



NEWSLETTER

September 2019

Issue 22

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Here at the Fantastic Fanatics Team, we are absolutely delighted to be in partnership with Aberdeenshire Sports Council. It's amazing to see what local sports councils achieve year on year and Fantastic Fanatics aims to further develop and compliment the already amazing work that's put in at local level.

Fantastic Fanatics is an innovative sports fundraising platform that allows fans and members of sports clubs at any level to generate regular fresh revenues for their club, with no cost to the club or the club member.

All club stakeholders (fans, participants, coaches, staff, family members etc) have to do is go online to www.fantasticfanatics.com choose the club(s) they want to support, securely register their everyday debit and credit cards, spend with our retail partners and, that generates a commission that comes back to the chosen sports club(s).

This powerful multi-sided platform alleviates the strain of continuous funding cuts and challenges faced by sports clubs and, allows them to focus on what they do best, delivering the amazing benefits of sport to their own fans and members.

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TRIPLE JUNIOR SUCCESS



Young Target shooter - Brogan Smith, has become the first ever junior male to win the Junior Scottish Championship title in all three disciplines of small-bore target shooting in the same year. Winning the Junior men's Championship title in 10m air rifle at the Open championships held in Glasgow, Brogan continued his success in Aberdeen where the Scottish 50m Open Championships were held over the summer.

Competing in two disciplines over two days, Brogan finished the weekend as both Prone and 3P Junior men's Champion.

Brogan currently holds 1 British junior record as part of a team of 3 and 4 Scottish junior records in air rifle and 3 position shooting. As a Performance Pathway athlete, he is part of the Scottish Tier 2 squad and the Athlete Development Programme.

ASC recently awarded Brogan a £200 Talented Athlete grant to attend the Scottish Air Championships; he is also supported through our Talent Fund by Expertec Recruitment.

We wish Brogan continued success in his chosen sport.

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BON ACCORD MBC HOCKEY CLUB

On Saturday 3 August, 11 of the BAMBC hockey club youth section went on an overnight trip to Glasgow to allow them to partake in Ball Patrol duties at the European Hockey championships at the Scottish Hockey Centre the following day.

Having done several fund raising events throughout the season, including a race night and bag pack, 11 girls aged between 10-15 embarked on a lively minibus journey down to Glasgow before staying overnight in hotel accommodation and enjoying a team meal out with the parent helpers who accompanied them on the trip.

The following day they arrived at the Scottish Hockey Centre bright and early where they were given their uniforms and a briefing for the day before partaking in Ball Patrol duties for 2 of the 4 matches being played that day featuring Wales v Italy and Scotland v Ukraine. All the matches were screened live on the BBC website as well as being streamed via the Scottish Hockey Facebook website and the girls carried out their duties with great aplomb and were praised by officials at the venue for their efforts.

At the end of their final match they got to meet with members of the Scottish hockey team, including their captain Caz Cuthbert, where they were able to chat and obtain autographs. A more subdued trip back to Aberdeen on the minibus followed on the Sunday night but the girls really enjoyed the experience of being pitch side and watching international class hockey up close.

The hockey season is due to restart and BAMBC will again be training and playing on the astroturf pitch at the Cults Sports Centre. Training is every Tuesday with Under 12s training exclusively between 6-7 pm and the ladies section and over 12's training between 7-8 pm.

The club fields 2 ladies teams in North District Division 1 and 2 mainly playing on Saturday and Sunday respectively and is a friendly, sociable club who would welcome any new players, irrespective of ability to come and join us.

For more details please email bambc.secretary@gmail.com or join us for training at Cults Sports Centre for our first session on Tuesday 13 August.



