

Your Local Contact

Tina Gibson – Active Schools Co-ordinator

Tina (Kingussie Cluster) is responsible for co-ordinating the provision of sport and physical activity before school, at lunchtime and after-school. Tina also supports the school to club links in the area.

T: **07748 335191**

E: Tina.Gibson@highlifehighland.com

Dawn Horsburgh – Active Schools Co-ordinator

Dawn (Grantown Cluster) is responsible for co-ordinating the provision of sport and physical activity before school, at lunchtime and after-school. Dawn also supports the school to club links in the area.

T: **07766 500129**

E: Dawn.Horsburgh@highlifehighland.com

Donna Reilly – Badenoch & Strathspey Facilities Manager

Donna is responsible for the management of the leisure facilities at Aviemore Community Centre, Craig MacLean Leisure Centre and the Badenoch Centre.

T: **01479 813140 – Aviemore Community Centre**

E: Donna.Reilly@highlifehighland.com

Darren Reid - Community Sport Hub Officer

Darren is responsible for co-ordinating the establishment of the Community Sport Hubs in the Highlands.

T: **01463 718009**

E: Darren.Reid@highlifehighland.com

www.facebook.com/cshhighland

Community Sport Hubs

The Community Sport Hub project is an exciting and innovative approach to the development of sport in local communities. It aims to bring together all the key partners involved in sport to create a joint approach to its development which will lead to an increase in participation levels locally. The project has a particular focus on supporting Community Sport Clubs to deliver quality sports and physical activity opportunities to the whole community.



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Aviemore Community Centre

Muirton
Aviemore PH22 1SF
T: 01479 813140
E: aviemore.leisure@highlifehighland.com

Craig MacLean Leisure Centre

Cromdale Road
Grantown on Spey PH26 3HU
T: 01479 870281
E: craigmaclean.leisure@highlifehighland.com

Glenmore Lodge

Aviemore
Inverness-shire PH22 1QU
T: 01479 861 256
E: enquiries@glenmorelodge.org.uk

Badenoch Centre

Spey Street
Kingussie PH21 1EH
T: 01540 662485
E: badenoch.centre@highlifehighland.com

Aviemore Community Sport Hub

Mòr-ionad Spòrs
Coimhearsnachd
na h-Aghaidh Mòire



www.highlifehighland.com

Aviemore Community Sport Hub promotes the PCS message:
Transforming Scottish youth sport so sport can transform Scotland's youth.

Aviemore Community Sport Hub

The Vision: Aviemore Community Sport Hub is made up of a strong partnership between community clubs and local organisations that collectively aim to provide the community with:

- A quality package of sport and physical activity provision.
- A comprehensive pathway from fun to excellence.
- A home for sport in the local area where clubs can meet to share ideas, resources and promote their sport to the local community.

The Values: The community sport hub will provide the opportunity for the community to have a direct input into the way the sport is delivered and developed in the local area, provide a platform to share ideas, experience and resources and create a stronger support mechanism for clubs in the local area. The hub will have a strong focus on developing people involved in sport and will make it easier for local clubs to run successfully and sustainably.

Cairngorm Cycling Club



Contact:
Hamish Irvine (Secretary)
T: 01479 810795
E: hamishandgill@gmail.com
W: www.cairngorm.cc/

Where:
Local roads and trails. Meet at Mike's Bikes, Aviemore

The Cairngorm Cycling Club is run by and for cycling enthusiasts in Badenoch & Strathspey of all ages and abilities. The Club holds rides throughout the year and members are active both recreationally and competitively on and off road. Club rides vary from social events to hard training rides. All cyclists are welcome.

Training: Road rides on Tuesday and Thursday 6:30pm during British Summer Time. Same time on Thursdays during the winter for off-road rides. All very welcome! Under 16s are to be accompanied by an adult.

Cairngorm Sports 4 All



Contact:
Valerie Harris
T: 01479 812636
E: fiona@cairngormssports4all.co.uk

Where:
Aviemore Community Centre Muirton, Aviemore

The Sports Club is a recently formed group in Badenoch and Strathspey for children and young adults who have special needs or disabilities. Sports 4 All are looking get the group established and recognised in the area before opening to an older generation. The club will promote sports, independence and confidence to members.

Come Along: Last Saturday of each month from 1:30pm – 3:30pm at Aviemore Community Centre. Ages 5-25yrs.

Strathspey Rugby Club



Contact:
George Byers
T: 01479 810795
E: Strathspeyrugbyclubsec@hotmail.co.uk
W: www.pitchero.com/clubs/strathspeyrfc

We are always looking to recruit new player and everyone is welcome at training to join in playing rugby and improving general fitness.

Where:
Aviemore Primary School pitch / Boat of Garten pitch

Training: 7:30pm every Wednesday 16+ open to males and females, September to March (Summer touch). No experience necessary come along and join in the fun.

Cairngorm Snowboard Club



Contact:
Les Andean
T: 01479 810794
E: les.andean@bopenworld.com
W: www.cairngormsnowboardclub.co.uk

Cairngorm Snowboard Club offer freestyle snowboarding and skiing to all levels, so that everyone can shred it up!!

Where:
Cairngorm Mountain and Glenmore Lodge Artificial Slope

Training: Sunday and Wednesday during the winter season. Open to everyone that can ride a drag lift.

Badenoch and Strathspey Sports Council

The Sports Council distributes grants to member clubs and acts as a liaison for information.

Contact: Lynn Murray
T: 01479 811090 M: 07711 918016
E: secretarybssc@hotmail.co.uk W: www.bandssc.co.uk
Meets once a month all year at Aviemore Community School Meeting Room. Open to any constituted sports club.

Aviemore Sports Centre Project

Aviemore Sports Centre Project is a company limited by guarantee and has charitable status. The group is trying to secure a lease on a piece of land to build an ice rink and sports centre in Aviemore.

They are constantly looking for help during fundraising efforts.
Contact: Yvonne Birnie
T: 07711 318016 E: info@aviemoresportscentre.com
W: www.aviemoresportscentre.com
Meets once a month all year in Aviemore. Open to everyone.

Active Schools

Active Schools works to increase the number of opportunities available to children by recruiting volunteers. We need coaches, assistant coaches, fundraisers, register takers, drivers, kit washers, first aiders and marketing and promotional people to name but a few. Whatever your skills, we need YOU. We can help you through training courses and mentor you while you have fun. Some of the projects we are involved with are Young Ambassadors, Fit for Girls, Positive Coaching Scotland, HLH Leadership Programme, LEAD 2014 Commonwealth Games, Coach Education (Active Club and Junior Jog Scotland Training as well as others) and the Saltire Volunteering Awards. If you are interested in becoming an Active Schools volunteer, or in any of the initiatives, please contact your local active schools co-ordinator.

Disability Snowsport UK



Contact:
T: 01479 861 272
E: operations@disabilitysnowsport.org.uk
W: www.disabilitysnowsport.org.uk

DSUK gives the opportunity to all disabled people to access snow sports thanks to tailored tuition and special equipment.

Where:
Cairngorm Mountain

Open January – April for all ages. Contact DSUK for more information

Aviemore Bowling Club



Aviemore Bowling Club provides both social and competitive bowling throughout the year. They offer facilities to bowl indoor and outdoor all year round.

Non-members and guests are welcome.

Aviemore Bowling Club are keen to encourage both adults and young people to take up the sport by holding competitions as well as being a part of the Upper Strathspey leagues. They also hold social events.

Contact:

Norrie Macleod

T: 07709 678181

E: norriemacleodabc@gmail.com

Where:

**Aviemore Bowling Club
Dalfaber Drive, Aviemore
PH22 1ST**

Come Along: Club nights are Monday and Wednesday at 7:00pm but facilities also available at most other times. All ages and abilities welcome.

