



# CAAC Attack

## Summer Dates

- Sun Mar 21<sup>st</sup> Alloa Half Marathon
- Sat Apr 3<sup>rd</sup> 6 Stage Road Relay
- Sat Apr 3<sup>rd</sup> Dunbar 10K
- Sun Apr 18<sup>th</sup> Central & South Scotland League [Grangemouth]
- Sun Apr 25<sup>th</sup> Scottish Athletics League [Grangemouth]
- Thu Apr 29<sup>th</sup> Forth Valley League [Pitreavie]
- Wed May 5<sup>th</sup> 1 Mile Road Race [Meadows]
- Sat May 8<sup>th</sup> Penicuik 10K
- Sat May 8<sup>th</sup> Balmoral 10K
- Sun May 9<sup>th</sup> Scottish Women's League [Scotstoun]
- Sat May 15<sup>th</sup> East & West District Championships
- Wed May 19<sup>th</sup> Open Meeting [Livingston]
- Mon May 24<sup>th</sup> Rigg Race [Balerno]
- Thu May 27<sup>th</sup> Forth Valley League [Livingston]
- Wed Jun 2<sup>nd</sup> Open Meeting [Grangemouth]
- Sun Jun 6<sup>th</sup> Central & South Scotland League [Wishaw]
- Sun Jun 13<sup>th</sup> Edinburgh Marathon
- Fri Jun 18<sup>th</sup> Black Rock 5
- Sun Jun 20<sup>th</sup> Scottish Athletics League [Aberdeen]
- Sun Jun 20<sup>th</sup> Scottish Women's League [Meadowbank]
- Wed Jun 23<sup>rd</sup> Open Meeting [Livingston]
- Thu Jun 24<sup>th</sup> Forth Valley League [Pitreavie]
- Wed Jul 7<sup>th</sup> Open Meeting [Grangemouth]
- Sun Jul 11<sup>th</sup> Central & South Scotland League [Scotstoun]

## Your Committee

- Paul O'Brien** chairman
- John O'Hara** vice chairman
- Martin Caldwell** secretary
- Sheena Anderson** treasurer
- Bryan Clark** club captain
- and*
- Donald Gorrie MSP** honorary president

## Captain's Comments

### POSITIVE RESULTS



Firstly well done to all those who competed over the last few months at Cross Country, Hill Running, Road Running and Indoor Competitions. It was good to see many athletes from Corstorphine competing and collecting some very positive results. It was also pleasing to see so many athletes attending winter training regularly. Everyone who attends training does so because of an enjoyment for the sport but it is also essential for an athlete to work hard at training as this is only way for an athlete to improve and hence feel proud of what they achieve at training and in competition.

A little disappointing was the attendance on the bus for the National Cross Country championships at Perth. A coach is put on for athletes to attend this important event as a team and support one another whilst not competing and unfortunately the coach was quite empty this year.

However the summer season is almost upon us again and the hard work put in over the winter season will hopefully start to pay off. Athletes should not become disheartened if they are not picked for teams for some of the track meetings over the summer. There are plenty of Open Grade track meetings which provide opportunities for an athlete to enjoy a race and improve their personal best at track and field events.

### ENJOY YOUR ATHLETICS

So good luck for the season ahead and continue to enjoy your athletics.

*Bryan Clark - Club Captain*

## Saughton Track Fees

### SAME CHARGES

Following our arrangement with Edinburgh Leisure last year, it is intended to keep the charges for using the track at Saughton on club training nights the same as last year. This means you do not pay at reception but pay your coach £1.50 each night. Final details are still being discussed with Edinburgh Leisure but the intention is to run this on a break even basis.

### DO NOT WAIT

Please do not wait to be prompted for payment, be there on time with cash to save creating a distraction from training which is the main purpose of the evening.

Saughton is due to be refurbished this year. The track will be partially re-laid and other facilities upgraded, which will cause some disruption to our normal training routines. As soon as we have more details we will keep everyone updated.

