

Your Local Contacts

Kelly Skinner – TRACC Manager

Kelly manages the leisure facility at Tain Royal Academy Community Complex.

T: (01862) 893 767

E: kelly.skinner@highlifehighland.com

Julle Cleghorn – Active Schools Coordinator

Julle coordinates the provision of sport and physical activity before school, at lunchtime and after-school. She also supports the school to club link in the area.

T: 07775 411 268

E: julle.cleghorn@highlifehighland.com

Rob Parkes – Youth Development Officer

Rob is responsible for coordinating youth work in the area.

T: 07827 281 502

E: rob.parkes@highlifehighland.com

Darren Reid – Community Sport Hub Officer

Darren is responsible for coordinating Community Sport Hubs.

T: (01463) 718 030 or 07747 767 680

E: darren.reid@highlifehighland.com

Tain Royal Academy

Tain Royal Academy is an integral part of the Community Sports Hub.

T: (01862) 892 121

E: tainroyalacademy@highland.gov.uk

Your Sports Club Needs You!

Volunteering is rewarding and can help you develop new skills and confidence.

From finance to IT and from bus driving to first-aiding; community sport needs a diverse range of people and skills to make it happen and to make it great!

Call Darren Reid on 01463 718030 or 07747 767 680 for more information about the opportunities available in your local community.

Help give something back to your local community.

High Life Membership

High Life membership is an affordable, flexible passport to a world of activities right across the Highlands – from leisure facilities to sports pitches and libraries, archives, art galleries and more!

To become a High Life member, just choose which of our membership options is best suited to you, fill in the form (either in person at your nearest High Life Highland leisure centre, or by downloading from www.highlifehighland.com) and send it back to us.

ALL-INCLUSIVE MEMBERSHIP

For unlimited access to all High Life Highland leisure centres.

Family

£26.00 per month

payable by monthly direct debit.

Individual

£18.50 per month

BUDGET MEMBERSHIP

Access to all High Life Highland leisure centres for just 50p per activity

if your household receives Income Support, Pension Guarantee Credit, Job Seekers Allowance or Employment Support Allowance, or individuals on War Disability Pension, Disability Living Allowance or Attendance Allowance.



Tain Royal Academy Community Complex T.R.A.C.C

Open 7 days a week
Mon, Tue & Thu 7.00am – 9.30pm
Wed & Fri 9.00am – 9.30pm
Weekends: 9.30am – 1.30pm

Contact:
Hartfield Road, Tain IV19 1DX
T: 01862 893767
F: 01862 893337
[facebook.com/traccleisure](https://www.facebook.com/traccleisure)

Tain Community Sport Hub

Mòr-ionad Spòrs
Coimhearsnachd
Bhaile Dhubhthaich



www.highlifehighland.com

Tain Community Sport Hub

Tain Community Sport Hub brings local sports clubs and organisations together to create a joint approach to developing sport in the local area, supporting community clubs to deliver quality opportunities and making it easier for volunteers to do what they love; helping others enjoy sport. By working together, the Community Sport Hub aims to make it easier for local people to get involved in sport and have a more active and healthy lifestyle.

In Tain Royal Academy Community Complex (TRACC) we hope to create a home for sport where sports clubs can meet to share ideas and experiences and where local people can get information, support and advice.

This is an exciting time for the development of sport and physical activity in the local area. We hope you will find a club or activity that inspires you to embrace an active lifestyle.

Please feel free to get in touch with any of the contacts provided or drop into TRACC anytime to keep up to date with developments.

Community Sport Hubs are a national initiative backed by SportsScotland – Scotland's national agency for sport, led in the Highlands by High Life Highland and delivered locally through a partnership between the local sports clubs, Tain Royal Academy, active schools and Tain Royal Academy Community Complex.

Activities available at TRACC

Aqua Aerobics

A pool based aerobics class which utilises the natural resistance of water for an all over body workout.

Body Blast

A multi-station workout which concentrates on specific muscle groups to increase overall fitness.

Boot Camp

A military style high intensity workout for the whole body to rapidly increase your fitness, strength and improve body shape.

Busy Bees

Fun activities that will get your child running about and making new friends.

Circuits

A multi-station work out that concentrates on specific muscle groups and increases overall fitness.

Couch to 5k

Struggle to know where to start with running? Why not join a class full of people who are in the same situation. Start with the basics and build up to the 5k challenge.

TRACC Family Circuits

A multi-station work out that will suit all the family while having fun at the same time. Everyone is welcome to join including parents and grandparents!

TRACC Fitter Kids

An hour of fun exercises for children to keep them active whilst having fun in a friendly environment.

Kettlebells

A 30-minute workout combining cardio and strength training to target major muscle groups. Helps to increase core stability and gives you an entire core workout.

Metafit

A 30-minute workout with a pumping sound-track that needs no equipment and burns fat.

Otago

Gentle exercise for older people which helps improve strength, balance and flexibility.

Spinning

An aerobic, cardio-vascular workout that will burn fat, increase muscle strength and improve fitness.

Total Body Conditioning

A medium intensity workout to tone the entire body!

Also Available at TRACC

Pool / sport parties, adult swimming lessons, 'rookies' lifesaving classes and personal training.

TRACC Facilities

Fitness suite, floodlit all-weather pitch, 4 court games hall, 20m swimming pool, indoor bowls carpet, lecture theatre, full size stage and a bouncy castle!

Other groups in the Tain area

Balintore Youth Group (BYG)

Meets Monday and Wednesday (7.00pm - 9.00pm) at the community pavilion in Balintore. Activities include arts and crafts, cooking, games, pool, table football, giant WII and music. For S1+ all welcome.

Contact Rob Parkes - rob.parkes@highlifehighland.com for more information.

Kyle of Sutherland Youth Group (KOSYG)

Meets Thursday (7.30pm - 9.30pm) at the "Bus site" – south Bonar Industrial estate. Activities include arts and crafts, games, pool, computers, WII, music etc. For S1+ all welcome.

Contact Rob Parkes - rob.parkes@highlifehighland.com for more information.

Tain Youth Café

Open Monday, Thursday, Friday & Saturday (7.00pm - 10.00pm) Drop in for games, snacks, computer games, pool and air hockey! For S1+

W: www.tainyouthcafe.co.uk

Contact Graham Nutt on 01862 394252 or graham@tainyouthcafe.co.uk for more information.

Tain Walking Group

Meets 1.00pm on Tuesday afternoons at Tain Royal Academy car park. Walks are along low-level routes in and around Tain, Alness, Dornoch and Golspie.

Contact Michael Foster on 01862 892 513 or mdf66@hotmail.com for more information.

Easter Ross Rights of Way Association (ERROWA)

Walks on the second Sunday of the month (except December). Meets 2.00pm at the car park opposite the Church of Scotland in Tain.

Contact Michael Foster on 01862 892 513 or mdf66@hotmail.com for more information.

Please see overleaf for details of sports clubs in the area

Ross Sutherland Rugby Football Club



Ross Sutherland RFC offers a safe and friendly environment, competitive rugby and quality training for all ages.

The club hosts successful squads at senior and junior level as well as running a well-attended Minis programme.

Contact:

Rob Parkes – head coach

T: 07827 281502

E: rob.parkes68@btinternet.com

W: www.pltchero.com/clubs/rosssutherlandrfc

The club aims to increase numbers playing rugby across all ages.

All coaches hold SRU qualifications from Rugby Ready to UKCC Level 2.

Training opportunities for: Senior (18+), U18, U16, U14, P6/7 and P4/5. Training Tue, Thu & Sat. Girls of all ages encouraged and can play mixed at 'Minis' level.

Taoist Tai Chi Society of Great Britain



The local section of the Taoist Tai Chi Society invites you to come and try Tai Chi, a form of moving meditation that is both a health-promoting exercise and an incredible stress reliever.

Tai Chi can improve and maintain physical, mental and spiritual health.

The International Taoist Tai Chi Society (TTCS) aims to promote the health improving qualities of Tai Chi and to make it available to those who wish to learn.

Contact:

Annie Woolston

T: 01456 415423

E: highlands@taolist.org

W: www.taolist.org.uk

Beginner classes held in Tain at the Red Cross Hall, Victoria Road. Open to 14 years +
Beginner courses in spring and autumn.

Tain Golf Club



Tain Golf Club is based at a championship length links course offering favourable golfing conditions for most of the year.

The club has developed further coaching opportunities in recent years as well as improving its practice areas.

The club is keen to increase their membership and encourage more youngsters and adults to take up the game and enjoy the club for years to come.

Contact:

Mrs Magi Vass

T: 01862 892314

E: Info@tain-golfclub.co.uk

W: www.tain-golfclub.co.uk

Junior golf & adult beginner coaching from Mar to Oct. Junior coaching takes place on Mon & Wed at 6.00pm, Fri 5.30pm & Sat at 10.00am. Adult beginners coaching also available.

Tain Runners



Tain Runners are a small informal running group who meet several times a week to train. Training is on forestry tracks in the summer time and around the town throughout the winter.

Tain Runners organise the Tain Hill Trail Race in October as well as the Tain Gala 10k and Fun Run in June every year. Tain Runners encourage newcomers to the sport and try to support more experienced runners by providing company as well as improving performance.

Contact:

Anne MacKay

T: 01862 893789

E: Info@tainrunners.co.uk

W: www.tainrunners.co.uk

Meets Mon(beginners), Tues & Thurs 6pm at TRACC car park (Nov – Mar) Mon(beginners) & Thurs 6pm at Aldie Burn car park and Tues 6pm at Quarry Hill car park (April – Oct)

Tain Junior Football Club



Tain Junior Football Club offers primary school children the opportunity to train and play football locally.

