

Lasswade Community Sport Hub Newsletter



ISSUE 1 – SUMMER 2015

Lasswade Hub Launch

Sports clubs within the Lasswade area have come together to form the third Community Sport Hub within Midlothian. The Sport Hubs were set up as part of the



Commonwealth Games legacy to encourage more people to take part in sport. More than 150 pupils, parents and sports enthusiasts from the surrounding areas packed the Lasswade Centre to celebrate the opening of Lasswade Community Sport Hub (LCSH). Guests at the event on Thursday 5th March included Commonwealth Bronze medallist James Millar (Just-Judo), as well as Catherine Divine from Elite Taekwondo.

Everyone grabbed the chance to enjoy taster sessions of everything from Kic Dance to American football. All club members of the sport hub were there in force, along with the Lasswade Pupil Sport Council, Sport and Leisure staff and the active schools team.

Councillor Derek Rosie, the cabinet member for sport and leisure, said: "I think we can safely say our latest hub really got off to a flying start. Hopefully, many of those who came along on the night will now be converts to a sport they've never tried before."

The night was a huge success and provides an excellent base for the new Hub to grow from.

P7 Transition Event

WHERE: Lasswade High School

WHEN: 10th and 11th June

WHO IS INVOLVED: KIC Dance, Lasswade Rugby Club, Touchdown UK American Football.

WHAT: P7 pupils were given a choice of sport to try out during their activity session at the High School. This event gave pupils the chance to sample some of the sports that are available to them at the High School and the Lasswade Centre. It was also a great opportunity for the P7 pupils to interact with their new peers. This was an extremely successful event and we would like to thank all members of the Hub that gave up their time to deliver these sessions.

Lasswade Athletics

Lasswade Athletics are based at Dalkeith Community Campus. Regularly having over 100 children training on a Monday evening and 70 on a Thursday they are always on the lookout for the next budding champion.

For our younger athletes (8-11 years) the club run induction groups of 10 weeks which allow them opportunity to try all the vents in running , jumping and throwing before moving on to join the regulars. The next courses start after the summer holiday but they are taking names NOW!!



The club also compete locally, regionally and nationally from the age of 11 years. We are actively seeking those who wish to compete for the club NOW!!

So if you think you might be interested please contact the Club Development Officer, Brian Hood on 0131 561 6512 or through email at brianh3010@gmail.com

KIC Dance

KIC Dance offers contemporary dance classes for girls and boys from an early age. Our ethos is simple - Enjoy dance for what it is. We don't go in for formal tests or exams. We do go in for giving children of all abilities the opportunity, through dance, to develop the confidence and self belief to express themselves in a safe and friendly environment.



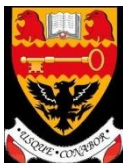
Our ethos is simple...
Enjoy dance for what it is...
TEL: 07891 035 698
EMAIL: Sharon@kicdance.co.uk



At KIC DANCE COMPANY we offer a wide variety of exciting dance styles which are designed to allow students to express themselves in a safe and Friendly Environment.

FOCUS: LASSWADE HIGH SCHOOL SPORT

Lasswade High School Football



Yet again Lasswade High School has had a successful season with teams participating in all competitions at all age groups. This accounts for over 100 pupils participating in extra-curricular activity for the school. The U13 boy's team

are currently 4th in the East and Midlothian league with a few more games to play. The U14 boy's team have 2 games left in the league and only need to win one of them to win the league. The U15 boy's team have been flying the flag for the school in

terms of trophies this season. They have had an extremely successful season winning both domestic competitions. This has been their most successful season so far and hopefully this will continue next season at U16.

The U16 boy's team have competed in all competitions and finished mid table in the

Lothian league. They lost to James Young High School in the round 3 of the Scottish Cup after a very closely fought match 5-3 on penalties.



The U18 boys team started off well in the league but struggled towards the end of the season eventually finishing 4th in the senior

league. They lost to the Scottish cup winners, Penicuik High School, in the 2nd round of the Lothian cup 4-1 and were put out of the Scottish cup 2-1 by Royal High School in the first round.

The U15 girl's have had amazing success recently by winning the Scottish Cup last year and being nominated Youth Team of the Year at the Midlothian Sports Awards 2014. Lasswade entered an U18 girls team into the Scottish Cup for the first time in recent history and made it to the

quarter final before losing to a very strong Williamwood High School side.

All of this would not be possible without the commitment from the

pupils at Lasswade High School and the parents who come along and support the teams. I would like to make a special thanks to the staff in the school who contribute so much to their respective teams. This really helps to contribute to a positive ethos within the school and local community.



Lasswade High School Rugby

The final stretch of the season has arrived and we have had some excellent games of rugby on show. There were close games for all

age groups against Peebles with the U15's losing by a try in an extremely physical encounter. The S1's and S2's have been on excellent form in recent weeks. We completed the double against Gala Academy away and the S2's won against Hawick at home. The S1's missed out by a try in an excellent display. Our u18's reached the semi-final of the schools bowl

competition just missing out on a place in the final to Preston Lodge.

