

DISABILITY SPORT NEWS

April 2016



Scottish Disability Sport National 5-a-side Championships

On Wednesday 20th April teams representing AFC Community Trust, Grampian Disability Sport, Aberdeenshire Council and Sport Aberdeen competed in the Scottish Disability Sport National 5-a-side Championships at Glasgow Green Football Centre.

Two teams competed on the day with AFCCT's Disability Development Centre competing in the Youth Section and Players selected from our Everybody Active session participated in the Adult division. Both teams reached the quarter final stage and all 15 players involved thoroughly enjoyed their day of Football Activity.

AFC Community Trust and Scottish FA Development Officer Scott Duncan said:

"It was great to give two teams from our programmes the opportunity to take part in this event and to represent Aberdeen City and Shire.

"It was a fantastic learning experience and team building exercise for all the players involved and it was great to see how everyone appreciated and enjoyed taking part in the competition."

Special thanks must go to Grampian Disability Sport and CNR International for their support and making it possible for these groups to attend the event.

For more information on AFCCT Disability Activity please email Info@afccommunitytrust.org

Aberdeenshire Sports Council Awards Evening



The Aberdeenshire Sports Council Awards were held on Friday 18th March and we had three very deserving nominations for the Disability Sport Award!

Rhys Gill, from Ellon Academy, was nominated for winning 3 Gold medals in his first ever national swimming championship only 9 months after recovering from a broken leg. Rhys is also part of our AFCCT's Disability Development Centre which competed at the SDS National 5-a-side Championships in April!

Lewis Clow was nominated for being selected as part of team Scotland for the World CP Games in Nottingham in August 2015. He competed in three events, 100m, 200m & 400m. In his first every competitive 400m race he won bronze.

The winner on the night though was Charlotte MacDonald who achieved a gold and 2 silvers at the Special Olympics in Los Angeles in 2015. Charlotte was also awarded Pride of Aberdeen in the sports category this year! Chairman Alan Still passed on the committee's



congratulations to Charlotte who was a worthy winner with her success at the Special Olympics.

The Award was presented by Lesley Tierney from the sponsor William Lippe Architects Ltd Inverurie.

Well done Charlotte!

Flyers win Grampian Wheelchair Basketball Final over Dundee Dragons



Saturday (23rd April) saw the inaugural exhibition game of Grampian Flyers Vs Dundee Dragons as part of the basketballgrampian Cup Finals weekend. Over the day there was a range of running basketball games being played on the day, from U16 boys and girls to Senior Men and Women. This is the culmination of the local basketball calendar, so for wheelchair basketball to be invited to be a part of this was a massive step forward for inclusion and equality. This was all thanks to the organising committee of basketballgrampian and the communities team of basketballscotland, both provided funding to allow the game to take place.

Both teams made sure that spectators got a true taste of wheelchair basketball as the players fought fiercely to win. Each team took a little runs leading the game in the first half, with some excellent outside shooting from Dundee. However the composed team play of Grampian and use of their height advantage in Scotland U23 Centre, Katie McBrierty, allowed Grampian to slowly extend their lead in the 3rd quarter. The final score of the game was 44 to Grampian Flyers Vs 33 to Dundee Dragons, with everyone performing their roles expertly.

The Flyers and Dragons are very equally matched, as both clubs started basketball in the last few years and have developed by playing a number of matches against one another throughout the years. Dundee Dragons started as a wheelchair rugby team that then diversified into basketball due to interest from players, whereas Grampian Flyers is a running basketball club that wanted to expand to include wheelchair athletes. Both clubs now have players in the Scotland youth squads as well as their coaching staff being involved as well. The Flyers would like to thank all the companies that have supported them and purchased equipment to allow them to play at such a high standard, also we would like to thank the Beach leisure centre for being so accommodating and working with the team to ensure accessibility and storage is not a factor that stops this great activity from taking place.

Success for City of Aberdeen Gymnast at British Disability Championships



After attending the 2016 Disability Masters event (where all ages of disability gymnasts were competing against each other) at the Scottish National Artistic Gymnastics Championships on Sunday 28th February in Perth, Oriane Slater, from City of Aberdeen Gymnastics (COAG) club, became:

2016 Scottish Disability Master Gold winner for Vault, Bars and Floor

2016 Scottish Disability Master Silver winner for Beam



Consequently, based on her performances, Orianne was selected and invited to compete on Vault and Asymmetric Bars, at the 2016 "Men's & Women's Artistic British Championships" to be held at the Echo Arena in Liverpool from Friday 8th – Sunday 10th April 2016. Orianne Slater travelled to the Echo Arena in Liverpool with her coach Lorna to compete.

Orianne gave an outstanding performance on the bar winning gold giving her the title of 2016 British Disability Bar Master. Orianne didn't stop there though on a high from her bars performance she went on to take silver on vault.

Her coach Lorna said "She is a gymnast that works very hard in training and deserves all the success. Orianne is the only gymnast in our club with a physical disability but that doesn't stop her training as hard as the others and continuing to develop her skills to another level. I am very proud of her. She has amazing support from her family which makes all the difference on a gymnast's success. Grampian Disability Sport provided some financial support to allow both Orianne and I to come to this event which we are very thankful for"



Orianne is very pleased with these results and excited about the months ahead, and she and her family wish to thank:

Lorna Presly, head coach at COAG, for trusting Orianne's abilities and investing so much of her own time in this discipline

Grampian Disability Sport for helping to fund Orianne's development and achievements.

Grampian Games

The Grampian Games is back for 2016 and bigger and better than ever, taking place over a whole weekend from 27th-29th May! It will include football, boccia, table-tennis, swimming and ten pin bowling!! This event is for participants of any age with a physical, sensory or learning disability and will take place in Aberdeen and Inverurie. For more information and to receive an application pack please contact Claire McDonald, Regional Development Manager on claire.mcdonald@scottishdisabilitysport.com or call 0753305656

Special Olympics - Skiing



11 athletes from the Special Olympics Grampian Area ski group participated in the Special Olympics GB National Alpine ski competition held in Serre Chevalier, France from 14-18 March 2016. With over 80 athletes with intellectual difficulties from around Britain participating, the Grampian team were successful in winning medals in all three events of Super Giant Slalom, Giant Slalom and Slalom. The successful outcome was the culmination of a four-year programme of preparations

Special Olympics – Table Tennis

On Friday 15th. April 2016 six members of the Grampian table tennis squad travelled to Crewe to take part in the English Open Championships for players with a learning disability. This event, which runs over the Saturday and Sunday, is organised by Special Olympics.



The Grampian squad consisted of, Eveline Johnston, Kara Rae, Michael Finnie, Graeme Morrison, Alexander Rae and Stephen Welsh. George Keith was there as team coach with Alexander as assistant coach/player and Pam Gallant was also with the group as an escort.

The event consisted of singles events, doubles events and mixed doubles events and the Grampian Team of 6 players came home with - 3 Gold Medals, 8 Silver Medals, 5 Bronze Medals and 2 Forth Places!! A fantastic achievement!

End of an Era



Following this very successfully trip to Crewe we are sad to say that Table Tennis coaching in Aberdeen as come to an end of an era with George Keith coaching his last session at Bucksburn. Here George describes his journey in the sport:

'This all started in the late 1990's with players that I

had been coaching while being the club leader at the Summerhill Sunday Club for Disabled. We had for many years been competing in S D S events as far back as the 1970's.



It was at that point that the Triangle Club chair person, the late Norman Davidson, suggested that as four players with special needs had been selected to play for Special Olympics in Cardiff that they might benefit from coaching at the Triangle Club on Friday evenings at Bucksburn. And as they say "the rest is history".

Players from Grampian have won every title in every class in S D S championships over the years prior to 2007 and those who have played in Special Olympics events have also won medals for their class, and we have had athletes selected to compete at events in Luxembourg and Poland.

On behalf of my Triangle Table Tennis team mate Harry Vine and myself I would just like to say thanks to the present squad for their gifts to both of us on leaving. This was unexpected but much appreciated.

My good friend Harry has been my great help over the past 15 years helping with the "feeding" of the numerous players over the years, and providing transport home on Friday nights for those who might have had to catch two buses.



