



Lothian Disability Sport

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Sport Review 2016/2017

Regional/National Schools Programme

With over 20 events populating the Regional and National calendar over the academic year, this continues to be a significant area of work for Lothian Disability Sport (LDS) and the role of the Branch Coordinator. The period between August 2016 and June 2017 saw 911* young people from all regions of the Lothian area access sporting opportunities in Athletics, Badminton, Boccia, Football and Swimming, amongst a host of others. The working relationship between LDS and Active Schools & Sports Development teams in all local authorities is crucial to the success of the calendar with many of the events being coordinated and delivered by the professionals in each region. The calendar is further strengthened by the notable input from local clubs and coaches – Lothian Disability Badminton Club and wheelchair basketball club, Lothian Phoenix consistently providing experience and skills to enhance the experience for all young people involved. This input is highlighted by one particular event in the calendar - the Paralympic Experience Event - which continues to be a cornerstone of the calendar since its inception in 2012. Since 2012, the event has grown in terms of numbers of young people accessing the opportunity and also the number of young people going on to access further sporting experiences through club engagements or attendance at events within the regional or national calendar. The event targets young people within the mainstream school environment and aims to expose them to a range of sports that are accessible locally and continues to be a significant focus from LDS and Scottish Disability Sport (SDS).

**please see the back of the review for a detailed breakdown of participation numbers.*

Priority Sports

Athletics

Athletics is certainly an area that has a great deal of potential in the region, highlighted by the large numbers attending the sport specific events in the school calendar. The sportshall athletics event continues to attract the largest entry with 143 young people attending Linlithgow Academy to gain

an introduction to the sport. This coupled with the impressive number of 74 attending the regional track & field athletics competition in May and 118 young people taking part in Cross Country events, emphasises the appetite for the sport in the region.

Local run, jump and throw sessions Edinburgh Eagles and East Lothian Disability Athletics have experienced varying levels of success over the previous 12 months. Eagles, the Forrester High School based club, continues to thrive and runs at full capacity. It is well attended by all children on the register and those on the waiting list are there only briefly, as the club endeavours to integrate them as quickly as possible. The parents organise and participate in the club which is extremely well led by a very enthusiastic group of volunteers - including High School pupils working on Duke of Edinburgh Awards. The club continues to find success in both the numbers of young people participating in sport and improving their social skills as well as those competing at a higher level. This year, Finlay Menzies competed in Lothian's inaugural Disability Triathlon and won Gold (60m, 100m running bike) and Silver in the Soft Ball Throw at the Red Star Champs. Gregor Menzies won 100m Gold and 60m Silver at the same competition. Matthew Power has now transitioned successfully to Livingston Athletics Club (mainstream) and is competing in league events and continues to set PBs.

East Lothian disability athletics club has recently been re-launched and continues to grow in popularity now that we are approaching the summer months. This has been complemented by good work from Team East Lothian and the East Lothian Athletics Development Officer.

Moving from grassroots to performance – East Lothian sprinter Maria Lyle continues to provide inspiration for a host of budding athletes with her performances on the track. Maria, a T35 100m and 200m sprinter returned home from the Rio Paralympics with 3 medals (1 x silver, 2 x bronze) and will be aiming for a good performance at this year's World Championships in London.

Basketball

As mentioned previously, Lothian Phoenix have continued to support the branch superbly through engagement at a whole host of events over the last 12 months. The club are the leading light for wheelchair basketball in the East region and have experienced significant success over the last year or so with players and coaches excelling in the sport.

Robyn Love has rapidly progressed through the pathway after being selected for the GB Woman's squad and was part of the squad who achieved Bronze at the European Championships back in September 2015. Love, who based herself in Edinburgh during university and played running basketball until 2013, was selected to represent GB at the Paralympics in Rio and helped her team to an excellent 4th place. Phoenix players continue to play in National Student Competitions around the UK in addition to younger players such as Josh Manson and David Beattie being invited to GB under 23 training camps. Manson was recently part of the U23 Scotland Squad who won the Celtic Cup, highlighting the significant production of players from the West Lothian club. Other players picked from junior Scotland squads include Luke Pearce, Charlie Redmond, Jason Armour and Finlay Erskine. Furthermore, the Lothian Phoenix recently defended the top prize in the country and confirmed their dominance nationally at this year's BasketballScotland's Scottish Cup final, once again defeating

St Mirren Warriors in the final at the beginning of the year. Lothian Phoenix were victorious with a 52-42 win and held of good performances from a team who beat them earlier in the season and boasted Paralympic Gold Medalist Gordon Reid amongst their squad.