Our 7's squads have had a lot of success with the S1/2's winning the Midlothian 7's tournament. All of our teams entered into the Edinburgh Schools 7's series at Murrayfield where both the S1 and S2 teams reached the finals of their events. The S2's narrowly missed out to Preston Lodge in an end to end spectacle. Some fantastic rugby was on show.

Coming towards the end of the season a huge thank you must go to all of the coaches and volunteers. Your support this season had a huge effect on the programme. All teams have developed throughout the year with over 60 boys playing rugby most weekends! We have a full exciting fixture list in place for next season. During curriculum time the School of Rugby now runs from S1-S4.



City of Edinburgh Trampoline Club



City of Edinburgh Trampoline Club (CETC) founded in 2006, has been based at their Lasswade venue since 2008. CETC are all-inclusive, with members from toddlers & pre-school - to Adults & from complete beginners - to International & World competitive gymnasts. The Club has a large bank of experienced coaches – most of whom are also current or previous trampolinists themselves. The Club is well known for its friendly & welcoming atmosphere – and there are always social & fun fundraising events on the go too!

Venue: The Lasswade Centre Tuesdays: 5.30-7 & 7-9pm, Sundays: 12.30-2, 2-4 & 4-5pm. DMT (double-mini trampoline) Fridays: 5-7pm.

Lots of information can be found on the Club website at www.cityofedinburghtrampolineclub.co.uk and for details on how to join – contact: secretary@cityofedinburghtrampolineclub.co.uk
Hope to see you soon!

Bonnyrigg Rose Football Club

Bonnyrigg Rose Academy are still looking for young or old football minded coaches to help with the young players.

The Academy's new intake of children born in 2009 and 2010 started on the 1st March and have been growing since, we now have 30 players and have the capacity to increase up to 50 players. However with this increase we will require more assistance to manage this suitably. The club shall provide you FOC with training clothing, coaches education and full mentoring through out.

So if you are Dad, Brother or Grandad, get involved! Whether it be match supervisor or active coach you are welcome to join merry

band of men!! You need not even be assisted with the club all are welcome, the only requirement is over 16 years.



For more info

David Kelly Academy Director: [07793640352](tel:07793640352),
BonnyriggRoseFootballAcademy@gmail.com
www.bonnyriggroseacademy.com

Lasswade Thistle FC Football Open Day



**New to the area?
Always wanted to try football?
Want to show off your skills?**

NEW COACHING SESSIONS

Lasswade Thistle is recruiting boys and girls born in 2009 to join the club. Coaching sessions started on Saturday 20th June and are now being held on a weekly basis! Come along and give it a try – all kid's welcome.

Our pitches and changing rooms are just across the road from the Laird and Dog. The sessions are suitable for beginners through to experienced players. Our qualified coaches will take you through fun sessions including:
Skill Zone ~ Penalty taking ~ Goal Scoring

For more details email: lwffc@outlook.com or
Call Barry Watson: 07753204197

Just-judo



Just-Judo is a network of clubs based throughout Midlothian & Edinburgh. The club offers classes for all ages, from five up to twenty years of age, of all levels, international athletes to junior & senior beginners - and of course those in between too!

Over the years, Just-Judo has had numerous Junior Scottish Champions & British Medalists. While recently several of our club coaches and former club members represented TeamScotland at the Glasgow 2014 Commonwealth Games, winning two bronze medals including Head Coach James Millar. Just-Judo aims to provide everyone with an opportunity to experience a bit of success and a lot of personal development, while supporting a development pathway leading to the National Programme offered by JudoScotland.



Classes are held at The Lasswade Centre on Mondays and Saturdays for age groups: 5-8yrs, 8-12yrs, 12-20yrs and Senior (20+).
For more information please see: **Website:** www.just-judo.com, **Twitter:** @JustJudo **Facebook:** Just J



**CLUBS/ORGANISATIONS AFFILIATED WITH
LASSWADE SPORT HUB:**



- Eskvale Hockey Club
- Lasswade Rugby Club
- City of Edinburgh Trampoline Club
- Bonnyrigg Rose Football Club
- Lasswade Rugby Football Club
- KIC Dance
- Touchdown UK American Football
- Lasswade Gymnastics Club
- Ibex Gymnastics Club
- Just Judo
- Elite Taekwon-do
- Lasswade High School
- The Lasswade Centre
- Revolution Judo
- Lasswade Thistle Football Club



If you are involved in a sports club and would like more information on the sport hub,
please email: judith.clyne@midlothian.gov.uk 01315616523 or
lasswadecommunitysportshub@gmail.com

Next Meeting: **THURSDAY 27th AUGUST** @ Lasswade High School.



If you would like to be kept up to date with what is happening within Lasswade Community Sport Hub and any upcoming events, please fill in your name and email address below and return to The Lasswade Centre:

Name:

Email: