

Edinburgh Sports Clubs

Newsletter

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What does your Club think?

ClubSportEdinburgh is conducting a brief survey across Edinburgh's sports clubs and would be most grateful if clubs could spare a few minutes to complete the online survey which can be accessed at www.clubsportedinburgh.org

Edinburgh Clubs **produce** Olympians

During the last couple of months Great Britain has enjoyed tremendous success at both the Olympics and Paralympics in Beijing and Edinburgh Clubs can boast strong links to an incredible 12 athletes who participated in the games. This is another example of the important role clubs play in the development of sportsmen and women from grass roots level to the very pinnacle of their sport and should provide tremendous inspiration for Edinburgh's next generation of athletes.



Kirsty Balfour - City of Edinburgh Swim Club.

Beijing was Kirsty's second Olympic Games where she reached the semi-final of the 200m breaststroke. This event has consistently been her strongest and she has claimed an impressive list of medals in the discipline. This includes silver at the 2007 World Championships, silver in the 2006 Commonwealth Games and gold in the 2005 European Championships.

Chris Hoy MBE - City of Edinburgh Racing Club.

Was inspired to cycle at age six by the 1982 film E.T. the Extra-Terrestrial. Before track cycling, Hoy raced BMX between the ages of 7 and 14 and was ranked 2nd in Britain, 5th in Europe and 9th in the world. Hoy also rowed for the Scottish junior team, coming second in the 1993 British championship in the coxless pairs. Chris has now pedalled himself into the history books by becoming Scotland's greatest Olympian with his magnificent performance in Beijing when he crossed the line in Gold medal position in the Team Sprint, Kieran and Individual Sprint. He was given the honour of carrying the flag and leading the most successful group of Olympians for one hundred years into the closing ceremony at Beijing.



Gregor Tait - City of Edinburgh Swim Club

Following his excellent performance in the 2004 Olympics where he reached the final of the 200m backstroke, Gregor went on to win double gold in the 200m Commonwealth Games in 2006. In Beijing he repeated his performance of making the final of the men's 200m backstroke.

Katherine Grainger - St Andrews Boat Club

She took up rowing at Edinburgh University in 1993. Four times World Champion, Katherine won silver in 2000 and 2004 and made this a hat trick in Beijing when she picked up her third successive Olympic silver medal.



Euan Burton - Edinburgh Judo Club

Beat Sydney 2000 Olympic -73kg gold medallist Giuseppe Maddaloni (ITA) to take bronze medal at 2007 World Championships and qualify for Beijing Olympic Games. Began judo aged 6, gaining black belt at 16. Named judo's BOA Olympic Athlete of the Year in 2007.





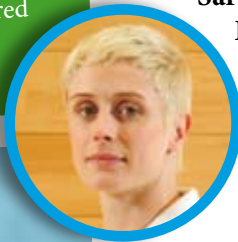
**David Florence –
Forth Canoe Club.**

David, who first trained on the Union Canal, had the honour of being the first Scot to stand on the winners podium in Beijing when he secured a brilliant silver medal in the C1 canoeing event.



**Kristopher Gilchrist –
City of Edinburgh Swim Club**

First selected for GB in 04, Kris has competed in World, European and Commonwealth Championships. He won gold at the 2008 World Championships in the 200m breaststroke and qualified for the semi final in the same event at Beijing.



**Sarah Clark –
Edinburgh Judo Club**

Started judo aged nine, gaining her black belt six years later. Biggest achievement is beating then World Champion Lucie Decosse of France to win 2006 European Championships.



**Stephen Dick –
Inverleith
Hockey Club.**

Since making his Scotland debut in 2004, Stephen has made 68 appearances for Scotland and 22 for Great Britain, for whom he scored on his debut. In addition to being a member of the team that secured Olympic qualification, Stephen has played at the Commonwealth Games and the European Championships.



Sam Ingram – Edinburgh Judo Club.

Sam was part of a four strong squad which represented Paralympics GB in the Judo competitions at Beijing and following a great performance in his debut Games won Bronze in the Mens 90G event.

**Elizabeth Clegg –
Edinburgh
Athletic
Club.**

Libby has been involved in athletics since the age of 12 and 2006 won silver in the 200m at the World Championships. In Beijing she won a brilliant silver medal in the womens T12 100m



Sports Pitch Etiquette

Following the article in the previous Newsletter regarding sports pitch maintenance we have received some excellent advice from Currie Rugby Club who play at Malleny Park that could be adapted by all clubs who use outdoor facilities.

At the start of a new season when clubs are introducing many youngsters to the game, it is not only rugby skills, fitness, team spirit, sportsmanship and the general enjoyment of playing rugby that they will learn, but also they need to develop a culture of respect for fellow sportsmen/women, coaches and the costly kit/equipment that they will be using. Included with this are, of course, the pitches that they will play on throughout the season. The teams of volunteers that prepare the

pitches and put out the flags, etc. every week are sometimes taken for granted. Not only do they help keep the pitches in good order but increasingly they have to clear the playing surface of discarded rubbish; plastic drinks bottles, juice cans, snacks wrappings and sports tape. If all coaches and players can get into the habit of not leaving rubbish on the pitch it would make life a lot easier for grounds staff.

Currie RFC have produced the following guidelines which is distributed to all players and displayed in the changing rooms.

Litter: take away all that you bring or use for playing and training; Sports Tape, Plastic Water Bottles and Drinks Cans, Snacks and Sweets Packaging.

Wet Weather: do not play or train when water is lying on the pitch surface or following periods of persistent, heavy rain when the ground is very soft and muddy; also when the Club advises that an area is unplayable.

Training Nights: do not keep practising in one area especially line-out work on the 22 or half-way lines, move around the field.

Frost: training on a frozen pitch will damage grass and can cause personal injury.

Match Call-off: in cold, wet weather pitches cannot stand training sessions or matches on consecutive days.

Spectators: at all times spectators and helpers must keep off the playing surface and stand one metre back from the touch lines and assist remove all litter at end of games.

Common Sense: many pitch problems can be avoided with a little common sense.

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

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