*Paul O'Brien*

## Other Pages

<b>Funding</b>	2
<b>Corstorphine Fair</b>	2
<b>New Corstorphine Race</b>	2
<b>Ron Anderson Memorial Cup</b>	2
<b>Letter from New Zealand</b>	2
<b>Athletes of the Year</b>	3
<b>Coaches Corner - a quiz</b>	4
<b>Junior Athlete Group</b>	4
<b>Website News</b>	4
<b>Welfare Officer Report</b>	5
<b>Local Athletic Partnership</b>	6
<b>The Nationals</b>	7
<b>Marathon Training</b>	7
<b>Advice to Parents</b>	7

## Funding

### COSTS AND FEES

Corstorphine AAC continues to enjoy success and provide an opportunity for people to be involved and develop in athletics. We have an open door policy which caters for all ages (9 upwards) and all abilities. Athletes should be able to get different things from the club, dependant on where their own goals and aspirations lie, whether that be keeping fit, competing at club level or for the more talented achieving national and international recognition. We have a developed coaching and admin structure, which is supported by a number of other people helping to organise events - all of which is voluntary and we appreciate the commitment made by these people.

However there are other costs and affiliation fees which have to be met. These are currently being financed by membership fees, some grant support and monies raised by social events. Unfortunately we cannot continue to operate in our current format indefinitely, with our current rate of expenditure, with no significant increase in our funding.

There are solutions, and based on past experience I would like to think that answers lie with us. Your support is required to help identify potential sponsors and any other sources of funding. The success to our past sponsorship deals have been through us being given a point of contact or identifying the correct channels for us to target our communication, and hopefully enter into negotiation. If you would be aware of any opportunities, however tentative, please speak to a member of the committee.

Your continued support is also required for any social / fund-raising events we embark upon. Corstorphine Fair this year has provided us with a couple of opportunities. We intend to have a stall on the Saturday and are planning a race / fun run the following week. Your support in making these events and others like them successful contribute greatly to the continued success and expansion of the club.

Thanks in anticipation.

*Paul O'Brien - Chairman*

## Corstorphine Fair

### NEW RACE

The bi-annual Corstorphine Fair is taking place this year on Saturday 5<sup>th</sup> June and once again we will be having a stall at the fair to raise some funds for the club. We will be looking for toys/books and bric a brac donations nearer the time, so if you could look them out just now that would be a great help.

Also this year for the first time we will also be running a 5 Mile Road Race with a tbc locale of Cammo/Turnhouse on the Wednesday 9<sup>th</sup> June. So let your friends and family know and bring them along to take part.

## Ron Anderson Memorial Cup

### ENDURANCE RUNNING

The Ron Anderson memorial cup was first awarded last year to reward "outstanding achievement in endurance running competition". In contrast with the best athlete shields the award of the RAMC is based purely on athletic excellence. This year, despite fierce competition, Kris Berry retains the cup.

2003 was another successful year for Kris who gained his first Great Britain vest competing in an international match in Italy. He was Scottish under 20 1500m champion and also came 4th at the AAA championships, missing out on a medal by inches. He took bronze at the prestigious Great North Mile race and finished top of the junior Scottish rankings over 1500m and 3000m. To cap the year he was named Scottish under 20 athlete of the year at the Scottish Athletics annual awards dinner.



Over the winter illness and injury have upset Kris' training and competition but he recently came back in style. Off barely a few weeks of solid training he took silver in the 1500m at the Scottish indoor championships (his first competition as a senior) and followed that up with his first national cross country medal, another silver, in the under 20 race in Perth.

Kris' performances over the last year have been of a high quality, he has continued to improve and has excelled as a well known and liked ambassador for the club throughout Scotland and further afield. I believe he is a worthy recipient of this award, mind you, with many up and coming distance runners in the club, retaining the cup may prove even harder for Kris next year!

## Letter from New Zealand

Hope you' re all running well. I just wanted to let you know that while you were all suffering the Cross Country season back home I was battling the extreme heat of New Zealand' s summer, and quite enjoying it. I keep an eye on the website from over here to see how the club is managing without me - looks like you' re coping.