Grantown Swim Club



Grantown Swim Club is a competitive swimming club currently catering for members between 7-17 years old. The club runs 4 squads: development, junior competition, senior competition and a fitness squad. Entry to the club is by a time trial which usually takes place twice a year. Swimmers are assessed on speed, stamina and skill.

Contact:

Cath Moore

T: 01479 821061

E: cath.swim@btinternet.com

W: www.swimgrantown.com

Where:

**Craig MacLean Leisure Centre
Cromdale Road
Grantown on Spey PH26 3HU**

Training: Tuesday pm, Wed am, Thurs pm, Friday am all year round.

Badenoch & Strathspey Orienteering Club



Orienteering is an outdoor sport for all ages and levels of fitness, involving map-reading and running, jogging or walking at whatever speed you choose, and it's as competitive as you make it. For road runners it can be an enjoyable opportunity for interval training, and for hill-walkers it can be an excellent way to sharpen your navigation skills. We orienteer in many of Strathspey's fantastic forests and sometimes in towns and villages. Tuesday sessions are practice and training. We also organise competitive events.

Contact:

Gavin Miles

E: secretary@basoc.org.uk

W: www.basoc.org.uk

Where:

**Different venues each week
(check our website for details)**

Come Along: Tuesday 6:30pm all year. Please check the website to find location and details of meets, as well as details of weekend competitions.

Highland Nordic



The club provides cross country skiing and racing opportunities for families, young people and adults.

We can provide training in roller skiing and, during periods of snow, cross country skiing using club coaches and equipment.

Contact:

Roger Homyer

T: 01540 661051

E: roger.homyer@hotmail.co.uk

W: [Spanglefish.com/
highlandnordic](http://Spanglefish.com/highlandnordic)

Where:

**Badenoch Centre, Kingussie
(location differs – contact club)**

The club have had two members who have gone onto represent GBR at youth and junior team levels and have also been selected for Team GB at the European Youth Olympic Games.

Training: Meets are on demand at cycle tracks in Kingussie, Inch and Glenmore Lodge.

Cairngorm Biathlon & Nordic Ski Club



Cairngorm Biathlon and Nordic Ski Club is based at the roller ski track and biathlon range at Glenmore Lodge. The Club concentrates on providing youth development for the sport of biathlon but also aims to encourage participation in cross country skiing. In winter, members can enjoy club sessions skiing on the local tracks and trails. Club members have enjoyed success in biathlon and cross country events both internationally, competing in the youth and junior biathlon world championships in 2014.

Contact:

E: cairngormbiathlonnordic@yahoo.co.uk

W: www.cbnsco.co.uk

Where:

**Glenmore Lodge
Aviemore
PH22 1QU**

Training: From April – October Wed 6:30pm – 8:00pm
From October – April Sat 1:30pm – 3:00pm
At Glenmore Lodge for ages 10 and onwards.

Wolfpax Riders



“Wolfpax riders” is a mountain bike club for young aspiring riders who want to develop their skills. We employ professional coaches from different biking backgrounds to provide some top quality sessions and our aim is to develop skills and confidence on a range of trails. We have a club hut at Wolfpax, Laggan and we finish the season each year with a residential weekend away. Many of our riders take part in cross country, dirt crit and downhill races throughout the season.

Contact:

Karen Edmondson

T: 01479 821599

E: the.edmondsons@btinternet.com

W: www.wolfpaxriders.com

Where:

**Laggan Wolfpax but also other
trail Centres**

Come Along: Generally every other weekend on alternate Saturdays and Sundays March – Nov with 6 days of coaching spread through the summer holidays. Contact the club for details.

Rothiemurchus and Aviemore Tennis Club



Rothiemurchus and Aviemore Tennis Club has just had one of its most successful seasons. Some of our 6 teams winning their divisions and being promoted. The club has a strong local membership, both with adults and a very enthusiastic junior section ages 2 – 17 years old.

Contact:
Margaret Thompson
T: 01479 810481
E: magathompson@aol.com
W: www.ratc.co.uk

Where:
Rothiemurchus on the Ski Road about a mile from Aviemore Main Street

Coaching is available or those wishing to learn or improve and the courts are available for all members and visitors who just wish to play.

Come Along: Club is open every day – weather permitting. Match nights are Monday and Thursday during May and June. The club welcomes everyone – we have all ages ranging from 2 to 82!

Cairngorm Runners



Jog, Run, Train and Race with the Cairngorm Runners. Get out and enjoy the stunning local scenery on a casual jog followed by a coffee and a chat... Or train for an ultra-marathon (and everything in between)!

Contact:
Club Secretary Heather McLellan
E: secretary@cairngormrunners.org
W: www.cairngormrunners.org

Where:
Coylumbridge Hotel Car park and the Hayfield, Glenmore

We are a friendly club for all abilities from total beginners to advanced athletes. Running is great for general fitness and very simple to get involved with. You won't regret coming out to join us!

Come Along: Monday (organised runs) & Wednesday (training) at 6:30pm. April to October (for our formal sessions). Various winter training sessions and runs continue throughout the year. 16 years +

Aviemore Aftershok Gymfest Club



Aviemore Aftershok Gymfest Club has been in existence for only a year and a half. We are a Kingussie High School after school club, gymnastic dance display team and we train once a week. The older gymnasts within the club are trained as Dance Leaders and help to create all our performances. We travel all over Scotland to perform as well as take part in local events. Our displays are around 8 minutes long and involve all gymnasts in performing gymnastic skills, stunting and dance moves.

Contact:
Sofia Burnett
T: 01479 810114
E: Andy.aasa@hotmail.co.uk
Where:
Aviemore Community Centre Muirton, Aviemore

Training: Every Tuesday 4:15pm – 5:45pm all year round. Open to all children from S1 – S6 in Kingussie High School.

Badenoch Swim Club



Badenoch Swim Club provides fun and fitness swimming sessions for all ages. Our qualified volunteer coaches and poolside helpers provide instruction on how to improve strokes embedded in varied training sessions often with fun games and activities. We offer social trips, in-house friendly galas and distance awards. These events are a good chance for parents to join in the fun! In December 2013 we had a sponsored swim for the children of Syria. We communicate via email, chats after the sessions and a newsletter.

Contact:
Max Brown
T: 01540 673401

Where:
Aviemore Highland Resort pool, Aviemore

Come Along: Mondays 6:00pm – 7:00pm & Wednesdays 6:00pm – 7:00pm. All year during school term. Open to all ages – make contact and come for a short swim test.

Ramblers: Badenoch & Strathspey Group



The Ramblers Association is Britain's walking charity and campaigns on access rights across the UK, as well as promoting the health benefits of walking, and encouraging more people to take up walking. Locally, the Badenoch and Strathspey group campaigns on issues affecting local access rights, and organises fortnightly walks. We offer walks that will suit most levels of fitness and experience in some of the most beautiful scenery in the country. Walking is one of the most enjoyable ways of getting fit.

Contact:
Ann Hadley
T: 01479 873806
E: bands.ramblers@live.co.uk
W: www.badenochand-strathspeyramblers.org.uk

Where:
Various venues, mostly within the Badenoch & Strathspey area.

Come Along: Alternate weekends, usually on a Saturday. All year round. Open to all ages, although 15-17 year olds must have written parental permission, while under 15s must be accompanied by a parent or guardian.

Petalpower Biking



The club focusses on helping women develop their skills and confidence to pursue mountain biking both recreationally and for improved performance, however this may be measured. Meet like-minded people and ride together socially – keep fit and healthy – improve your riding skills – take part and improve your performance in competitive events – learn how to maintain your bike or develop your Leadership or Coaching skills. We also run an event called "Ride Like a Grrrl".

Contact:
Fran Pothecary
E: franpetalpower@gmail.com
W: www.petalpowerbiking.com

Where:
Various meeting points throughout the Strath – check Facebook

Come Along: Thursday evenings & most weekends all year. Club membership year runs March – February. See Facebook for events. Women cyclists only. Currently we are unable to cater for junior riders, but over 16s can attend.