BAMBC Ball Patrol (l-r) Bethany Kozak, Molly McCallum, Jessie McCallum, Morven Allen, Kirsty Oag, Megan Shaw, Lucy Turner, Katie Donaldson, Sophie Glasgow, Libby Smith and Abbie Shaw

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DEESIDE GLIDING CLUB

By the time you see this the UK Mountain Soaring Competition will be under way at Aboyne, (first week of September), and after that we have many visiting gliders and their pilots coming to fly high in the excellent soaring we have over the mountains. You can watch their activities by searching online for "Spot the Glider" and shifting the map to the local area. Last year we lost count of the many flights above 20,000 feet, one locally based 2 seater was as high as 29,500 feet.

Picture right is Alistair C, Club Junior and also an Instructor, on Oxygen, in a club glider at 17000 feet.

We are now offering "Mile High" flights (weather permitting) as well as regular trial flights, for those special occasions, or for anyone just wanting to sample the great views we get over the Cairngorms, or indeed if you want to learn to fly silently.



Its been a year since we received our new high performance, two seat Perkoz glider, picture below, and it is very popular indeed, flying to great heights on many occasions, and hundreds of km cross country. Being fully aerobatic it has opened up a whole new range of opportunities, and several members including some juniors- now have aerobatics ratings and take part in competitions.



You can go solo at age 14, and many have, long before you can get behind the wheel of a car, and indeed we will teach juniors how to drive club retrieve vehicles. Several have used Gliding as part of their Duke of Edinburgh awards. Others have used our sport as a starting point for professional piloting careers- we have three Juniors learning to be airline pilots as I write. Its a great way of learning new skills, meeting people from all walks of life, fresh air and exercise.

The cost is far less than you would think. An enthusiastic and competent Junior could go solo for the price of a new Playstation and a few games- and learn an awful more about life, and taking responsibility. One junior told me at the weekend that their "paper-round" paid for their flying.

We also also welcome older folk, (or anywhere in between) with our oldest solo pilot being 88! There are no special medicals, and as long as you could physically drive a car, and can follow spoken instructions, you can fly solo. There is a weight limit of 105kg, however.

If you want to be involved we have a Community Volunteer scheme which has free membership (and tea/coffee) in return for a small time commitment. Inquiries at the club.

We are open 7 days per week until the second week of November, every weekend, and midweek by arrangement.

There are no landing fees, nor instructor fees, etc. All a member pays for is the glider time, 40p /minute) and the aerotow, say £25 per flight. Juniors only pay for the aerotow!!

Drop in for a look around, or check out our website, (www.deesideglidingclub.co.uk) or Facebook. Any inquiries, call the office on 01339 885 339. Find us on the A93, North Deeside Road, between Aboyne and Dinnet. -Just follow the Tourist board signs

David Innes, for Deeside Gliding Club

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KINTORE BOWLING CLUB

CASTLE WALK
KINTORE
INVERURIE
AB51 0RU

President Gordon Spence of Kintore Bowling Club was awarded a Life Membership of the Club on Saturday. Gordon started his bowling career in 1981 at Daviot Bowling Club and later joined



Kintore in 1993. He was Match Secretary from 1994 to 2004, Vice President from 2009 to 2013 and President from 2013 until the present time. He has won a total of 22 internal competitions and various external invitation tournaments. He gained 64 caps for the A & K Bowling Association.

His ambitions were to refurbish the bowling pavilion and hold a County game on the green and he has achieved both these within the last two years. He has been greenkeeper for the past 14 years and provided a top quality green, rated year after year as one of the best in the area. The construction of the Clubhouse extension was completed in 2018 and Gordon, in his role of "Site Manager" spent long hours every day attending to important jobs to mention only a few - digger operator preparing foundations, laying slabs, erecting fences and providing hands

on help and valuable information to all the contractors involved. He attends to all repairs and maintenance of the mowers and green equipment including all other general repairs around the club house and has saved the Club an enormous amount of money.

He was joined for his Freedom of the Green by his invited guests which included two Scottish Internationalists - Ian Beattie and Ian Laird, who incidentally came out of retirement especially for the day. He was presented with a beautiful watch by guest speaker John Nicol on behalf of the guests and also received a framed picture, personalised bottle of vodka and voucher from the members of Kintore Bowling Club. A lovely meal was followed by a social evening and everyone seemed to have a good day.

