

Meet our Members

For our summer newsletter, we catch up with an athlete who has been making a big noise on the world stage in her sport.



Name: Shelby Watson

Sport: T33 Wheelchair racer/ para-athlete

Involvement: Athlete

Favourite Sportsperson: Tatyanna McFadden – T54 Racer

Favourite Hobbies/ pastimes: Reading and sport

What inspired you to become involved with disability sport? Watching the London Paralympics in 2012

Did you experience any barriers to becoming involved in disability sport that could potentially have stopped you becoming involved? A lack of experienced wheelchair racing coaches; Scotland currently only has 4 trained wheelchair racing coaches with previous experience.

If yes, how did you overcome these barriers? With my head coach Ian Mirfin based in Glasgow, travelling for training wasn't ideal but my father gained his wheelchair racing coaching qualifications and now runs a club in Dumfries and Galloway which will help others get into the sport.

How have Dumfries and Galloway Disability Sport helped you pursue your interest in disability sport? By supporting my sport and encouraging others to try sports whether it's racing or a less intense sport. They also help me promote wheelchair racing throughout the region to build our wheelchair racing club.

What impact has being involved in disability sport had on your life? I was always very shy and quiet. Sport has given me a great confidence boost and I've met lifelong friends through my experiences.

What are your future goals in disability sport? I'm presently ranked Number 2 in the world as a T33 racer. I want to make the step to Number 1 and bring the title home for Scotland!

Any message out there for others who may be unsure about getting involved with disability sport? Never give up on your dreams! Sport has shown me so much about myself and the world I live in. Without racing, I would probably still be that shy kid who didn't talk!

Dates For Your Diary!

Look Out For These Upcoming Events In 2015

Event	Date	Location
SDS National Senior Track & Field Championships	9 September	Perth
Regional Boccia Festival East/West	10 September	Castle Douglas High School
SDS/Scottish FA 7-a-side Football Championships	16 September	Toryglen
Junior Regional Swimming Trials (West)	24 September	Merrick Leisure Centre
Junior Regional Swimming Trials (East)	29 September	Annan Swimming Pool
Kilmarnock Jets Swimming Gala	29 September	Kilmarnock
SDS Open Boccia Championships	3 October	The Peak Sports Village, Stirling
Special Olympics GB National Golf Comp	14 & 15 Aug	St Albans
2015 British Learning Disability Swimming Championships	22 & 23 Aug	Swansea
Lothian Special Olympics Sport Event	26 & 27 Sept	Dalkeith Campus

For more information on any of these events, please contact us.



CONTACT US

Dumfries and Galloway Disability Sport are always keen to have new members on board from any background. If you are interested in knowing more about Dumfries and Galloway Disability Sport please get in touch

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DUMFRIES AND GALLOWAY Disability Sport

Newsletter

Welcome to our summer edition of the Dumfries and Galloway Disability Sport (DGDS) Newsletter.

Who we are: Dumfries and Galloway Disability Sport are a charitable body dedicated to giving people with a disability an opportunity to take part in regular sport and physical activity to achieve and maintain healthy and active lifestyles. It is the regional branch of Scottish Disability Sport (SDS) which coordinates disability sport across Scotland. The committee is made up of volunteers and is supported by Dumfries and Galloway Council Leisure and Sport officers due to its partnership with the local authority.

What we do: The Dumfries and Galloway Disability Sport Branch meet every 6 weeks or so to evaluate what is happening currently and explore new opportunities to raise the profile of disability sport within the region. The committee then sets out to achieve these goals through sports programmes, entries to competitions and engaging with key partners both locally and externally.

Major successes to date: Dumfries and Galloway Disability Sport were represented at the 2013 Great Britain Special Olympics in Bath where the team brought home a total of 22 medals, 8 golds, 7 silver and 7 bronze medals.



disabilitysport@dumgal.gov.uk

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Programme Gathers Pace, let's have a look at what has been happening in

Athletics

Shelby Shines...Annandale and Eskdale Young Sports Personality of the year 2014 winner Shelby Watson took part in the London wheelchair marathon on Sunday 26th April winning the gold medal and beating her personal best. This marks the latest in a string of triumphs for the up and coming wheelchair racer! Congratulations Shelby!

Athletics

The SDS Para Sport Festival was attended by a number of athletes from Dumfries and Galloway with physical disabilities on Tuesday 10th March 2015. All had a great time trying out a variety of sports.

Multi Sports

The West event of the Multisports Talent ID Festival took place at Stranraer Academy on Wednesday 27th June 2015. 43 people participated having a great time trying out sessions in boccia, table tennis, athletics and football! Scottish Disability Sport representatives were there identifying a number of talented performers. Please keep an eye out for details of the East event which should be coming soon.

Boccia

The Edinburgh Lothian Open Boccia Championship was dominated by DGDS with our athletes claiming the gold and silver as well as narrowly missing out on the bronze.

Football

Fun for all at the football festival where over 50 participants attended the regional football festival at Palmerston Park on Wednesday 25th March, participants got the chance to show off their skills and play some fun football games.

So near yet so far at the SDS national 5-a-side championships with all of our teams narrowly missing out on medals. The teams performed admirably and had a great time, well done to all involved!

