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OF SPORT**

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**sportscotland**





**SCOTTISH INSTITUTE  
OF SPORT**

***BUILDING MOMENTUM***





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## SCOTTISH INSTITUTE OF SPORT

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## Chairman's Report



It gives me great pleasure to introduce this our third Annual report on what has been our second operating year as the Scottish Institute of Sport. The last year has seen the achievement of a number of milestones planned by the Institute. I commend this report to you, and I hope you see the progress the Institute is making to the development of high performance sport in Scotland, as well as the challenges we face with our athletes and their sports.

We now have high performance coaches in place in each of our seven core sports, and have recently announced Judo and Golf as two additional sports to take part in the Institute programmes. I would pay special tribute to the efforts of all the Institute staff who, in the past year, have taken on the challenge of turning round Scotland's fortunes in the global world of sporting competition.

We all marvelled in the excellent performance of British athletes at the wonderful Olympic Games in Sydney, Australia. It gave a number of our athletes, who have been in receipt of Institute services over the last 2 years, the opportunity to perform at the highest level. Many took the opportunity to achieve personal best performances. Special mention should be made of those Scottish Institute athletes who won medals at the Olympic and Paralympic Games:

### **2000 Olympic Games, Sydney, Australia**

Silver medallists

- Katherine Grainger and Gillian Lindsay - Rowing quadruple sculls.
- Craig MacLean and Chris Hoy - Olympic sprint cycling

### **2000 Paralympic Games, Sydney, Australia**

Gold medallists

- Caroline Innes, Athletics
- Kenneth Cairns, Swimming
- Andrew Lindsay, Swimming
- Margaret McEleny, Swimming

Silver medallists

- Caroline Innes, Athletics
- Stephen Payton, Athletics
- James Anderson, Swimming
- Kenneth Cairns, Swimming
- Tracy Wiscombe, Swimming

Bronze medallists

- Stephen Payton, Athletics
- Kenneth Cairns, Swimming
- Margaret Mc Eleny, swimming
- Tracy Wiscombe, Swimming

The 2002 Commonwealth Games (Manchester, England) will give a measure of the progress made by the Institute, it's athletes and coaches. Benchmarks will be available for the first time against which we can judge the progress of our athletes in Athletics, Swimming, Badminton and Hockey since the 1998 games in Kuala Lumpur.


2000 has seen the establishment of 6 Area Institutes throughout Scotland. At times of great financial constraint in the public sector it is encouraging to note this support and investment. They represent one of sportscotland's major initiative areas and as such are in the vanguard of the culture change necessary to create winners for Scotland on the world's sporting stage.

2001 has seen a major investment in information and communications technology. This will ensure our athletes, coaches and staff communicate and learn in a new way, made possible through the power afforded by these new approaches. The Network of Knowledge is now a reality and progressing well through its pilot stages. We believe it will become a source of real advantage in the future. Plans, contracts and the necessary agreements are now in place for our new Hub location at Stirling where we plan to locate early in 2002.

I am especially grateful for the support afforded the Institute by the Chairman, Council members, Chief Executive and staff of **sportscotland**, as well as the Scottish Executive. In this the year of a general election it is encouraging to note the increased resources being placed behind high performance sport at UK and Scottish levels. We will be working closely together to achieve our mutual goals in 2001-2002.

We are in a long distance race to achieve our goal of sustained high performance for Scottish athletes. The magnitude of our task is plain to see if we look at the comparison Doug Gillon has taken in his article, with Scotland measured on the world stage. We are barely off the blocks into our first lap. We have to face reality as it is, not as it was or we wish it to be. The issues we face are complex and to overcome them we must all contemplate performing at levels never previously imagined. The support mechanisms and funding are now in place. For many of our sports, coaches and athletes the challenge is to spend imagination, before they spend money. Hard work and ambition are recognised by athletes of the like of Michael Johnson and Cathy Freeman as two vital ingredients of greater importance than raw talent. Why should it be any different in Scotland?

The Scottish Institute of Sport is now in a position to accept the increased levels of demand from athletes and their coaches and support them on their road to future success and glory.



Alistair W. Gray

Chairman





## Executive Director's Report

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The Institute is coming to the end of our honeymoon period! The set up phase and early establishment has been met with universal support, enthusiasm and a sense of anticipation. Now we settle into the regular grind of hard work and the enormity of the challenge must be met with that same level of encouragement, expectation and desire.

We are right to look forward to the Winter Olympics in Salt Lake City and the Commonwealth Games in Manchester, both in 2002. We have many athletes currently training towards those pinnacles and for others as the stepping-stones in their careers. At these events we will see many Scottish athletes across a number of sports and disciplines with genuine world class and medal performances in them.

Whatever the outcome of these events, we must learn from the experiences that have got our athletes and coaches there and use that knowledge to inform our future plans and operations. Our ambitions must remain firmly in place whilst at the same time acknowledging that our competitors are not resting on their laurels and so we must raise the bar a further level, before we even get there. The overview and commentary provided in this report by well-respected journalist Doug Gillon provides us with some sobering reflection and a fantastic challenge. How much sweeter the rewards will be against this background. Yet despite the challenge, Scotland still produces special individuals with the capacity to achieve special results, as has been indicated through the results at the 2000 Olympic and Paralympic Games and recent European and World Championships and Major Events. This should remind us that the ingredients are there, the gene pool of talent is not held exclusively by the Americans, Australians or French; it is what they do with it that makes the difference.

The Scottish Institute of Sport is about building the momentum to ensure sustained success by Scottish athletes in world competition and providing winners to enhance the performance by Team GB at Olympic Games. We have a clear vision and the focus to ensure we don't go for short-term stopgap results at the expense of our long-term dream. What we strive for is to develop successful athletes who are a product of the system, not unique because somehow they achieve despite the system.


