



Braes High School P.E. Dept

# “It really is just a game?”



And if it's not being played for fun-why play at all. To learn values? That's asking a lot of a game. Play for fun and they'll learn the values, I think. Come to think of it, that is a value.

## SSAA Secondary Schools' Road Race Championships Pittencrieff Park, Dunfermline 6<sup>th</sup> October 2021

**Competitive School Sport Returns.**  
After eighteen months of inactivity, the Scottish Schools Road Race at Pittencrieff Park in Dunfermline provided the opportunity for pupils to represent their school once again in competition. Full results in PDF at bottom of the page.



<http://www.ssaa.co.uk/>

Click URL above

**RRS# ARTICLE 29- Goals of education**  
**HEALTH AND WELL BEING:** I asked my date to meet me at the gym today. She didn't show up. That's when I knew we weren't going to work out.



Getting back on the track and in the field has been the priority for athletes of all ages and stages this summer and nothings stirs the competitive instincts more than National Championships.

### Rosie Sharples

Under 20 Scottish Heptathlon Champion

- Winning the U20W combined events in Kilmarnock.
- Completing the competition with a total of 4601 pts (club record). 3 club records and 5 individual PBs along the way. Now 9th in the Pof10. A true champion.

<https://www.thepowerof10.info/athletes/profile.aspx?athleteid=716876>

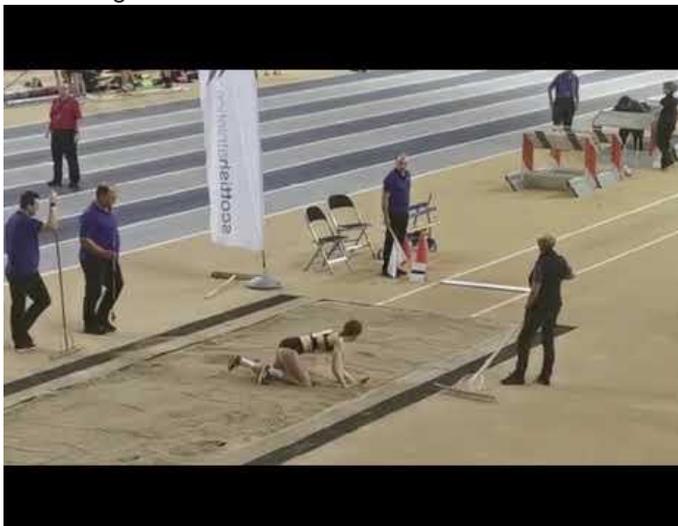


Rosie was also part of the Scotland Under 20 Athletics Team that took part in The Manchester International at the **Manchester Regional Arena** at the Etihad Stadium on **Wednesday 18 August**.

Scotland U20s competed in a junior match at the event against England, Wales and GB U18s.



Click image below



The mission of College Sports America is to help student athletes to make their dream come true through a sports scholarship at an American university. College Sports America's approach to achieving success in our Mission is highly innovative and sets us apart from our competitors. It is driven by our three guiding principles:

- Dedication
- Honesty
- Putting the Athlete first

and our relationship with our athletes will always remain faithful to these benchmarks.

Click image below



Falkirk Victoria Harriers train all year round and members compete in Track & Field plus Cross-Country leagues; we also have a strong Road Running section where members compete in races from 5k up to Ultra Marathons. Currently we have around 250 members, with 140 of these being Juniors.

This page will provide basic info on how to get involved in athletics regardless of your age, ability or your preferred discipline. You may initially be signposted to our local partners such as Active Schools, Run Jump & Throw (RJT) or Jog Scotland, however each of these has a pathway to Falkirk Victoria Harriers (FVH) for those wishing competitive athletics.

The info below is intended to be brief and further info will be available when you enquire. Please scroll down to the age group or discipline that interest you. Info in relation to membership costs can be found [here](#)

### General Enquiries (Ages 12 to 17)

From here on we start to focus on your event but continue with all round development as well.

The sessions are all delivered by club coaches and other volunteers. When a club trial is offered it will be over a four-week period to see if you enjoy the sport and your group, then we would normally offer membership. Groups train on many different nights but club nights are Tuesday and Thursday mainly at Grangemouth Stadium, [FK3 OEE](#). Some groups do still train from our clubhouse in Victoria Park, [Thornhill Rd.](#)

**Ages 12 to 14:** If you don't know which event you prefer you will be placed in a multi event training group to allow you to decide.

**Age 15 to 17:** This is usually direct to event specific coaching – jumps, throws, sprints.... unless you are still unsure. [Request a trial](#) for those aged 12 to 17 Please note due to limited numbers permitted after Covid 19 trial requests will be placed on a waiting list



RRS# ARTICLE 31- Leisure, play and culture  
HEALTH AND WELL BEING- Teachers always tell us to follow our dreams ...YET they don't let us sleep in class.

## SCHOOL FOOTBALL

### FORTH VALLEY SCHOOLS FA FIXTURE LIST 2021/22

#### Under 13 EAST

Bo'ness v Braes  
Braes v St. Mungo's  
Larbert v Braes  
Braes v Grangemouth  
Graeme v Braes  
Braes v Falkirk  
Denny v Braes

### UNDER 13 BOYS SHIELD- SCOTTISH SCHOOLS CUP

#### UNDER 13 BOYS RD 1

Cardinal Newman High  
School vs Braes High School

#### UNDER 13 BOYS RD 2

Winner of Cardinal Newman  
High School vs. Braes High  
School vs Winner of  
Coatbridge High School  
vs. Bishopbriggs

### FORTH VALLEY SCHOOLS FA - FIXTURE LIST 2021/22

#### Under 15 EAST

Alloa 1 v 3 Braes  
Braes 4 v 5 St. Mungo's  
Larbert v Braes  
Braes v Grangemouth  
Graeme v Braes  
Braes v Falkirk  
Denny v Braes

Scottish Schools FA-Scottish Cup  
RD1 ST. Ninian's HS Vs Braes High  
RD2 Winner of Wallace High School  
vs. Braidhurst High School  
vs

Winner of St. Ninian's High School  
vs. Braes

Two goals from Dean Johnston  
and a headed goal from  
Callum Smith gave our Under  
15's an opening victory in  
Alloa.

There then followed an  
incredible home game against  
St. Mungo's HS. Three goals  
behind going into the final  
stages, we staged a great  
comeback with three great  
goals only for the visitors to  
snatch a 5-4 victory at the  
death.

### FORTH VALLEY SCHOOLS FA - FIXTURE LIST 2021/22 Under 15 Girls EAST

Bannockburn v Braes  
Braes v Denny  
Braes v Falkirk  
St. Mungo's v Braes

### UNDER 15 GIRLS SHIELD-Scottish Cup

#### UNDER 15 GIRLS

RD 1 Firrhill High School vs Braes  
High School

RD 2 Winner of Wallace High  
School vs. George Heriot's  
School vs Winner of Firrhill High  
School vs. Braes High



### Forth Valley Schools FA

@FVSFA

### UNDER 18 INTER-AREA COMPETITION

Forth Valley vs Fife  
Dundee vs Forth Valley  
Forth Valley vs Aberdeenshire

John Binnie (s6) successfully  
negotiated the Senior Boys  
Regional trials to become part  
of the Forth Valley team taking  
part in the national trophy.  
No mean feat this as the squad  
is predominantly from the  
Stirling side of the region.



RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING: Just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.



Jack Sharples who was part of the Scotland Under 18 team last session has moved to Midwestern State University, Texas on a football scholarship majoring in kinesiology.

## Get into Football.



- Falkirk Foundation’s Community Team Programme is delivered in line with our Player Pathway, which allows boys and girls to play football from age 2 through to adulthood in a structured, safe development environment, through a variety of programmes. We believe in developing people by encouraging learning through football and developing boys and girls through participation in our programmes.
- JUNIOR ACADEMY DEVELOPMENT TEAM**
- Our Junior Academy Development Teams provide an excellent opportunity for boys and girls looking to join a team. Aimed at kids aged 9 – 15, the development team aims to improve their knowledge and understanding of the more technical and tactical aspects of the game. The two hour long weekly sessions will focus on tactics and game-awareness, tying these into match play. Some of the topics that will be covered during the course of the programme include positioning, tactical formations, defensive and attacking situations, and games against local clubs. All sessions will take place on the main pitch at Falkirk Stadium.

This footballing education will leave your child well prepared to be a part of a team, either joining one of our community teams or another local club



FALKIRK FC  
Office Hours: Mon –  
Fri: 10am – 2pm  
Sat & Sun: Closed For  
any ticketing enquiries:  
[tickets@falkirkfc.co.uk](mailto:tickets@falkirkfc.co.uk)

06/11/2021	Sat	3pm	H	Alloa Athletic
13/11/2021	Sat	3pm	A	Dumbarton
20/11/2021	Sat	3pm	H	Montrose
04/12/2021	Sat	3pm	A	Queens Park
11/12/2021	Sat	3pm	H	Cove Rangers
18/12/2021	Sat	3pm	A	East Fife
26/12/2021	Sun	3pm	H	Clyde
02/01/2022	Sun	3pm	A	Alloa Athletic

Click image below



RRS# ARTICLE 31- Leisure, play and culture  
HEALTH AND WELL BEING- My math teacher called me  
average. How mean!

## Get into BASKETBALL.

### Sony Centre Falkirk Fury

#### OUR MISSION

To Provide Basketball Pathways and High-Quality Opportunities for Grass roots to High Performance Participants.

FURY BC is one of the biggest and most successful basketball clubs in Scotland. Based in Falkirk – FURY have 6 Scottish National Championship teams playing in Division 1 at U16, U18 and Senior, both male and female. The club also has an extensive Development Program with teams from U10 years to U14 years again both boys and girls. Fury have currently over 200 players to be part of our great program

email [furyball@googlemail.com](mailto:furyball@googlemail.com) and visit our Facebook page for all our up to the minute news and information.



We have two Basketball teams practising hard at present. The First Year and Senior Boys have been hard at work patiently waiting for the resumption of schools basketball.

## Get into DANCE



### Dance Classes

**Central Scotland Ballet School** can offer a wide range of classes to suit all ages and abilities.

We maintain that each student is an individual... Everyone can get the most out of dance in a fun learning environment and develop their skills to the best of their own ability.

Students are encouraged to sit graded exams in each dance style, from Primary grades to Advanced levels. All our students are given the opportunity to demonstrate their talents in annual displays and parent's days and often take part in galas, concerts, charity events and professional shows.

We have branches across Central Scotland and are confident you will find a class to suit you or your child.



### McKechnie School of Dance and Performing Arts

108 Hawthorn Street,  
Grangemouth, United Kingdom  
07595 957656

[McKechnieschoolofdance@gmail.com](mailto:McKechnieschoolofdance@gmail.com)



## Falkirk rugby star Sean Taylor shows his prowess in both rugby codes.

Falkirk rugby star Sean Taylor has been showing his considerable prowess in both codes of the sport, league and union. [By Craig Goldthorp](#) Wednesday, 1st September 2021, FALKIRK HERALD

Taylor, 20, who played rugby league for Edinburgh over the summer and is about to restart his role with Falkirk in rugby union's National Division 2, will soon earn his second and third youth caps for Scotland rugby league under-20s, against Ireland at Dalkeith Rugby Club (Saturday, September 4) and away to England (Saturday, September 11) respectively, after a two-year sabbatical due to coronavirus.

Taylor, a talented player who can perform at either centre or winger, told the *Falkirk Herald*: "It's quite new for a guy to play both codes, quite unusual.

"Most of the boys that are playing in Edinburgh are playing junior as well to be fair, it's just something to do during the off season.



"I got my first Scotland rugby league cap for the under-19s two years ago. "It's been hard keeping up fitness, but I have done that the best I could. "You can't really tackle trees!

"I have just come off a big season with Edinburgh. "We had played in England two years ago but because of Covid this year we joined the Scottish league and played five games there in the league and one in the cup.

"We won the league quite convincingly and then the cup so it's just been good to get a run about and I'm back playing with Falkirk now.

"I'm quite fortunate I've had the experience with Edinburgh."

Despite his tender years, Taylor is unphased by the demands of senior rugby as he made his debut at that level with Falkirk aged just 15.

When it comes to picking the rugby code, he feels is more likely to be his domain long term, the 20-year-old answers studiously.

"This is the one that my granddad has been getting at because he's come to my last couple of games," said Taylor, who also works as an auto electrical engineer when he's away from the rugby field.

"Obviously I just want to play at as high a level as I can for both this year.

"But I think long term there might be more opportunity in league."

We'll watch with interest.

RRS# ARTICLE 29- Goals of education

HEALTH AND WELL BEING: Someone asked me what the 9th letter of the Alphabet was. It was a complete guess, but I was right.

## Get into RUGBY



Kelpies Rugby was set up in the summer of 2018 to maximise the playing and training opportunities for boys and girls in the Forth Valley.

### Welcome to Kelpies Rugby!

Our aim is to ensure that everyone has the opportunity to have fun, develop as a rugby player at their own pace, while being supported and guided by an experienced coaching team to fully develop their potential. Kelpies Rugby is a partnership of Bannockburn, Falkirk, Grangemouth and Hillfoots RFCs whose combined resources will enable teams to be fielded for the boys at S1, S2, U16 and U18 teams and the girls at U15 and U18 teams. All our volunteer staff are PVG checked through Disclosure Scotland and carry at least the minimum Scottish Rugby Union coaching qualification to coach, with at least one coach per age group qualified at a more advanced level (UKCC Level 2).

**For more information on specific teams including training times for each team, please email [contact@kelpies.club](mailto:contact@kelpies.club) with your query.**

[contact@kelpies.club](mailto:contact@kelpies.club)

[www.kelpies.club](http://www.kelpies.club)



### Linlithgow RFC, Mains Park, Mains Road, Linlithgow EH49 6DB

#### Teams

Linlithgow Rugby has teams covering all ages from 2 years to adult. Girls can participate in both Micro and Mini rugby, i.e., up to P7 age grade. The club is endeavoring to start up a girls' youth rugby team.

#### 4 Mini Rugby age grade teams

##### – Wee Reds Minis

Wee Reds' P4s

Wee Reds' P5s

Wee Reds' P6s

Wee Reds' P7s

#### Training Nights

Training is on **Tuesday and Thursday nights for the Club and School senior squads** and on **Wednesday night for the Minis, S1s, S2s and S3s.**

New starts are always welcome during the season – just turn up at training at the Rugby Club (suggest you get there between 6-30pm and 6-45pm) or contact any of the following for information:

Senior players – Director of Rugby, [Gordon Dixon](#)

Youth players – Director of Youth Rugby, [Ian Morrison](#)

### Grangemouth Rugby Club

#### All New Players Welcome

Grangemouth have a well-established ladies team and we are always looking to welcome new players to the club. No matter your age (18+) or experience level, there's a place for you here

Please don't be afraid to come along and give it a try

Training is held at Grangemouth Rugby Club on a Wednesday night 7:30pm till 9pm  
For further information pop along to a session, or e-mail [Ladies@grangemouthstags.co.uk](mailto:Ladies@grangemouthstags.co.uk)

We can't wait to meet you

### Stirling County Rugby Football Club (RFC) is a mature club, over 116 years old, providing rugby, sports and social activities and facilities to the wider community within Central Scotland, Stirling District and in particular, the City of Stirling.

The Club is proud of its tradition for growing and developing home based talent and will not sway away from this successful ethos which has led us over many years to become one of the top clubs in Scotland offering a fantastic pathway from mini rugby to the semi-professional game.

Super6 semi-professional Franchise (Top Club League in Scotland)

Two Senior Men's Amateur Teams (National 1 & West Reserve League)

Women's Team (Scottish Premier League)

Thriving Family Friendly Youth Section with teams at every level for Boys & Girls.

Over 800 members

900 capacity seated stand

- Floodlit 1st XV Pitch, 3 x Match Pitches, 3 x Training areas
- Fantastic Strength & Conditioning Gym Facility
- Super6 matches broadcast live

## Westquarter and Redding Cricket Club: Fantastic turnaround at club seeking new recruits.

Having been bottom of the table after 10 games and looking like relegation certainties, an incredible turnaround at Westquarter and Redding Cricket Club saw them win their final four league matches to comfortably survive.

Under the inspired captaincy of Umar Salik, Westquarter ended their East of Scotland Cricket Association Division 2 campaign by beating Heriots 3 by 41 runs.

"We only won one of our first 10 games," Salik, 33, of Falkirk, told the *Falkirk Herald*. "And that was against the leaders Leith at their ground.

"The same team who only won one in 10 games turned everything around. The moral of the story for everyone is: 'Never give up regardless of how things stand'.



The Westquarter and Redding squad with Lucas Haig, youngest player to play for the first team

This season we had no permanent captain as the guy from last season - Kevin Misell - was injured. "I wasn't the permanent captain when we started our campaign. On the day we won against Leith, I was given the captaincy. "And after that, the senior people who normally get the role of captain came back - including Alan Reid who was captain - and we lost games back-to-back. They went on holiday, and I took charge again and won four in a row.

It was a great team effort. When I took charge, I gave everyone clarity of what their role in the team was.

"We had more team meetings and studied the stats of the other teams, so we had a proper plan. "If we could beat the top team, we knew that we could turn it around and save ourselves from relegation.

"I would like to take on the captaincy full time next year, but I think Kevin might step back up again. He's been a good captain and I was the vice-captain last year but obviously we never got the chance to play."

Having looked in dire straits earlier in the season, Westquarter - who handed teenager Lucas Haig his debut this campaign - finished comfortably clear of the bottom two positions.

Away from the men's league season, the club has played its first ever hard ball women's games after a tie up with Callander Cricket Club.

This sees the two clubs combining to field a ladies hardball team taking on Stewarts Melville, Royal High Corstorphine and Carlton in friendly games during the summer.

This is just the start with more hardball games planned for next year as the club looks to grow its female section which also includes a plan to enter Cricket Scotland's Wee Bash ladies' softball competition during the winter.

Westquarter and Redding Cricket Club are looking for new members, players and volunteers. To join the club, email [admin@wrcc.org.uk](mailto:admin@wrcc.org.uk) or call Umar on 07468 518384.



Lucas Haig receives cap marking his first team debut



Click image above

<https://www.youtube.com/watch?v=d8GcGNsa3kU>

Click URL above

## Get into GOLF

### Golf club that was 48 hours from closure now flourishing as sport booms.

Braes Golf Centre in Maddiston has 'come back from the dead' Eight months after being on the brink of closure, a Scottish golf club has taken on nearly 300 members as it goes from strength to strength under new owners on the back of the sport's current boom.

Braes Golf Centre, which was created out of Polmont Golf Club being saved at the 11th hour last October, was already on the up in the hands of Steve Matthews and son Drew before the Covid-19 lockdown.



However, golf's popularity since restrictions started to be eased by First Minister Nicola Sturgeon just under three weeks ago has seen the nine-hole venue enjoy a significant jump in membership.

"That was down to 88 when the new owners took over and we are currently approaching 400," Richard McLuckie, the general manager at the course situated between Falkirk and Linlithgow, told The Scotsman. "In the last month alone, we've taken on 270 new members, including 30 juniors, having not had any juniors at all. "It's been kind of crazy. As Polmont Golf Club, it was gone. It was finished until Steve took the gamble on taking it over and, all of a sudden, it has come back from the dead, absolutely.

"We got a wee bit lucky in terms of coming out of lockdown and finding that people were looking for activities right away and golf seemed to get the big hit. But it's been reborn, no doubt whatsoever.

"It's always been a community club and a lot of people are returning to the club, which is down to what we've done over the last three months. We've totally redeveloped the course and they are saying, 'crikey, we've got a golf course again'."

Polmont Golf Club, formed in 1901, was 48 hours away from closing in early October before a group led by Matthews, who owns Fife-based Caledonian Group, came up with a rescue deal.

FULL ADULT	£197.50
FULL ADULT (AGED 65+)	£167.50
FULL ADULT (AGED 18-24)	£97.50
5 DAY ADULT	£147.50
5 DAY ADULT (AGED 65+)	£117.50

COMING SOON TO  
**BRAES GOLF CENTRE**

- 20 Bay Floodlit Driving Range
- PGA Professional Coaching
- Custom Fitting & Club Repairs
- Golf Store Stocking The Finest Brands
- Par 3 New Course Suitable for Beginners
- Short Game Practice Area
- Redesigned Old Course

BRAES GOLF CENTRE, MADDISTON, FALKIRK

Steve and Drew are both keen golfers," said David Russell, the company's marketing manager. "A lot of their businesses are local to the Linlithgow area, which is where they are from, and they are helping a local club.

"I've been a member at Linlithgow for 15 years and I'd heard a lot of Polmont members complaining about it being run down due to no investment. Steve and Drew have now come in and are putting their own stamp on it. They want to give something back to the community."

McLuckie, who was lured from Dunblane New, where he was the club manager, having been secretary at Kingsknowe prior to that, added: "It is a great story. Not just for the Braes but every golf club in the surrounding area. If we get kids and women playing, they might not stay at the Braes, but they will go somewhere else. Other golf clubs in the area may benefit from us having lots of ladies and juniors playing golf as that's where the future of the game lies.

"When Steve spoke to me and his vision for the place was brilliant, I thought this could be something completely different.

"The chance to be part of the rebirth was too good to turn down. I had to have a go."

As part of widespread improvements being carried out, both on and off the course, a new nine-hole par-3 course is being built along with some new holes.

"We've not actually told the membership yet about that, but they know as they've seen the bulldozer in working," said McLuckie, who has been rolling up his own sleeves over the past few months in a wide-ranging role.

"My background is golf course management, having been the course manager at Linlithgow years ago. When our greenkeeper had to shield, I had to say, 'right, let's get back out on the tools'."

"We are totally redeveloping the course, reshaping greens, putting new tees and bunkers in and also some ditches. It's been good that my experience on that side of things has come in handy."



THE BRAES GOLF CENTRE IS SITUATED IN MADDISTON, CENTRAL SCOTLAND.

OUR 9 HOLE GOLF COURSE HAS GONE THROUGH SOME VAST IMPROVEMENTS, AND WE NOW HAVE MULTIPLE TEEING AREAS ON EACH HOLE MEANING FOR A DIFFERENT BACK 9 FROM FRONT 9 WHEN PLAYING 18 HOLES. THE CENTRE ALSO CONSISTS OF PRACTICE FACILITIES AND A LARGE CLUBHOUSE WITH SKY TV.

OUR CLUBHOUSE IS OPEN TO THE GENERAL PUBLIC WITH A FULLY LICENSED BAR, SKY TV, CATERING AVAILABLE 7 DAYS A WEEK AND 4 SEPARATE FUNCTION ROOMS THAT CAN BE HIRED AT A SMALL COST.



THE CLUBHOUSE AND OFFICE ARE OPEN FROM 8AM MONDAY TO FRIDAY AND AT WEEKENDS DURING THE PLAYING SEASON. CLUBHOUSE CLOSING TIMES ARE DEPENDENT ON TIME OF YEAR AND FUNCTION BOOKINGS.

OUR CONTACT DETAILS

Simpson Drive

Maddiston, Falkirk FK2 0LS

MANAGER - DANIEL MCLUCKIE

[Tel: 07739660012](tel:07739660012)

[Email: gm@braesgolf.co.uk](mailto:gm@braesgolf.co.uk)

ALL ENQUIRIES - MAIN OFFICE [Tel: 07739660012](tel:07739660012)



RRS# ARTICLE 31- Leisure, play and culture  
HEALTH AND WELL BEING- I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.



Click images above

## Get into TABLE TENNIS

### Grange Table Tennis Club

Grange TTC is based at the Grange Community Education Centre in Brightons, near Falkirk. The club holds sessions for all age groups over three evenings per week and new members are always welcome.