In terms of coaching success, previous LDS coach of the year Niall Ritchie and Phoenix 1st team coach Tina Gordon continue to do tremendous work in the Region. Tina is an integral member of British Wheelchair Basketball GB Coach Mentoring Programme, emphasising the expertise that are available at the club and highlighting the strength of the club in the region. This is reflected in the amount of players who are looking to become involved with coaching and currently undertaking coaching qualifications in the sport.

Boccia

Like Athletics, the sport of Boccia has great potential in the region with a very strong network of club opportunities eager to cater for individuals looking to get involved with the sport. With clubs in all four local authorities – Dunbar Boccia Club (East Lothian), East of Scotland Boccia Club & Edinburgh Leisure High Flyers (Edinburgh), Beeslack All Stars (Midlothian) and No Limits & Lothian Special Olympics (West Lothian) – the opportunity for players is clearly there.

The regular club opportunity is supplemented by the annual schools boccia festival, attracting almost 100 young people and the Lothian Boccia Championships which are to be held this weekend (1st July). LDS are delighted to add the first ever Schools Boccia Competition in 2018, further evidence of the work being done to strengthen the sport in the region, particularly at grassroots. Additionally, SDS facilitates further competitive opportunities for players through the national event calendar with Lothian hosting the Scottish Boccia Open (non-BISFed) last October at Napier University.

From a performance perspective, Edinburgh Boccia player Patrick Wilson, who made the ParalympicGB squad in Rio, is now ranked 6th in the world in the BC3 Classification. Patrick recently competed in the BISFed European Regional Open Competition in Barcelona, narrowly missing out on the bronze medal on the last throw of the match.

Bowls

Lothian athletes have experienced some excellent success at this year's SDS National events. Amanda Craig and Jimmy Restorick both secured Gold at the SDS Carpet Bowls in February. The next event in the calendar was the SDS Indoor Bowls Invitational in Falkirk and this proved to be just as successful for Lothian. One day 1, Euan Wright and Christina McSherry battled it out for Gold in the Division B learning disability final with McSherry coming out on top, securing Gold and Silver for Lothian. Amanda Craig topped of a fantastic day with silver in the A Division of the Learning Disability Section. The following two days saw bowlers with a physical disability or sensory impairment compete and West Lothian's Gary Clelland claimed silver in the B6 physical disability category. Gary has been in great form of late and his performances have been merited with selection as a reserve for the 2018 Commonwealth Games Squad going to Australia next year.

The bowls programme is actively developing both regionally and nationally with LDS providing some additional funding towards a recently appointed bowls development officer post in East Lothian. This has had a direct result on disability bowls in the region, with more awareness of opportunities being spread and better recruitment of young bowlers. Furthermore LDS and SDS recently worked

together to create a bowls development day which proved very successful. Following the launch, there are now development sessions in East Lothian every fortnight which aims to increase coaching and performance development within the region.

Nationally, SDS recently re-introduced the Inter Area Bowls competition at the home of bowls during the Commonwealth Games. Lothian are hosting this year's event on the 30th June and are proud to have a full team of bowlers at the event. We wish all the bowlers good luck and hope they will enjoy the opportunity to compete on home soil.

Football

Football continues to feature prominently across the school calendar of events, with two events dedicated to the sport at Regional level and three Nationally attracting almost 200 players over the academic year. The club network across the Lothian region is relatively strong and East Lothian club Tranent Colts continue to expand and are supporting the LDS Summer Programme later in the year. Broxburn United Sports Club (West Lothian) and Salvesen Community Football Club also offer football opportunities for young people with a disability, with recently formed Team United leading the way for opportunities for young people with Autism.

Street Soccer continues to do excellent work in the community and provide opportunities to individuals with a disability as well as provide volunteer coaches and referees at the annual LDS Schools Regional Event in March.

In terms of opportunities for adult players Spartans Connections are local organisation who are developing under the guidance of Garry Betts (Head of Connections). Spartans started off their most successful season to date by winning the Jim Martin Cup followed by two Street Soccer competitions. Furthermore, the premier Spartans team won the SFA Pan Disability League, finishing unbeaten all season. The Spartans Connections have also made successful forays into the local schools, particularly Pilrig Park and the regular coached sessions for young people seem to be paying off with several representing Lothian in National Tournaments.

There is also a Paralympic pathway for players with a physical impairment and this has been emphasised recently by the inclusion of West Lothian's David Porcher in the ParalympicsGB squad at last year's Games. Porcher, who has cerebral palsy was the top scorer in the GB team and helped them finish 5th in Rio. David has had an incredible rise through the ranks and now plays club football for Musselburgh Athletic in the East Junior Super League.

Unfortunately however, Scotland have recently withdrawn their team from the 2017 International Federation for Cerebral Palsy Football (IFCPF) World Championships which are due to be held in Argentina this September. The decision, which comes about due to the recent change to the IFCPF player eligibility policy, comes as a massive disappointment with Scotland currently ranked 9th in the World.

Powerchair Football

Last year LDS were successful in securing funding from Awards for All to develop a Powerchair Football session in the Edinburgh / Lothian region and have worked hard with various partners to establish a regular session. This football opportunity targets players with a severe physical impairment and provides a session that caters for a hard to reach group in terms of sport. The club has flourished over the last 6 months and has seen numbers grow and attendance improve. The newly formed club now has two coaches and two regular volunteers and have established themselves as the "Lothian Wolves". The players have improved significantly over the last few months, playing friendly matches in Stirling and Forfar before entering the Scottish Cup in May where they won only their second ever competitive match 3-1 over much more experience opposition. This serves as a great platform for the club moving forward and we hope to see the progress continue in to 2017/18 season where the Wolves will compete in the SPFA National League. Through LDS' newly established partnership with Heriot-Watt University Sports Union, the Wolves will be moving their training sessions to Oriam, the new National Performance Centre for Sport, where we hope the improved facilities and access to volunteers will only serve the club well going forward. All organisations involved in the sport are working hard to progress the development of Powerchair Football with sights set on eventually securing its status as a Paralympic Sport.

Swimming

The success of swimming has been well documented over the last year, with the selection of two Lothian Swimmers, Stephen Clegg and Scott Quin gaining selection for ParalympicGB at Rio – Quin coming home with a fantastic Silver medal and narrowly missing Gold by three one-hundredths of a second! Stephen Clegg who competed in 3 events, had his best placing in the 100m backstroke (S12) where he finished 5th. Selection for Rio was a significant journey for both swimmers, with Loanhead swimmer Quin (Warrender Elite Squad) just missing out on selection for London in 2012 and Clegg (East Lothian Swim Team), only returning to swimming a few years ago after a significant absence.

The two swimmers have had great results so far this year, both reaching the Podium at the recent British Para Swimming International Meet in Sheffield, with Stephen breaking three British Records. Following International success, both young men still continue to show their support for LDS and have been excellent products of the club pathway in the region.

Both swimmers have benefited from the expertise of the region's coaching and each been a member of Lothian Racers at one point or another in their career. The same path is now being followed by slightly younger swimmers who are now part of the East Regional Squad and aiming to emulate the achievements names of the past. Lothian Racers, Loanhead Dolphins, Livingston & District Dolphins (Rainbow Squad) and Lothian Waves are clubs who provide an introduction to the sport and work closely with all swimmers to ensure they are reaching the levels which they aspire. Enjoy Leisure ASN Swim session has also recently developed to increase opportunities for young swimmers with a disability and this hard work is reflected in the numbers attending the local LDS and school gala's.

Development Sports

Archery

Richard Vallis, the LDS Archery Coordinator, continues to work hard to provide opportunities in the sport for people with a disability through the weekly sessions in East Lothian, West Lothian and Edinburgh. The Edinburgh session is held at Archers Hall and provides an opportunity for war veterans to access the sport and this relationship has yielded some excellent results over the last year. They were also kind enough to host a young man from the Royal Blind School on work experience, passing on valuable knowledge. The excellent work in the Edinburgh region has been further supplemented by the recent Archery Instructors Course which was held at Scottish War Blinded and organized by LDS. Eight newly qualified Archery Instructors can now pass on their skills within the various clubs in the region. This year one of the members of the Archers Hall session, Ken Hargreaves, has been picked for the Invictus Games in Toronto, Canada. Furthermore, another archer, James Hamilton, is in the team for the forthcoming Warrior Games in Chicago and we look forward to hearing how both perform. Both archers are further evidence of the great work Help for Heroes are doing to support Veterans in the region.

Badminton

Lothian Disability Badminton Club (LDBC) continue to lead the way in the sport across the region and the country as a whole, boasting a remarkable 70 playing members and 37 non playing members, 17 of whom are qualified coaches. The sport is delivered over two venues, Musselburgh sports centre and Bathgate Academy with the East Lothian session catering for beginners, developing and performance players over a three hour period. LDBC are always keen to attract and engage new players and aim to support all events that LDS are associated with, including this year's summer programme.

Key achievements over the last 12 months are extensive with LDBC and SDS coming together to host an inaugural event in January in which the club and Badminton Scotland hope to become the annual National Disability Event in Scotland. The club has been fantastic in developing younger coaches in the region and have made significant partnerships with both Edinburgh University and West Lothian College.

Inclusion plays a prominent role within the strategic plan of the club, with regular matches played against mainstream competition – strengthening links with the community and raising the profile of disability sport in the process.

In terms of performance achievements, the club members have experienced a great level of success, with the club consistently fielding a full team of players within league matches. Furthermore, club captain Alan Oliver has been selected for the first GB Paralympic Para-Badminton squad and we wish him well in his pursuit to play in Tokyo 2020. Over the next year, LDBC plan to increase the coaching time with performance players and develop this area of the club.

There has also been significant engagement with Lothian Special Olympics over the last 18 months – with this relationship providing the platform for three of the club players to register and be selected for the National Games in Sheffield later in the year.

Tennis

Tennis is a sport which has significantly developed in the region over the last 12 months, with the addition of a weekly session in East Lothian led by Coach Tom Swan. The session has a real emphasis on inclusion, with young people encouraged to bring along siblings to further incorporate disability sport with mainstream. On the back of the success in East Lothian, there were discussions between several partners, with the aim to incorporate a learning disability competition in to the East Lothian Open in July. Talks were positive and we have decided to run the competition on Thursday 27th July in Musselburgh – a great example of various organisations coming together to create opportunities in the area.

2015 LDS Young Sports Person of the Year winner Ruairi Logan continues to excel in the sport of wheelchair tennis – recently being an integral part of the Great Britain team that competed in the BNP Paribas World Team Cup, the International Tennis Foundation’s flagship wheelchair tennis team event in Alghero, Sardinia, Italy, from 1 – 7 May 2017. Edinburgh based Logan has previously tasted medal success after securing a gold medal in the single’s and silver in the doubles at last year’s National School Games. The 15 year old has flourished under the guidance of former Paralympian Kevin Simpson and has also benefitted from sessions at Edinburgh Leisure’s excellent Craiglockhart Tennis Centre. Ruairi continues to progress in the sport and regularly helps train other young athletes with disabilities including Spina Bifida.

Under the guidance of Anna Myatt, Winning Wheels Wheelchair Tennis Club continues to offer opportunities for athletes with a physical disability and provides fantastic opportunities in the region. The session, which runs in partnership with Edinburgh Leisure, provides the setting for both junior and senior players to develop their wheelchair skills and develop into wheelchair tennis players at Craiglockhart tennis centre on a Sunday afternoon. Furthermore, Disability Tennis Coach, Michael Miller, recently ran a “taster session” for young people identified as potential players at the recent Paralympic Experience in March. This is testament to the hard work going on behind the scenes to continuously develop young athletes within the sport.

Participation Sports

Judo

Jidel Judo 93 remain the club who offer significant opportunities for individuals with a disability across the Lothian region. Head coach Jo Imrie has a wealth of experience that is reflected in the amount of athletes who access sessions led by the club and the West Lothian coach will lead the team of judo players to the National Games in Sheffield later this year. In addition to the Monday evening session delivered by Jidel Judo 93, the club have also established a session on a Thursday evening at Napier University in partnership with the SGB, Judo Scotland.

The club are always supportive of events such as the Paralympic Experience and continue to work closely with Active Schools and sports development teams in the region to engage more young people with a disability within the sport.

On the performance front, Sam Ingrim was selected to represent Great Britain at the Paralympics last September. The visually impaired athlete is originally from south of the border but trains in Edinburgh. Sam has previously won bronze (Beijing, 2008) and silver (London, 2012) in the 90kg class.

Table Tennis

LDS have worked alongside three Table Tennis clubs in the region to support an inclusive approach to the sport – Murrayfield Table Tennis, West Lothian table tennis clubs and Haddington Table Tennis Club. Each club has welcomed players with a disability, both physical and intellectual, to their sessions and the last two years Murrayfield TT club took the step into delivering an event with the school calendar or events. The club delivered at the Paralympic Experience event in 2014 and 2015 and on the back of this success it was decided to include a sport specific event within the calendar which was delivered in Nov 15 and Nov 16 and both attracted around 40 young people from across the Lothian region.

Table Tennis is a sport with a strong structured pathway in disability sport and the region are keen to continue the support provided to the clubs in order to identify players who can progress towards competitive opportunities. Therefore we are working closely to develop more recently established clubs such as Haddington TT Club and have invited them to deliver sessions in our Summer Programme in East Lothian.

Karate

Karate is a sport that LDS realised was in high demand and have worked hard alongside Active Schools Edinburgh to develop a club in the region which is open to individuals of all ages and abilities. We have now established a session on Saturday mornings at Engage Edinburgh which is supported by Andy Elliot, an enthusiastic and experienced coach who delivers to Special Schools around the Lothians. We are delighted to have Andy deliver Karate at our Summer Programme this summer.

Triathlon

Triathlon is a sport that LDS has developed significantly in recent months. In partnership with SDS, local triathlon clubs and TriathlonScotland, LDS helped deliver a very successful triathlon event in West Lothian in May this year. The appetite for the sport is evident and was highlighted at last year's disability specific event held in Blantyre, near Glasgow and at this year's event at Armadale High School where around 16 individuals took part in the race. LDS hope to grow the event next year and ensure its place as an integral part of the Triathlon Calendar.

Cycling

Cycling in the region is currently developing through the introduction of the Edinburgh All Ability Bike Club (ABC) Development Officer who is working to provide opportunities for individuals with a

disability. The development officer, based at Bagholm Outdoor Education Centre, delivers inclusive cycling sessions providing an opportunity to try a range of adapted bikes from tandems to running bikes.

The ABC development officer is also working alongside a number of enthusiastic hand cyclists in a bid to establish a club in the region and therefore offer an alternative cycling opportunity for people with a disability.

Multi Sport

In addition to all the sport specific opportunities offered across the region, Lothian also boast some very strong Multi Sport sessions that offer individuals an introduction to a variety of sports. Superstars Sports Club (East Lothian) welcome young people aged between 5-8 years with a physical impairment, while Beeslack All Stars (Midlothian) and No Limits (West Lothian) offer opportunities for a wide range of young people with a disability. No Limits has been in operation for around 20 years and boasts around 60 members who are given the opportunity to try a range of sports and outdoor education experiences regularly. The club were also deservedly awarded the 'Queens Award' for voluntary service – this award is the equivalent to an MBE for an organisation.

Unfortunately due to funding cuts the ACERs session in Edinburgh recently folded however LDS, SDS and Edinburgh Active Schools are working hard to develop a physical disability multi sport session to ensure a pathway for hard to reach groups to be involved in sport and to capitalize on the success of the annual Paralympic Experience Event.

Partnerships

Lothian Special Olympics

Lothian Special Olympics (LSO) continue to be a leading force in disability sport across the region with many dedicated and motivated athletes and coaches driving the ethos of the organisation forward. The focus of LSO has very much turned to the National Games which are scheduled for August 2017 in Sheffield and plans are well under way to provide the platform for a successful trip south of the border. Athletes will represent the region in sports such as Boccia, Bowls, Football, Judo, Swimming and Ten Pin Bowling with LSO volunteers working hard to ensure all athletes' needs are catered for throughout the journey into next year.

