

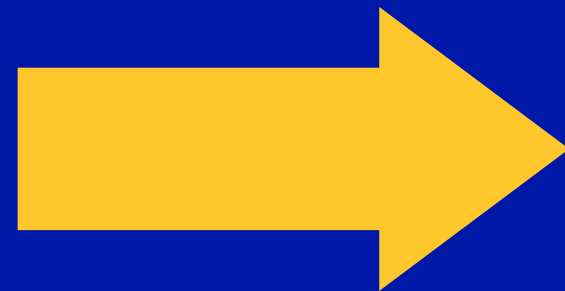


sportscotland National Sports Training Centre Inverclyde

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

- Inverclyde has over 50 years experience delivering outstanding residential sport programmes to schools and education groups
- Inclusive
- New Adventure Sport Hub providing outdoor learning opportunities
- Links to the Curriculum



Our team



- Members of the PVG scheme
- Qualified and experienced in sports and activity delivery
- Highly motivated and engaging
- Create powerful learning opportunities during each session

Indoor activities



Outdoor activities

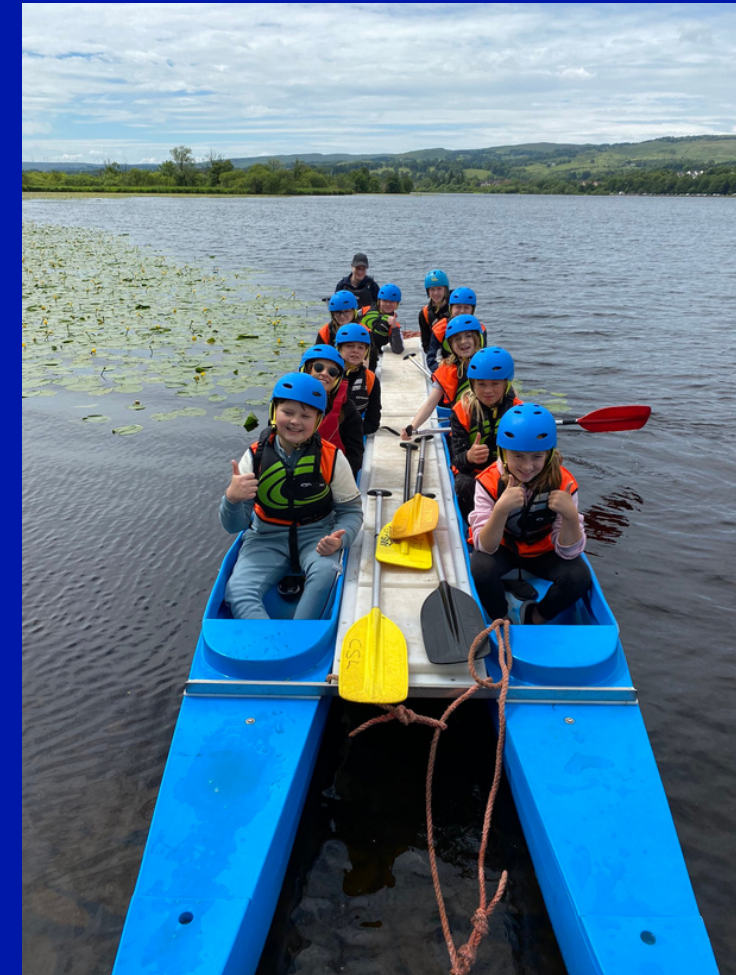


A sample programme

Monday				Tuesday				Wednesday				Thursday			
Time	Activity	Facility	Staff	Time	Activity	Facility	Staff	Time	Activity	Facility	Staff	Time	Activity	Facility	Staff
	Arrival and welcome	Dining Room	All coaches	07:30	Early morning call		Teachers	07:30	Early morning call		Teachers	07:30	Early morning call		Teachers
				08:00-08:30	Breakfast	Dining Room	All	08:00-08:30	Breakfast	Dining Room	All	08:00-08:30	Breakfast	Dining Room	All
				09:15	Meet the coaches	Dining Room	Coaches	09:15	Meet the coaches	Dining Room	Coaches	09:15	Meet the coaches	Dining Room	Coaches
10:30-10:45	Fire Evacuation Procedures	Dining Room	GSM and all coaches	09:30-10:45	Watersports Cycling Gymnastic Baseball	Cumbræ Gym Hall RHS Weir 3G	Chris Fiona Kirsty	09:30-10:45	Outdoor Learning Watersports Dodgeball	Centre Grounds Cumbræ Cage	Kirsty & Chris Scott Fiona	09:30-10:45	Tennis Dodgeball Badminton Watersports Cycling	Savanna Cage LHS Main Hall Cumbræ	Kirsty Chris Scott Fiona
10:30-10:45	Quick breather and re-fill waterbottles			10:30-10:45	Quick breather and re-fill waterbottles			10:30-10:45	Quick breather and re-fill waterbottles			10:30-10:45	Quick breather and re-fill waterbottles		
10:45-11:45	Gymnastic Trampoline Outdoor Learning Basketball Badminton	Gym Hall Gym Hall Centre Grounds RHS Main Hall LHS Main Hall	Fiona Kirsty Chris Scott	10:45-11:45	Watersports Cycling Trampoline Athletics	Cumbræ Gym Hall RHS Main Hall	Chris Fiona Kirsty	10:45-11:45	Outdoor Learning Watersports Gymnastic Trampoline	Centre Grounds Cumbræ Gym Hall Gym Hall	Kirsty & Chris Scott Fiona	10:45-11:45	Dodgeball Tennis Basketball Watersports Cycling	Cage Savanna RHS Main Hall Cumbræ	Chris Kirsty Scott Fiona
11:45-12:00	Quick breather and re-fill waterbottles			11:45-12:00	Quick breather and re-fill waterbottles			11:45-12:00	Quick breather and re-fill waterbottles			11:45-12:00	Quick breather and re-fill waterbottles		
12:00-13:00	Gymnastic Trampoline Outdoor Learning Badminton Basketball	Gym Hall Gym Hall Centre Grounds LHS Main Hall RHS Main Hall	Fiona Kirsty Scott Chris	12:00-13:00	Watersports Cycling Baseball Archery Table Tennis	Cumbræ RHS Weir 3G RHS Main Hall LHS Main Hall	Chris Kirsty Fiona Scott	12:00-13:00	Basketball Badminton Watersports Gymnastic Trampoline	RHS Main Hall LHS Main Hall Cumbræ Gym Hall Gym Hall	Kirsty Chris Scott Fiona	12:00-13:00	Handball Football Table Tennis Watersports Cycling	LHS Main Hall RHS Weir 3G RHS Main Hall Cumbræ	Kirsty Scott Chris Fiona