#### What's on?

#### Mondays

7.30pm till 9.45pm - Adults & Intermediate/Advanced Juniors Open Practice

#### Thursdays

7.15pm till 9.45pm - Adult Open Practice

#### Fridays

7pm till 8pm - Junior Beginner Coaching

(Age 7+)

8pm till 9.30pm - Junior

Intermediate/Advanced Coaching

#### Location

- Grange Community Education Centre, Redding Road, Brightons, FK2 0AA
- Further Information
- If you are interested in coming along to any of the sessions, please contact:
- Email: [grangettc@gmail.com](mailto:grangettc@gmail.com) or phone: 07581396818



Day	Time	Session	Venue
Sunday	7.30-9.30pm	League Matches	Bowhouse Community Centre
Monday	10am-12pm	Over 50s	Grange Community Education Centre
	7.30-9.30pm	Adults & Advanced Juniors	Grange Community Education Centre
Tuesday	10am-12pm	Over 50s	Grange Community Education Centre
	7.30-9.30pm	League Matches	Bowhouse Community Centre
Wednesday	10.30am-12pm	Let's Talk Table Tennis	Camelon Community Centre*
	8-10pm	League Matches	Bowhouse Community Centre
Thursday	10am-12pm	Over 50s	Grange Community Education Centre
	7.30-9.30pm	Adults	Grange Community Education Centre
	7.30-9.30pm	Open Session	Bowhouse Community Centre
Friday	10am-12pm	Over 50s	Grange Community Education Centre
	12pm - 1pm	Open Session	Tullibody Civic Centre
	4pm - 6pm	Family Session	Tullibody Civic Centre
	6pm - 8pm	Kids/Teens Drop In	Tullibody Civic Centre
	7-8pm	Junior Beginners Coaching	Grange Community Education Centre
8-9.30pm	Junior Intermediate/Advanced Coaching	Grange Community Education Centre	

\* Let's Talk Table Tennis has temporarily relocated to Bowhouse Community Centre, no change to timing

RRS# ARTICLE 31- Leisure, play and culture

HEALTH AND WELL BEING- I've decided to participate in a competition of stair climbing. I guess I'll definitely have to step up my game.

**GRANGE COMMUNITY EDUCATION CENTRE ~ WEEKLY PROGRAMME OF EVENTS**  
 Redding Road, Brightons, Falkirk. FK2 0AA. Tel. 01324 503830

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PLAYGROUP 9.15am-11.30am GP1 / Comm.Area		ARCHERY 8.00am-5.30pm GAMES HALL				
	OVER 50's TABLE TENNIS 10.00am-12noon GAMES HALL			OVER 50's TABLE TENNIS 10.00am-12noon GAMES HALL		
LADIES BADMINTON 1.30pm-3.30pm GAMES HALL		QUILTING 1.30pm-3.30pm GP2			ACTIVITIES CLUB (fortnightly – check dates) 2.00pm-4.00pm	
GRANGE AFTER SCH.PROJECT 3.00pm-6.00pm GP1 / Comm.Area						
			WALLACESTONE P.S. FOOTBALL 3.30-4.00pm GAMES HALL	SPORTS DEVELOPMENT 3.30pm-5.30pm GAMES HALL		
	METAFIT 6.15pm-6.45pm GAMES HALL					
P6-P7 YOUTH CLUB 6.30pm-8.30pm YOUTH ROOM	RAINBOW GUIDES 6.15pm-7.15pm GP1	P3-P5 YOUTH CLUB 6.30pm-8.00pm YOUTH ROOM	52+ YOUTH CLUB 6.30pm-9.30pm YOUTH ROOM	TABLE TENNIS 7.00pm-10.00pm GAMES HALL	ARCHERY 6.00pm-8.00pm GAMES HALL	BASKETBALL (Adults) 6.30pm-8.15pm GAMES HALL
TABLE TENNIS 7.00pm-10.00pm GAMES HALL	S1-S2 YOUTH CLUB 6.30pm-9.30pm YOUTH ROOM	DENNY SPEAKERS CLUB (fortnightly) 7.30pm-9.45pm GP2	TABLE TENNIS 7.00pm-10.00pm GAMES HALL			
		BADMINTON (Adults) 8.00pm-10.00pm GAMES HALL	DUKE of EDINBURGH 7.00pm-8.30pm PC SUITE / GP2			

**Get into NETBALL**



Falkirk Community Trust work with Braes Blazers Netball Club to deliver children and youth netball sessions. These are delivered on a Wednesday at Braes High School.

Our children and youth sessions are for anyone aged 8 who have an interest in sport or Netball and would like the opportunity to learn more and play Netball games. Each session uses technical practices, fun games and structured matches to develop the technical skills of netball and associated social skills. Through the Braes Blazer Netball Club, the players have the opportunity to attend netball festival and play vs other netball teams from across Central Scotland.  
**£4 per session.**

Check them out on [Facebook](#)

Email: [braesblazers@gmail.com](mailto:braesblazers@gmail.com)

Address: Braes High School

Brightons

Falkirk

FK2 0DE

United Kingdom

Time: Monday 7.30pm-9pm

Braes Blazers welcome all adults who would like to give netball a try on a Monday evening at Braes High School, for more information email [braesblazers@gmail.com](mailto:braesblazers@gmail.com).

Juniors are also welcome to join on a Tuesday if they are under 15, and a Wednesday if they are under 13, for more information email [billy.brotton@falkirkcommunitytrust.org](mailto:billy.brotton@falkirkcommunitytrust.org)

## Get into TENNIS



### **Laurieston Tennis Club**

**Dundas Court  
Polmont Road  
Laurieston  
Falkirk  
FK2 9QU**

**President: Eleanor McGlashan**  
email: [lauriestontennis@gmail.com](mailto:lauriestontennis@gmail.com)  
**Secretary: Alan Oliver**  
email: [alanoliver47@gmail.com](mailto:alanoliver47@gmail.com)

## Get into HOCKEY

**FALKIRK & LINLITHGOW HOCKEY CLUB**  
**JUNIOR HOCKEY**

We are a local hockey club with children attending our established training sessions from all areas of Falkirk and West Lothian. We are also a Scottish Hockey Silver Accreditation Club.

Sessions are a mix of fun games, learning new skills, team building and competition, with qualified and enthusiastic coaches leading each one.

All boys and girls are welcome, from primary school age upwards.