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NEW TALENT FUND PARTNERSHIP

£500 Talent Fund presented to Ben Bonner (Boxing) from Barry Gibb of Gibbs Menswear, Inverurie.

Ben took up boxing in April 2017 and quickly established himself as a natural talent for the sport.



In February 2018 Ben was crowned Northern District Champion followed in October by winning the Boxing Scotland Novice Championships with no fight going past the first round. In February 2019 Ben retained the Northern District title and was awarded the trophy for the best boxer of the tournament. In March Ben lifted the title at the Boxing Scotland Scottish Open Championships to cap a meteoric 12 months for the 12 year old.

Boxing out of the Granite City Boxing Club he now trains four times a week on site and attends strength and conditioning sessions at the Garioch Sports Centre as well as running and gym work in his own time. With this in mind he has already shown the dedication to become a performance athlete.

Aberdeenshire Sports Council are delighted that Gibbs Menswear, Inverurie have chosen to Talent Fund Ben to the tune of £500 in his quest to retain his national champion status, represent his country at the GB Tri-Nations and European championships with a long term goal of competing at the Commonwealth Youth Games.

HUNTLY NORDIC SKI CLUB BY LOGAN DUNCAN (AGE 13)

2019 Talented Individual Grant £200 spent on attending a Snowsport Scotland Performance Camp. This July, I attended a cross discipline performance camp for selected Home Nations Ski and Snowboard Athletes. It was a 3-day residential camp at the Sport Scotland Inverclyde facility, which I thought was a really great place to train.

The Scottish Institute of Sport, Snowsport Scotland, and GB Snowsports delivered the activities. Sessions covered a broad range of topics and activities with practical workshops targeting performance factors such as, Strength and Conditioning, Movement, Balance fundamentals, Nutrition, Psychology and Performance Lifestyle within a fun and challenging environment.

We began the camp by learning how to prepare simple, protein rich snacks, to help us to look after our own health and to work towards being "24/7" athletes. Even at my age it is very important to sustain personal health and lifestyle goals to achieve the maximum gains in performance. Over the following 3 days we did various fitness activities including learning how to do gym exercises properly, such as squats and pull-ups, and trying to work on body awareness using trampolines and balance challenges. In the mornings we did a run before breakfast, which I am used to doing although some people think it's awful! I don't mind, it wakens me up and gets my arms and legs moving again.

We were also involved in workshops about the psychological mind-set in sport, to give us an understanding that the road to the top is never smooth and can have a lot of bumps and setbacks on the way to ultimate goals, and that I shouldn't let these upset my focus or determination to achieve.

We finished off the camp with a rollerski around the roads of Great Cumbrae Island. We caught the ferry over from Largs and other people on the ferry and island were very interested in what we were doing and were taking photographs of us!

I found the camp to be really interesting and I found that not all athletes have the same strengths or weaknesses, but for snowsports there has to be a high level of general fitness. Although the Park and Pipe athletes were far better than us at the body awareness workouts I felt that the Nordic athletes' endurance levels were higher, attributes that suit the difference in the skill requirements for the different sports. I also realised that I need to sleep more and eat a more balanced diet if I want to succeed.

For the Nordic skiing people on camp, it was great that the two main Scottish coaches for Snowsport Scotland (Alex Standen and Sarah Young) were both originally from the Huntly Nordic Ski Club, it makes it easier to visualise a future in the sport when I realise that a few years ago they were at the same stage as me and have both skied at a high level for Great Britain!



