

### Pegasus Coaching Funding

Pegasus Gymnastics Club would like to thank East Fife Sports Council for helping to fund two specialist coaching workshops attended by four of our coaches.

The Grades course gave coaches experience in training our Grade Squad gymnasts in preparation for performing at the SGA Grades. The Choreography Course was extremely useful for our coaches giving them an insight into designing and organising floor displays. As a Club we perform internal displays annually but also have a Display group performing for the first time at "Gymfest" this year.

*Thanks to Claire Miller for this article*

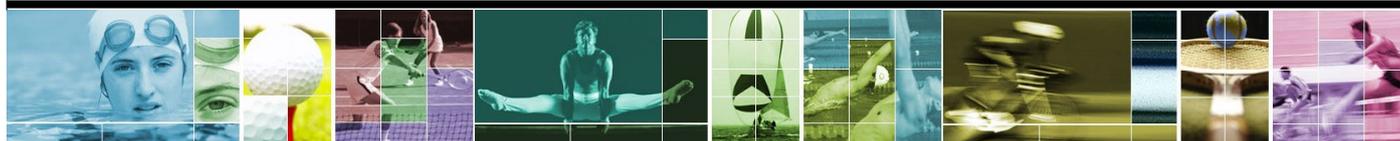
Clair Millar from Pegasus Gymnastics Club accepts a £240 cheque to help with two projects.

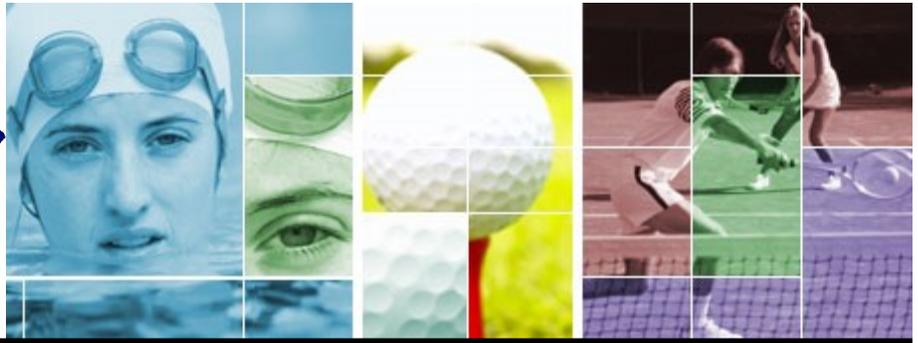
## St.Andrews Table Tennis Club News - TT Youngstars

Five young table tennis players from St. Andrews Table Tennis Club competed well at the recent Tayside qualifying event of the under 14 boys Scottish Schools Table Tennis Championship in Dundee. Brothers Michael and Campbell Snodgrass won several matches, a great achievement for newcomers to the sport. Keir Paterson and Tom McKay also played well by reaching the quarter finals. Murray Paterson was the club's star of the night by reaching the final and only just losing in a five game thriller to no. 1 seed Jacob Munro who plays regularly for Mylnefield TTC in Dundee. As runner up, Murray qualified for the national finals at Bathgate Academy in February. There are still a couple of spaces at the coaching sessions on Mondays at 5.15pm at the Victory Memorial Hall. Anyone interested in coming along after the festive break should contact Howard on 07841 433326.



*Thanks to David Beveridge for this article*





### Recruiting at Lundin Bowling Club

2015 was an important year for Lundin Bowling Club, as following Membership Drives in 2013, 2014 and 2015 we have added over 30 new Full Members to the Club. For the first time in recent years we have been able to increase our membership significantly. Our membership has now risen to over 75 active members. The most recent Open Day, held on 10 May 2015, resulted in 15 new people taking up an offer of five weeks free coaching, at the end of which they were able to join the Club at a discounted subscription. Importantly, they were under no commitment to make any payment, until they were satisfied that they really would enjoy playing bowls. Happily all of the 15, who took up the "Try before you Buy" offer in May, later joined the Club. A further 9 people joined the Club out-with the Open Day.

Our success meant that we were the subject of articles in the Courier and the East Fife Mail. A special film was made by Bowls Scotland, illustrating what we had achieved. They are using this to demonstrate what individual Clubs can achieve, with sufficient effort.

*Thanks to Joyce Peter for this article*

### Road to Rio Events this Summer

This year Active Fife working in partnership with East Fife Sports Council will be celebrating the Rio Olympics by hosting Road to Rio events with local primary schools. All Primary four to seven children in the Bell Baxter HS, Madras and Waid Clusters will be attending a Road to Rio event in their local area where they will be provided an opportunity to try new sports. Working in partnership with affiliated East Fife Sports Council clubs, the children will be provided tasters of new sports and encouraged to join a new sports club. These events will take place across May and June.

*Thanks to Lynne MacKenzie for this article*

### DOES YOUR CLUB NEED CLUBFIFE ASSISTANCE ?

Does your club need support in promoting juniors? If so Fife Council requires all clubs to register with the Sports Development ClubFife scheme.

The ClubFife programme is Fife Council's club accreditation scheme that ensures clubs operate to a minimum set of standards. It also helps provide clubs with support in club development, funding, training and promotion.



Tayside Taekwon Do receiving their ClubFife Awards

There are 2 levels to ClubFife - Activity Provide & Gold Star. All clubs are required to gain Activity Provider status. Gold Star looks in more depth all aspects of the club and provides guidance on how to help grow your club. This level also provides additional benefits to clubs such as FREE training places on Active Fife training workshops.

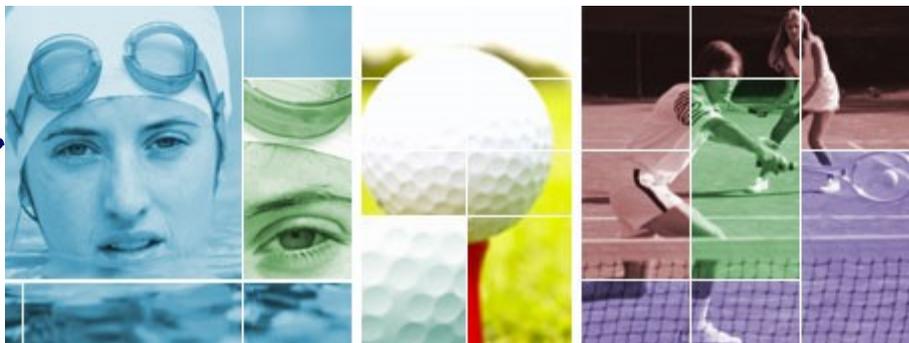
To find out further information and to register your interest, contact Michael Kavanagh, Sports Development officer by Tel: 01383 602393 or email

[Michael.kavanagh@fife.gov.uk](mailto:Michael.kavanagh@fife.gov.uk)

*Thanks to Michael Kavanagh for this article*

**STOP PRESS:** It is with regret that the Club & Coaching Conference due to take place at Elmwood College on Sun 21st Feb has been cancelled. Insufficient numbers have rendered the event unviable. All signed up candidates have been informed.





# ATTENTION ALL CLUBS 2016 ANNUAL AWARDS CEREMONY

*Nominate your achievers now!!  
There is a category to fit everyone.*

Nominations forms found on website. [www.eastfifesportscouncil.org.uk](http://www.eastfifesportscouncil.org.uk)



## St.Andrews Table Tennis Challenge

Accepting the challenge from the St Andrews Partnership to put on an event as part of the St Andrews Day celebrations, the local Table Tennis Club hosted an evening which offered the chance to play to all standards, from beginner to experienced. There was (almost) a stampede of ladies from the Kilrymont beginners/returners group and they were quickly joined by a number of newcomers eager to take part in the informal "give TT a try" 90 minute session.

Later, experienced entrants arrived from the club's league teams – Howard Lee, Ian Smith, Emily Howat, Robert Brown, Dave Beveridge and Fabio Sani. Into the mix was added a trio of "unknowns" – Clyde Johnston who had made occasional appearances at the Kilrymont Thursday night sessions, John Carlton who occasionally cycles up from Crail to the same sessions and finally Tim Woollins, returning to the scene of many triumphs enjoyed as a schoolboy.

. The climax of the evening – Howard v Clyde in the final. Howard started strongly but with a subtle change in tactics from all out attack to frequent topspin lobbing. Clyde drew level and clinched the decider to become the first winner of the new trophy.

And as if the excitement of the evening was not enough --- thanks to the skill of webmaster Ian, you can watch highlights of the evening all over again at [www.standrewstt.wordpress.com](http://www.standrewstt.wordpress.com)! And on the same website, anyone interested in playing table tennis can find club contact details.



Thanks to David Beveridge for this article

Clyde Johnston receives trophy from club Chairman, Neil Lea