However we must also cater for the current generation of athletes who deserve our best endeavours to achieve and exceed their potential. In this regard we have been developing and expanding our range of services and programmes to meet their needs, whilst also challenging our athletes, coaches and providers to stretch their aspirations, intensity of training and competition and their professional development. In fact as I commented at a recent gathering of Institute staff and service providers, we are now demanding 110% of our athletes and so we must be prepared to demand 120% of ourselves.

Personally, I am delighted with the progress we are making. From a global perspective in terms of high performance sport we are still very much in our infancy, yet if we get these very important foundations established, 2006 and 2008 will start to reap the true rewards. We are acquiring knowledge which is being put towards the planning and preparation of our athletes, we are co-ordinating that knowledge, skills and services in a more effective way and continuously refining our approach and methods. These are all the attributes of a young organisation, but one who has the benefits and skills of both experienced and developing professionals to challenge each other in an environment dedicated to the application of high performance sport.

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We are currently planning for the Institute post 2003, developing a framework that is anticipating what we will need to move to the next phase of maturity. Once this is in place we will overlay a financial model and set about encouraging and convincing our partners and the Scottish Executive to continue and expand their investment in a valuable commodity - world-class Scottish athletes.

The journey is exciting and is being shared by many people making an important contribution to our progress. We are about creating winners; this will be evidenced through our athletes, our coaches, our medical personnel and scientists who will be seen as leaders in world sport. The journey has begun, get aboard and prepare for success.



Anne Marie Harrison  
Executive Director



## Independent Comment

By Doug Gillon,  
The Herald



WHEN Allan Wells won Scotland's last Olympic athletics gold, over 100 metres, his winning time was 10.25sec. In his semi-final 21 years ago he established a then British record of 10.11. Wells's 1980 title-winning time would not have gained entry to the Sydney or Atlanta finals, and his UK record would not have won a medal of any colour at the last four Olympic Games. In Atlanta, Scotland's Ian Mackie was the slowest qualifier for the semi finals with . . . 10.25, and the slowest of the eight who then advanced to the final did so with a time of . . . 10.11. Last year, in Australia, a time of 10.25 or better was delivered by 14 of the 16 who reached the semi finals. Wells's 10.11 in Moscow stands to this day as the Scottish national record.

When swimmer David Wilkie won Olympic gold in 1976 - Scotland's last and only such title - his time of 2min 15.11sec sliced more than three seconds from the existing world record for the 200 metres breaststroke. Sixteen years later, in Barcelona, 2:15.11 was the time of the last-placed finisher.

Last year, in Sydney, Wilkie's performance would not have earned a final place. Thirteen of the 16 semi-finalists swam faster than his Montreal Olympic-winning mark. This year, his time would not have qualified for the World Championship final in Japan where all eight finishers were almost two seconds faster. Yet only this year was Wilkie's time erased from the Scottish record books.

These statistics show how the term "world-class" is constantly being redefined. If national records are ever viewed as anything other than a stepping stone, then Scots will not impact on the world stage. It is essential constantly to reassess standards to gauge what will be required to reach future finals and win medals. Analysis of Scottish and world senior records in swimming and athletics (see adjacent tables) over the past two decades presents a bleak picture, but not the full perspective. The Scottish Institute, it should be remembered, is barely out of the starting blocks.

The efforts this year of Ian Edmond, who finally laid Wilkie's mark to rest, and Scottish colleague Graeme Smith in winning World 1500m silver and 800m bronze in Fukuoka, are backed by some fine age-group performances.

Nevertheless, it is hard to avoid the conclusion that at senior level, swimming and athletics have been generally under-performing for some years. Declining numbers of Scots in UK squads, has been reversed, though only by the narrowest of margins.

Three Scottish swimmers in Japan, and four Scottish athletes at the world event in Edmonton, is an improvement on Sydney, when the figures were two and three respectively. But judge the broader picture for yourself. Of the 40 current men's and women's Scottish long course swimming records, including Olympic relay events, 16 (six men, 10 women) are more than five seasons old. In the 46 Olympic athletics disciplines (24 for men, 22 for women) the national record has been improved in only seven (4/3) during the past five years. This excludes the two new women's disciplines: pole vault and hammer. Of those 46 records, 16 are more than 10 years old (6/10) and a further 13 (9/4) are more than 20 years old.

There is no escaping the conclusion: the gap between world and Scottish standards is widening. Less a case of building momentum than breaking inertia.

It was not always so. When Ian Stewart and Ian McCafferty staged one of the most memorable races in Scottish athletics history, to take 5000m gold and silver at the 1972 Commonwealth Games, they recorded what were then the third and fourth fastest times ever. Neither would have ranked among the world's top 60 performers over that distance last year. McCafferty's Scottish native record, set that day, has yet to be beaten. So, too, have the native marks at 10,000m and marathon, established that same week in Edinburgh, by Lachie Stewart and Jim Alder. Ian Stewart holds the national 10,000m best - run outside Scotland - and that dates back to 1977.

If that represents a chilling reality check, the Institute has assuredly helped deliver some encouraging success. Graeme Randall's world judo crown was one of the finest sports achievements by any Scot; Hammy McMillan has brought home the World and European curling crowns; Kath Grainger and Gillian Lindsay have landed Olympic rowing silver; and likewise Olympic sprint cyclists Chris Hoy and Craig Maclean, with England's Jason Queally, were denied by just fractions in both Sydney and the world championships, each time by France.

At the Paralympics, 21 medals from seven Institute athletes bore witness to the effectiveness of programmes. In the pool, standard bearer Maggie McEleney landed gold and two bronze; Kenny Cairns gold, two silvers, and a bronze; Andrew Lindsay one gold; James Anderson three silvers; and Tracy Wiscombe a silver and two bronze. On the track, Caroline Innes captured two golds and a silver and Steve Payton two silvers and two bronze. Angela Mudge emerged as the athletics Scot of 2000, winning the World Mountain Running title, and being short-listed for the endurance sport athlete of the year award.

Edmond, coached by Tim Jones, is a welcome addition to the small band of Scots who qualify to share the pool in the same final as the current world record holders. Only a technical disqualification kept him from the Fukuoka 200m final, but he did enough to show his record-breaking was no fluke.

Mackie, coached by John Macdonald, is the leading male Scot over 100 metres, with a personal best of 10.17 seconds. At his quickest, he would finish nearly four metres behind world record-holder Maurice Greene. The current high UK standard of his event means Mackie, who has been dogged by injury, must find at least a metre, even to win an individual British team place.

The top Scottish female sprinter, Susan Burnside (11.87), coached by Walter Bissett, is some 13 metres shy of the world record, and only two metres closer to the reigning Olympic and World 100m champion, Marion Jones. Three Scots were in Britain's Sydney athletics squad: Sinead Dudgeon (also with Bissett) who finished the year 2000 ranked 27th in the world at 400m hurdles; Allison Curbishley, 51st at 400m (but having now left Malcolm Arnold to

**RECORD COMPARISONS - Where stands Scotland?**

**Swimming (long course) - MEN ▶**

Event	Scottish record	year	World record	year
50m freestyle	Bryan Morgan <b>23.28</b>	1998	Alexandr Popov <b>21.64</b>	2000
400m freestyle	Graeme Smith <b>3:51.54</b>	1997	Ian Thorpe <b>3:40.59</b>	2000
1500m freestyle	Graeme Smith <b>15:02.48</b>	1996	Kieran Perkins <b>14:41.66</b>	1994
200m b/stroke	David Wilkie <b>2:15.11</b>	1976	Mike Barrowman <b>2:10.16</b>	1992
200m IM	Neil Cochran <b>2:03.20</b>	1988	Jani Stevinem <b>1:58.16</b>	1994

**Swimming (long course) - WOMEN ▶**

50m freestyle	Allison Sheppard <b>25.07</b>	2001	Inge de Bruijn <b>24.13</b>	2000
100m freestyle	Allison Sheppard <b>55.78</b>	2000	Inge de Bruijn <b>53.77</b>	2000
400m freestyle	Ruth Gilfillan <b>4:14.89</b>	1987	Janet Evans <b>4:03.85</b>	1988
800m freestyle	Ruth Gilfillan <b>8:48.82</b>	1986	Janet Evans <b>8:16.22</b>	1989
200m b/stroke	Jean Hill <b>2:31.57</b>	1987	Hu Qi <b>2:22.99</b>	2001
200m IM	Jean Hill <b>2:17.21</b>	1986	Yan Yu Wu* <b>2:09.72</b>	1997

**Athletics - MEN ▶**

100m	Allan Wells <b>10.11</b>	1980	Maurice Greene <b>9.79</b>	1999
400m	David Jenkins* <b>44.93</b>	1975	Michael Johnson <b>43.18</b>	1999
1500m	John Robson <b>3:33.83</b>	1979	Hicham El Guerrouj <b>3:26.00</b>	1998
10,000m	Ian Stewart <b>27:43.03</b>	1977	Haile Gebrselassie <b>26:22.75</b>	1998
Long jump:	Darren Ritchie <b>7.88</b>	2000	Mike Powell <b>8.95</b>	1991
Hammer	Chris Black <b>75.40</b>	1983	Yuriy Sedykh <b>86.74</b>	1986
Decathlon	Jamie Quarry <b>7739</b>	1999	Roman Sebrle <b>9026</b>	2001

**Athletics - WOMEN ▶**

100m	Helen Golden <b>11.40</b>	1974	Florence Griffith-Joyner <b>10.49</b>	1988
400m	Allison Curbishley <b>50.71</b>	1998	Marita Koch <b>47.69</b>	1985
1500m	Yvonne Murray <b>4:01.20</b>	1987	Ou Yunxia <b>3:50.48</b>	1993
10,000m	Liz McColgan <b>30:57.07</b>	1991	Wang Junxia <b>29:31.78</b>	1993
400m hurdles	Sinead Dudgeon <b>55.24</b>	1999	Kim Batten <b>52.61</b>	1995
Long jump	Myra Nimmo <b>6.43</b>	1973	Galina Chistyakova <b>7.52</b>	1988
Discus	Meg Ritchie <b>67.48</b>	1981	Gabriele Reinsch <b>76.80</b>	1988
Heptathlon	Jayne Barnetson <b>5803</b>	1989	Jackie Joyner-Kersey <b>7291</b>	1988

\* subsequently failed doping controls

be coached by Steve Cram for a planned new career at 800m); and Mackie, precisely 100th. Sprint hurdler Chris Baillie, who has input from coaches Bob Somerville and Arnold, reached the World junior final in Chile, and ended the year ranked 121 among seniors. This year he won European junior bronze.

Canada must take some credit for the late flowering of Alison Sheppard, Britain's only swimming finalist in Sydney. Wilkie had to train in Miami to make his breakthrough, and indeed, in 1976, he was the only non-American to win a men's Olympic title.

Sheppard's example reminds that horizons must remain global, and that Scots throughout history have usually had to travel to discover their destiny.

Why should sport be different? Home provides the roots. The astute coach adds the wings to fly, and the athlete develops the courage to use them. Edmond's breakthrough, and Smith's recovery after five years in limbo since Olympic bronze, show that the talent, and spirit are there.

Even a journey of thousand miles begins with a single step, say the Chinese, and Beijing, hosts for 2008, would ideally be the first Olympic Games at which Scottish progress should fairly be measured.