13:00-14:00	Lunch time			13:00-14:00	Lunch time			13:00-14:00	Lunch time			13:00-14:00	Lunch time		
14:00-15:00	Health & Wellbeing Archery Tennis Outdoor Learning	Studio One RHS Main Hall Savanna Centre Grounds	Chris Fiona Kirsty Scott	14:00-15:00	Cycling Watersports Health & Wellbeing Table Tennis Archery	Cumbræ Studio One LHS Main Hall RHS Main Hall	Chris Scott Fiona	14:00-15:00	Badminton Basketball Watersports Health & Wellbeing Boccia	LHS Main Hall RHS Main Hall Cumbræ Studio One LHS Main Hall	Chris Kirsty Scott Fiona	14:00-15:00	Football Handball Boccia Cycling Watersports	RHS Weir 3G RHS Main Hall LHS Main Hall Cumbræ	Scott Kirsty Chris Fiona
15:00-15:15	Quick breather and re-fill waterbottles			15:00-15:15	Quick breather and re-fill waterbottles			15:00-15:15	Quick breather and re-fill waterbottles			15:00-15:15	Quick breather and re-fill waterbottles		
15:15-16:15	Archery Health & Wellbeing Dodgeball Outdoor Learning	RHS Main Hall Studio One Cage Centre Grounds	Chris Fiona Kirsty Scott	15:15-16:15	Cycling Watersports Archery Handball Football	Cumbræ RHS Main Hall Cage RHS Weir 3G	Chris Fiona Kirsty Scott	15:15-16:15	Baseball Athletics Watersports Boccia Health & Wellbeing	RHS Weir 3G RHS Main Hall Cumbræ LHS Main Hall Studio One	Chris Kirsty Scott Fiona	15:15-16:15	Table Tennis Boccia Football Cycling Watersports	RHS Main Hall LHS Main Hall RHS Weir 3G Cumbræ	Kirsty Chris Scott Fiona
16:15-16:30	Quick breather and healthy snack			16:15-16:30	Quick breather and healthy snack			16:15-16:30	Quick breather and healthy snack			16:15-16:30	Quick breather and healthy snack		
16:30-17:30	Room Check-in	Dining Room	All coaches	16:30-17:30	Cycling Watersports Athletics Football Handball	Cumbræ LHS Main Hall RHS Weir 3G Cage	Chris Fiona Scott Kirsty	16:30-17:30	Athletics Baseball Watersports Tennis	RHS Main Hall RHS Weir 3G Cumbræ Savanna	Kirsty Chris Scott Fiona	16:30-17:30	Boccia Table Tennis Handball Cycling Watersports	LHS Main Hall RHS Main Hall Cage Cumbræ	Chris Kirsty Scott Fiona
18:00-19:00	Dinner			18:00-19:00	Dinner			18:00-19:00	Dinner			18:00-19:00	Dinner		
19:30-20:30	Walk to the beach	Laigs Promenade	Fiona & Kirsty	19:30-20:30	Game show night!	Meeting Room One	Chris & Scott	19:30-20:30	Activity Night	Meeting Room One	Fiona & Kirsty	19:30-20:30	Disco	Dining Room	Chris & Scott

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



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

Hair Products (non-essential)

General toiletries

We will have a small selection of toiletries to purchase should you forget anything.

Other Items:

Backpack

Water bottle

Sunglasses

Sun tan lotion

Glasses/ Contact lenses (if applicable)

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

