

## Dingwall Community Sport Hub

### The Vision:

Dingwall Community Sport Hub will support the sustainable growth of local community sports clubs and allow more people to enjoy quality sport provision.

### The Values:

The community sport hub will develop relationships between clubs and key partners and provide a platform for like-minded people to come together to share ideas and expertise. The community sport hub will complement the work already taking place to develop sport locally but will add an additional and dynamic support mechanism for local clubs. The community sport hub will work hard to help develop local coaches and volunteers, promote the opportunities that there is to take part in sport locally, support a strong pathway from school sport to club sport and support clubs to ensure their facility needs are being met locally.



'Healthy Clubs – Healthy Kids – Happy People'

## 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.

Each Community Sport Hub is unique but the common thread is that each works to the following five principles:

- Growth in participation
- Understanding community need
- Support community leadership
- Offer a range of sports
- Ensure all the appropriate people are working together



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High Life membership is your affordable, flexible passport to a world of activities and interests across our nine service areas and right across Highland – from leisure facilities, sports pitches and libraries, to archives, art galleries and more!

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## Your Local Contacts

### Rory Cross – Active Schools Co-ordinator

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

T: **07825 522451**

E: **Rory.Cross2@highlifehighland.com**

### Nick Gamble – Highland Football Academy Manager

Nick is responsible for the management of the Highland Football Academy.

T: **01349 863399**

E: **Nick.Gamble@highlifehighland.com**

### Lisa MacDonald – Dingwall Facilities Manager

Lisa is responsible for the management of the leisure facilities at Dingwall Leisure Centre, Dingwall Academy and Dingwall Town Hall.

T: **01349 864226**

E: **Lisa.Macdonald@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: **01349 860810**

E: **Darren.Reid@highlifehighland.com**

[www.facebook.com/cshhighland](http://www.facebook.com/cshhighland)

## Where Sport Happens



**Dingwall Leisure Centre**  
Tulloch Avenue  
Dingwall IV15 9LH  
T: 01349 864226  
E: [Dingwall.leisure@highlifehighland.com](mailto:Dingwall.leisure@highlifehighland.com)

**Highland Football Academy**  
Jubilee Rd  
Dingwall IV15 9QZ  
T: 01349 863399  
E: [Nick.Gamble@highlifehighland.com](mailto:Nick.Gamble@highlifehighland.com)

**Dingwall Academy**  
Dingwall  
IV15 9LT  
T: 01349 864226  
E: [Dingwall.leisure@highlifehighland.com](mailto:Dingwall.leisure@highlifehighland.com)

**Pefferesside Park**  
1 Pefferess Road  
Dingwall IV15 9PW  
E: [eqsport@outlook.com](mailto:eqsport@outlook.com)

Dingwall Community Sport Hub

Mòr-ionad Spòrs  
Coimhearsnachd  
Inbhir Pheofharain



**ROSS COUNTY MORE THAN A FOOTBALL CLUB:**

- COMMUNITY PROGRAMME
- SEASON TICKETS
- STAGGIES LOTTO

[www.rosscountyfootballclub.co.uk](http://www.rosscountyfootballclub.co.uk)



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[www.highlifehighland.com](http://www.highlifehighland.com)

## Dingwall Amateur Swimming Club



**Contact:**  
**Andrew Clark Head Coach**  
T: 07872 838442  
E: [dingwallasc@gmail.com](mailto:dingwallasc@gmail.com)  
W: [www.dingwallswim.com](http://www.dingwallswim.com)

**Where:**  
**Dingwall Leisure Centre**  
**Tulloch Avenue**  
**Dingwall IV15 9LH**

Established in 1975, Dingwall Amateur Swimming Club has coached hundreds of swimmers and at present coaches 104 swimmers a week. We offer all of our members the opportunity to reach and exceed their full potential as a swimmer by improving their technique and increasing their stamina and speed while promoting fitness and teamwork. We train in a fun and friendly environment where it is hoped that lifelong skills, friendships and values are developed. We are always working to promote and aid in athletic development.

Training: We train Tuesday night 6:30pm-7:30pm, Thursday night 7pm-8pm and Friday nights 7pm-8pm. We also have a Feeder Club that trains from 6:30pm-7pm on Thursday nights.

## Dingwall Football Club



**Contact:**  
**Alan Munro**  
T: 01349 865799  
E: [dingwallfootballclub@gmail.com](mailto:dingwallfootballclub@gmail.com)

**Where:**  
**Dingwall Academy/Highland Football Academy**

Dingwall Football Club offers the opportunity for children in both the primary and secondary school age group to play football in a safe and friendly environment.

We play in the Ross-shire Youth League at both under 15 and 17. At primary school age group we play in small sided games and festivals throughout the year.

We are always looking for new players to come along or adults that wish to get involved in coaching.

Training: Primary 1-3: Sunday 9:30am-10:30am. Primary 4-7: Sunday 10:30am-12noon at the Highland Football Academy.  
Under 15s and Under 17s – Wednesday Evening at Dingwall Academy.

## Invergordon Boating Club



**Contact:**  
**Ian Kitchingham**  
T: 01381 620802  
E: [ian.kitchingham@btinternet.com](mailto:ian.kitchingham@btinternet.com)  
W: [www.invergordonboatingclub.org.uk](http://www.invergordonboatingclub.org.uk)

**Where:**  
**Invergordon Boating Club, Rosskeen Slipway,**  
**Shore Road, Invergordon**

Come Along: Tuesday evenings 7pm, Wednesday evenings 7pm, Sundays 11am (April-September).

Sailing is a sport enjoyed by hundreds of thousands of people throughout the UK. Invergordon Boating Club has been in existence since 1901 to promote the sport.

Contrary to popular belief it is not a pastime of the rich. It can be enjoyed by anyone at any level of income. It is a sport that builds self-reliance, young and old alike can share the experience whether cruising in relaxation or racing in keen competition.

## Fyrish Flyers Netball club



**Contact:**  
E: [Fyrishflyers@gmail.com](mailto:Fyrishflyers@gmail.com)  
[Fyrishjuniors@gmail.com](mailto:Fyrishjuniors@gmail.com)  
W: [www.fyrishflyers.net](http://www.fyrishflyers.net)

**Where:**  
**Dingwall Academy**  
**Games Hall**

We are a friendly netball club who compete in the local Highland and Moray netball league, but also play just for fun. Based in Dingwall but with players from Kiltarlity to Tain!

Our aim is to promote and develop netball throughout the region and encourage more adults and children into the sport.

The senior club is open to ladies of all abilities aged 16+, the Junior club welcomes girls of all abilities from primary 4 up to the age of 16.

Training: Senior club: Monday nights 6:30pm-8:30pm.  
Junior club: Saturday 9am-10:30am during school terms.

## Ross Sutherland Rugby Club



**Contact:**  
**Stephan Walker**  
T: 07927 773408  
E: [rosssutherlandrfc@hotmail.co.uk](mailto:rosssutherlandrfc@hotmail.co.uk)  
W: [www.pitchero.com/clubs/rosssutherlandrfc/](http://www.pitchero.com/clubs/rosssutherlandrfc/)

**Where:**  
**Castle Road, Invergordon**

Ross Sutherland Rugby Club is a friendly, family-focussed club, offering rugby opportunities for children of all abilities from age 5 upwards. We provide a safe and welcoming environment to learn rugby and we have a positive approach to investing in our players and coaches; promoting teamwork, skills development, the spirit of rugby, and overall enjoyment of sport. We employ two Community Coaches who provide curriculum time rugby coaching at primary and secondary schools across East Sutherland and Easter Ross. We are proud to be a PCS accredited club.

Training: P1-P3 Saturday morning 10am-11am.  
P4-U18 Saturday morning 10am-12noon.  
U15-Seniors Tuesday & Thursday 7pm-9pm.

## Ross County Cricket Club



**Contact:**  
**Peter Bowen (President)**  
T: 07793 750819 (Seniors)  
07794 303332 (Juniors)  
E: [mppmbowen@yahoo.co.uk](mailto:mppmbowen@yahoo.co.uk)  
W: [www.rosscountycricketclub.co.uk](http://www.rosscountycricketclub.co.uk)

**Where:**  
**Castle Leod, Strathpeffer**

Small but thriving cricket club within the grounds of the Earl of Cromartie's Castle Leod in Strathpeffer.

Cricket takes places most Saturdays and Sundays between April and September. The first XI plays league and cup matches in the North of Scotland Cricket Association's Senior League whilst the Second XI also plays league and cup matches in NoSCA's Reserve League. We have a variety of formats for seniors and juniors such as the 40 & 45 over league, Twenty20 and Junior 8-a-side Pairs.

Training: Senior training – Wednesday 6pm-8pm.  
Junior Training – Fridays 6pm-8pm.  
Club membership is open to all £20 for adults £10 for juniors.

