

Sports Development



Summer Programme

MONDAY 5 JULY - FRIDAY 13 AUGUST 2010



**PERTH &
KINROSS
COUNCIL**

Education &
Children's Services



eneral Information

All sport/activity sessions are led by qualified coaches who hold National Governing Body qualifications.

Bookings can only be taken by post, please give sufficient time for post to arrive before the sessions are due to take place. Please ensure the booking form and payment have been returned to Sports Development Office.

Lunch is not provided for full day sessions - please provide your child with a packed lunch.

Mountain Biking: *Sun cream, shorts or tracksuit bottoms, t-shirt, lightweight jacket and trainers.*

Kayaking: *Sun cream, shorts or tracksuit bottoms, t-shirt, old trainers, lightweight waterproof jacket, swimsuit, towel and change of clothes.*

Climbing: *Loose comfortable trousers - no jeans, t-shirt, trainers, or walking boots, lightweight waterproof jacket and fleece/jumper if required.*

Canoeing: *Sun cream, shorts or tracksuit bottoms, t-shirt, old trainers, lightweight waterproof jacket, swimsuit, towel and change of clothes.*

Gorge Walking: *Swim suit or shorts for under wetsuit, old pair of trainers or lightweight walking boots for session. Please remember a towel and bring a warm set of clothes to change into after.*

Archery & Bushcraft: *Outdoor trousers / combat trousers or tracksuit bottoms not jeans light water proof jacket. Clothes may get dirty so do not bring good clothing.*

Canoeing & Bushcraft Exp: *Once booking have been confirmed a letter will be sent out to all participants on kit list.*

Gymnastics: *Leotard, shorts or tracksuit bottoms and t-shirt, bare feet, hair longer than shoulder length tied back, no jewellery.*

Trampolining: *Shorts or tracksuit bottoms - t-shirt, non-slip socks, long sleeved lightweight top, no jewellery and all long hair tied back.*

ontact Details

Outdoor Development Officer

Ross McMillan

Email: RDMcMillan@pkc.gov.uk

Disability Sport Development Officer

Caroline Ness

Email: CMNess@pkc.gov.uk

Coach Education and Club Development Officer

Administrator

Email: PKCSport@pkc.gov.uk

Gymnastics and Trampoline Development Officer

Laura Munro

Email: LMunro@pkc.gov.uk

Sports Development Team

Perth & Kinross Council

79 Dunkeld Road

PERTH PH1 5DH

Tel: 01738 472236

Email: PKCSport@pkc.gov.uk

Outdoor Education Camps

Venue	Date/Time	Activity	Age Group	Cost
Benny Beg	5 July 6.00pm - 8.30pm	Adult Climbing	18+	£12
Benny Beg	5 July 9.15am - 3.30pm	Climbing	6+	£22
TBC	6 July 9.15am - 3.30pm	Gorge Walking	8+	£22
Crieff	7 July 9.15am - 3.30pm	Go Mountain Biking	8+	£22
Loch Faskally	8 July 9.15am - 4.00pm	Kayaking	8+	£22
Benny Beg	9 July 9.15am - 3.30pm	Climbing	6+	£22
Benny Beg	12 July 9.15am - 3.30pm	Climbing	6+	£22
TBC	13 July 9.15am - 3.30pm	Gorge Walking	8+	£22
Crieff	14 July 9.15am - 3.30pm	Go Mountain Biking	8+	£22
TBC	16 July 9.15am - 3.30pm	Archery & Bushcraft	8+	£22
Laggan Wolftrax	19 July 8.15am - 5.30pm	Mountain Bike Trail Day	10+	£22
TBC	20 July 9.15am - 3.30pm	Gorge Walking	8+	£22
Balhousesie	20 July 5.00pm - 6.30pm	Archery	18+	£10
TBC	20 July 9.15am - 3.30pm	Archery & Bushcraft	8+	£22
Loch Faskally	22 & 23 July 9.15am - 4.00pm	Paddlepower Canoeing	8+	£45
Benny Beg	23 July 9.15am - 3.30pm	Climbing	6+	£22
TBC	26 - 27 July Meet at Balhousesie PS at 9.00am & return at 4.00pm on 27 July	Bushcraft Expedition (Overnight)	10+	£75

Benny Beg	26 July 09.15am - 3.30pm	Climbing	6+	£22
TBC	27 July 09.15am - 3.30pm	Gorge Walking	8+	£22
Loch Ordie	28 July 09.15am - 3.30pm	Go Mountain Bike	8+	£22
Loch Faskally	30 July 09.15am - 4.00pm	Canoeing	8+	£22
Benny Beg	2 August 09.15am - 3.30pm	Climbing	6+	£22
Benny Beg	2 August 6.00pm - 8.30pm	Adult Climbing	18+	£12
TBC	3 August 9.15am - 3.30pm	Gorge Walking	8+	£22
Crieff	4 August 9.15am - 3.30pm	Go Mountain Bike	8+	£22
Loch Tummel	5 - 6 August Meet at Balhousie PS at 09.00am & return at 4.00pm on 6 August	Canoeing Expedition (Overnight)	10+	£75
Benny Beg	9 August 9.15am - 3.30pm	Climbing	6+	£22
TBC	10 August 9.15am - 3.30pm	Gorge Walking	8+	£22
Loch Faskally	11 August 9.15am - 4.00pm	Canoeing	8+	£22
Glentress	12 August 8.15am - 5.30pm	Mountain Bike Trail Day	10+	£22
Loch Faskally	13 August 9.15am - 4.00pm	Kayaking	8+	£22

(Multiple activities discount available - three activities booked in one week for £56)

Meeting and dropping off point will be at Balhousie Primary School, 79 Dunkeld Road, Perth, PH1 5DH. Packed lunch will be required for full day sessions.