<b>Wednesday Nights</b> Linlithgow Academy (EH49 6EH) 18:00 - 19:00 P1-P7 18:00 - 19:30 S1+	<b>Thursday Nights</b> Grangemouth H.S. (FK3 OHW) 18:45 - 20:00 ALL AGES
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FOR MORE INFORMATION, FOLLOW US ON TWITTER & FACEBOOK, OR CHECK OUT OUR WEBSITE FOR DETAILS  
[www.falkirkandlinlithgowhockeyclub.co.uk](http://www.falkirkandlinlithgowhockeyclub.co.uk)

@FalkirkLgowHC /FalkirkLgowHockey

**APPROVED**  
Approved by Scottish Hockey

### **Welcome to Falkirk and Linlithgow Hockey Club**

Based in Central Scotland, we aim to be recognised as the best all-encompassing hockey club in the region. So, no matter your age or experience at Falkirk & Linlithgow Hockey Club you'll find a team that is ideal for you.

Age is no barrier to play hockey and we're delighted to have active players from 5 to 61 years old, running 6 senior teams, 1 academy team, 1 vets and a mixed hockey XI in the summer.

We are proud to have players who represent Scotland and East District. However, key to the club's ethos is for our members is to simply love playing hockey and have fun.

If you are looking to join a forward-thinking hockey club as a player or volunteer, we would love to hear from you.

### **Join the club**

We are always on the look out for new members and volunteers who do an amazing job in keeping our club running. So, if you are interested in taking part, whether as an active member or in any other role (for example managing, officiating, directing, coaching, making the tea!) then please complete the short form below.

A member of our team will then contact you to give you all the details you require to get started.

### **Contact us**

- Falkirk and Linlithgow Hockey Club
- 69 Venachar Ven achar
- 01324610794 [graemeontherock@hotmail.com](mailto:graemeontherock@hotmail.com)
- ALL will receive the warmest of welcomes.

RRS# ARTICLE 31- Leisure, play and culture

HEALTH AND WELL BEING- I can't even count to ten in French: un, deux, trois, quatre, cinq, six, sept... Aarrgghh! Sorry, I've got a huit allergy."

## Scottish Team Selected for European TeamGym Championships



A team of Scottish gymnasts has been selected for the 13th European TeamGym Championships in Guimarães in Portugal from 1 to 4 December.

They will be competing as the Great Britain second team in the junior men's team category. The opportunity has come through British Gymnastics with the uncertainty around other nations sending teams due to Covid-19. Host nation Portugal has not been able to field a team and the other nations taking part are unable to send a second team. Scotland will be the fourth team in the group as GBR2, with GBR1, Sweden and Estonia.

The Scottish Gymnastics performance team worked with TeamGym technical committee on selection. Our congratulations to the gymnasts selected and their personal coaches:

**Logan Campbell** - Irvine Bay - Amanda Boucher

**Arran Martin** - Irvine Bay - Amanda Boucher

**Harvey Mullan** - Largs - Colette Atkins, Stephanie Hanlin, and Scott Telford

**Kieran Walker** - Largs - Colette Atkins, Stephanie Hanlin, and Scott Telford

**Evan Dewar** - Forth Valley - Jacqui Inglis

**Aidan Hepburn** - Saltire - Rachael Walker and Anna Lewis

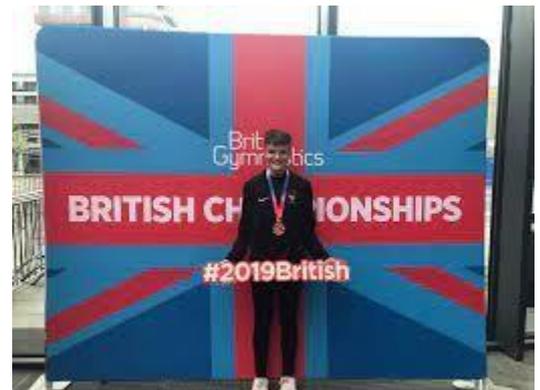
**Hayden Turnbull** - Saltire - Rachael Walker and Anna Lewis

**Josh Cantell** - Saltire - Rachael Walker and Anna Lewis

**Rory Marshall** - Saltire - Rachael Walker and Anna Lewis



Performance manager Wendy Purdie said: "This is an exciting opportunity, and we are grateful to British Gymnastics for all their assistance in allowing us to send a team to the European TeamGym Championships. The gymnasts and their families are equally excited about representing Scotland in the GBR second team and we thank their families for supporting us in being able to accept this unique opportunity. Without them, we would be unable to send a team."



"The gymnasts have a mix of experience with some previously involved in performance programmes and others were previously too young as they are at an early stage in their journey. They have competed in national championships, but it's the first time for all of them at this level so this is a fantastic opportunity for their development, and I hope they have the best experience."

"The experience of competing internationally, experiencing the atmosphere and being able to watch senior world-class athletes compete will hopefully inspire them to aim for selection on British programmes. We look forward to seeing them compete and thrive in their environment, and just enjoy the whole experience of a major championship."



HOLLY WILLOUGHBY (S4) has once again, been selected for the Scottish Water Polo U16 Girls National Development Squad who will be training towards U16 Inter-Regional Girls Water Polo Championships 2021 Sat 4 Dec 2021 - Sun 5 Dec 2021 Walsall Baths

## Get into GYMNASTICS

### FORTH VALLEY GYMNASTICS

We are a not-for-profit gymnastics organisation based in Lochlands Industrial Estate, Larbert, Falkirk. We offer affordable gymnastics sessions from ages 2+ to adults in the Forth Valley district.

Our goal is to provide all gymnasts with a quality coaching experience from our highly skilled coaches, with fun and safe and sessions for all members from grass roots up to performance levels. We endeavour to create an environment that encourages our gymnasts to value improvement of personal growth, teaching the value of intrinsic learning and try to instill a sport for life mentality.

We can accommodate gymnasts from pre-school to national level through our structured programs.

