

ISCA “Senior Tours” Scheme 2007

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sportscotland **National Centre Inverclyde**

Set on the wooded hillside behind the Ayrshire seaside town of Largs, the National Centre Inverclyde provides an ideal setting for all types of residential and non-residential sporting activities.

Its aim is to provide quality residential sporting facilities for the development of “Excellence in Sport”.

Inverclyde is one of the best-equipped and most modern residential sports centres in the United Kingdom.

Our prime function is to provide a centre of excellence for top sports people, national squads and governing bodies; a place where full concentration can be focused on the improvement of coaching and performance in a wide range of indoor and outdoor sports.

While these facilities have been developed for our top sports people the benefits can also be reaped by other groups; educational institutes, professional and voluntary associations, district sports councils, businesses and the community in general.

Inverclyde also boasts outstanding conference and seminar facilities.

Inverclyde provides first-class accommodation in a number of bedrooms. Our restaurant offers panoramic views of the surrounding countryside as well as outstanding food.

Banquets, dinners and other social events can be arranged to suit every size of group, and special dietary requirements can also be catered for. Our staff can plan a course to provide top class coaching, or simply ensure that your stay is enjoyable and “hassle free”.

Sports can be incorporated into conferences along with fitness testing, team building and sports medicine. The centre is an ideal setting for a conference retreat with a difference. All ages, groups, clubs and companies can be accommodated.



Address: Burnside Road, Largs, KA30 8RW, United Kingdom

Telephone: 0845 126 0664

Fax: 01475 674720

Websites: www.nationalcentreinverclyde.org.uk
www.sportscotland.org.uk

Available to: Groups, clubs, sport organisations, associations, teams of all ages and abilities. Minimum number of 6 delegates, up to 100 delegates.

NB: Inverclyde was the venue for the 2000 ISCA Conference.



Part I. – Activities

Part I. A. Sports Activities – Inverclyde can offer a wide range of indoor and outdoor sports ranging from golf, tennis, hockey, football, archery, to gymnastics, badminton, volleyball, handball, netball, basketball, table tennis, trampolining.

- Equipment can be provided for all these sports.
- Coaching by qualified coaches and professionals is also available.
- Matches and games can be arranged against Scottish clubs depending upon the skill levels of the visitors.
- Visits to sporting venues can also be arranged

Part I. B. – Cultural Activities – Social evenings, dances, ceilidhs, whisky tasting, visits to historical buildings, Burns poems, Scottish music and singing.

Part I. C. – Tourism – Visits to Edinburgh, Loch Lomond, the Highlands, Scottish Islands, Glasgow, sight-seeing, shopping, sporting stadiums, history, museums, country parks, walks.



Part I. D. – Other Special Offers

- i. Team Building – for groups, corporate – games for bonding and team improvement.
- ii. Coaching – in a range of sports for sports coaches and leaders to improve their coaching skills.
- iii. Golf – tours, coaching, practice then visit local golf clubs for rounds of golf.
- iv. Sailing – a wide range of sailing, cruising, water sports camps locally or in the Clyde area.
- v. Choirs and orchestras – practice venue and links with local orchestras.

Part II. – Programme

- Arrival in Scotland
- Transport pick-up from airport
- Stay at National Centre for various sports
- Visit Edinburgh
- Matches against local teams and clubs
- Scottish dinners

etc.

Programme depends very much on the requirements and needs of the group.

Part III. – Accommodation

Is located in the National Centre Inverclyde, Largs, Ayrshire.



Twin-bedded with en-suite accommodation or 3/4 bedded with en suite rooms of an acceptable standard for sports centres.

Part IV. – Food



In a self-service restaurant, serving:

Breakfast – Continental: cereal, toast, fruit juice. Cooked: Bacon, sausages, egg, potato scones, beans.

Lunch – Soup, baked potato, pasta and sauce, salad bar, main meal, dessert, yoghurt and fruit.

Dinner – Soup, salad, main meal, dessert, yoghurt and fruit.

Special menus can be arranged – Scottish nights for larger parties eating-out at scenic venues.

Part V. – Price

Various prices depending upon package required and type of sport or activity, however board and accommodation is:

Bed and breakfast – £25.00 per person per night

Standard lunch – £6.00 per person per meal

Standard dinner – £8.00 per person per meal

Facilities, sport or conferences - £ 33.00 per delegate per day.

Equipment, visits, transport, drinks and refreshments, coaching in sport can be costed individually depending upon requirements.

Part VI. – Language support

Guides and contact persons can be provided in French, German and Spanish. Main language of all coaching is in English.

Part VII – Contact details of local hosting organisation

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National Centre Inverclyde

Burnside Road

Largs

KA30 8RW

Phone: 0845 126 0664

Fax: 01475 674720

Email: john.kent@sportscotland.org.uk

Website (National Centre Inverclyde): www.nationalcentreinverclyde.org.uk

Website (sportscotland): www.sportscotland.org.uk

Part VIII. – Organisation – place, date etc.

- Dates are available from April 2006 onwards for parties of 6-100.
- Staying at Inverclyde, or in Largs which is located on the west coast, a 40-minute journey from Glasgow Airport and Glasgow Prestwick Airport.
- Edinburgh is 2 hours travel from Largs.

www.visitscotland.com





Hosting town: Largs

Undoubtedly the best known of all of Ayrshire's holiday resorts, in a beautiful setting on the upper reaches of the Firth of Clyde. The town has a strong connection with the Vikings who invaded Scotland here. A Viking Festival takes place every August.

Largs is also the ferry point for the Isle of Cumbrae, where the town of Millport is another very popular holiday resort.

Nearby is Kelburn Country Park, open all the year round and offering walks, gardens, horse riding and much more.

The prominent event connected with the town is the Battle of Largs in 1263. The Norwegians claimed sovereignty over the West Coast of Scotland and the Islands of Scotland resulting in numerous skirmishes between the forces of Alexander III and the Viking King, Haco.

Handloom weaving was once the main industry of Largs. Fishing was another important industry with some 50 boats operating in the area.

In 1876, Largs became a police burgh and with the completion of the railway in 1885, the town became in easy reach of Glasgow.

The town has two main celebrations:

- The Brisbane Queen in July
- The Viking Week in August

Largs has changed considerably over the years – day-trippers replace the long-term holidaymaker of the beginning of the century.

One feature, which has changed little, and is synonymous with Largs and Ice cream is Nardini's, a restaurant, café and ice cream parlour on the shore front.



www.largs.org

www.millport.org

Part IX. – Participants

Minimum – 6 delegates, Maximum – 100 delegates.

Ages – All ages can be catered for. An adult must accompany under-16s.

Disability – Can accommodate limited numbers of delegates with physical disabilities or special needs.

Sport – Must be physically fit to participate in the sports selected.

Insurance – Participants must take-out their own holiday insurance.

Part X. – Deadline for applications

Can be accepted at any time of year however, the Centre is busy during holiday times of June to August so early booking is advisable.

Part XI. – Basic information about hosting country and organisation

Hosting country: Scotland

Rich, rolling farmland, rugged sea coasts and Clyde coast islands characterise the South of Scotland. Robert Burns and Sir Walter Scott both lived in this land of ancient abbeys, castles and historic houses.

The real Scotland starts right at the border. Different accents in the shops and different names for beer in pubs are just two of the ways in which Scotland stamps its own personality straight away. In scenery, too: the hazy blue hills running out to a wide horizon have lifted the hearts of generations of travellers at the border on the A68 at Carter Bar. Then there are the forests and wild moors of upland Galloway and the vivid greens of Ayrshire's pastures, with the mountain profile of the island of Arran as a backdrop. Wherever you travel here, you can be sure of a real Scottish experience.

Edinburgh, Scotland's historic and cosmopolitan capital is embraced by the scenic coastline and rich countryside of the Lothians.

Scotland's international gateway, Glasgow is one of Europe's great cultural destinations. Its museums and galleries are complemented by the beautiful countryside along the River Clyde from its source, through garden valleys to the sea.

From the romantic isles of Argyll to the gentle hills east of Stirling, this is the crossroads of Scotland, where the Lowlands meet the West Highlands.

Perthshire, Angus, Dundee and the Kingdom of Fife are areas of dramatic contrasts, combining the rich farming patchwork of Fife with the high hills of Perthshire, the city bustle of Dundee with the silence of the Angus glens.

Rich in historic castles, royal connections and whisky distilleries, Scotland's Castle and Whisky Country has hills tumbling down to a dramatic coast with its fishing villages and beaches around Aberdeen, "The Granite City", Scotland's city of flowers.

The Highlands of Scotland is one of the last wildernesses in Europe - through the soaring beauty of Glencoe to the idyllic charm of the isles, and from the crashing waves of the northern coastline to the silence of the windswept moors.

History is layered deep within the northern archipelagos of Orkney and Shetland, in the settlements of the earliest peoples to the Viking invaders. Today's invasion is

from the thousands of birds and other wildlife that make their home in these magical outer isles.

Lying at the very edge of Europe, the peaceful Western Islands have a rugged natural beauty, with unspoilt beaches, plentiful wildlife and unique culture and traditions.

Hosting organisation: sportscotland

sportscotland is the national agency dedicated to promoting sporting opportunities for all Scots at all levels, whatever their interest and ability. Set up by Royal Charter in 1972 as the Scottish Sports Council, we changed our name to **sportscotland** in 1999.

We invest an annual government grant of around £13 million in a range of programmes designed to benefit all levels of sport - from a child getting their first taste of physical activity at school, to an international athlete competing for a gold medal.

We also make awards totalling approximately £22m each year from our Lottery Fund to help create links between schools and communities, and to support areas and groups traditionally deprived of sporting opportunities.

Based at Caledonia House in Edinburgh, **sportscotland** also runs three National Centres - Inverclyde, a residential training centre based in Largs; Cumbrae which is a water sports training centre on the Isle of Cumbrae; and Europe's leading outdoor centre, Glenmore Lodge, based in Aviemore.

In 1998 we launched the Scottish Institute of Sport to provide a world-class environment for Scottish athletes, providing them with services and training which will allow them to compete on equal terms with athletes from other countries.

Partnership is crucial to our work. Governing bodies of sport, local sports councils, local authorities, schools, health boards and commercial companies are just some of the partners we work with across the voluntary, public and private sectors. By working in this way we can make the most of the skills, ideas and, of course, money available to sport in Scotland.

Useful websites

www.largs.org (Largs website); www.ayrshire-arran.com (Ayrshire & Arran website)
www.visitscotland.com (Scottish Tourism website)

Conclusion: Facilities suitable for participants of any age, any level of ability and any sport! An ideal base for visiting beautiful scenery. Plenty to see and do.

E-mail now with your requirement and we will see if we can arrange a sports and cultural visit to Scotland.

<u>Address</u> sportscotland National Centre Inverclyde Burnside Road Largs KA30 8RW United Kingdom	<u>Telephone</u> 0044 0845 126 0664	<u>Fax</u> 0044 01475 674 720
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	<u>Email</u> john.kent@sportscotland.org.uk	