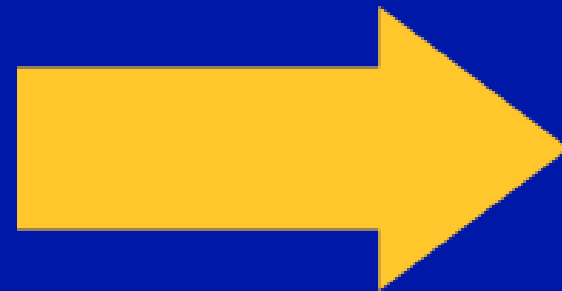




sportscotland National Sports Training Centre Inverclyde

Gareth Turner, Sports Programme Officer

The centre - now and then





SPORT
HAS THE POWER
TO CHANGE
THE WORLD

An active Scotland where everyone
benefits from sport

Why Inverclyde

- Over 50 years experience delivering school residentials
- Inclusive
- Blend of indoor and outdoor activities
- New Adventure Sport Hub
- Links to the Curriculum



Our team



- Members of the PVG scheme
- Qualified and experienced in sports and activity delivery
- Knowledge of the outdoor sector
- Create powerful learning opportunities during each session

Indoor activities



Outdoor activities



A sample programme

Day 1			Day 2			Day 3		
Times	Activity	Facility	Times	Activity	Facility	Times	Activity	Facility
09:30-10:30	Arrival and welcome	Dining room	7:30	Early morning call		7:30	Early morning call	
10:45-11:45	Gymnastics	Gymnastics hall	8:30	Breakfast	Dining room	8:30	Breakfast	Dining room
11:45-12:00	Quick breather and re-fill water bottles		9:15	Meet the coaches	Dining room	9:15	Meet the coaches	Dining room
12:00-13:00	Gymnastics	Gymnastics hall	9:30-10:30	Den building	Centre grounds	09:30 - 10:30	Rugby	Indoor 3G
13:00-14:00	Lunch time	Dining room	10:30-10:45	Quick breather and re-fill water bottles		10.30-10:45	Quick breather and re-fill water bottles	
14:00-15:05	Archery	Sports Hall	10:45-11:45	Orienteering	Centre grounds	10:45 - 11:45	Lacrosse	Outdoor 3G
15:05-15:20	Quick breather and healthy snack		11:45-12:00	Quick breather and healthy snack		11:45-12:00	Quick breather and healthy snack	
15:20-16:30	Team building	Sports Hall	12:00-13:00	Nightline/Spider web	Centre grounds	12:00-13:00	Hockey	Indoor 3G
16:30	Meet in dining room		13:00-14:00	Lunch time	Dining room	13:00-14:00	Lunch time	Dining room
16:30-17:00	Check-in/Logbooks	Dining room	14:00-15:05	Hill walk	Centre grounds	14:00-15:00	Goodbyes and departure	
18:00-19:00	Dinner	Dining room	15:05-15:20	Quick breather and healthy snack				
19:00-20:45	Evening Activity		15:20-16:30	Hill walk	Centre grounds			
20:45-21:00	Biscuits & Milk	Dining room	16:30	Meet in dining room				
			16:30-17:00	Logbooks	Dining room			
			18:00-19:00	Dinner	Dining room			
			19:00-20:45	Evening Activity				
			20:45-21:00	Biscuits & Milk	Dining room			

Watersports at Castle Semple

- School groups can choose to add on watersports and cycling trips utilising local providers.
- Watersports available include: ?Sailing, kayaking, windsurfing and paddleboarding



Accommodation



Catering

Healthy food is an essential part of our residential sports experience.

We provide;

- High quality, well balanced and nutritious meals and snacks
- All food is freshly prepared on site
- Tailored meals to suit specialist dietary requirements
- Excellent dining facilities



Catering



Safe and secure

Our accommodation block is fully inclusive and every room can accommodate 2 wheelchair users.

We also have secure access to the rooms

- Secure access lifts
- Rooms are key card controlled
- Night concierge – 24 hour supervision

Further safety measures:

- CCTV in communal areas
- Movement activated lights

Pupils must wear bibs at all times



What to bring

We have a dedicated webpage to information for parents and guardians - please visit www.nationalcentreinverclyde.org.uk/schools

Your child should arrive, dressed ready for participation in sport and physical activities and wear comfortable trainers.

We encourage young people to come prepared for the week with:

Clothing

Shorts & t-shirts (enough for the duration of their stay)

Joggers and warm jumpers

Hats, scarves and gloves (weather dependant)

Change of clothes for evening activities

Waterproof jacket

Training shoes (1 pair minimum)

Outdoor shoes/wellies

Swim wear & towel (if swimming or Watersports is included)

Sleep wear

Underwear & socks

Toiletries

Tooth brush & toothpaste

Shower Gel & shampoo

General toiletries

Other Items:

Backpack

Water bottle

Sun hat/cap

Sun tan lotion

Any medication (i.e. inhalers etc.)

Money - the school can advise on their policy for this - all food etc is included in the stay but we do have souvenirs available and a café. Please note we cannot provide change so please bring loose coins if school allows.

Your child's school will have their own procedures regarding bringing mobile phones, tablets, DS's or any other electrical equipment. However, it would be advisable to leave these at home. sportscotland do not accept liability for the loss or damage of any belongings and advise parents to be mindful if allowing children to bring any items of value.



Thank you! Any questions?

Please remember we have lots of information on our dedicated webpage - visit nationalcentreinverclyde.org.uk/schools