We will still be meeting up for our monthly sessions at Dundee so we will still be in contact and sharing stories.

It's been a great ride for me over the years, I just hope that the numerous squads have enjoyed it as much as I have.

Thanks to you all.

George K.'

We are certain they have George, thank you for making this part of your life for all these years.

Autism Awareness Training



Football coaches from AFC Community Trust and swimming teachers from Sport Aberdeen recently teamed up to receive an engaging evening of Autism Awareness training, delivered by Gail McKeitch from Social Light Solutions. The session gave the coaches a better understanding of ASD and how to effectively engage with adults and children on the spectrum in a sporting environment. Many of the coaches at the session already had experience of working with people with autism but all left really keen to ensure that their sessions were as autism friendly as possible for future participants.

Special thanks to Euan from Aberdeen One Stop Shop and Kieran from AFC for sharing their personal experiences of autism and how it has impacted on their participation in sport. The coaches and teachers found their stories and advice really inspirational.

Alford Sports Leaders Fundraising Event for GDS

Grampian Disability Sport were very honoured to be chosen by Alford Sports Leaders as the charity that they wished to raise funds for as part of their Sports Leaders course. The Sports Leaders at Alford Academy took the initiative to contact GDS and see what they could do to raise the profile of disability sport in their school and then took responsibility for organising an event to raise funds. They decided to run a Dodgeball Festival for S1 pupils in the school but were also keen to find out a bit more about the Paralympic sport Boccia which they then delivered to S1 pupils during PE lessons.

The festival was a huge success with all S1s thoroughly enjoying their dodgeball games as well as being keen to play boccia games in between. Caitlin Dudley, Disability Sports Officer for Aberdeenshire Council, taught the pupils some Boccia skills ahead of the tournament and was present on the day to help support – “I was incredibly impressed with the Alford Sports Leaders. They showed great initiative and organisational skills throughout the whole process, including independently choosing their charity which they wanted to keep local. They were all very enthusiastic and keen to learn about Boccia and managed to pass this enthusiasm on to the younger pupils which was fantastic to see. With Boccia being a key sport in Rio 2016, it is great to see its popularity growing in mainstream settings to help encourage inclusion at all levels.”

The pupils raised a brilliant £185.20 which will help Grampian Disability Sport continue to develop sport and physical activity opportunities for people with a physical, sensory or learning disability. Thank you from everyone at GDS!



Easter Holiday Programme

The Disability Sport Easter programme ran for the two weeks of the Easter break and included fun activities such as tubing, ten pin bowling and half day multi-sport camps at Aberdeen Sports Village. The multi-sport camps consisted of lots of fun activities such as trampolining, bounce fun, athletics, boccia, pool fun and many more! Participants can choose to go for the whole half day or individual activities. More than 50 participants attended the Easter programme with popular sessions such as tubing and trampolining filling up quickly!

The Disability Sport Holiday Programme will be running again in the Summer and is open to any participants with a physical, sensory or learning disability of all ages. Siblings are also invited to attend any sessions where there are spaces available. For more information please contact Caitlin Dudley, Disability Sports Officer, on caitlin.dudley@aberdeenshire.gov.uk or 07768 051479.



School Events

Curling

An annual favourite on the calendar is the Curling Festival which took place at Curl Aberdeen on 19th February 2016. This allows pupils, staff and organisers alike to try something totally different and experience curling on the ice. Everyone wrapped out warm and headed out onto the ice where the fabulous team of volunteer coaches at Curl Aberdeen led participants through a series of six fun games and activities which helped develop confidence on the ice and introduced players to the basics of the game.

Amazingly everyone stayed upright and by the end of the session, there was some great delivery. The team from Dyce Academy even progressed to curling along the full length of the rink.

Thank you to the Active Schools Aberdeen team for helping at the stations on the day!

Athletics

One of the busiest events on the calendar is the athletics festival which this year took place at Aberdeen Sports Village in March. Teams flocked from schools in Aberdeen and Aberdeenshire to the indoor athletics facilities where pupils had the opportunity to try a range of run, jump and throw events. Talent, triumph and achievement were the themes of the day with everyone pushing themselves to go a bit further or faster.

Thanks as always go to the school staff who work hard to prepare pupils for the event, and make attending festivals possible for the pupils.

Thank you to the Active Schools teams from Aberdeen City and Aberdeenshire for helping on the day. Special mention goes to Wendy from Active Schools Aberdeen who was challenged by a lot of pupils to race them in the sprints!

Boccia

We had the second instalment of our Boccia league in March with over 70 pupils attending! Pupils from Woodside, Anna Ritchie, Ellon Academy, Woodlands, the Vision Support Service, Mile End, Kincorth Academy, Inch, Westfield and Carronhill schools all attended and got to compete against each other in a Boccia match as well as try fun stations which included: Emergency stop, Bucket challenge, Minefield, Cone challenge, Hoopla, Hit the shot, Knock out, Bullseye, Grand national.

A big thank you to our RGU student Gemma Lewis for organising the tournament and setting up all of the stations, the pupils all really enjoyed it!



Thanks also to Active Schools coordinators from the City and Aberdeenshire teams for helping to man the stations on the day! We can't wait for our final tournament in the league in May!

Giant Heptathlon

Congratulations to Hazlewood School who sent a team of boys to the Aberdeen Giant Heptathlon at Aberdeen Sports Village on 5th March. This event, for teams of boys and girls from mainstream secondary schools, was opened up to ASN bases and special schools for the first time and Hazlewood jumped at the chance to attend. Fellow competitors, school staff and organisers were all blown away by the strength of their performance and the pupils really enjoyed their experience. It would be great to attract even more pupils with a disability to the 2017 Giant Heptathlon.

For more information on the Schools Sports Calendar please contact Grant Wilson, ASN Active Schools Co-ordinator, Sport Aberdeen, on GrWilson@sportaberdeen.co.uk or Caitlin Dudley, Disability Sports Officer, Aberdeenshire Council, on caitlin.dudley@aberdeenshire.gov.uk.

Other News

Club Information

Inclusive Indoor Bowling

Garioch Indoor Bowling Centre are running NEW Inclusive Indoor Bowling taster sessions on 28th April, 5th May, 9th & 16th June. These sessions will run at Garioch Indoor Bowling Centre at 5.30-6.30pm and are for anyone aged 14 years and over with a physical, sensory or learning disability. For more information please contact Caitlin on caitlin.dudley@aberdeenshire.gov.uk.

Inclusive Gymnastics

The Garioch Gymnastics Inclusive Gymnastics and Trampolining sessions at Inverurie Community Centre will be continuing until the summer break! These sessions will continue to run on a Friday at 11.15am-12.30pm. For more information please contact Cathy Osborne, Garioch Gymnastics Club Manager on cathy.osborne@aberdeenshire.gov.uk or 07795 283777.

Middlefield wasps

Middlefield Wasps have started a new Disability Football session for pupils in P1-7, the first session started on 20th April and got off to a great start with pupils from around Aberdeen and Aberdeenshire attending. There is still time to join up, for more information please contact waspdisabilityfootball@gmail.com.



MIDDLEFIELD WASPS SC 1968

Middlefield Wasps SC are running a disability football programme for Children from P1-P7!

The programme is free of charge and will run from 20-April-2016 to 25-May-2016

Program will take place at Northfield Academy 7pm-8pm

Our coaches have all done Scottish FA coaching courses

For more information
Contact the club via Facebook, Twitter or email
waspdisabilityfootball@gmail.com

Citymoves Dance Agency

Stepping Stones – 8-15 years

Multi-sensory dance classes for young people with additional support needs.

Please contact Citymoves to book a place and discuss any access needs.

Sat 30 April

Sat 14 and 28 May

Sat 11 and 25 June

3-4pm / £4 per session

Creative Movement – 16+ years

Creative dance sessions for adults with learning difficulties.

These sessions are inclusive and carers are encouraged to participate in the session.

