

sportscotland National Sports Training Centre Inverclyde

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- Inverclyde is set in the town of Largs; however, it is off of the main road and there is no through traffic.
- The tall building to the left is the residential area; the dining hall is at the bottom and accommodation is above this. The dining hall will be the school's base for all activities.
- The flat building to the right is the indoor facilities and there is 85 acres of land for outdoor activities.



Inverclyde is there to support elite athletes as well as school residential. All receive the same experience.

Why Inverclyde

- 60+ years experience delivering school residential
- Inclusive
- Blend of indoor and outdoor activities
- 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

There will be 5 individuals who will be directly involved with the children, all PVG checked, however they are supported by specialist teams (Gymnastics etc).

Indoor activities



Indoors there is an 8-badminton court sized hall, which can be partitioned off to create two indoor areas. There is an indoor astro area if the weather is not great and there is a separate gymnastics hall, used specifically for gymnastics. This is used by professionals, and the children will get to experience this as part of their time at Inverclyde.

Outdoor activities



Outdoor activities include team building activities, hill walking, orienteering and nightline.

A sample programme

Day 1			Day 2			Day 3		
Times	Activity	Facility	Times	Activity	Facility	Times	Activity	Facility
09:30-10:30	Arrival and welcome	Dining room	07:30	Early morning call		07:30	Early morning call	
10:45-11:45	Gymnastics	Gymnastics hall	08:30	Breakfast	Dining room	08:30	Breakfast	Dining room
11:45-12:00	Quick breather and re-fill water bottles		09:15	Meet the coaches	Dining room	09:15	Meet the coaches	Dining room
12:00-13:00	Gymnastics	Gymnastics hall	9:30-10:30	Den building	Centre grounds	09:30 - 10:30	Rugby	Indoor 3G
13:00-14:00	Lunch time	Dining room	10:30-10:45	Quick breather and re-fill water bottles		10:30-10:45	Quick breather and re-fill water bottles	
14:00-15:05	Archery	Sports Hall	10:45-11:45	Orienteering	Centre grounds	10:45 - 11:45	Lacrosse	Outdoor 3G
15:05-15:20	Quick breather and healthy snack		11:45-12:00	Quick breather and healthy snack		11:45-12:00	Quick breather and healthy snack	
15:20-16:30	Team building	Sports Hall	12:00-13:00	Nightline/Spider web	Centre grounds	12:00-13:00	Inclusion session	Indoor 3G
16:30	Meet in dining room		13:00-14:00	Lunch time	Dining room	13:00-14:00	Lunch time	Dining room
16:30-17:00	Check-in/Logbooks	Dining room	14:00-15:05	Hill walk	Centre grounds	14:00-15:00	Goodbyes and departure	
18:00-19:00	Dinner	Dining room	15:05-15:20	Quick breather and healthy snack				
19:00-20:45	Evening Activity		15:20-16:30	Hill walk	Centre grounds			
20:45-21:00	Biscuits & Milk	Dining room	16:30	Meet in dining room				
			16:30-17:00	Logbooks	Dining room			
			18:00-19:00	Dinner	Dining room			
			19:00-20:45	Evening Activity				
			20:45-21:00	Biscuits & Milk	Dining room			

Pupils should come dressed ready for their first activity as upon arrival their bags go into storage and they go straight into their first activity.

Evening activities range from discos, murder mysteries, a movie night, a walk down the beach. These are decided upon arrival due to the weather.

Accommodation



Pupils will spend little time in their room. All rooms have a TV, however the remote is taken out of the room for pupils. There is a phone in the rooms, although this is only internal and can only be used to phone to reception.

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 is externally contracted. If a child has a dietary requirement, this is handled sensitively. If there is a dietary requirement or a need, the centre asks that parents provide as much information as possible to the school as they can then cater to these. There tends to be a theme night for dinner.

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



Pupils are provided with a wristband upon arrival. This allows them access to the accommodation block. Their wristband only allows them access to their floor and their room. No-one can access the accommodation block without a wrist band. There is also security cameras on each floor which is supervised 24hours. During the evening, should someone leave their room, the lights on the floor will activate and this will alert the night concierge.

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
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.)

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 due to safeguarding and liability reasons. 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.

It is advised that pupils bring two water bottles in case of any breakages etc. Pupils are encouraged to fill up their water bottles between activities as they will be busy each day.

No devices, including mobile phones, should be brought to the centre by pupils. This is for 3 reasons; they will have no time to use these, the centre cannot accept any liability for these, and for safeguarding reasons.

The centre has also requested that no football tops/strips are worn.



Thank you! Any questions?

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

Should you have any further questions, please contact the school and they will be in touch with the centre.