Manchester next year should be merely a stepping stone, but following so much UK success in Sydney, the media will inevitably create high public expectation, perhaps before momentum has been sufficiently generated.

Judgements, however premature, may then be drawn. If so, the honeymoon for the Scottish Institute of Sport could soon be over.



## Athlete Achievements

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Since its development, The Scottish Institute of Sport has made an impact with even more athletes now accessing even better, high quality services. While the benchmark year set for a early measurement of our performance is still two years away, already there have been signs of Scottish athletes achieving world class performances.

In the last 12 months, Scotland has produced a number of World Champions, including Scottish Institute of Sport athletes Stephanie Forrester (World Duathlon) and Angela Mudge (World Mountain running). During this time we have also witnessed others perform outstandingly at this level. Kelly Wood's rink finished 5th at the World Junior Curling Championships and Colin McNeil reached the quarter-finals of the World Amateur Boxing Championships. Similarly, swimming's European silver medallist Alison Sheppard added a silver in the 4 x 100m Freestyle Relay and Graeme Smith won silver in the 1500 Freestyle and broke a British record with bronze in the 800m Freestyle at the World Championships in Japan. New Scottish record holder Ian Edmond also qualified for swimming's World Championships. Four Scottish Institute athletes - Kathy Butler, Allison Curbishley, Sinead Dudgeon and Lee McConnell - qualified for the World Athletics Championships in Edmonton with, at the time of going to press, Sinead Dudgeon qualifying for the semi-final of the 400m Hurdles.

The 2000 Sydney Olympic Games were a strong indication that Scottish athletes are becoming more capable of competing at world level. Of the 44 Scots selected to compete for either Team GB or the GB Paralympic Team, 26 had access to a range of services through the Scottish Institute of Sport. Winning silver medals, Chris Hoy and Craig MacLean, Olympic Sprint Cycling, and Gillian Lindsay and Katherine Grainger, Quadruple Sculls rowing, contributed to Team GB's best ever Olympic performance. Scottish performances then contributed to the GB Paralympic Team's emulation of this success. Bettering the 400m world record by 6 seconds and setting a new Paralympic 200m record, Caroline Innes rounded off her games with a silver medal in the 100m. With Andrew Lindsay, Margaret McEleny and Kenneth Cairns winning titles, all 5 Scottish Institute of Sport swimmers competing, returned with medals to show for their efforts. Hope for further Olympic success has also arisen with the recent selection of the rinks of Hammy McMillan and Rhona Martin for the 2004 Winter Olympics in Salt Lake City.

This is only the beginning, the start of the race and we look forward to seeing more achievements like these.

## Athlete Services

The introduction of new services and refining existing ones to ensure that athletes' needs are met has seen many examples of change throughout this year. An increase in the number of physiotherapy sessions and Athlete Career and Education (ACE UK) workshops at training venues and the request for interpretation of science results so that an athlete finds a test meaningful to their efforts, have required everyone to buy into the Institute's ideals. Athlete services continue to develop with athlete, coach and professional staff influence.

The challenge is now to integrate all the services and give opportunities to the providers to meet and work together to ensure that the best possible programme is put together for each individual athlete.

Malcolm Fairweather joined the Athlete Services Team in March as our full-time Sports Science Coordinator and has tackled the sports science provision with expertise and enthusiasm. He joined Susan Elms, the ACE UK Coordinator and Liz Mendl on a spring tour to meet with each of the Area Managers. Discussions around specific local issues within athlete services have thrown up a number of fresh challenges and the opportunity to develop local networks of expertise.

One of the benefits of living in a small country is knowing that we know someone who can help with whatever challenge comes our way!



## Athlete Career and Education (ACE UK)

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"Assist the talented athletes of Scotland achieve and sustain world class performances...while also providing support with their skills, education, training and employment opportunities."

### Introduction

The Athlete Career and Education (ACE UK) programme has seen continued development and progress within the Scottish Institute of Sport and within the Area Institutes of Sport. To date over 180 athletes at the Scottish Institute have had an Initial Athlete Assessment, with over 153 athletes having subsequent follow up appointments. This also includes athletes who are no longer part of the Institute, but who can pick up with ACE UK for one year after de-selection or retirement.

### Athlete Advisers

In January of 2001, 3 new athlete advisers were recruited. There are now 6 advisers to deliver the Athlete Career and Education programme to the six Area Institutes of Sport. Each adviser is not "exclusive to" but is "associated with" an Area Institute, and the programme aims to cover all of Scotland and provide the service locally to athletes.

The six advisers are

- Christine Campbell - Highland Institute of Sport,
- Ruth Coker - East of Scotland Institute of Sport,
- Colin Gallacher - Grampian Institute of Sport,
- Alan Lynn - Central Scotland Institute of Sport and West of Scotland Institute of Sport,
- Angie Smith - Tayside and Fife Institute of Sport and
- John Williams - West of Scotland Institute of Sport

Each Area Institute of Sport has had at least one Induction for athletes and the respective athlete advisers have attended to deliver a presentation on ACE UK and make appointments with athletes to have their Individual Athlete Assessment. All athlete advisers are working towards the PostGraduate Diploma in Athlete Career and Education Management.

### Developments

Personal Development Courses

The Personal Development Courses have been renamed "Personal Best Workshops". Courses run through the Scottish Institute of Sport included, Job Seeking Skills, Interview Skills, Career Planning, Media Training 2, Nutritional Cooking, Time Management and two National Sports Medicine Institute (NSMI) Sports First Aid courses one for athletes and one for coaches.

The demands of competition and training for the athletes often means it is difficult to run courses that will suit all schedules. A more successful development involved running sport specific workshops at training camps. This included a Time Management workshop that ran at a Hockey Training weekend, where the demands being placed on Institute Hockey players in trying to juggle their work/study and adhere to the Institute Hockey Programme, were specifically addressed. Another development, was the provision, by the UK Sports Institute (UKSI), of a CD-ROM with the Personal Best Workshop programme and booking format included, the aim being to maximise flexibility and access for athletes.