## Dingwall & Strathpeffer Tennis Club



**Contact:**  
**Lesley Robb**  
T: 01349 877224  
E: [lar.robb@btinternet.com](mailto:lar.robb@btinternet.com)

**Where:**  
**Strathpeffer Tennis Courts, next to Strathpeffer Spa Pavilion**

We are a small sociable club which welcomes members from age 16 years and of all standards. We play twice a week on the public courts in Strathpeffer where we have dedicated playing time.

Although play is not generally overly competitive we do hold a couple of tournaments during the year for club members and once or twice a year we compete against other local clubs.

Come Along: Sunday 10am-1pm & Wednesdays 6pm-9pm.

## Muir of Ord Golf Club



**Contact:**  
**John Forbes, Manager**  
T: 01463 870825  
E: [Muir.golf@btconnect.com](mailto:Muir.golf@btconnect.com)

**Where:**  
**Muir of Ord Golf Course and Local Hall Indoors**

Play and coaching of golf from beginners to experts.

18 holes plus 3 holes practice area available.

Friendship, companionship, social facilities, open air exercise, competitions.

Juniors and adults coaching, groups and one to one by arrangement.

Flexible membership packages available.

Coaching available for 8 years plus.

Coaching: 3.45pm Tuesdays and 7pm Thursdays indoors during winter 3.45pm Wednesdays for beginners/novices coaching and play during summer. 3pm Tuesdays and Sundays during summer.

## Muir of Ord Pensioners Table Tennis Club



**Contact:**  
**John Baxter**  
T: 01463 871888  
E: [baxterjohn@hotmail.com](mailto:baxterjohn@hotmail.com)

**Where:**  
**Free Church Hall,**  
**West Road, Muir of Ord**

We aim to provide a sociable, enjoyable and fun recreational activity and produce a crop of world champions!

New members (experts or beginners) are welcome and you don't really have to be a pensioner – it's just that most of us are! We have four table tennis tables and a thriving membership, equipment is provided, and your first visit is free – come and join us.

The majority of our membership is over 55 years of age however we are open to, and welcome, any adult over 21 years.

Come Along: 2pm-4pm Tuesdays, mainly during the winter months September through to April.

## Ross County Football Club



**Contact:**  
**Peter Budge**  
T: 01349 860862  
E: [Peter.budge@rosscountyfootballclub.co.uk](mailto:Peter.budge@rosscountyfootballclub.co.uk)  
W: [www.Rosscountyfootballclub.co.uk](http://www.Rosscountyfootballclub.co.uk)

**Where:**  
**Global Energy Stadium, Dingwall**

Support footballers, at all levels in the community, giving youngsters the opportunity to develop their football and educational skills, in a safe and learning environment.

To develop our community side we work with other partners. County's Climate Change project for schools designed by the Ross County Foundation is a good example. Football Memories, FIT fans and Walking Football are other initiatives that support the needs of the individuals in the community.

Training: Continuous community programme is in operation throughout the year, check website for details.

## Ben Wyvis Cycling Club



**Contact:**  
**Giles Makins (Secretary)**  
T: 07789 488808  
E: [giles.makins@gmail.com](mailto:giles.makins@gmail.com)  
W: [www.ben-wyvis-cycle-club.co.uk](http://www.ben-wyvis-cycle-club.co.uk)

**Where:**  
**Various Venues**

A friendly Ross-shire based cycle club encompassing all forms of on and off road riding. At our heart is a highly successful race team, second in the Scottish Cross Country MTB race series last year. We're passionate about youth development and coaching to improve the cycling abilities of all, from novices to those focusing on the next Olympics. We're not just about racing, though. Weekly road and off road rides, trail building & riding, family picnic rides and all day epics. We're about getting out and riding bikes!

Training: Mon pm, Tue pm, Wed pm, Thu pm, Sat am, Sun am, All Year Round. Open to all ages, we have ages ranging from 1 to mid-70s!

## Ross County Athletic Club



**Contact:**  
**Heather Crockett, Secretary**  
T: 01997 423341  
E: [info@rosscountyac.com](mailto:info@rosscountyac.com)  
W: [www.rosscountyac.com](http://www.rosscountyac.com)  
**Where:**  
**Dingwall Academy**

We are a friendly, welcoming club for all ages interested in training and competing in field and track athletics (summer) and cross country (winter).

We are open to all ages and train all year round.

Training: April – October: Tues 7pm-8pm U13s, Tues 8pm-9pm 17+, Wed 7pm-8pm U15s.  
October – April: Tues 7pm-8pm U13s, Tues 8pm-9pm 13 and over.