the younger pupils, using the Olympic values.

Each torch bearer will run a 1 mile section of the route, and will be involved in a celebration event when the torch gets to the primary school at the end of their leg.

Over the course of the week, the torch will visit some famous East Lothian landmarks – Yellowcraig Beach at Dirlerton, the famous golf courses at Gullane, Aberlady Bay Nature Reserve, the birthplace of Scotland's flag in Athelstaneford, and North Berwick Law and, hopefully, lots of people will come out and cheer the runners along, as the torch makes its way along the route



An impressive gathering of talented sportsmen and women came together at Port Seton Centre earlier this year for East Lothian Council's second Celebrating Sport Event. A record number of nominations were received for the 8 different award categories and the selection panel had a difficult job choosing the eventual winners, who are shown below.



Young Sports Person of the Year (Female) **Holly Ramage (Haddington) - gymnastics**

Member of the Womens Artistic Gymnastics squad for the 2014 Commonwealth Games and the first gymnast to be enrolled into the Scottish Institute of Sport

Young Sports Person of the Year (Male) **Ross Muir (Musselburgh) - snooker**

Current number 1 in Scotland at under 21 level and ranked no 2 in Britain. Captained the Scottish National under 16 team to victory in the Home Internationals in 2011.

Sports Volunteer of the Year **Raymond Daniel (Haddington) - football**

U21's Team Coach at Haddington Athletic FC and Chair of the Youth Section he is involved in all aspects of club life, from organising training sessions to social and fundraising events

Performance Coach of the Year **Mat Trodden (swimming)**

Head coach of EL Swim Team, he has steered them to 2nd overall club at the Scottish Short course Swimming Champs, 28 national squad places and 22 Scottish National Records

Grass Roots Coach of the Year **Mark Steedman (rugby)**

His belief in his players and his innovative training methods led Preston Lodge RFC to incredible league success in 2011, in both the 2010/2011 & 2011/12 seasons.

Team of the Year **East Lothian Swim Team Female Relay Team**

2 Gold Medals at the National Age Group Champs; new 4x100 freestyle National Junior Short Course record; National records in the 4x200 freestyle and other Team Relays.

Disabled Sports Person (sponsored by enjoy leisure) **James Clegg (swimming)**

Ranked 13th in the World in the S12 50 Freestyle class, and a member of both the Scottish Junior squad and the GB talent programme. Broke 5 British Records in 2011.

Sports Person of the Year Paul Foster (bowling)

Won the World Indoor Bowling Championships in 2011 for the fourth time, ending the season as World No.1. Also won the World Pairs title with Tranent's Alex Marshall - a double that has only been accomplished once before.

Additional awards were made to two other inspirational figures in East Lothian. A special award to George Armstrong from Tranent in recognition of his long involvement in jogscotland in East Lothian and a Lifetime Achievement award for bowler Willie Wood, the only sportsman to have competed in 8 Commonwealth Games, on his retirement from international competition.



East Lothian Open Tennis Tournament 2012

With 32 events, over 400 competitors and 800 matches played over 7 busy days the East Lothian Open Tennis Tournament is one of the largest Open Tennis Tournaments in Scotland and winner of Tennis Scotland Tournament of the Year 2011.

The Tournament began in 1920 and in 2012 will reach its 83rd year. The event has greatly increased in popularity and games are now played at 2 venues – North Berwick Tennis Club and Dunbar Tennis Club. New for this year is the addition of a Wheelchair Tennis event. To add to the fun of the week, there are a variety of social events late into the evening ranging from a pub quiz to family putting.

Entries are welcome in categories ranging from children singles under 8s to Men's over 45s Doubles. Players

don't have to be affiliated to a tennis club but need to be a member of British Tennis. Children aged 8 and under along with Members of registered clubs, parks and other places to play receive free membership to British Tennis. Entrance is free to spectators and they are welcome at all games.

The 83rd East Lothian Open Tennis Tournament starts on Sunday 22nd July, building to finals day on Saturday 28th July.

Online Entry is now available from www.lta.org.uk/competition. Entry code SCO410

Visit the tournament website www.eastlothian.gov.uk/tennistournament.

Primary Games

On Tuesday 12 June, the new Athletics track at Meadowmill will be hosting the first ever Primary Games event.



East Lothian Healthy Living Service is committed to increasing the number of children and young people engaging in sport and ensuring a long-term sporting legacy from the Olympic and Commonwealth Games. To celebrate these upcoming games, over 1000 children from our primary schools, will be coming together to try a range of different sports.

East Lothian are Fit to Coach!

Brand new to 2011-12 Fit to Coach training opportunities have been in high demand. The programme pulls together all major training providers (Active Schools, Sports Development, Community Recreation and National Governing Bodies) to offer a comprehensive and diverse range of training opportunities. Amongst others the newly introduced courses Funky Factor, Girls on the Go and Introduction to Sports Coaching have proven extremely popular and enjoyed by all who attended. The new Fit to Coach training programme is currently being finalised for 2012-13 season, so watch out for the new active training opportunities coming soon!

For more information regarding Active Schools or Sports Development Programmes please contact:

**Principal Officer Active Schools | Tel: 01875 619073 | kmorrison@eastlothian.gov.uk or
Principal Officer Sports Development | Tel: 01875 619068 | sduff@eastlothian.gov.uk**