### GET IN TOUCH

**Address: Unit D1, Lochlands Industrial Estate,  
Larbert, FK5 3NS**

**+44 (0)7860 134967**

[info@forthvalleygymnastics.co.uk](mailto:info@forthvalleygymnastics.co.uk)

[forthvalleygymnastics@live.co.uk](mailto:forthvalleygymnastics@live.co.uk)



## Falkirk School of Gymnastics



Falkirk School of Gymnastics  
Cow Wynd, Falkirk, FK1 1PU  
Scotland (UK)

**Telephone**  
**+44 (01324) 627987**  
**Postal Address**

## INTER HOUSE IMAGES



Get into  
CYCLING/ WALKING

← CLICK ON IMAGES →



The Falkirk Council area has more than 500km of shared use paths. There are mountain bike trails, high quality parkland routes, canal paths and the Round the Forth cycle route. There is something for everyone from beginners to experienced cyclists.

- At Callender Estate Activity Centre & Cafe we have built a network of single-track mountain bike trails to complement the Heritage Trails. They are easy family friendly routes through attractive woodland. Each trail has been graded according to its level of difficulty and challenge. Green is easy, blue is moderate and red challenging. It is important that you chose a grade that suits your ability.
- *Canada Trail*
- This is an easy route, suitable for most cyclists, marked in green on our map.
- *Auchengean Trail*
- For something more exhilarating trail try the Auchengean trail. This is for the more experienced cyclist.
- *Craigieburn Trail*
- If you want a little more of a cycling challenge our Craigieburn Trail, will burn more calories.
- *Kilbean Trail*
- With some tight bends and rollers, the Kilbean trail can also be accessed from the Lionthorn car park






# Callendar Estate Cycle Trails

Explore more on  
two wheels






## Directions

Most visits start at the Greenrig Car park, 3 miles from the centre of Falkirk. From the centre of town follow the road signs for Slamannan. Once on Slamannan Road take the end exit off the mini roundabout on to Lochgreen Road and continue for a mile to the car park. The trails can also be accessed from the Falkirk Wheel and Falkirk High station following the John Muir Way.

Callendar Estate Office,  
Slamannan Road, Falkirk FK1 5LX  
Tel. 01324 624 236 Fax. 01324 632 550  
www.callendarestato.co.uk



Conveniently located at the trail hub and next to the bike park, Greenrig Cycles offers a top quality bike hire service with a range of high-end conventional and electric pedal assist mountain bikes.

For the children we have a selection of Raleigh Performance bikes that are easy to pedal and will bring a lot of smiles to the faces of the young ones. Or why not hire a tag along and take the wee ones further afield.

“Greenrig Cycles offers a top quality bike hire service”

Designed and produced by [www.artsonspoon.co.uk](http://www.artsonspoon.co.uk)

Cycle Trails Map First Edition

**Our cycle trails are easy family friendly routes through attractive woodland. Each trail has been graded according to its level of difficulty and challenge. Green is easy, blue is moderate and red challenging. It is important that you choose a grade that suits your ability.**

**Canada Trail 4.1km 30 minutes**  
An easy graded route suitable for most cyclists. There are no steep hills, just gentle ups and downs which let you flow along. The route takes you through part of the site of the Battle of Falkirk Muir (1746) past Charlie's Stones, where, it is said, Bonnie Prince Charlie stood during the battle. Look out for the optional boardwalk at Howling which provides a bit of a challenge for those wishing to test their skill level.

**Craigiebun Trail 3.4km 30 minutes**  
A slightly more challenging route with a few gentle hills to work the heart and lungs and a few twisting drops for a bit more adrenaline. The route winds through Craigiebun Wood and returns to the start through Howling Moss on a shared use path. Please take care where the trail crosses the main road.

**Auchingean Trail 7.5km 1 hour**  
A number of different trails have been developed at Auchingean which are intended to be ridden as an extension to the Craigiebun Trail. Fast flowing downhill sections with berris, rocky technical sections and natural trails provide something for everyone. Auchingean is for more experienced cyclists with a reasonable level of fitness and involves a fairly strenuous climb to the top. The trail includes an opt-in orange route with obligatory gap jumps and is for expert mountain bikers only.

**Kilbean Trail 2.3km 30 minute**  
The Kilbean Trail is accessed via the John Muir Way link path and involves a steady climb followed by an exciting steep descent. To extend the ride follow the farm track past Westerglen Transmitter for 1.6km to join the Auchingean Trail.

**The Cafe@Canada Wood**  
01324 612111 [hello@cafeacanadawood.co.uk](mailto:hello@cafeacanadawood.co.uk)



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01324 630033

The Milkbar

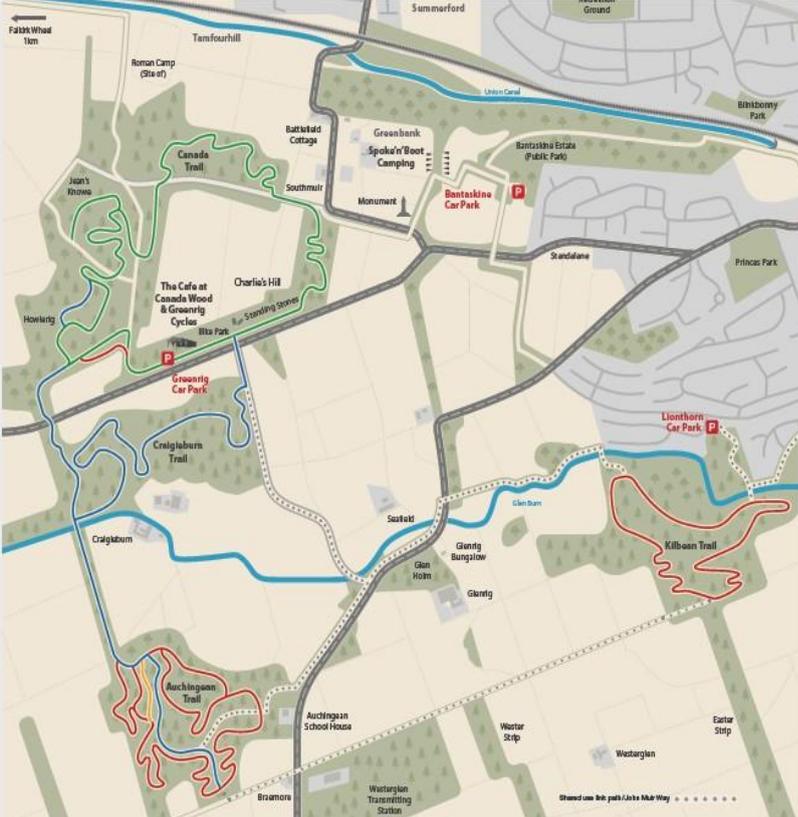
Come and enjoy Falkirk's fantastic flavours  
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OLD TOWN MILK VILLAGE FALKIRK KY16 9LW  
TEL: 01324 630033 MONDAY TO FRIDAY 10AM TO 5PM

