

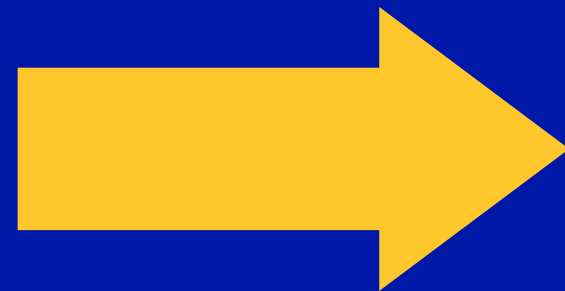


sportscotland National Sports Training Centre Inverclyde

Gareth Turner, Sports Programme Officer



The centre - now and then



sportscotland
inverclyde
national sports training centre

SPORT
HAS THE POWER
TO CHANGE
THE WORLD

**An active Scotland where
everyone benefits from sport**

Our values

- Honesty
- Respect
- Integrity
- Openness
- Inclusion
- Ambition



Why choose Inverclyde

- Over 50 years experience delivering school residentials
- Inclusive
- Blend of indoor and outdoor activities
- New Adventure Sport Hub
- Links to the Curriculum



Our team



- Members of the PVG scheme
- Qualified and experienced in sports and activity delivery
- Knowledge of the outdoor sector
- Create powerful learning opportunities during each session

Indoor activities



Outdoor activities



A sample programme

Tuesday				Wednesday				Thursday				Friday			
Activity	Facility	Staff		Activity	Facility	Staff		Activity	Facility	Staff		Activity	Facility	Staff	
			09:15	Meet the coaches	Dining Room	Coaches		09:15	Meet the coaches	Dining Room	Coaches				
11:00-12:00	Gymnastics	Gym Hall	Bethany	09:30-10:30	Orienteering	Centre Grounds	James	09:30-10:30	Watersports and cycling	Semple	Angus	9:30- 10:30	Health and wellbeing	Weir 3G	Jack
	Quick breather and re-fill waterbottles			10:30 - 10:45	Quick breather and re-fill waterbottles			11:00 - 11:15	Quick breather and re-fill waterbottles			11:30-11:45	Quick breather & re-fill waterbottles		
12:00-13:00	Gymnastics	Gym Hall	Bethany	10:45 - 11:45	Bushcraft	Centre Grounds	James	11:15-12:45	Watersports and cycling	Semple	Angus	10:45-11:45	Team Building	Weir 3G	Bethany
13:00 - 14:00	Lunch time	Dining Room	All	11:45- 12:00	Quick breather and re-fill waterbottles			12:45 - 13:45	Lunch time	Dining Room	All	11:45- 12:00	Quick breather and re-fill waterbottles		
14:00-15:00	Inclusion session	Weir 3G	Jack	12:00-13:00	Night Line/Spiders Web	Centre Grounds	Angus/James	14:00-15:00	Watersports and cycling	Semple	Angus	12:00-13:00	Archery	Outdoor 3g	James/Angus
15:00 - 16:00	Quick breather and re-fill waterbottles			13:00 - 14:00	Lunch time	Dining Room	All	15:00-15:15	Quick breather and re-fill waterbottles			13:00 - 14:00	Lunch time	Dining Room	All
15.15-16.30	Climbing wall	Weir 3G	Jack	14:00-15:00	Hill Walk	Centre Grounds	Angus/James	15.15-16.00	Watersports and cycling	Semple	Angus	14.00-15.00	Goodbye's & Departure	Dining Room	All
18:00-19:00	Dinner	Dining Room		15:00 - 15:15	Quick breather and re-fill waterbottles			18:00-19:00	Dinner	Dining Room					
19:30-20:30	Evening Activity			15.15-16.30	Hill Walk	Centre Grounds	Angus/James	19:30-20:30	Evening Activity						
20:45-21:00	Biscuits & Milk	Dining Room		18:00-19:00	Dinner	Dining Room		20:45-21:00	Biscuits & Milk	Dining Room					
				19:30-20:30	Evening Activity										
				20:45-21:00	Biscuits & Milk	Dining Room									



Watersports at Castle Semple

- School groups can choose to add on watersports and cycling trips utilising local providers.
- Watersports available include: Sailing, kayaking, windsurfing and paddleboarding



Accommodation

Our outstanding accommodation block consists of 60 twin bedrooms which can accommodate for up to 120 residents

Each bedroom offers:

- Seamless en-suite wet rooms
- Floor-to-ceiling windows with beautiful sea views or rolling landscapes

Access to our accommodation is securely controlled making it an ideal environment for schools groups.



Accommodation



Catering

Healthy food is an essential part of our residential sports experience.

We provide;

- High quality, well balanced and nutritious meals and snacks
- All food is freshly prepared on site
- Tailored meals to suit specialist dietary requirements
- Excellent dining facilities



Catering



Safe and secure

Our accommodation block is fully inclusive and every room can accommodate 2 wheelchair users.

We also have secure access to the rooms

- Secure access lifts
- Rooms are key card controlled
- Night concierge – 24 hour supervision

Further safety measures:

- CCTV in communal areas
- Movement activated lights

Pupils must wear bibs at all times



What to bring

We have a dedicated webpage to information for parents and guardians - please visit www.nationalcentreinverclyde.org.uk/schools

Your child should arrive, dressed ready for participation in sport and physical activities and wear comfortable trainers.

We encourage young people to come prepared for the week with:

Clothing

Shorts & t-shirts (enough for the duration of their stay)

Joggers and warm jumpers

Hats, scarves and gloves (weather dependant)

Change of clothes for evening activities

Waterproof jacket

Training shoes (1 pair minimum)

Outdoor shoes/wellies

Swim wear & towel (if swimming or Watersports is included)

Sleep wear

Underwear & socks

Toiletries

Tooth brush & toothpaste

Shower Gel & Shampoo

General toiletries

Other Items:

Backpack

Water bottle

Sun hat/cap

Sun tan lotion

Any medication (i.e. inhalers etc.)

Money - the school can advise on their policy for this - all food etc is included in the stay but we do have souvenirs available and a café. Please note we cannot provide change so please bring loose coins if school allows.

Your child's school will have their own procedures regarding bringing mobile phones, tablets, DS's or any other electrical equipment. However, it would be advisable to leave these at home. sportscotland do not accept liability for the loss or damage of any belongings and advise parents to be mindful if allowing children to bring any items of value.



Thank you! Any questions?

Please remember we have lots of information on our dedicated webpage - visit nationalcentreinverclyde.org.uk/schools