1. Great Cumbrae Island – I'm the little one at the front (with SSS coaches and athletes)
2. I'm middle back row (smallest) in this photo with British Nordic Development Squad athletes

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PANTHERS BASKETBALL CLUB

Panthers Basketball Club are based in the South of Aberdeen/Shire. We have training sessions at Portlethen Academy, Hillside Primary School in Portlethen, Mackie Academy in Stonehaven, Stonehaven Leisure Centre, Lochside Academy in Cove and Aberdeen Grammar School. We have sessions from under 8s to Seniors both male and female.

We are very much looking forward to the new season of basketball; with lots of games to be played, both competitive and participation! Panthers season starts on Tuesday 20th August, with all our training sessions returning thereafter. If you have ever wanted to take up basketball or if you have played previously and want to return – please check out our Website www.panthers-basketball.com or our Facebook **@PanthersBasketballClub1**, which shows details of our training nights and information on teams etc.



Well done to all our award winners from last season. The Club's members enjoyed a fun filled day of basketball activity at Portlethen Academy on Sunday 30th June; tipping off with the coaches vs coaches game and followed by the Junior Skills Challenge! The BBQ was excellent, with McHardy's of Stonehaven Butchers supplying the burgers and hot dogs, and we must say a huge thank you to Grant & Ashley Ritchie for their brilliant cooking and organisation of the BBQ.

If you are interested in supporting Panthers; through playing, volunteering, sponsorship or just keeping fit and being social – then we are the club for you! And we would love to hear from you!

Jackie Bruce, Club Champion, Panthers Basketball Club
panthersclubchampion@gmail.com
07730 800027

U10 Award Winners – all Awesome!



Recognising our amazing Volunteers!



****FIRST SESSION IS FREE!****

U14 Boys - Winners



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GRAMPIAN DISABILITY SPORT REGIONAL LAWN BOWLS CHAMPIONSHIPS

The qualifying event in June for Grampian's bowlers to reach the SDS National Lawn Bowls Championships was highly anticipated amongst the bowls community and saw bowlers with physical, visual and learning disabilities aged 20 – 88 from across Aberdeen City & Shire compete for the top spots on the day & a place at Nationals. The event also saw a tremendous 50% increase in entries compared to the 2018 event.

Thanks to the organisation skills of Grampian's bowls lead, Kevin Duncan, participants were split into 3 pools for the day (seated bowlers & those using wheelchairs, ambulant bowlers with physical and learning disabilities, and bowlers with visual impairments) and competed in round robin matches against the others in their pool.

Results:

Section A (Seated bowlers & those bowling from wheelchairs)

Gold: Kevin Duncan

Silver: Reggie Craig

Bronze: Kerry Mathers

Section B (Ambulant bowlers)

Gold: Zoe Kane

Silver: Martin Morrison

Bronze: Kelly McDonald

Section C (Visually impaired bowlers)

Gold: Ali Burt

Silver: David Cox

Bronze: Jim Lamb



Special mentions from the day go to first-time competitors Reggie Craig & Zoe Kane who performed incredibly well amongst our veteran entrants.

A huge thank you goes to the team of umpires & markers, without whom the event wouldn't be possible, and to Agnes at Albury Outdoor Sports Centre for hosting us so kindly.

For anyone with a disability of any age who is interested in getting involved in lawn bowls, our weekly Grampian Bowls Squad sessions take place on Saturdays from 13:00 – 15:00 at Albury Outdoor Sports Centre and all are welcome.

Congratulations to all of the competitors.

GRAMPIAN PARASPORT FESTIVAL SEES SURGE IN ATTENDANCE

The Grampian region was delighted to welcome 51 participants to this year's annual Parasport Festival for school-aged pupils with physical & sensory impairments.



The event, held at Aberdeen Sports Village, saw a 71% increase in attendance compared to the 2018 Festival and was the best-attended Festival in Grampian since the shift to focus on participants with physical, visual and hearing impairments from mainstream education who are often greatly underrepresented in sport.

This year's Festival focused on 8 sports – specially chosen to enable ongoing participation in community sessions in Grampian and to suit the abilities and

disability types of those attending: Football; Athletics; Boccia; Table Tennis; Wheelchair Basketball; Bowls; Swimming; and Badminton.

