

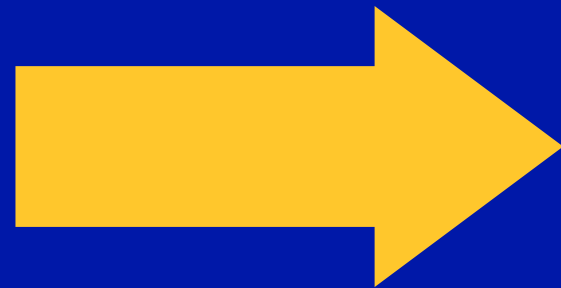


# sportscotland National Sports Training Centre Inverclyde

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**



# Why 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

| Day 1       |  |                 | Day 2       |  |                | Day 3         |  |             |
|-------------|--|-----------------|-------------|--|----------------|---------------|--|-------------|
| Times       | Activity                                 | Facility        | Times       | Activity                                 | Facility       | Times         | Activity                                 | Facility    |
| 09:30-10:30 | Arrival and welcome                      | Dining room     | 7:30        | Early morning call                       |                | 7:30          | Early morning call                       |             |
| 10:45-11:45 | <b>Gymnastics</b>                        | Gymnastics hall | 8:30        | Breakfast                                | Dining room    | 8:30          | Breakfast                                | Dining room |
| 11:45-12:00 | Quick breather and re-fill water bottles |                 | 9:15        | <b>Meet the coaches</b>                  | Dining room    | 9:15          | <b>Meet the coaches</b>                  | Dining room |
| 12:00-13:00 | <b>Gymnastics</b>                        | Gymnastics hall | 9:30-10:30  | <b>Den building</b>                      | Centre grounds | 09:30 - 10:30 | <b>Rugby</b>                             | 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 | <b>Archery</b>                           | Sports Hall     | 10:45-11:45 | <b>Orienteering</b>                      | Centre grounds | 10:45 - 11:45 | <b>Lacrosse</b>                          | 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 | <b>Team building</b>                     | Sports Hall     | 12:00-13:00 | <b>Nightline/Spider web</b>              | Centre grounds | 12:00-13:00   | <b>Hockey</b>                            | 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 | <b>Hill walk</b>                         | 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 | <b>Evening Activity</b>                  |                 | 15:20-16:30 | <b>Hill walk</b>                         | 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 | <b>Evening Activity</b>                  |                |               |  |             |
|             |  |                 | 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





# 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](http://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.



An aerial photograph of a modern school building. The building is white with a large glass facade on one side. A large parking lot with many cars is situated in front of the building. The surrounding area is lush with green grass and trees. A blue semi-transparent banner is overlaid across the middle of the image, containing text.

**Thank you! Any questions?**

Please remember we have lots of information on our dedicated webpage - visit [nationalcentreinverclyde.org.uk/schools](http://nationalcentreinverclyde.org.uk/schools)

A decorative graphic at the bottom of the image consisting of a series of parallel diagonal stripes in red and yellow colors.