I' ve been getting back into regular training since being in New Zealand and recently did my first proper race since leaving Scotland. It was a very off road half marathon in the Waitakere Ranges near Auckland.

The terrain involved 7 km along black sand beach, which was very exposed to the sun and soft under foot, and 7-8 km up a stream, that is, through the stream, no deviating, and meant boulder hopping, swimming through pools and climbing waterfalls using knotted rope. The rest of the race was fairly traditional and followed bush trails to the finish.

I was pretty pleased to come in 12th out of 88 in a time of 2h 13min. The website for the race has some interesting photos that give you some idea, <http://www.lacticturkey.co.nz/Wild%20turkey%2004%20Photos.html> and <http://host.amsnac3.com/~sportz/whatipuhalf/2004/Whatipu.html>

I also entered a 26km mountain race in the South Island for February, but it was cancelled due to bad weather on two consecutive days. The red tape is even thicker here than back home, as two years ago a woman was killed in a major triathlon event and no one wants to take any risks. The race couldn' t be run without total visibility for a Search and Rescue Helicopter.

However, I ran up Avalanche Peak (1803m) myself, as did many others from the race, and only suffered sore legs for the next week.

Happy Training

*Tim Norwood*

## CAAC T-shirts

### ARRIVAL

Hopefully you' ll have your order in your hands or on your back when you read this. If not, the CAAC T-shirts will be with us very shortly. Upon the orders arrival there will be some extras of various sizes available, but don' t fret if you cant get your hands on one, we will be placing another order in the near future. Orders and monies will be taken by Sheena.

## Any Comments?

If you have anything to add to the next newsletter in June, please hand it to me, or any committee member, or e-mail it to:

[newsletter@caac.org.uk](mailto:newsletter@caac.org.uk)

*Martin Caldwell - Editor*

## Athletes of the Year 2004

### JUNIOR FEMALE

When the Committee discussed the selection of this years Athletes of the Year, they were reminded that the award is not always given to the person with the best athletics performance, and that just as important is how a person conducts them self, and what contribution that person makes to the club and the sport in general.



In the case of this years Junior Female Athlete of the Year, not only is that person going from strength to strength with her athletics performance, she is a well liked and lively personality in her squad, she is a well known and popular member of the club, and is beginning to be recognised by the scottishathletics selectors having already represented the East of Scotland in the recent District Championships, and having been selected to represent Scotland in the forthcoming London Mini-Marathon.

Her race times continue to improve as she reels off one PB after another. Last track season she shaved over 16 seconds off her 800m time, and nearly 34 seconds off her 1500m time. She represented us at every Track & Field match in all of the League competitions, she ran at open graded meetings, and at school competitions, both indoor and outdoor. In fact her current indoor 1500m time is quicker than her outdoor time, which only suggests to me that once she hits the track this season, the PB's will begin to topple once again.

Off the track, she ran at all three East District League cross country competitions plus relays and Championships, never finishing lower than 15th. Based on her top 10 place in the East District Championships, she represented East of Scotland in the Inter District Championships at Ayr in February, where she finished fourth, and, based on that performance and her 14th place overall at the Scottish National cross country championships in Perth, she will now represent Scotland at the London Mini-Marathon on Sunday 18th April.

As recently as last weekend, she ran for her school at the Scottish Schools Cross Country Championships at Irvine where she finished 6th, and has already filled in the availability form for the British Schools International Cross Country Match to be held at Ayr on 3rd April!

So you can see. The decision for this years Junior Female Athlete was not a difficult one at all. The vote was unanimous, and the deserving winner is Megan Smith.

### JUNIOR MALE

This years winner has so far combined two sports (despite the advice of his coach!) and has achieved considerable success in both football and athletics. He has been a club member from as soon as he was old enough and has consistently impressed with his cheery personality and commitment to work hard.

