



PS parallel sport

Visit the DSF website to download the calendar of events for 2016. The sessions timetable is constantly updated and available on the homepage. Results and news sections are always up to date.



Cara Smyth - Dalgety Bay, Inverkeithing HS and INCAS was voted leading junior female swimmer at the 2015 Scottish Championships.



Stefan Hoggan proudly shows off his new SDS Academy polo shirt. Four SDS Academy athletes from Fife received new track suit tops and polos this month.

The Newsletter of Disability Sport Fife

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A Month of Celebration and Sadness

It has been reported that Derek Rae is included on the long list of athletes for the Rio Paralympic Games. Well done to Derek and his support team. At the same time we learned of the retirement from all competitive swimming of Craig Rodgie. This exceptional young man will be greatly missed. What a record in S14 swimming.

DSF was delighted to be one of three Branches selected to go forward as part of the SDS bid for three years of funding through the Spirit of 2012 Get Out and Get Active initiative. DSF acknowledges critical support provided by Fife Council and the Fife Sports and Leisure Trust as key partners. Good luck SDS from here on.

As always DSF was well represented at the 2015 SDS AGM and earlier this month at the SDS Branch Conference. DSF also attended the sportscotland strategy meeting in Perth where key physical activity delivery partners came together to review the way forward nationally for young people in particular. SDS has embarked on a programme of consultation meetings for the new SDS strategic plan and one meeting will be held in Fife.

In the newsletter there is a review of planned education initiatives this year and next. DSF is signed up for a second year to deliver the RDM role for Fife and acknowledges in particular the input from SDS staff member Lynne Glen. DSF already enjoys a very close relationship with SDS staff members Mark Gaffney in Development and Heather Lowden in Education and Coaching. DSF also enjoys a very special relationship with SGBs Scottish Athletics and Scottish Football.

DSF recently met up with senior staff from Fife College to explore areas of reviving partnership working. Early signs are favourable. Sport specific initiatives include the exploration of inclusive junior gymnastics opportunities, locally based wheelchair curling sessions and the introduction of fencing to the DSF programme. Working with the Active Fife Football Development Officers, DSF hopes to offer football options for young players with physical and sensory impairments early in 2016. DSF will be hosting a leg of the East Series cross country for the first time with support from Fife AC. As always it's all go.

Richard Brickley MBE — President Disability Sport Fife — Newsletter Editor

Woodmill HS celebrate winning the ASN Gala team title at Lochgelly HS.



DSF receives certificate of reaccreditation (MOR) at the 2015 SDS AGM in Stirling



Special guests Peter Drysdale of CPIISRA and Julie Hogg from the Russell Hogg Trust presented DSF President Richard Brickley with the MOR certificate at the 2015 SDS AGM in Stirling. DSF was one of four SDS Branches to receive accreditation for the second time. Julie later presented DSF with a cheque for 3K from the Russell Hogg Trust for new equipment, support for weekly DSF sessions and four individual sports bursaries.

The best ever Scottish S14 swimmer unexpectedly decides to call it a day.



Fife and Scotland has lost its most successful S14 swimmer now that Craig Rodgie from Dalgety Bay has decided to retire from ALL competitive swimming. As Fife captain, Craig led Team Fife to a succession of titles at the SDS Nationals and now retires with 7 long course and 7 short course Scottish titles currently to his name. Craig is number two in the all time GB rankings for 50 mtrs. free and fly and held the GB 50 mtrs. free record until April of this year. Craig competed at the 2012 Paralympic Games and 2014 Commonwealth Games. At the 2009 European Championships in Iceland, Craig won gold in 100 metres backstroke. What a record, what a special young man and what a huge loss to the disability sports movement.

Double success for Balwearie HS DAS in athletics and cross country.



Balwearie HS pupils were presented with the Russell Hogg Trophy by Julie Hogg as top team at the First DSF Cross Country Championships, supported by Fife AC. Scott Birrell of Balwearie HS was presented with the Gilbert Trophy as the leading junior athlete at the 2015 Fife Championships.



Derek Rae included on the long list of athletes for the 2016 Paralympic Games.



Derek Rae from Kirkcaldy and Anster Haddies has recently learned that he is included on the long list of athletes being considered for the Paralympic Games in Rio. The T46 marathon qualifying time was set at 2:45 and Derek ran 2:40.40 when finishing fifth in the IPC World Marathon Championships in London earlier in the year. In the 2015 Great Scottish Run, Derek ran a half marathon PB of 1:11.58 and he now sits as number one in the UK rankings for T46 1500 mtrs. 5K, 10K, half marathon and marathon. Derek recently won the Templeton 10 but he and coach Ron Morrison from Fife AC are in no doubt that being long listed does not guarantee selection. Team Rae will continue to work together to reach the ultimate goal of selection for Rio and beyond. Derek is a very active member of DSF.

Ten titles for Fife's leading junior swimmers at the 2015 Nationals in Grangemouth.

Cara Smyth from INCAS and Ollie Carter from Carnegie SC were the outstanding Fife swimmers at the SDS junior national championships at Grangemouth. Each swimmer had a clean sweep of wins and several PBs in their five championships events. Cara was also voted top junior girl. Ruairidh Dumper and Kerys Ballard from Carnegie SC were also in excellent form with a series of PBs and race wins. Steven McCormick from FINS improves with every championships and he and teammate Cameron Hemphill from Cupar SC recorded a succession of PBs and medal performances. The youngest member of the Fife squad, Logan Harley from Ribleton Primary, excelled in his single freestyle event. Well done Team Fife.



2015 ASN Gala at Lochgelly HS voted an outstanding success.

The 37th Inter School ASN Gala was held at Lochgelly HS. Woodmill HS DAS won the Russell Hogg Trophy and Balwearie HS and Lochgelly HS finished second and third respectively. Woodmill HS won both relays and Balwearie HS finished second in the boys and Lochgelly HS finished second in the girls races. Kirstee-Mai Holgate from Woodmill HS and Dean Bruce from Bell Baxter HS were voted top boy and girl. More events were included in the programme than ever before and apart from the top three schools in the Inter school competition Bell Baxter HS, Glenrothes HS, Buckhaven HS and Kilmarnock School took part. Sports leaders from Lochgelly HS assisted with officiating duties along with local Scottish Swimming officials. Presentations were made by LHS Depute Rector Caroline Thomson and Julie Hogg from the Russell Hogg Trust. A great gala once again in Lochgelly.

Disability Sport Fife is a registered
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CONTACT Administrator
Norma Buchanan
Michael Woods Sports and Leisure
Centre, Glenrothes.

Phone: 03451 555555
Ext. 444989
E-mail:
norma.buchanan@fife.gov.uk

Disability Sport Fife is a
member organisation of
Scottish Disability Sport

Website:

www.fifeleisure.org.uk - find us in the
health programmes drop down menu



9 months ago Suzanne McGrath visited the DSF office and asked for help with training and equipment to complete a marathon before she reaches a certain BIG birthday. Suzanne made an immediate impact within DSF and with support from coach Pamela Robson she is now well on her way. The Great Scottish Run was her major goal this year and next year the Edinburgh Marathon. What an inspirational woman.

DSF considers the East Fife Indoor Bowling Club one of its major partners in the development of inclusive bowls across Fife. For almost three decades the club has hosted the Fife Indoor Championships for bowlers with a learning disability, one of the most popular events in the DSF bowls calendar. Past President Dave Robertson and President Mick Connelly recently received a bowls buggy from DSF to help promote bowls for non ambulant players.



In last month's newsletter I reported on the retirement of Steve Donnelly from major partner the Fife Sports and Leisure Trust. Earlier this month huge numbers of family, friends and colleagues attended Steve's funeral at St Pauls and the crematorium. Sam Wilson appropriately summed up the life of this outstanding man in a memorable eulogy. DSF will never forget you Steve and all you did for so many within our organisation.

Disability Sport Fife (DSF) is listed on the MyDonate website and anyone wishing to raise funds for DSF or make a donation can do so by visiting MyDonate - supported by BT. Fundraising pages can also be set up for individuals. The MyDonate site can also be accessed through the DSF website.

Visit www.fifeleisure.org.uk then the "health programmes" drop down menu to access the Disability Sport Fife website. The picture of Callum Sloan on the homepage also offers access with one click.

Education and learning is a priority for DSF and with support from SDS in particular the 2015/2016 programme is the most ambitious to date. Three workshops have been successfully delivered to Leisure Trust staff to help encourage use of the excellent FSLT gym facilities by DSF members across Fife. This month 15 learners attended the annual pool workshop at Lochgelly HS and 19 signed up for the Sports Coach UK How to Coach Disabled People in Sport workshop in Glenrothes. Early in 2016 DSF has scheduled a Boccia Leaders Award and twilight two day Disability Inclusion Training for Education staff. An exciting four session series of track and field workshops are being set up in conjunction with Scottish Athletics to help enhance the ever expanding DSF run, jump and throws programme. DSF is in discussions with SDS to bring inclusive gymnastics and carpet bowls workshops to Fife.