The Scottish Football Association (SFA) Disability League was won by our very own Annan team this year. It was a fantastic achievement to overcome teams from all over Scotland. Well done lads!

Athletics

10 Pupils from Annan Academy took part in the SDS Junior Sportshall Athletics on Wednesday 4th March 2015. All had a great time and represented the region well.

Open Evening

The DGDS Open Evening was held on Tuesday 21st April. Over 90 locals joined us at the Cairndale Hotel for an open evening where we provided information on what we do, what our future goals are and how to get involved to make that vision a reality.

Swimming

DGDS were also well represented at the SDS Senior Scottish Swimming Championships! Connor Cruikshank claiming a gold and two silvers and also Jessica Lamont claiming a silver medal. All of our athletes performed admirably though and made their respective finals.

DGDS Committee member Dave Denholm

recently had his first experience of competitive wheelchair tennis in the Warwick Wheelchair Development Series competition. Dave thoroughly enjoyed his experience and returned home with a doubles trophy and a plate runners up medal. This experience has given Dave a hunger for more competitive action and we look forward to supporting Dave in future events. Keep up the good work Dave!

Success for Rosemary

down under at the World Wheelchair Bowls Championships. Rosemary Lenton achieved a silver medal and was part of the Scottish team which finished 2nd on the medal charts. Well done Rosemary!

Curling

World championships for our wheelchair curlers – Stranraer based curler Hugh Nibloe represented the Scottish team at the world championships finishing in 7th place. Although the team didn't gain a medal, they enjoyed a truly memorable experience!

Football

A great day was had by all at the A&E Football Festival at Galabank on Thursday 14th May. Teams came from Stirling, East Kilbride and our home teams from A&E. Winners of Group A were Claremont Colts A and Winners from Group B were Stirling City All Stars B. Many thanks to all who helped on the day and special thanks to Annan Athletic FC.

Athletics

On Wednesday 3rd June 2015, DGDS took 25 athletes to the SDS Junior Athletics Championships returning with a fantastic haul of 35 medals! Well done team!

Disability Sport Sessions

Near You

All sessions £2 unless otherwise stated

STRANRAER

Multisports

Wednesday evenings 7 – 7.45pm

The Ryan Centre, Stranraer
12+ years | £1.45 per session.

Football

Saturdays 11.30am – 12.30pm

The Ryan Centre, Stranraer
12+ years

Wheelchair Curling Club

NEWTON STEWART

Multisports

Thursdays 10.30am – 12noon

Newton Stewart ARC
(Venues will vary)

STEWARTRY

Multisports

Fridays 4.30pm – 5.30pm
Castle Douglas Town Hall

ANNAN

Swim 4 Fun and Fitness

Every Tuesday
6.45pm – 7.30pm

Football

Every Thursday
6pm – 7pm

Annan Academy Games
Hall

Boccia

Every Saturday
10.30am – 12pm

Annan Academy Games
Hall

Athletics Coaching

Every Friday
3pm – 4.15pm

Everholm Running Track

DUMFRIES

Football

Every Wednesday
10am – 11am

Palmerston Indoor Arena

Splash Club

Every Second Sunday
4pm – 5pm

Ice Bowl Pop up Pool

In the West, sessions will run as usual during the summer holidays but the following events will also be on offer

SUMMER MULTISPORTS

FESTIVAL

A 4 hour festival from 10am - 2pm featuring a variety of sports and may also include other activities such as dance on the following dates:

Stranraer

Park Primary School MUGA –
Thursday 6 August 2015

Newton Stewart

The Merrick Leisure Centre –
Thursday 13 August 2015

Castle Douglas

Castle Douglas Town Hall –
Tuesday 11 August 2015

In the East, the following additional events will be available in addition to the regular sessions.

Annan

Tennis Coaching with Seaforth Tennis Club, 6 week block starting 9 August
11.30am - 12.30

Summer Games & BBQ –
Saturday 15 Aug 12noon

- 14.30pm Everholm Running Track.

We now have Multisports Club in each of the 4 areas in Dumfries and Galloway

Annandale and Eskdale

Monthly Multi Sport Club

Third Saturday of each month dates
10.30am - 12 noon
Annan Academy Games Hall

Nithsdale

Monthly Multi Sports Club

First Saturday of each month dates
10.30am - 12noon
Loreburn Hall,
Dumfries

Stewartry

Monthly Multi Sports Club

Second Saturday of each month
10.30am – 12noon
Castle Douglas Town Hall

Wigtownshire

Monthly Multi Sports Club

Fourth Saturday of each month
13.30 - 12 noon
McMillan Hall,
Newton Stewart

Fundraising

We would like to thank Annan Athletic Supporters Club who very kindly donated £250 to Annandale and Eskdale Disability Sport Also deserving of thanks are Annan Athletic Football Club who also welcomed footballers from Dumfries and Galloway Disability Sport to participate in a penalty shoot – out at half time during a recent game. The penalty shoot-out raised the sum of £244.88; it was a fantastic experience for our athletes and also raised a good sum of money for our cause. We greatly value the contributions of any bodies that either donate to our cause or accommodate us to hold our own fund raising events. If you are interested in making a donation or helping us raise funds, please contact us with the details provided.