Gymnastics & Trampolining Camps

Trampolining:

Trampolining is proving to be a very popular activity and sessions fill up very quickly. Participants will progress from basic skills such as straddle and tuck jumps to more challenging skills such as front and back drops and somersaults.

Gymnastics:

Gymnastics sessions focus on learning basic, fundamental skills for both boys and girls. The sessions will focus on Vault, Beam, Trampette and floor skills where children will learn skills such as Rolls, Cartwheels and Handstands.

Venue	Date/Time	Activity	Age Group	Cost
Strathearn Community Campus	19 - 21 July 10.00am - 12.00pm	Gymnastics	P1 - P4	£20
Strathearn Community Campus	19 - 21 July 1.00pm - 3.00pm	Trampolining	P4 - S3	£20
Blairgowrie Recreation Centre	22 - 23 July 10.00am - 12.00pm	Gymnastics	P3 - P7	£20
Loch Leven Community Campus	28 - 30 July 10.00am - 12.00pm	Trampolining	P4 - S3	£20
North Inch Community Campus	4 - 6 August 10.00am - 12.00pm	Trampolining	P4 - S3	£20

Specific Sports Activity

Name of Club	Address	Date/Time	Age Group	Cost
SKI Perth	The Dance Bank, Burghmuir Road, Perth	Tuesday 6.00pm – 7.00pm Friday 6.00pm – 7.00pm Sunday 11.00am – 12.00pm	7+	£3 per class
<p><i>First class free thereafter £3 per class. For further information and bookings please contact www.karate-perth.co.uk</i></p>				

Name of Club	Address	Date/Time	Age Group	Cost
Kinross Cricket Club	Kinross House, Kinross	Monday 6.15pm – 8.00pm	8 - 15	£1 per week
<p><i>Cricket coaching for girls and boys class held every Monday until 6 September 2010. Please register at the pavilion on arrival. Bring a drink to coaching every week. Bring a top to keep warm. No experience required. No equipment required. Come along and give cricket a go. New players are very welcome. For further information and bookings please contact: secretary@kinrosscc.co.uk</i></p>				

Name of Club	Address	Date/Time	Age Group	Cost
Perth Gymnastics Club	Bells Sports Centre, Perth	11 - 13 August 10.00am - 11.00am	3 - 5	£5 per session £15 for camp
		11 - 14 August 11.00am - 1.00pm	P1 - P7	£10 per session £40 for full camp
<p><i>Summer gymnastics camp led by Head Coach Isabel Walton assisted by a team of fully qualified coaches, including World Class Olympic Choreographer Daniela Nanova. The Camp is suitable for boys and girls and will allow children to learn gymnastics in a fun and friendly environment. For further information and bookings please contact: perthgymnasticsclub@hotmail.com.</i></p>				

Name of Club	Address	Date/Time	Age Group	Cost
Auchterarder Gymnastics	Auchterarder Gymnastics Facility, Community School of Auchterarder	6 - 9 July 9.30am - 4.30pm	P1 +	£125 per week
<p><i>Excellent fun camp for boys and girls of all abilities/levels, t-shirt, stickers and prizes available. For further information and bookings please contact: 01764 664580</i></p>				

Name of Club	Address	Date/Time	Age Group	Cost
Crieff and Strathearn RFC	Braidhaugh, Crieff	2 - 6 August 09.00am - 12.00pm 2 - 6 August 1.00pm - 4.00pm	P4 - 7 (mixed) S1 - 4 (boys & girls train separately)	£10 per session £40 for all 5 sessions £10 per session £40 for all 5 sessions
<p><i>Healthy snack and drink provided. Limited spaces available so register as soon as possible. For further information and bookings please contact Peter Cook at pcook919@btinternet.com or 07764 318569.</i></p>				

Name of Club	Address/ Activity	Date/Time	Age Group	Cost
Perthshire Rugby	Bells Sports Centre, Perth Touch Rugby League Social League* & Super League	25 May - 29 June Every Tuesday from 7.00pm	P4 - S4	£60 entry fee
	Skill School (Hand Catch & Passing)	4 July 10.00am - 12.00pm	P4 - S4	Free of charge
	Skill School (Offloading & Continuity)	11 July 10.00am - 12.00pm	P4 - S4	Free of charge
	Skill School (Individual Tackle Technique)	18 July 10.00am - 12.00pm	P4 - S4	Free of charge
	Skill School (Ball Presentation & Clear Out)	25 July 10.00am - 12.00pm	P4 - S4	Free of charge
	Summer Rugby Camp	9 - 13 August Every day from 10.00am - 3.00pm	P4 - S4	£15 per day £60 for full week

** For Social League entry a minimum of two girls per team is required. For further information and bookings please contact: derek.oriordan@gmail.com.*

Booking Form

(Please detach and return to address overleaf)

Name of Child/Participant:	
Address:	
	Postcode:
Age:	DOB:
Emergency Contact Name & Email Address:	
Emergency Contact Number:	
Relationship to Child (where applicable):	
Please provide details of any medical condition or special needs that may affect the ability to participate in a session:	
Parent/Guardian/Applicant Signature:	
Date:	

Date	Activity	Venue	Cost
Please make cheques payable to 'Perth & Kinross Council' and send to the address below.			Total

Contact

Sports Development Team
 Perth & Kinross Council
 Education & Children's Services
 79 Dunkeld Road
 PERTH
 PH1 5DH



Tel 01738 472236
 Email aliceyeung@pkc.gov.uk