

Guide to Sports in Penicuik 2015/16



Produced by
**COMMUNITY
SPORT
HUB**
PENICUIK

WELCOME TO OUR 2015 GUIDE



The **Penicuik Community Sport Hub** is a partnership between local clubs and sports organisations. Our aims are: to encourage participation in sport, to share best practice, and to develop and improve sporting facilities available to the community.

This is our third annual guide to sports club and sporting facilities in the Penicuik area. This is intended to bring details of all local clubs together into a single handy guide. We hope that readers will find it useful and it will encourage them to try out some of huge range of local sports.

Regular Hub meetings have proved invaluable in facilitating communication and co-operation between clubs, and sharing information on training courses, sports facilities, sports grants finance.

Our website also provides a valuable source of information for the general public on sports clubs and sports facilities in the area.

We have access to funding from SportScotland and since the Hub's formation 2012 we have been actively involved in many local development projects:

- Installing new facilities in the park for rugby, football and petanque.
- Supporting improvement projects for local sports facilities
- Training coaches for cricket, tennis and archery clubs
- Providing courses on Positive Coaching, first aid and child protection
- