



OCTOBER SPORTS **twenty ten**

11th - 15th
OCTOBER SPORTS &
PHYSICAL ACTIVITY PROGRAMME

ATHLETICS / BADMINTON / FOOTBALL / HOCKEY / QUEENS LEISURE CENTRE ACTIVITIES

The 2010 October Holiday Programme offers a variety of action packed and fun sport and activity sessions for children.

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On behalf of Scottish Borders Councils' Sports Development & Active Schools staff, we would like to welcome you to the 2010 October Holiday Sports & Physical Activity Programme.

This year's programme offers a range of sports and activities for youngsters. The programme has been designed with a series of courses that cater for everyone in as many geographical areas as practical for both the users and the organisers.

All of the staff are qualified and are selected for their experience and enthusiasm when interacting with young people. The sessions focus on learning new skills, trying new sports and of course having a great time.

The Councils' partners Border Sport and Leisure Trust and the Laidlaw Memorial Pool in Jedburgh will be staging a number of activity sessions and play camps.

We hope you have a great time at the activity sessions. Best wishes from the Sports Development & Active Schools Team.

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SPORTS DESCRIPTORS

ATHLETICS

Athletics which introduce youngsters to athletics using specially developed equipment, budding young athletes can learn to run, jump and throw in a fun and exciting environment where many of the top British athletes started their careers.

BADMINTON

Training camps for young players who wish to improve their skills and fitness in preparation for competition that will be held through the year. These camps are aimed at children who may already be participating in club badminton. Club coaches will lead the skills based sessions to compliment the practice carried out at clubs and school.

HOCKEY

Come along and develop your fundamental outfield and goalkeeping hockey skills into more advanced techniques in a training day provided by specialist coaches.

SFA FOOTBALL

Boys and Girls of all abilities will have a chance to develop their skills from the pre-school Mini Kickers programmes full of fun games and skill challenges through to the Primary school aged boys and girls having the chance to train like the professionals on courses designed to give a taste of playing at the top level.

THE QUEENS LEISURE CENTRE

The inflatable fun run is a great way for those energetic 5 to 11 yr olds to burn off energy. Jump, scramble and crawl your way through the obstacles. Included in the fun run sessions will be obstacles/team relays and the Wii.

Roller Blading is for all the family to enjoy. Roller Blade sizes range from children's 8 to an adult 9.

BORDERS SPORT AND LEISURE TRUST

Borders Sport and Leisure trust - BSLT are staging a number of camps and play sessions for children who enjoy spending holiday time with their friends of a similar age playing sport or taking part in fun activities, for a list of activities on offer visit www.bslt.org.uk or call 01750 724980 to book a place.

ATHLETICS

Athletics which introduce youngsters to athletics using specially developed equipment, budding young athletes can learn to run, jump and throw in a fun and exciting environment where many of the top British athletes started their careers.

Sports Hall Athletics Coaching Courses

Venue	Time	Date	Age (yrs)	Total Cost £	Code
Queens Centre, Galashiels	1.00pm - 3.00pm	11th & 12th Oct	7 - 14	£10.00	ATH1

BADMINTON

Training camps for young players who wish to improve their skills and fitness in preparation for competition that will be held through the year. These camps are aimed at children who may already be participating in club badminton. Club coaches will lead the skills based sessions to compliment the practice carried out at clubs and school.

Badminton Coaching Courses

Venue	Time	Date	Age (yrs)	Total Cost £	Code
Berwickshire High School	10.00am - 12.00pm	11th & 12th Oct	7 - 14	£10.00	BAD1
Kelso High School	1.00pm - 3.00pm	11th & 12th Oct	7 - 14	£10.00	BAD2
Peebles High School	10.00am - 12.00pm	12th & 13th Oct	7 - 14	£10.00	BAD3
Hawick High School	10.00am - 12.00pm	14th & 15th Oct	7 - 14	£10.00	BAD4

HOCKEY

Come along and develop your fundamental outfield and goalkeeping hockey skills into more advanced techniques in a training day provided by specialist coaches.

Hockey

Activity	Venue	Time	Date	Age (yrs)	Total Cost £	Code
Hockey	Tweedbank Outdoor Sports Complex	9.30 - 12.30	14th Oct	8 -12 years	£10	GHK1

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SFA FOOTBALL

This October we continue the structure which was so successful last year with all courses delivered over a single day. Boys and Girls of all abilities will have a chance to develop their skills from the pre-school Mini Kickers programmes full of fun games and skill challenges through to the Primary school aged boys and girls having the chance to train like the professionals on courses designed to give a taste of playing at the top level.

SFA Football Courses						
Activity	Venue	Time	Date	Age (yrs)	Total Cost £	Code
SFA Mini Kickers	Peebles Drill Hall	9.30am - 10.30am	11th Oct	3-4	£5.00	MK1
SFA Football Fours	Peebles Drill Hall	11.00am - 12.45pm	11th Oct	5-7	£7.50	FF1
SFA Creative Player	Peebles Drill Hall	1.00pm - 2.45pm	11th Oct	8-11	£7.50	CP1
SFA Mini Kickers	Eyemouth High School	9.30am - 10.30am	12th Oct	3-4	£5.00	MK2
SFA Football Fours	Eyemouth High School	11.00am - 3.00pm	12th Oct	5-7	£15.00	FF2
SFA Creative Player	Eyemouth High School	11.00am - 3.00pm	12th Oct	8-11	£15.00	CP2
SFA Mini Kickers	Jedburgh Grammar School	9.30am - 10.30am	12th Oct	3-4	£5.00	MK3
SFA Football Fours	Jedburgh Grammar School	11.00am - 3.00pm	12th Oct	5-7	£15.00	FF3
SFA Creative Player	Jedburgh Grammar School	11.00am - 3.00pm	12th Oct	8-11	£15.00	CP3
SFA Mini Kickers	Hawick High School	9.30am - 10.30am	13th Oct	3-4	£5.00	MK4
SFA Football Fours	Hawick High School	11.00am - 3.00pm	13th Oct	5-7	£15.00	FF4
SFA Creative Player	Hawick High School	11.00am - 3.00pm	13th Oct	8-11	£15.00	CP4
SFA Mini Kickers	Kelso High School	9.30am - 10.30am	13th Oct	3-4	£5.00	MK5
SFA Football Fours	Kelso High School	11.00am - 3.00pm	13th Oct	5-7	£15.00	FF5
SFA Creative Player	Kelso High School	11.00am - 3.00pm	13th Oct	8-11	£15.00	CP5
SFA Mini Kickers	Earlston High School	9.30am - 10.30am	14th Oct	3-4	£5.00	MK6
SFA Football Fours	Earlston High School	11.00am - 3.00pm	14th Oct	5-7	£15.00	FF6
SFA Creative Player	Earlston High School	11.00am - 3.00pm	14th Oct	8-11	£15.00	CP6
SFA Mini Kickers	Queens Leisure Centre, Gala	9.30am - 10.30am	15th Oct	3-4	£5.00	MK8
SFA Football Fours	Queens Leisure Centre, Gala	11.00am - 3.00pm	15th Oct	5-7	£15.00	FF8
SFA Creative Player	Queens Leisure Centre, Gala	11.00am - 3.00pm	15th Oct	8-11	£15.00	CP8
SFA Mini Kickers	Berwickshire High School	9.30am - 10.30am	15th Oct	3-4	£5.00	MK9
SFA Football Fours	Berwickshire High School	11.00am - 3.00pm	15th Oct	5-7	£15.00	FF9
SFA Creative Player	Berwickshire High School	11.00am - 3.00pm	15th Oct	8-11	£15.00	CP9

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THE QUEENS LEISURE CENTRE

Will be hosting a series of Fun Sessions, the inflatable fun run is a great way for those energetic 5 to 11 yr olds to burn off energy. Jump, scramble and crawl your way through the obstacles. Included in the fun run sessions will be obstacles/team relays and the Wii.

Roller Blading is for all the family to enjoy, let the kids show you how its done.
Roller Blade sizes range from children's 8 to an adult 9.

Queens Leisure Centre

Activity	Time	Date	Age (yrs)	Total Cost £
Inflatable Fun Run	10.30-12pm	11th to 14th Oct	5-11yrs	£3.00 per session
Roller Blading	2-4pm	13th Oct	All the Family	£4.00

**TO BOOK A PLACE FOR ANY OF THE
QUEENS LEISURE CENTRE COURSES
PLEASE CALL: 01896 75 22 33**

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**BORDERS SPORT AND
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**BSLT ENQUIRY LINE
01750 724 980**



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**LIDLAW MEMORIAL
SWIMMING POOL**

The Laidlaw Memorial Pool in Jedburgh is offering a wide range of activities for you this summer.