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01324 671 452 / 07999 530095  
[www.spoke-n-boot.co.uk](http://www.spoke-n-boot.co.uk)  
Spoke'n'Boot Camping Pods



**Is this right for you? And the right cross-country single-track trail grade for your abilities**

Green / Easy	Blue / Moderate
<p><b>Suitable for:</b> Beginner cyclists. Ball &amp; bike skills required. Most blue and hybrid. Some green routes can take trailers.</p> <p><b>Trail &amp; surface types:</b> Generally flat. The trail surface may be loose, grass or mostly firm. May include short flowing single-track style sections.</p> <p><b>Gradients &amp; technical trail features (TTFs):</b> Climbs and descents are mostly shallow. No challenging features.</p> <p><b>Suggested fitness level:</b> Suitable for most people in good health.</p>	<p><b>Suitable for:</b> Intermediate cyclist/mountain bikers with basic off-road riding skills. Mountain bikes or hybrids.</p> <p><b>Trail &amp; surface types:</b> As "Green" plus slightly more undulating single track. Trail surface may include small obstacles of roots and rock.</p> <p><b>Gradients &amp; technical trail features (TTFs):</b> Most gradients are moderate but may include short steep sections. Includes small TTFs.</p> <p><b>Suggested fitness level:</b> A good standard of fitness can help.</p>
Red / Difficult	Black / Severe
<p><b>Suitable for:</b> Proficient mountain bikers with good off-road riding skills. Suitable for better quality off-road mountain bikes.</p> <p><b>Trail &amp; surface types:</b> Steeper and tougher, mostly single-track with technical sections. Expect very variable surface types.</p> <p><b>Gradients &amp; technical trail features (TTFs):</b> A wide range of climbs and descents of a challenging nature will be present. Expect berris/banks, berris, large rocks, medium steps, drop-offs, cambers, water crossings.</p> <p><b>Suggested fitness level:</b> Higher level of fitness and climbing.</p>	<p><b>Suitable for:</b> Expert mountain bike users, used to physically demanding routes. Quality off-road mountain bikes.</p> <p><b>Trail &amp; surface types:</b> As "Red" but with an expectation of greater challenge and continuous difficulty. Can include any surface type and may include exposed open hill sections.</p> <p><b>Gradients &amp; technical trail features (TTFs):</b> Expect large, exciting and unavoidable TTFs. Sections will be challenging and variable. May also have "death" style sections.</p> <p><b>Suggested fitness level:</b> Suitable for very active people used to prolonged effort.</p>
Orange / Extreme	Warning
<p><b>Suitable for:</b> Riders applying to an elite level of technical ability. Incorporates everything from all other trail grades to gap jumps.</p> <p><b>Trail &amp; surface types:</b> Severe outcrops, trails and/or natural features. All sections are challenging. Includes extreme level of exposure and/or risk. Jumping ability obligatory.</p> <p><b>Gradients &amp; technical trail features (TTFs):</b> Will include a range of small, medium and large TTFs including downhill trails and mandatory jumps.</p> <p><b>Suggested fitness level:</b> A good standard of fitness but technical skills more important.</p>	<p style="text-align: center;">⚠</p> <p><b>Mountain biking is a potentially hazardous activity carrying a significant risk.</b></p> <p><b>It should only be undertaken with a full understanding of all inherent risks.</b></p> <p><b>These guidelines must always be used in conjunction with the exercise of your own experience, intuition and careful judgement.</b></p>

RRS# ARTICLE 31- Leisure, play and culture  
HEALTH AND WELL BEING- Here's a picture of me with REM. That's me in the corner.



## Britain's Best Walking Neighbourhood Award

The Falkirk area offers a huge variety of places to walk. From canal paths, country parks to sections of the John Muir Way, and our new paths in and around The Helix and Kelpies. Don't just take our word for it we were voted The Best Walking Neighborhood 2019 by The Ramblers.

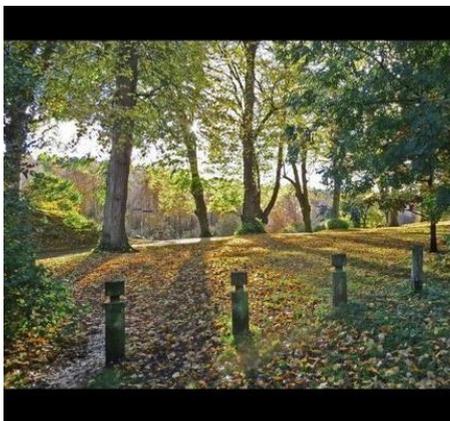
There are a huge number of routes of various lengths and difficulties, taking in every kind of scenery imaginable. Falkirk is a great place to get out and explore on foot, whether you are looking for a group to go walking with or somewhere suitable to push a pram or wheelchair, you can be sure that there will be something to suit.

### The Helix Park

The Helix, the newest park within the area has a path network with a stunning backdrop for walks and runs, connecting 16 communities via 26 kilometres of paths. So, if you fancy a walk around the lagoon or a walk which takes you past the world-famous Kelpies then get down to the Helix.

It is also a popular meeting place for many organized group walks including Nordic Walking.

Visit [The Helix website](#) for more information



### RRS# ARTICLE 29- Goals of education

**HEALTH AND WELL BEING:** Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad."

Money can't buy you happiness. Well, check this out, I bought myself a Happy Meal!"

It's never a good idea to keep both feet firmly on the ground. You'll have trouble putting on your pants.

Change is inevitable—except from a vending machine."

I was addicted to the hokey pokey... but thankfully, I turned myself around."

My first job was working in an orange juice factory, but I got canned: couldn't concentrate."