Additionally, this year marked the first Grampian event to feature both a coordinated VIP presentation & tour for key stakeholders and a workshop for parents and teachers to learn more about the athlete journey and the work

of SDS. The parent/teacher workshop also featured an inspirational talk by Gary Clow, parent of Aberdeenshire-based Commonwealth Games para athlete, Lewis.

The event would not have been possible for the 50+ amazing volunteers & helpers from Active Schools Aberdeenshire, Active Schools Aberdeen, Live Life Aberdeenshire, Sport Aberdeen, Aberdeen Sports Village, Aberdeen Indoor Bowling Club, Grampian Flyers Wheelchair Basketball Club, Aberdeen Amateur Athletic Club, Aberdeen & District Table Tennis Association, Scottish Swimming, Scottish Disability Sport, Scottish Student Sport, BasketballScotland, regional athlete ambassadors, and the wider sports development network. We're also really thankful for the parents & teachers who took the time to bring along the children they care for.

Feedback from the event suggests that the children and adults thoroughly enjoyed & benefitted from the event, and we're looking forward to welcoming everyone back for the 2020 event, which is set to take place in early September.

IMPRESSIVE PERFORMANCES AT GRAMPIAN SCHOOLS' BOCCIA FINALS

There was certainly no shortage of talent at this year's Grampian Schools' Boccia Finals with some incredibly close games, impressive tactical attacks & pinpoint accuracy on show.



The final, which took place as part of the 3-part annual League in Aberdeen's Sheddocksley Sports Centre, saw around 70 pupils from primary and secondary schools across Aberdeen City & Shire battle it out for top points & the referees were not disappointed by the efforts, courteousness and spirit of each and every one of the players.

A massive thanks goes to all of the Active Schools Coordinators from

Aberdeen City & Shire who helped on the day, to Grampian Disability Sport's Cath & Marna who travelled down from the North of Aberdeenshire to officiate the games, to the school staff who accompanied the pupils, and especially to Scott, the Active Schools Assistant at Orchard Brae School, who coordinated the entries and match schedule.

We're looking forward to what will be an even bigger, better and incredibly competitive League in 2019/2020.

NEW HOME FOR GRAMPIAN DISABILITY SPORT



Grampian Disability Sport (GDS) has moved to a new home, thanks to efforts by a charitable organisation.

The Branch, which covers Aberdeenshire, Aberdeen City & Moray, has been donated much-needed office and storage space in Dyce by Centric Community Projects, which lets out unused property and space to grassroots organisations and charities free of charge.

The move should enable GDS to operate more autonomously, grow its operations and activities, and help attract more members through an offer of shared use of the office space to affiliated clubs and individuals. There is hope that the Branch will also be able to utilise a large activity space located within the office complex in order to run its own activities and events as part of the Get Out Get Active project.

In addition to the donated office space, the Branch was delighted to receive desks, chairs, cabinets & secure storage drawers kindly donated by Churchill Drilling Tools in Aberdeen, who had recently refurbished their offices.

To find out more about the Branch and their activities, check out www.grampiandisabilitysport.org.uk. If you live with a physical, sensory or intellectual disability in Aberdeen City, Aberdeenshire or Moray (or know someone who does) and would like to get more involved in sport, please get in touch with Alison Shaw on 07828 744 848 or alison.shaw@scottishdisabilitysport.com

GREAT DISPLAYS OF SPORTSMANSHIP AT GRAMPIAN GAMES

With some tense moments and close matches, talent and competition was plentiful at this year's Grampian Games. But it wasn't only the top performers who left a lasting impression.



The Branch's annual 2-day multi-sport event comprised of competitions in boccia, 10-pin bowling, table tennis and bowls, and took place at Aberdeen Sports Village & Garioch Indoor Bowling Centre over the weekend of the 25th and 26th May. The event attracted around 70 participants from across Grampian & beyond, including our visitors from Dundee Boccia Club.