The team of 100 heading to the Special Olympics GB National Summer Games in Sheffield on 7th to 12 August will be looking for some good performances as selections will be made for the 2019 Special Olympics World Games to be held in Abu Dhabi based on results.

Arguably one of the most exciting developments over the last few years is the confirmation of the Special Olympics GB 40th Anniversary Games, to be held in Stirling at the University from the 9th -13th August 2018. The event, which has taken considerable planning from various partners around the country, will truly be a fantastic opportunity to compete on home soil against several nations around Europe.

Higher Education

LDS continue to receive fantastic support from various Higher Education institutes, whose volunteers play a pivotal role in making the LDS Calendar of Events a success. Volunteers from Edinburgh College, West Lothian College and Young Ambassadors in Edinburgh's High Schools are given various training opportunities in exchange for help at regional and national events.

LDS has been recently been chosen as Heriot-Watt University's Charity partner – a relationship which not only provides funding for LDS projects but allows LDS to utilize key volunteers and excellent facilities for events and clubs. Edinburgh Napier University have also cemented their strong relationship with disability sport by providing venue space for developing clubs and regional events.

Paralympics, Rio 2016

For many athletes, the focus of 2016 was September 7th – the beginning of the Paralympics in Rio. Many individuals saw their hard work come to fruition and a selection of Lothian athletes represented their country on the greatest stage of all. A total of 33 Scottish Athletes competed for ParalympicsGB across 12 sports, contributing to GB's most successful Games in almost 50 years, finishing 2nd in the medal table. The Scottish contingent had a very successful Games and notably 33% of Scots on Paralympics GB reached the podium, the highest medal haul by the Scots since Sydney 2000. Of those successful Scottish athletes, 8 came from Edinburgh and the Lothians, returning with a fantastic 4 medals (2 Silver, 2 Bronze). Everyone at Lothian Disability Sport would like say a huge congratulations to all athletes from the region the best of luck to those competing on the International Stage once again this year. Lothian athletes who represented Team GB are listed below;

Athletics

Maria Lyle (East Lothian) – Silver T35 4x100m relay, Bronze T35 100m, Bronze T35 200m

Football

David Porcher (West Lothian)

Judo

Sam Ingrim (Edinburgh)

Powerlifting

Micky Yule (East Lothian)

Swimming

Stephen Clegg (Edinburgh)

Scott Quin (Midlothian) – Silver SB14 100m Breaststroke

Wheelchair Basketball

Robyn Love (Edinburgh)

Boccia

Patrick Wilson (Edinburgh)

School Calendar Stats

September 2016 – May 2017

Event	Number of Pupils 2016/2017	Local Authority					Host Local Authority
		EL	Edin	Mid	WL	Bor.	
Badminton Festival	49	13	27	-	9	-	E Lothian
Football 5 a-side	54	-	24	5	25	-	Edinburgh
Boccia Festival	96	21	75	-	-	-	Edinburgh
Sportshall Athletics	143	-	35	11	97		W Lothian
Track and Field	74	24	32	-	18		E Lothian
Table Tennis Event	32						Edinburgh
East Cross Country Series	118		55		63		Edinburgh/ Fife
October Swim Gala	72	15	26	13	18		E Lothian
Parasport Festival	72	11	35	11	12	5	Edinburgh
Football Participation	95	26	40	6	23		Midlothian
Total	805						

Other events accessed – Edinburgh Schools Dance Festival (72 pupils attended)

National School Calendar Stats

September 2016 – June 2017

Event	Number of Pupils	Local Authority					Host
	2016/2017	EL	Edin	Mid	WL	Bor.	
Track and Field Open	28		18		10		Grangemouth
Football 5 a-side	7				7		Glasgow
Swimming Champs (Snr) PD	1		1				Grangemouth
Sportshall Athletics	11		2		9		Grangemouth
National Football League	8				8		Edinburgh
Swimming Champs (Snr) LD	5		1	3	1		Inverness
Football 7 a side	9		5		4		Glasgow
Swim Champs Jnr (LD)	22	3	7	5	7		Glasgow
Swim Champs Jnr (PD & VI)	8	1	4		3		Grangemouth
SDS Cross Country	7				7		Glasgow
Total	106						

Regional Schools Programme Stats