### Education

The Higher Education Consultative Group whose role was to identify flexible methods of study for elite athletes, to actively support the development of policy within their respective universities, to support elite athletes while studying and to nominate Higher Education Liaison Officers, completed their remit in November 2000. Out of the fifteen Universities represented, eighteen Liaison Officers have been nominated. The support received from Universities and Further Education Colleges in Scotland has been very positive, with excellent examples of flexible approaches to study being achieved. Two Further Education Colleges have actively supported elite performers by providing flexible approaches to study and providing a fee waiver category for part-time study for elite athletes.

The development of an Education Forum, whose responsibility will be to actively support the development of flexible study paths for budding athletes in terms of both study and sport across all sectors of education is currently underway.

**Career Planning and OPEN (Olympic and Paralympic Employment Network, managed by the British Olympic Association)**

Finding a career that supports the lifestyle of an elite athlete can be challenging. However, key partners in business such as The Melville Craig Group have been of valuable support to athletes who are actively seeking employment. Peter de Boer, former Institute Athlete in Curling and Head of Operations, Scotland (Manufacturing and Electronics) with Melville Craig Group is our contact who directs the athletes to the relevant person for support.

The Scottish Institute held an Employment Forum reception to welcome and introduce businesses to the commitment and objectives of the Scottish Institute of Sport. Businesses in attendance included CR Smith, The Royal Bank of Scotland, Melville Craig Group, Wisdom IT and Argyle Consulting. Businesses who showed interest but could not attend included Aon Risk Services and Mactaggart and Mickel.

Time off to prepare, train and compete for any major competition such as the Winter Olympics in Salt Lake City and the Commonwealth Games in Manchester both in 2002, is an issue for most athletes. Athlete advisers use their skills to assist and negotiate with employers, universities and colleges. This negotiation normally involves the athlete, ACE UK Co-ordinator

and other relevant personnel. For athletes who are employed there is normally the concern over the challenge of loss of earnings and the impact on leave entitlement.

**Specific Examples to Illustrate**

Athlete Career and Education (ACE UK) has supported athletes in the following scenarios to achieve balance in their lifestyle.

- An athlete from Iceland, who trained full-time in Scotland but who wanted to continue their education with the college in Iceland. Through negotiation with the tutors at the college, the athlete continued to study by email, post and fax. Exams were sat and invigilated at the Institute on the day of the exam. This athlete very successfully completed this year of study.
- Two athletes on a training camp in Perth, Australia were able to sit exams out in Australia. The Exam Board gave permission at the University and a member of the Institute staff was given the authority to invigilate the exams, which were faxed out on the day of the exam.
- To enable athletes, who train outside Scotland to continue with study, laptops have been lent out.
- There are many more....



## Sports Science

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The last year has seen a significant involvement of Sports Science provision to individual athletes and core sport programmes. Sports Science support has been developed in the areas of Biomechanics, Exercise Physiology, Motor Behaviour and Sports Psychology. These services are currently provided by the University sector.

Edinburgh University has provided the majority of Sports Science support to our coaches and athletes both at home and abroad. The Institute also contracts a Notational Analysis team who present the Institute with many integrated service opportunities. Finally, nutritional support is provided via a nutritional team coordinated by Marianne Haywood who is contracted part-time by the Institute to develop and co-ordinate this service.

By expanding and evolving the present Sports Science structure through a blend of Sports Science provision that is tailored to individual needs, the Institute aims to provide a Sports Science service which will enhance performance development of core sports and individual athletes alike. To help achieve this goal the Institute employed Dr. Malcolm Fairweather as the Sports Science Coordinator in March, 2001.

Malcolm is presently seeking to expand the Sports Science service structure by encouraging new providers including leading UK and international Sports Scientists to join the Institute. The development of Sports Science provision to Institute athletes alongside the emergence of our Area Institutes clearly demands this expansion. This enhancement will provide support at many different levels from fundamental educational advice at one end of the spectrum to in-depth analysis at the other. The common feature of all the Institute's Sports Science services will be to provide practical information that lends itself to informed coaching activities and improvement in athlete performance.

Integration within Sports Science support and across the Institute's service areas will require continual development and expansion. Integration in Sports Science will involve the promotion of positive dialogue between Sports Science professionals and coaches and athletes, to continually improve the quality and impact of service provision. Integration of Sports Science with other service areas including Sports Medicine will also be extended. This service integration will require a more holistic level of discussion. The goal of this discussion will be to identify key factors and critical actions that can impact upon an athlete's performance and development. Early effort in this area has already involved Sports Science and Sports Medicine personnel meeting with coaches and athletes to implement interactive and practical support activities.

Ultimately, an interactive Sports Science Service provision will open more doors to the communication of cutting edge knowledge that may well provide the vital edge to our athletes' preparation. If this edge can make a difference then more Scottish Institute of Sport athletes will reach the elite status of being amongst the very best in the world.

## Sports Medicine

This year has seen the existing service provision for Sports Medicine, expand and refine to truly address the needs of the Scottish Institute of Sport athlete. The introduction of more sport specific provision and the shift towards an integrated programme have been the key aims.

As well as reacting to an athlete's problems and being able to assess, treat and rehabilitate injuries, Chartered Physiotherapists are available pitchside, on the pool deck and in the gym, to ensure that preventative strategies are not only developed and implemented by experienced, qualified staff, but also so they are integrated into the coach and sports scientist's programmes.

The aim for the coming year is to relocate the clinic sessions into the sporting arena so that the athlete benefits from integrated expertise and knows that each and every member of their individual support team is talking the same language.

The expanding geographical availability of physiotherapists willing to see athletes within their clinics has enabled the Scottish Institute of Sport to set up weekly sessions in Edinburgh, Glasgow & Stirling where an athlete is guaranteed to be seen by an experienced practitioner. With the development of the sports medicine network through the Area Institutes, the probability of even more physiotherapists who will have experience of treating elite athletes offers an exciting prospect.

Massage is provided by an expanding network of masseurs and physiotherapists, but there is still a shortage of those with recognised qualifications & experience.

The weekly provision of a service from sports medicine diplomat Dr Jane Dunbar has been a welcome addition to the sports medicine

team. From ensuring that the right inoculation advice is given to the Scottish Institute of Sport travelling athletes to undertaking the onward referrals from the medical profiles, Jane's case load has been busy and varied.

The profiles have undergone further development and a yearly follow up is now in place. The initial Medical now includes a brief introduction from an Accredited Sports Dietician who can check on any specific requirements to be developed as a follow up. Together with this the use of dynamic video footage provided by the Notational Analysis team is currently being explored. This will enable the physiotherapist and doctor to view the athlete in motion and not just standing in front of them .....the difference can be surprising !!

The Nutrition service is now well utilised by many athletes and a number of the Dieticians have been providing vitally needed sports specific advice for athletes.

Blood profiling to collate base line data is also now on offer through the Institute, however, the test to predict overtraining or unexplained underperformance syndrome, is still in the hands of the researchers!

To improve communication and continuity, the development of a database will be piloted with the Institute rugby players this summer.

In finishing, as the Sports Medicine provision continues to develop, it keeps the Institute's philosophy of 'Athlete Centred-Coach Led', firmly at the heart of any changes.



## Institute Programmes

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### Athletics Programme

Sydney is behind us, and the athletics programme has been looking ahead to World Championships (Edmonton - August 2001), European Under 23 Championships (Amsterdam July 2001), and in the longer term to the Commonwealth Games in 2002.

The diversity of events covered by Institute athletes in the Track and Field programme, means there is a significant emphasis on support to athletes through their personal coaches. This approach has been supported in the past year with a series of seminars and workshops involving leading International coaches who have been invited to present and discuss topics of direct relevance to key coaches, and of interest to a wider coaching population. These workshops have been lead by coaches such as Loren Seagrave (Coach to Donovan Bailey), Kari Ihalainen (Leading Finnish Throws Coach), and John Trower (UK Athletics Technical Director for Javelin).

The principle programmes of support to athletes through the year include:

- Season planning and training support: to ensure that preparation for competition is well structured, comprehensive, and following good practice. This work always involves the personal coach(es), and increasingly, the support team (physiotherapist, appropriate scientists' input etc) for each athlete.
- Conditioning support: directly through Institute Coach, Meg Stone, or increasingly through the established network of centres and strength coaches across Scotland, athletes are accessing supervision for specific weight training.
- Sports science and notational analysis support is identified on an individual needs basis, and delivered through a variety of specialist staff. The increased use of video to support coaches has been significant, and provides an objective basis for other specific support.
- Medical and physiotherapy support: as required on an individual basis and utilising services local to the athlete, where possible.

Meg's role as National High Performance Coach now focuses on Scottish Institute of Sport athletes and Area Institute support only. This ensures a clear focus of support to the selected group, and will allow a greater impact in future with younger athletes with potential to achieve on the world stage.

The Commonwealth Games in 2002 have always been a target for Institute athletes, and in specific preparation for this, the Spring warm weather training trip organised for many Institute athletes (San Diego - April 2001), included a focus on relay work. This is particularly significant given the optimism for the Women's 4x400m squad (Including Sinead Dudgeon, Allison Curbishley, Lee McConnell), and the men's 4x100m squad (Ian Mackie, Dougie Walker, Chris Bailey).

### Badminton Programme

The full-time nature of the Badminton programme has continued for many Institute players through the year, with players receiving Talented Athlete Programme awards and some negotiating flexible study programmes through Colleges and Universities. For most of the players, the Commonwealth Games in 2002 have been the long-term target, and this year has seen specific support to individuals to enable them to peak for that event. The involvement of "skill acquisition" experts from Edinburgh University has been significant in this regard, and this specialism combined with the skills of Elite Sports Analysis (Notational Analysis) has been appreciated by players and coach.

The year has seen the introduction of a more structured season, allowing for dedicated periods of training and preparation, uninterrupted by competition. This is a new way of thinking for many of the players, and is not assisted by the pressure for World Ranking points, which can be accumulated by participating in many events. The structure has allowed better peaking physically, with the Strength & Conditioning programme being delivered in phases recognising the competition priorities.

Susan Hughes followed a different programme to many of the other players, with the World and European Junior Championships her primary focus this season. Susan performed well in both events, and now steps up to focus exclusively on senior competition.

The season ended on a mixed note, with relegation to division 3 at the World Championships in Seville, but with some encouraging world rankings for players. Russell Hogg and Kirsteen McEwan deserve credit for getting as high as 8th in the world, before finishing the season at 14. Sandra Watt and Rita Pickering ranking at 19 after a season interrupted by injury is also notable, and offers positive signs for the Commonwealth Games in Manchester.

**Curling Programme**

Success at the highest level is the aim of the Curling (and all other) programmes, and with the performance of two Scottish Institute teams in the selection process for the Winter Olympics in Salt Lake City, success beckons. Team Macmillan, and Team Martin have been selected by the British Olympic Association to represent Team GB, and with Institute Coach, Mike Hay fulfilling the role of Olympic Coach as well, the Institute will be well represented on the ice sheet in Ogden.

The policy that the Curling programme has adopted of working with three men's and three ladies teams has been vindicated. Teams were selected on the basis of the leading team (for Olympic Qualification), the second senior team with commitment to challenge and improve, and a young team with potential, desire and the necessary commitment. In both the men's and ladies teams this year, all three levels of team have performed at different stages of the season - European Championships (team Mundel and Howard), World Curling Tour events (Team Brewster), World Junior Championships (Team Wood), and of course Olympic selection!

The innovation continues within the Curling programme - further development of the Royal Caledonian Curling Club competition structure to enable enhanced performance, development by Edinburgh University staff of a sweeping ergometer to Mike Hay's specification, development of specific software packages to provide enhanced statistical information, and continued use of radar technology as an integral part of technical preparation.

**Hockey Programme**

Institute Coach, Steve Colledge balanced the position of Assistant Coach to GB Women in their preparation and participation for the Sydney Olympic Games, with the ongoing responsibility of running the programme of support for players here in Scotland. With Pauline Stott captaining the GB Squad, Rhona Simpson leading the attacking line, and Janet Jack as a travelling reserve, the Scottish Institute contributed well to the GB squad.

Credit is due to a number of Scottish coaches who covered aspects of Steve's role whilst he was with GB - Mathias Ahrens (Men's National Coach), Brent Deans, David Stott, Mike Gilbert and others all ensured that quality support to individual players remained throughout the period.

The programme has built on the foundations established in the first year, with elements of support including:

- Individual technical support (one-on-one sessions, video)
- Group training - utilising the National Hockey Centre at Peffermill
- Strength & conditioning support - supervised training at venues across Scotland
- Medical support - weekly physiotherapy provision, monitoring, and follow-up as necessary on an individual basis
- Sport science - development of physiological support through Strathclyde University, nutrition, vision, psychology



## Institute Programmes

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The selection of Institute athletes reflects the success of Scottish Hockey on the International pitch, with players from the senior men, senior women (both squads having been in preparation for respective World Cup Qualifier Tournaments), and the Junior Men (U21) squad in preparation for the Junior World Cup. This success places significant demands and the 28 players making up the squad since December 2000 ensure a hectic schedule for Steve Colledge and his support team.

Two specific events merit highlighting during the year. Steve Colledge led an excellent squad planning weekend in February, where all Institute players took time out to plan with Steve and other key support staff (medical, ACE UK, Strength & Conditioning, sports science). This weekend has proved valuable in gaining commitment and understanding from all players, and adherence to programmes has been improved since that date.

The second event was the successful Men's participation in an International Tournament in Bangladesh. This was a Scottish Hockey Union squad, but supported significantly by the Scottish Institute of Sport to ensure maximum opportunities for the players. This support included Steve Colledge taking responsibility for player development through the tournament, notational analysis and medical support, and crucially a commitment that player development was the priority over tournament results. As a starting point for the men's squad campaign for the World Cup Qualifier Tournament, this was a definite success.

### Rugby Programme

The Rugby programme has developed very effectively during the year, and has been directly responsible for an impact with the individual players, and indirectly responsible for impact with wider groups through the Scottish Rugby Union (SRU) structures. The very individual approach adopted by the programme - the only time the players ever get together as a group is for fitness testing - has proved successful in integrating with existing coaching programmes followed by the players at club and international level.

Programme components include:

- Technical development - one-on-one skill development with Institute Coach, Bob Easson utilising skills of psychologists and notational analysts etc
- Specific conditioning support - supervised through the network of centres and staff, but co-ordinated most effectively by Ken McEwan
- Proactive medical and preventative support through physiotherapist, Stephen Mutch

- Development of specifics such as scanning and running skills, all based on individual needs.

The establishment of the SRU Academy programme, part funded through a **sports**scotland Junior Groups Awards, and utilising the principles and conditioning venues and staff of the Scottish Institute Rugby Programme has been a most positive development through the year. The Scottish Institute of Sport has been delighted to support this programme, and benefits have been mutual.

Specific technical, coaching, and analysis support has been provided by the Scottish Institute through this season to SRU International squads where Institute players are competing. This has included a coaching role for Bob Easson with Scotland U21, psychological support through Patrick Mortimer (Edinburgh University), Notational Analysis support during competition (U21 Six Nations and U19 FIRA competitions). This principle of additional support to Institute players when they compete on the International stage has been well supported by the SRU.

Having run the programme for 12 months, it is excellent to be able to report that 6 of the initial intake of players have been offered professional contracts with leading clubs / districts for the coming season. We wish them well as they move to a full-time playing career, and look for many of the new squad to join them in due course.

### Swimming Programme

It has been a most positive year for Scottish Swimming and for the Institute Swimming programme. The exponential rise in the number of Scottish records broken every year continues, with British Records now becoming a realistic goal for a number of Institute swimmers. 107 Scottish Records were broken in 2000, 65 of which were broken by Institute swimmers. Many others were broken by young swimmers (Junior records), who offer rich potential for the future. That success, combined with the rapid construction of the National Swimming Academy at Stirling University (due to open late 2001), means positive energy and expectation for the future.

The success of the Swimming programme relies upon many coaches working with Institute athletes at venues across Scotland, providing the daily support for Institute swimmers. The Institute has been able to add to that support through arranging opportunities such as an intensive training camp in Australia (January 2001), which provided long course training with Institute Coach, Chris Martin in preparation for the season ahead, and immediately followed competition at a World Cup event in Italy.

As with all Institute athletes, our swimmers benefit from support in areas such as:

- Medical provision - physiotherapy or specialist support as required
- Sports science support - from established lactate testing to use of new technology in heart rate monitoring
- Strength & Conditioning - integrated fully into many of the swimmers programmes, and having a positive impact
- ACE UK support - help to keep the balance of swimming and life!

With the focus now on the National Swimming Academy, the opportunities to provide enhanced support for Institute swimmers in Scotland year round is clear. The strong partnership with Scottish Swimming has resulted in a good programme at the Academy, and the facility will give swimming a further boost later this year.