On and off the track, he has really come into his own since the departure of a former squad member, almost as if he recognised an opportunity to shine within his present squad. He has formed a successful training partnership with his namesake, and together they are going from strength to strength whilst trawling through the PB's. Last track season, his 800m time was shaved by over 5 seconds, and his 1500m time similarly. If I'd had one criticism at the beginning of last season, it would have been that he wasn't always available to compete due to football, but recent months have seen him devote much more time to training and to be available to compete in more competitions. And with obvious success, particularly in cross country.



In all of his Cross Country competitions this season, he never finished lower than tenth. In the East District Championships he was 5th, and in the Scottish National Championships 10th overall. This extra commitment has not gone unnoticed with the selectors either. He also represented the East of Scotland in the Inter District Championships at Ayr, finishing twelfth, and based on his East District and National performances, he earned his second East of Scotland vest by competing at the Inter Counties Cross Country Championships at Nottingham on 6th March finishing 67th in his age category, and as fourth counter to earn his team a fourth place finish in the Team competition.

As we approach the track season, I asked each member of the Junior Middle Distance Squad to think about what they wanted to achieve in this coming year, and this young athlete was one of the first to come back with some very firm ideas! We have already printed off entry forms for this years AAA's competition at Birmingham, and gaining the qualifying time will be no problem.

This years Junior Male Athlete award goes to a very talented and committed athlete, and again the committee did not have to think too long. The deserving winner is Calum McKenzie.

### SENIOR FEMALE

Although Phyllis Mitchell is a fairly recent recruit to our club, she has many years of running to count on. She has represented us in an impressively long list of cross-country and road races.

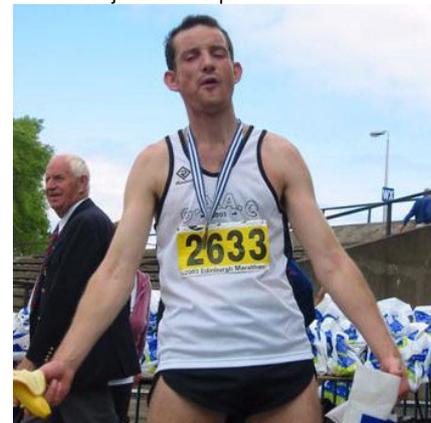


She now ranks in the top twenty masters cross-country runners in Scotland. She is the womens vet winner of the Aberfeldy Half Marathon and the Seven Hills Race. Last but not least, Phyllis is the Club Handicap Trophy holder.

### SENIOR MALE

Tom Ferrington is a shining example of the success of CAAC as a club dedicated to its members. He joined us in the early 90's after taking part in road races and schools cross country races and soon became an active member competing regularly for the club and making many friends including me. After a few years Tom headed off to university and travels in Australia resulting in a five-year break in his membership. Encouragingly, Tom's love of running and appreciation of his former club would bring him back to Saughton in 2002.

In the last year Tom's commitment to his running and to the club has been immense. In May 2003 he took bronze in the 3000m steeplechase at the East district championships and followed up with ninth in the Edinburgh marathon in an impressive 2hr 48min. Within a few weeks he displayed his versatility when he ran a 200m race in Dumfries "just for the points"!



Tom joined our squad last summer and his commitment to training since then has been exemplary. No less so in competition where he has probably represented the club more than any other member in the last year. Recently I have been aided in training for my first marathon by Tom whose experience has been a great help. I had no hesitation in supporting Tom's nomination for this award which he thoroughly deserves.

# Carbohydrate Versus Fat

## HAVE YOU THE RIGHT BALANCE?

In this first 'Coaches Corner' article, I thought it might be useful to find out about some of the basic principles of nutrition - things like fluid and fuel for sport.

Fluids are perhaps quite easy to discuss - look at what you bring with you to training and what you drink. Fuel can be a little more complex and hard to tackle in the short time available on training nights. Here is a quiz that you can use to take a quick look at your eating habits.

Those involved in sport need to eat a diet which contains a lot of carbohydrate. To fit the carbohydrate in, it is necessary to be very careful with the fat content of the diet. So how well is your diet balanced? Do you take plenty of carbohydrate or too much fat? The following questions should give you an indication.

### 1. Do you eat sausages and burgers?

- a) More than four times a week 4
- b) Once to four times per week 3
- c) Yes-low fat ones 2
- d) None 1

### 2. Do you eat fish/chicken/turkey/pulses?

- a) Six or more times a week 1
- b) Two to six times per week 2
- c) Less than twice per week 3

### 3. What do you spread on your bread?

- a) Butter or ordinary margarine 3
- b) Polyunsaturated margarine 2
- c) Low fat spread or nothing 1

### 4. Which type of milk do you use?

- a) Gold top or extra creamy milk 4
- b) Whole milk- pasteurised/homogenised 3
- c) Semi-skimmed 2
- d) Skimmed 1

(Those using no milk should answer d)

### 5. How often do you eat chips each week?

- a) Less than once per week 1
- b) Once per week 2
- c) More than once per week 3

### 6. How often do you eat fried foods other than chips/pies/burgers/sausages?

- a) Less than once per week 1
- b) Once per week 2
- c) More than once per week 3

### 7. Which kind of cheese do you eat?

- a) Full fat hard cheese or cream cheese 3
- b) Lower fat cheese (Edam, Gouda, Brie, Camembert) 2
- c) Cottage cheese 1
- d) A mixture of low /high fat cheese 2

### 8. How many chocolate bars do you eat a week?

- a) Less than one 1
- b) One to two 2
- c) Three to four 3
- d) More than four 4

### 9. How many packets of crisps do you eat a week?

- a) Less than one 1
- b) One (or two packets of low fat crisps) 2
- c) More than one (or two low fat) 3

### 10. Which type of yoghurts do you eat?

- a) Ordinary 2
- b) Low fat 1

(Those who do not eat yoghurt should answer b)

### 11. Which chips do you eat?

- a) Thin ones 4
- b) Thick and crinkly 3
- c) Thick and straight 2
- d) Oven chips 1

### 12. How often do you eat breakfast cereal?

- a) Seven or more times a week 6
- b) Four to six 4
- c) Two to three 2
- d) One or less 1

### 13. How many times a week would you eat rice, pasta or potato?

- a) Seven or more 6
- b) Four to six 4
- c) Two to three 2
- d) One or less 1

### 14. How many slices of bread, rolls, chapatti, or pitta breads do you eat each day?

- a) Five or more 3
- b) Two to four 2
- c) One or less 1

### 15. If you eat a snack e.g. during the afternoon or evening would it be?

- a) Scone/bread/fruit or other low fat food 4
- b) Chocolate bar 3
- c) Crisps/cheese/chips 2
- d) No snack 1

### 16. How many portions of fruit do you eat a day?

- a) Three or more 4
- b) One to three 3
- c) One 2
- d) Less than one 1

### 17. If you have rice or pasta is it?

- a) A lot of pasta with a low fat sauce 2
- b) Pasta with a lot of meat and sauce 1

The figures after the questions above are the points score for each answer. Write down your points for the quiz and turn to page 6 to find out how you scored.

# Junior Athlete Group

## DEDICATED TRAINING

Just a few words from me to help you stay focused on the track season ahead. Some of the under 15's took part in the Meadowbank sessions late last year. This was great fun and many of you gained valuable experience which you will bring to the track sessions over the coming months.

I would like to cast your minds back to Forth Valley League & the President' s Select competition last year, where the club won 2 Gold, 2 Silver & 2 Bronze medals. If we all are dedicated to the Club & Training we could improve on this. Remember, you are chosen for the President Select only if you take part in the competition throughout the coming months.

You all can look forward to this years which takes place on SAT 4th August. So let everyone see how keen & willing you are on and off the track. Let' s remember the respect & discipline we all have on and off the track.

All the very best to each and every one of you. You might even win a MARS BAR (or 2).

## TO ALL PARENTS

On occasions, we need help on Tue & Thur or at competitions. If you are able to stay on to help occasionally, please can you let me, Bob or David know - this would really be appreciated.

*Jean Dobson - Coach*

# www.caac.org.uk

## DAILY STOP OFF

The club' s site continues to expand and it seems to be increasingly becoming a stop off point on many people' s daily rounds. To back that up with some cold hard facts, in February 2004 alone the site had 175,000 hits and the average per month we have 110,000 hits. In the gallery we now have 2945 images, in 60 albums. Thanks to all that have submitted content to the site.

One new feature that has been running since January is Tommy Ferrington, Moray Anderson and Linda McGinley have being posting their training diaries in threads online, documenting their progress to their respective Marathon targets. For Moray and Tommy the target is Paris on April 4th 2004, and for Linda the target is London on April 18th 2004. All three have made for interesting reading and they are well worth a look, whether you are planning a Marathon or not.

If anyone has any ideas of things to be added or to be changed then I' ll be happy to discuss and in turn implement them. Please get in touch either via email at admin@caac.org.uk or in person.

*Chris O'Brien*

# Welfare Officer Report

As Corstorphine AAC Welfare Officer, I attended the **scottishathletics** Welfare Co-ordinator Training Session on 8th February 2004. It was delivered by Kathleen McNulty of CHILDREN 1st (the new name for the Royal Scottish Society for Prevention of Cruelty to Children) and a number of important factors were highlighted which will have implications for our Club.

## THE LAW

Following introduction of the Protection of Children (Scotland) Act 2003, any organisation giving an individual a job working with children (whether paid or unpaid) will be required to refer that person to the Disqualified from Working with Children List. Individuals found to be on this list will commit a criminal offence if they apply to work with children, and it will be an offence for the organisation to knowingly employ a person on the list.

A useful information sheet is available on the Scottish Executive website (follow link <http://www.scotland.gov.uk/library5/social/pcain-00.asp>) and can be read as a PDF file.

**scottishathletics** have confirmed that they (as our governing body) are registered with the Scottish Criminal Record Office Disclosure Service (Disclosure Scotland) - follow the link <http://www.disclosurescotland.co.uk/> for further information - and that that they would carry out referrals on behalf of the Club. They would also be able to make recommendations, based on the information they receive back, on the suitability of an individual for the job being applied for.

## CODE OF CONDUCT

All UKA registered Coaches are bound by the Sports CoachUK Code of Conduct (follow the link <http://www.sportscoachuk.org/home.htm> for further information) and have signed an authorisation form to allow the necessary disclosure checks to be carried out. All Corstorphine AAC Coaches have attended a recent Child Protection course and have been awarded the relevant certificate.

## RESPONSIBILITIES

Corstorphine AAC aims to promote the health and welfare of its members by providing opportunities for them to take part in the sport of athletics safely. In order to do that, a number of policies and procedures clearly need to be in place and a certain amount of paperwork needs to be available not only for its members, but also for other interested parties. It is a key role of the Welfare Officer to give out information to members, and to assist in identifying, planning and reviewing action required by the Club to protect children and vulnerable adults in the sport.

## CHILD PROTECTION CHECKLIST

A useful way to identify what actions are required is to review the Child Protection Checklist, which asks these questions:

- Does the Club have a designated Welfare Officer?**  
John O' Hara has agreed to be Corstorphine AAC's Welfare Officer. John is currently a UK Athletics Level 2 Coach, studying towards Level 3, and coaches the Junior Middle Distance Squad. He is also currently Vice Chairman of the Club. John should be your first point of contact if you are concerned about any aspect of the protection of children and vulnerable adults within the Club.
- Does the Club have a Child Protection policy?**  
The Committee of Corstorphine AAC are currently working on a Child Protection policy which will closely follow the model published by **sportscotland** in their document 'Child and Vulnerable Adult Protection' (follow the link [http://www.sportscotland.org.uk/pdfdocuments/Policy\\_child.pdf](http://www.sportscotland.org.uk/pdfdocuments/Policy_child.pdf) to download a copy of the document in PDF format). **scottishathletics** have also published an excellent document called 'SAFe CHILD' (follow the link <http://www.scottishathletics.org.uk/oldsite/SAFe-Child.pdf> to download a copy of the document in PDF format).
- Does the Club have a written Code of Conduct for working with children and young people?**  
As mentioned above, all Corstorphine AAC coaches are UKA registered, and are bound by the Sports CoachUK Code of Conduct. The Committee are however currently working on their

own written Code of Conduct, and this will form an important part of the Child Protection Policy mentioned above.