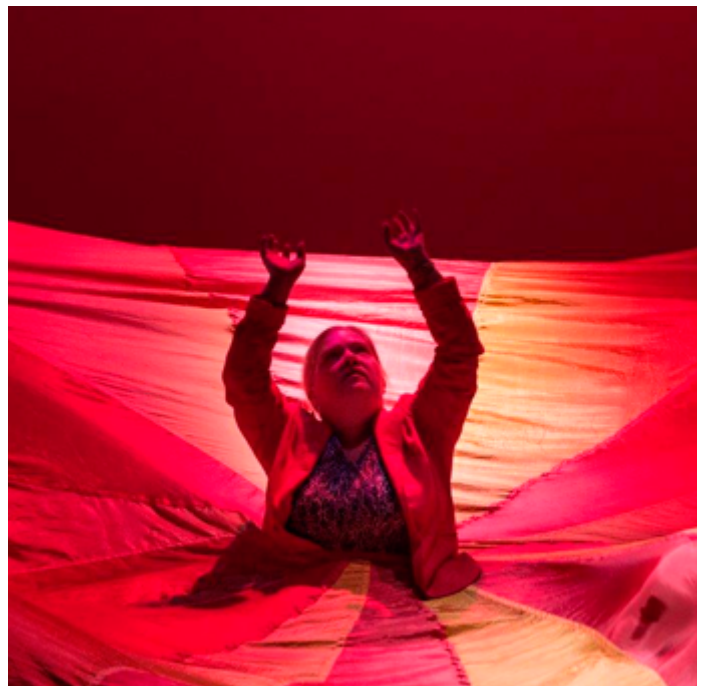
Thurs 21 April – Thurs 30 June

12-1pm / £5 per session

Email: citymoves@aberdeencity.gov.uk

Tel: 01224 611 486

www.citymoves.org.uk





Dates for your Diary

28th April – 3rd Grampian Secondary Football Festival, Garioch Sports Centre, supported by Inverurie Locos
28th April – AFC Primary Football Festival, Garioch Sports Centre
28th April – Inclusive Indoor Bowling Taster Sessions start, Garioch Indoor Bowling Centre
12th May – Grampian Disability Sport meeting, 7pm, Beacon Centre
13th May - Schools Boccia Festival, Sheddocksley Sports Centre
15th May – Disability Inclusion Training, Aberdeen Sports Village
21st May – SDS National Learning Disability Championships
22nd May – National Celebration of Para Water Sport and Para Cycling Engagement Day, Lochwinnoch, 11am-3.30pm
27th-29th May – Grampian Games
1st June – SDS Junior Athletics, Grangemouth Stadium
5th June – Regional Lawns Bowls Championships, 10am-4pm, Westburn Outdoor Centre, Aberdeen
12th June – SDS National Performance Swimming Championships
12th June – Wheelchair Sports Extravaganza Day, Stirling University, 9.30am-3pm
16th June – Grampian Disability Sport AGM, 7pm, Beacon Centre
24th June – Para-sport Festival, Aberdeen Sports Village
Various Dates July-August – Local Disability Sport Summer Camp
27th July-29th July - SDS Summer Camp, Aviemore

For Further information on Disability Sport please contact:

Claire McDonald, Regional Development Manager – Grampian, Scottish Disability Sport 07533056564 or
claire.mcdonald@scottishdisabilitysport.com
www.scottishdisabilitysport.com

Caitlin Dudley, Disability Sports Officer, Aberdeenshire Council 07768 051479 or
caitlin.dudley@aberdeenshire.gov.uk
www.aberdeenshire.gov.uk/recreation/disabilitysport/index.asp

Andrinne Craig, Inclusion Development Officer, Sport Aberdeen 01224 578718 or
ACraig@sportaberdeen.co.uk

Grant Wilson, Lead Active Schools Coordinator ASN Provision, Sport Aberdeen 01224 710720 or
GrWilson@sportaberdeen.co.uk

Or keep up to date with all our latest news and club opportunities on our new website or Facebook page –
www.grampiandisabilitysport.org.uk
www.facebook.com/grampiandisabilitysport

Do you have any good news stories or club details that you would like shared
in the next newsletter or on our Facebook page? Please get in touch with Caitlin Dudley if you do!