What was very notable about the whole event was the relaxed and friendly atmosphere created by the competitors, who gave it their absolute all during the competition but were welcoming to our visiting teams and courteous towards their fellow competitors, even following a defeat.

Thanks goes to everyone who made the day possible including all of the volunteers at Grampian Disability Sport, staff at Garioch Indoor Bowling Centre & Aberdeen Sports Village, the parents and carers who made sure the participants were able to attend, and to the participants themselves for really doing Grampian proud.

The results for the competitions were as follows:

Saturday 25th May – Boccia

Group A (Adult Players with Physical Disabilities):

Gold: Kerry Mathers
Silver: Samantha Sturrock
Bronze: Sheila Hendry

Group B (Adult Players with Learning Disabilities):

Gold: Andrew Keddie
Silver: Stuart Gunn
Bronze: Rebecca Perry

Group C (Adult Players who use Assistive Devices):

Gold: Hannah Craig & assistant, Carole Craig

Group D (Junior Players):

Gold: Holly McWilliam
Silver: Daniel Strong
Bronze: Kyle Latto

Sunday 26th May – 10-pin Bowling

Gold: Scott Fisher
Silver: Emma Stelmach
Bronze: Robert Travis

Saturday 25th May – Table Tennis

Open Ladies Singles:

Gold: Kara Rae
Silver: Eveline Johnston
Bronze: Julie Morrison

Open Men's Singles:

Gold: Alex Rae
Silver: Stephen Welsh
Bronze: Terry Sowah

Men's Singles for Players with Learning Disabilities:

Gold: John Clark
Silver: Andy Drummond
Bronze: Aaron Morrison

Mixed Doubles:

Gold: Alex Rae & Kara Rae
Silver: Steven Welsh & Eveline Johnston
Bronze: Kerry Mathers

Sunday 26th May – Indoor Bowls

Ladies:

Gold: Shona Fraser
Silver: Kelly McDonald

Mens:

Gold: Tommy Low
Silver: Alan Dawson
Bronze: Robert Travis & Malcolm Cran



Competition news

It has been a very successful year for Udny Tennis club; both the men and ladies teams have finished second in their respective NESTLA leagues, we won both the Sunday Buchan league and challenge cup, and the mixed team have reached the final in the Fleming trophy.



Club Sessions

Club sessions are on a Thursday evening from 7pm and also on a Sunday from 10.30am. There is an informal ladies' session on a Tuesday afternoon. There is a great mix of abilities, so please don't be shy. Come and have a try. We play throughout the year weather permitting. You will be warmly welcomed! Email us on utinfo@icloud.com for more information.

Strawberry Tea Event

Kris Soutar of the Judy Murray Foundation invited Udny Tennis Club to attend a Strawberry Tea on Sunday 7 July, hosted by Inch Tennis Club. The event was by invitation only for the four clubs in the North East who have worked most closely with the Judy Murray Foundation for the growth and development of grass-roots tennis over the past year, and it was fantastic for Udny to receive this recognition. It was not so much a tea party, but was an afternoon of short tennis related routines and exercises used for attracting new or inexperienced players to take up the sport without the competitive element of match play and removing the barrier of people feeling that they are not good enough, or that they might let a partner down. The five representatives from UTC found the event very useful and informative, and it will benefit our club going forward. We look forward to hosting our own event soon.

Udny Tennis Coaching by Graeme

The junior summer tennis camps had record attendances with a total of 84 children having fun and improving their tennis in mostly sunny weather! We offer term time coaching sessions running for 6 weeks which takes us up to the October holidays. Friday morning Cardio Tennis restarts on 26th August, a great way to keep fit, burn over 600 calories in 60 minutes (verified by one of our participants!) and improve your tennis skills. I look forward to seeing you on court, if you have any questions or suggestions please feel free to contact me udnycoaching@aol.com.