The club takes part in a range of festivals throughout the year including the Ross & Cromarty Soccer 7s festivals held locally.

All of the coaches are qualified and the club operates to a high standard.

Contact:

David Borland

T: 01862 892206

E: David.borland@highland.gov.uk

Training on Friday nights during term time for primary school pupils at TRACC all-weather pitch from 6.00pm.

St Duthus Bowling Club



St Duthus Bowling Club provides social and competitive bowling opportunities through the summer on the lawn and throughout the winter indoors on their short mats.

Non-members are welcome. The club is keen to encourage more adult beginners and young people to take up the sport. The club is part of the local Active Schools programme and runs junior sessions at TRACC.

Contact:

Margaret Farmer

T: 01862 832691

E: botswanafarmer@gmail.com

Junior indoor coaching takes place throughout the year. Please contact the club for more information.

Tain Amateur Swimming Club



Tain ASC is a competitive swimming club which encourages youngsters to participate in the sport of swimming.

The club aims to continually develop the technique and competitive spirit of its swimmers in an enjoyable environment.

If you can swim 40 metres using 2 different strokes and you want to join TASC, why not come and try, or contact the club for more information.

Contact:

Rona Gordon

T: 07919 056274

E: west.langwell@tiscall.co.uk

W: www.tainswimming.co.uk

Coaching takes place on a Mon, Tue, Thu & Fri between 4.00pm - 8.00pm at TRACC.

Tain Tennis Club



Tain Tennis Club is a thriving club with 3 floodlit hard courts, a practice wall and clubhouse. The club has a well-supported coaching program catering for all ages from 4 years.

Tain Tennis Club also offers opportunities to play for the club at a competitive level from 14 years and above.

The club also has a strong social element and encourages people to play at all levels, all year.

Contact:

John Waring

T: 01862 851410

E: Johnandevellnewaring@btinternet.com

W: www.taintenniscub.co.uk

Adult coaching Friday nights (summer season)
Junior coaching Saturdays (term time) 10.00am – 1.00pm
Plus holiday programme.

Tain Badminton Club



Tain Badminton Club is an informal social club that also provides competitive opportunities. The club offers the opportunity to keep fit and active particularly over the winter months.

No previous experience is necessary and equipment can be provided on the night.

The club is keen to expand in the near future and hopes to establish a junior section with coaching sessions for young players.

Contact:

Jonathan Wood

T: 01862 893078 / 07708 417343

E: Jonathan.d.wood@btinternet.com

Badminton Club takes place on Tuesday nights 7.00pm - 9.00pm from Oct - Dec & Jan - Apr at TRACC. 16 years + welcome.

East Sutherland Athletics Club



East Sutherland Athletics Club was formed in 2007 to encourage, develop and support athletic talent in the area.

The club focuses on two athletics seasons - Cross Country in the winter (Oct to Mar) and Track and Field in the summer (Apr to Sep).

Some members also participate in road and hill races throughout the year and Highland Games in the summer months.

Contact:

Marle Turney

T: 01408 622252

E: mariefegle@btinternet.com

W: www.eastsutherlandac.org

Meets Tue and Thu at Dornoch Academy field. Primary age 3.30pm / Secondary age 4.00pm. Saturday training for all ages meets at 10.15am at Dornoch Academy field.

Tain Table Tennis Club



Tain Table Tennis Club is one of the area's newest clubs. All ages and abilities are welcome to enjoy the game of table tennis. The club has 5 tables and bats and balls are provided. A separate social area with refreshments is also available at the club.

The new club has had a fantastic response from the local community and hopes to develop and increase its membership further.

Contact:

John Waring

T: 01862 851410

E: Johnandevellnewaring@btinternet.com

Fridays 6.00pm – 9.00pm @ Duthac Centre, Tain
Open to all age & abilities – coaching available, families very welcome.

Health & Wellbeing Initiatives

High Life Highland delivers a broad range of health and wellbeing initiatives, such as the Otago programme in TRACC. Look out for a range of programmes coming up at TRACC and in your local area.

For further information contact Lynn Johnson, Health and Wellbeing Manager on 01349 860813 or email lynn.johnson@highlifehighland.com

After School activities

Tain Royal Academy (TRA) offers a wide range of opportunities for school pupils at lunchtime and after school including basketball, athletics, rugby, football, circuits and a range of inter-house competitions. TRA also has two Young Ambassadors who promote sport and physical activity in the school and help provide a link

between the school pupils and the Community Sport Hub. For more information on the all activities taking place before school, during lunch time and after-school please contact your local Active Schools Coordinator Julie Cleghorn on 07775411268 or email Julie.Cleghorn@highlifehighland.com