#### **Strength and Conditioning**

The year has seen an increased investment in the development of a network of facilities and staff to support athletes directly with their strength and conditioning work. The Scottish Institute of Sport has now agreed access to 11 venues across Scotland (Hawick to Aberdeen, Galashiels to Glasgow), and provides trained staff in each of these facilities to supervise and support athletes as they train. Direct evidence has been collected through the year in terms of the benefits of athletes training supervised as opposed to on their own (greater gains in strength), and the availability of venues and times, mean that this is now easier for athletes.

The Institute is grateful for the support of the following agencies in assisting with access to these facilities:

- Aberdeen University
- Dundee University
- Edinburgh University
- Falkirk Council
- The Fife Institute
- Glasgow City Council
- Hawick Rugby Club/Strathclyde University
- Scottish Borders Council
- Scottish Rugby Union
- Stirling University

The depth of work involved in supporting Institute athletes has led to the identification of "Strength & Conditioning Co-ordinators" from the network of coaches trained by the Institute, and this role is fundamental to providing detailed individual conditioning programme support to athletes. It is expected that this role will increase in significance in future, ensuring better support to individual athletes through the network of staff.



## Financial Accounts

### Profit and loss account for the year ended 31 March 2001

	2001	2000
	£	£
<b>Revenue</b>		
sportscotland lottery fund	<b>1,607,391</b>	1,323,514
Other income	<b>8,943</b>	7,708
	<b>1,616,334</b>	1,331,222
<b>Operating expenses</b>		
Staff costs	<b>673,386</b>	543,327
Programme costs	<b>373,638</b>	151,424
Other operating costs	<b>584,654</b>	366,619
	<b>1,631,678</b>	1,061,370
Operating (loss)/profit	<b>(15,344)</b>	269,852
Transfer from capital reserve	<b>15,344</b>	14,721
Transfer to deferred income	-	(284,573)
Result on ordinary activities	-	-

**Balance Sheet at 31 March 2001**

	2001	2000
	£	£
<b>Fixed assets</b>	<b>255,050</b>	145,241
<b>Current assets</b>		
Debtors	<b>189,089</b>	25,692
Cash	<b>61,772</b>	470,209
	<b>250,861</b>	495,901
<b>Creditors:</b>		
amounts falling due within one year	<b>282,620</b>	527,660
Net current liabilities	<b>(31,759)</b>	(31,759)
Total assets less current liabilities	<b>223,291</b>	113,482
Deferred grants	<b>164,546</b>	39,393
<b>Net assets</b>	<b>58,745</b>	74,089
<b>Reserves</b>		
Capital reserve	<b>90,504</b>	105,848
Profit and loss account	<b>(31,759)</b>	(31,759)
	<b>58,745</b>	74,089

The accounts on these pages are a summary of the Scottish Institute of Sport's accounts. The summary account may not contain sufficient information to allow a full understanding of the results and state of affairs of the Scottish Institute of Sport. A copy of the audited accounts which contain the detailed information required by law and under best practice guidelines can be obtained from the Business Manager, Caledonia House, Edinburgh, EH12 9DQ at a cost of £6.

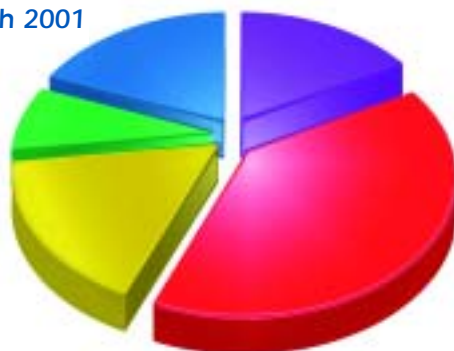
The Scottish Institute of Sport accounts were approved by the Institute Board and signed on its behalf on 18 June 2001. The Scottish Institute of Sport's auditors, PriceWaterhouseCoopers, have given an unqualified audit report on these accounts.

## Financial Report

The financial statements for the year to 31 March 2001 are detailed on the previous pages. These accounts show the receipt of the year's core funding from the **sportscotland** lottery fund and a summary breakdown of the main areas of expenditure.

In analysing the breakdown of expenditure for the year, the principle areas showing increase from year ended 31 March 2000 are those relating to the six core sport programmes and to the ACE UK programme, Sports Medicine and Sports Science, and capital. This is illustrated in the charts below - being the costs for the years ended 31 March 2001 and 2000.

**Institute costs to 31 March 2001**



**Institute costs to 31 March 2000**



- ACE, sports medicine, sports medicine
- Coaching programmes
- Office and administration
- Capital
- Management and admin staffing

This being the first full operating year for all six core sports, the spending on that area shows an increase of nearly 150% on 1999/2000 as the programmes all approached the budgeted levels of activity with full and intense activity throughout the year. This also resulted in the ACE UK programme being more utilised, and further expansion to full capacity is anticipated for this programme in 2001/2002 as the Area Institutes become more operational.

Sports Science and Sports Medicine programmes also showed higher activity in the year with a combined increase of over 130%, and with the appointment of the Institute's Sports Science Co-ordinator this is an area on which the coming financial year will see a continued increase as the programme develops further.

The capital spend in the year has significant costs relating to the Institute's Network of Knowledge - the IT project which has had high investment in both hardware and software - plus the first nine months of the Institute's Notational Analysis Consultancy agreement. These are both major projects which will provide key advantages and information for athletes, coaches, staff and stakeholders - and the expenditure will continue in the coming year to ensure that the Institute has the required state-of-the-art IT focus for the move to Stirling early in 2002.

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Darren Ritchie & Bec Marshall (physiotherapist)	Page 13	Track & Field
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Graeme Randall & David Somerville	Page 17	Judo

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