



## Dunblane Cluster Newsletter

Hello and welcome back to a new school year. We have lots of sports and activities coming up for all ages this year including tasters, competitions, afterschool clubs and the opportunity to try something new. Many lunch clubs and afterschool clubs are only possible if we have volunteer parents to run these or to help out. If you have some spare time and would like to help or if you have experience of a specific sport you could share please get in touch with me at [deanh@activestirling.org.uk](mailto:deanh@activestirling.org.uk)

### Clubs Activities

#### Orienteering

Forth Valley Orienteers are holding a series of autumn events suitable for beginners. To find out more visit the website on [www.fvo.org](http://www.fvo.org)

#### Squash

Junior Squash Coaching starts again at Dunblane Sports Club this autumn, for children in P4 and above. Former international player and world number 37 Lisa McKenna will be running after school sessions on Wednesday's from 4.15pm to 5.15pm. The six week block with Lisa starts on 30th August, and costs £42 (£48 for non-members). For more information or to sign up contact Lisa: [lisa@liskasquash.co.uk](mailto:lisa@liskasquash.co.uk)

Club coach Maureen will be running two sessions on Saturdays from 9th September, 3.30pm to 4.30pm for beginners and 4.30pm to 5.30pm for more advanced players. The cost for these six week blocks is £30 (£36 for non-members). For more information or to sign up contact Maureen: [moscarroll@yahoo.co.uk](mailto:moscarroll@yahoo.co.uk)

Dunblane Sports Club can provide rackets and balls as required, but please remember to wear suitable indoor trainers to protect the courts.

#### Table Tennis Cluster Club

We will be starting a Table Tennis Cluster Club at Dunblane Sports Centre after the October holidays on Thursdays 4pm-5pm. Flyers will be circulated through schools.

#### Taekwon-Do

Stirling Ultimate Taekwo-do now run classes at the Dunblane Centre from age 3yrs up to Adults on Tuesdays. To book a free trial lesson phone 07725317525 or email [lizmckennatkd@googlemail.com](mailto:lizmckennatkd@googlemail.com)

#### Netball

Stirling Netball Club now have junior coaching at the Dunblane Centre. Free trial session available. Tuesdays 4.45-5.45pm (P6 & 7), 5.45-6.45pm (S1 -S5) Mon & Wed Adults 8.30-10pm contact: [stirlingnetballclub@gmail.com](mailto:stirlingnetballclub@gmail.com) [www.stirlingnetballclub.com](http://www.stirlingnetballclub.com)



### Cluster Competitions

Dunblane Cluster Badminton: P6/7 Thursday 5th Oct 3.30-6pm at Dunblane High.

Dunblane Cluster Badminton: P4/5 Thursday 15th March 3.30-6pm at Dunblane High.

Dunblane Cluster Table Tennis: P5-7 Thursday 8th Feb 3.30-6pm at Dunblane High.

### School Clubs

There will be many afterschool clubs, lunch clubs and also some breakfast clubs throughout the year for all age groups. Information will be sent out through the schools.

### Cluster Festivals

Dunblane Cluster Girls Football: Friday 6th Oct 9.30-12 at Dunblane High School

Dunblane Cluster Fun in Athletics: P5 Friday 8th Dec 9.30-12.00 at Dunblane High School.

Dunblane Cluster X-Country: P6/7 Friday 12th Jan 10 -12 at Dunblane High School.

Dunblane Cluster Tennis Festival: P4 Friday 9th March 9.30-12 at Dunblane High School.

Tesco Bank Football Festival: P3 Friday 20th April 10-11.30am at Dunblane High School.

Dunblane Cluster Cricket Festival: P4 Friday 1st June 10-12 at Dunblane High School.

Dunblane Cluster Racket Sports: P5 Wednesday 20th June 10-12 at Dunblane Sports Club

### Active Stirling Classes

Starting from 26th August lots of fun and activities: Athletics, Badminton, Climbing, Dance, Football, Gymnastics and Ice Skating. Further details from [www.activestirling.org/kidstertime](http://www.activestirling.org/kidstertime) or to book phone 01786 273555.

### Training Opportunities

For teachers or parents helping in clubs and activities (all free)

Badminton: Thurs 14th Sept 3.45-5.45pm at Dunblane High School. Tutor - (Rita Yuan Gao)

Inclusive athletics workshop: Mon 4th September at Grangemouth Stadium 5.30-8.30pm

Country Dance: Wed 13th Sept at Borestone Pr. 4-5.30pm

Think Dancing in-service: 27th Sept, 4 - 6.00pm & 10th January, 4 - 6.00pm at Borestone primary.

Emergency First Aid: Mon 18th Sept, Mon 16th Oct or Monday 20th Nov, 6-10pm at Forthbank Stadium.

Safeguarding & Protecting Children: Thurs 21st Sept or Thurs 9th Nov, 6.30-9.30pm at Forthbank Stadium.

How to coach Disabled People in Sport: Tues 10th Oct, 6.30-9.30pm at Forthbank Stadium.

Any wanting to book contact myself on [deanh@activestirling.org.uk](mailto:deanh@activestirling.org.uk)

