

Edinburgh Sports Clubs

Newsletter

Issue 4 May 2008

Bowls - Biased or Not?

Bowls, just the mention of the game has most not involved with the sport conjuring up images of old men with their caps on, smoking their pipes and trying desperately hard to hurl a piece of rounded wood up the green in an effort to reach a wee white thing called a Jack, some distant away at the other end.

The reality however, is in fact, very much detached from this and the 'Boom' time the game went through in the 1980's brought many thousand of youngsters into the game and probably inevitably, a change in the attitude both on and off the green.

Internationally, Scotland is renowned for having top class bowlers. The current World Champion is a Scot and Bowls is, in terms of medals won, probably the most successful sport Scotland competes in. Unfortunately, bowls has taken a dip in popularity in recent years as the boom of the 80's has eased away.

At the Northern Bowling Club, down at Warriston Crescent, next to the Primary Schools playing fields, we have been very active in the past couple of years in trying to attract new players to the game. Last year, many of our members hit the streets in the area and distributed around 3,000 leaflets advertising our club and asking

people to come along and have a look and maybe even try their hand at the game. We held two 'Open Days' where we invited anyone interested to come along and do just that, and we were taken aback at the interest shown. We managed to attract many new members to the Northern, some just as social members; however those who chose to try out the game have been bitten by the bowling bug and are now very active, keen players themselves. Such was the success of our Open Days, we intend to repeat this, this coming season and are inviting anyone who might like to try out the game to come along to the Northern, half way along Warriston Crescent, on Saturday & Sunday, April 19th & 20th between 1.00pm and 5.00pm and we will make you very welcome. Even if after trying it out you feel it's not for you, then you can still retire to the clubrooms for a wee light refreshment of whatever your pleasure is, beer, spirits, wine, tea coffee or a soft drink.

If you would like to contact us at the Northern either phone e-mail admin@northernbowlingclub.co.uk. Or check out www.northernbowlingclub.co.uk

It really doesn't matter your age, young or not so young everyone is welcome.

ClubSport Edinburgh

This month sees the official launch of ClubSportEdinburgh and Chairperson Douglas Adamson urges all clubs to become involved:

"ClubSportEdinburgh brings together clubs of all shape and sizes, from American Football to Water Polo. In recent years the voice of sport in Edinburgh and particularly its key stakeholders the clubs, have not had a platform to influence major decisions. ClubSportEdinburgh will provide a forum to allow different clubs to work together, learn from each other and make sure that sports clubs are heard at all levels in the Capital and their efforts are recognised as the vital part of society that participation sport is. With sport gaining a bigger profile each passing year and more major events coming to the UK, sport is rising on the political agenda. ClubSportEdinburgh intends to fully represent the clubs interests throughout the city and is dedicated to ensuring that they grow, develop and prosper and will help clubs share skills, fund-raising techniques and best practice – join us now at www.clubsportedinburgh.org



Sunday Brunch Club

Sunday Brunch Club Sports organises a number of weekly sports clubs ideal for lapsed players who want to start playing regularly again. Focussed more on fun and fitness, the groups are ideal for people who prefer to plan for enjoyment rather than formal competition. And contrary to our name we play right through the week!

Weekly sports

Badminton: Mondays 7-9pm
George Watson's School

Tennis: Tuesdays 8-9pm
Craiglockhart Sports Centre

5-a-side football:
Wednesdays 8-9pm
Powerleague, Sighthill

Outdoor activities

As well as our weekly programme we organise lots of outdoor activities including walking, mountain biking, aerial assault, rollerblading and more.

To find out more contact Stephanie
07881 900 251
info@sundaybrunchclub.co.uk

Coaches Corner

Scotland U18 women's basketball coach Donna Finnie, is currently preparing her squad for the forthcoming European B Championships in Macedonia in August. With a tough opener against tournament favourites Latvia on 6 August, we asked Coach Finnie how the team is getting on and what they learnt from last year's inaugural appearance at this level.

"Last year was a learning curve for all of us. Dealing with the pressure of competing at that level for twelve days was intense for everyone. Whilst the players were visiting our physio more than ever, the coaching team also felt the strain of having to scout games as well as



planning practice, watching tape and planning game technical approaches daily.

This year we will be ready for the tournament. The players have been given individual offensive workouts which they do three times a week in

addition to strength and conditioning programmes and their club practices. We have increased our coaching team in recognition of last year and our new assistant coach will be responsible for film breakdown and scouting. We have recognised the need to pay more attention to hydration and the physio will be monitoring the girl's water intake given the conditions we will be facing in Macedonia.

In addition, we have a nutritionist working with the team in preparing their tournament meals as best we can with the hosts prior to the tournament. Snacks are particularly a worry as we found last year in Romania, it isn't as easy to go to a shop and just purchase the snacks the players are used to here so additional planning has been undertaken to ensure we are fully prepared. Coaching at this level is so intense and we have to be prepared for every session. Planning for our preparation sessions is important as every drill and every scrimmage, contributes to us reaching our goals at the Europeans. I take my role very seriously and realise that I contribute to these young women,

not only growing as basketball players, but as people, as we have them coach younger kids in role modelling schemes and they are constantly passing on the leadership skills they have attained from being involved in our programme, to their club and school team-mates.

We welcome any coaches from all sports who are interested in watching our sessions to come along and are happy to share any team documents. Practice will be four times weekly beginning end of April with preparation games being played every Saturday from mid June to end of July."

Any coaches interested contact coachfinnie@hotmail.com

Coach and Volunteer Development Courses

- 7th May Valuing Sports Volunteers
- 18th May First Aid for Sports Coaches
- 21st May Fuelling Performers
- 11th June Coaching Disabled Performers
- 18th June Safeguarding and Protecting Children
- 24th June In Safe Hands

For more information and bookings contact Coaching Edinburgh on 0131 652 4353

Forthcoming Events

3 / 4 May	BUPA Edinburgh Runs	Meadows
4 May	Edinburgh Wolves v Merseyside (Free for Kids)	Meadowbank
4-11 May	Scottish Tennis Open	Craiglockhart
10/11 May	Scottish Athletics Championships	Meadowbank
11 May	Scotland v Durham Cricket	Grange
15 May	BAA Youth Games	Various Venue
24 May	Commonwealth Karate Championship	Meadowbank

For further advice and assistance on club development issues please contact:
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