For more information please contact the centre on

01835 863430

e-mail us at
info.lmp@btconnect.com



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FREQUENTLY ASKED QUESTIONS

Listed below are the Questions that are often asked regarding the Sports Scheme.

Q Will I get a letter of confirmation letting me know that I have obtained a place?

A No, you will not get a letter if you have been allocated a place, you will only get a letter or a phone call if we are unable to allocate you a place on the course.

Q Do I need to phone into the office before the course commences to check if it is running?

A No you do not, we will contact you if the course has been altered or cancelled.

Q Who do I make cheques payable to?

A All cheques should be made payable to Scottish Borders Council

Q Why are the Borders Sport & Leisure Trust and Laidlaw Memorial pool courses different to the Council courses?

A These two organisations are not part of Scottish Borders Council, they are independently managed partners who provide activity courses in partnership with the Council

Q Can I just turn up at the Venue If I have not got time to book in Advance?

A No as the Organisers require to allocate staff to each course prior to the course starting and if the numbers are too low the course will be cancelled.

Q Will equipment be provided for the various sports sessions?

A Yes it will be provided at all of the venues, please make sure that you dress appropriately for the Sport/Activity and the venue you are participating at.

Q Can I have a refund if I do not turn up?

A No, you will only be granted a refund if the course is cancelled or exceptional circumstances mean you were unable to attend the course. All refunds will be issued once the Sports scheme has concluded, Please note refunds can take up to three weeks to process.

Q What will happen if the course is cancelled due to adverse weather conditions?

A The Organisers will make every effort to stage the session at a later date during the holiday period, if this is impractical then appropriate reimbursement will be arranged.

Q Can I make enquiries by email?

A Yes, the email address is holidaysports@scotborders.gov.uk

Q When can I contact the Sports Development Unit?

A You can contact the Info Hotline: Monday-Thursday 9am-5pm / Friday 9am-3.45pm

Q Can I pay by debit/credit card?

A Yes. Contact the office on 01896 756274

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TERMS & CONDITIONS

1. All applications for courses are to be made on the appropriate application form. The person signing the form must be 18 and over and will be referred to as the applicant. A parent / guardian must sign the application for anyone under the age of 18 and by doing so agree to the person's participation on the course.
2. In the event of cancellation by the course applicant of a confirmed booking, a cancellation charge will be made at the discretion of Scottish Borders Council
3. Unless expressly stated otherwise, the person (over 18 yrs) signing the form will have responsibility for any charges. Course charges will be in accordance with the pricing policy operating at the time of the Course.
4. Applicants / participants are responsible for maintaining good order and behavior when participating on a course including due regard being paid to other participants. Participants in breach of this condition may be asked to leave the course and/or refused admission to the remainder of the course and future courses.
5. The applicant is responsible for ensuring that any participant booked onto a Course is on time for the start of the Course at the agreed venue.
6. It will be the applicant's responsibility to ensure that all equipment or property brought to a course is in a safe and sound condition and complies with all relevant safety regulations. The Council or the relevant Trust reserves the right to exclude any equipment or property it deems unsuitable.
7. The applicant is responsible for ensuring that any participant booked onto a course is able to leave the course on time safely. Unless specifically stating a particular arrangement, participants will be allowed to leave the venue at the end of the course on foot. The applicant is responsible for any additional costs incurred of any additional supervision beyond the finish time of the course.
8. Applicants are strongly advised to take out suitable insurance to cover any injuries, loss or damage to personal possessions.
9. The Council reserves the power to cancel any booking at any time and will not be liable for any loss or damage arising from such cancellation.
10. The employee of the Council, on behalf of the Council will ensure compliance of the Conditions of Let and has the right to terminate or refuse admission at any time.
11. Spectating is permitted only at the discretion of Council
12. No cameras or photographic equipment may be used without the permission of the Director of Education & Lifelong Learning.
13. All disputes which may arise shall be settled by the Council, whose decision shall be final.
14. Photographs taken by the Council may be used on future promotional material. If you do not wish your child to appear in such material, please notify the Sports Development Unit 7 days in advance of the course commencing.

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