- Is the Code of Conduct available to all, including parents and children?**  
As soon as the document is approved by the Committee, it will be made available for all. Details will be available from The Welfare Officer, and a copy will be posted on the Corstorphine AAC website (follow the link <http://www.caac.org.uk/>).
- Does the Club have an anti-bullying policy?**  
The Committee will not tolerate bullying in the Club and the anti-bullying policy will form an important part of the Child Protection Policy mentioned above.
- Do members know how to respond if a child tells about abuse?**  
It is a key role of the Welfare Officer to assist members in knowing what to do if a child tells about abuse. A useful flowchart is included in the 'Child and Vulnerable Adult Protection Policy' mentioned above, and will form part of the Club's Child Protection Policy.
- Are parents and children aware of the Clubs Child Protection policy?**  
An announcement will be made at this years AGM and it is the intention of this article to inform members about the various issues connected with the welfare and safety of children at the Club. Further information will be available from the Welfare Officer.
- Do parents and children know where to report concerns?**  
Parents and children should in the first instance report any welfare concerns to the relevant Coach, who will in turn report them to the Welfare Officer. Part of the procedure is to review the circumstances of any such report, and decide if it is a matter to be dealt with under the Club's complaints procedure (e.g. matters of misconduct, poaching, bullying, and cheating in competition), or whether it considers an act of abuse or other criminal act may have occurred, in which case it must be referred to the Police and Social Services.
- Does the Club have procedures for dealing with complaints?**  
Complaints against its members will be dealt with under the Club's Complaints Procedure. Further information will be available from the Welfare Officer, and details will be posted on the Corstorphine AAC website.
- Does the Club have procedures for dealing with allegations of abuse against people in the Club?**  
Details of the procedures for dealing with allegations of abuse against people in the Club will be given in the Child Protection Policy.
- Does the Club know where to report concerns about child abuse?**  
Details of where to report concerns about child abuse will be given in the Child Protection Policy. A list of contacts is included at the end of this article.
- Does the Club monitor and review its child protection guidelines?**  
It is a key role of the Welfare Officer to assist the Committee to monitor and review its child protection guidelines and it is anticipated that the Child Protection policy will be monitored and reviewed regularly in accordance with changes in legislation and guidance, following any issues or concerns raised, and in all other circumstances, at least annually.

## OTHER WELFARE ISSUES

**uk:athletics** has published useful guidance and best practice on the procedures to be followed in relation to photography of children either at athletic events, or photographs for use in promotional or advertising material. The document has been produced in recognition that today's modern digital cameras, often with video, and now the new generation of mobile phones, present an increased opportunity for misuse.

Details of this document are available from The Welfare Officer.

CONTINUED ON PAGE 6

## USEFUL WELFARE CONTACTS

Corstorphine AAC's Welfare Officer:

John O' Hara  
Telephone: 01506 410340

Local Social Work Department:

Westfield House Social Work Centre  
5 Kirk Loan  
Edinburgh, EH12 7HD  
Telephone: 0131 334 9933

Local Police Station:

Corstorphine Police Station  
28 Meadowplace Road  
Edinburgh, EH12 7TZ  
Telephone: 0131 334-4900

Parentline Scotland

0808 800 2222  
<http://www.children1st.org.uk/parentline/>

Childline Scotland

0800 1111  
<http://www.childline.org.uk/>

CHILDREN 1st:

Kathleen McNulty  
Child Protection in Sport Development Worker  
Learning and Teaching Scotland  
74 Victoria Crescent Road  
Glasgow, G12 9JN  
Telephone: 0141 342 4870  
Web: <http://www.children1st.org.uk/>

sportscotland

Rose Challies  
Ethics Manager  
Sportscotland  
9a South Gyle Crescent,  
South Gyle,  
Edinburgh EH12 9EB  
Telephone: 0131 539 7320  
Web: <http://www.scottishathletics.org.uk/>

Child Protection in Sport Unit

0116 234 7278 or 7280  
<http://www.sportprotects.org.uk/>

John O'Hara - Welfare Officer

## Quiz Scoring

### CARBOHYDRATE VERSUS FAT

Questions 1-11 relate to fat and questions 12-17 relate to carbohydrate.

You should add up your score for numbers 1-11 and then for numbers 12-17, giving two scores.

If the second score is higher than the first, the balance of the diet is likely to be good.

If the first score is higher than the second the diet is likely to be high in fat. The more the first exceeds the second by, the worse the proportions!

If they are similar scores there are possibly minor adjustments to your diet that would be useful.

The 'best' possible score for the first section is 11. The 'worst' i.e. the highest fat score is 36.

The 'best' possible score for the second section is 11. The 'worst' i.e. the lowest carbohydrate score is 36.

It is obviously not an accurate quiz, but it provides a good basis for discussion. If you are eating a lot of high fat foods you are likely to be missing out on the high carbohydrate fuel that you need to train. A high fat diet is often an indicator that the overall balance is not too good - a possible issue for general health (and hence ability to train regularly).

### SNACKS

Do you eat snacks? (Question 15). If not you probably are not eating after training. If you do, what kind of snacks do you eat? Crisps? then try swapping for something higher in carbohydrate and lower in fat such as cereal bars, Swiss roll (jam not chocolate

variety), jam and bread, Jaffa cakes, scones and fruit.

### FAST FOOD

Eating a lot of fast foods may be a difficult issue to tackle because of family involvement. But better choices are available at school if you' ll pick them. If your family all eat fast foods or high fat meals it can be hard to influence. But you could add in more bread to improve the balance and include some fruit afterwards to make up for the lack of vegetables. Even swapping to thicker chips or better still thicker oven chips can be a step in the right direction.

### FRUIT AND VEG

Fruit and vegetables are not directly covered by a quiz on carbohydrate and fat but question 16 touches on the subject and leaves open the door to extend the discussion to fruit and vegetables. Necessary for your antioxidant properties to aid recovery and prevent infection — all very important if you want to be able to train regularly.

### BREAKFAST

Are you having breakfast? If the answer is no then try getting up 10 minutes earlier. That is often all it takes to fit in breakfast.

### LOW CALCIUM

Questions 4 and 10 relate to the carbohydrate content of milk and yoghurt, but if you take neither of these you may be at risk from a low calcium intake, which may impact on your bone strength. If this were the case it would be worth being referred to a sports dietician to check out any problem of deficiency and risk of future osteoporosis.

John O'Hara

## Local Athletic Partnership

### DEVELOPMENT OF THE SPORT

Corstorphine AAC were one of the parties to be invited to be involved in the formation of a local athletic partnership with a view to create a co-ordinated approach to the development of the sport within the Edinburgh area.

The partnership currently consists of some local clubs including the universities, the Development officer (Cath Garden), S.A.L., Edinburgh Leisure, Edinburgh council, Sporting Chance, and the local coaching support officer.

The Partnership, although still at an embryonic stage, has a wide remit with plans looking forward over the next 5 years, with the aim to achieve a variety of goals including the best pathways for athlete development and recruitment, through to competition and coaching structure, as well as having input into how athletic facilities are developed in the future for Edinburgh, one of the biggest issues being the re-location and improvement of the current Meadowbank facility and how that is potentially used.

Corstorphine AAC has always played a part in the development of the sport in the Edinburgh area and is happy to be involved in this latest initiative, helping to secure a healthy future for the sport in this area. The aim would be to keep members updated with current developments, and have Corstorphine AAC point of view represented in planning for the future of the sport in Edinburgh.

Paul O'Brien

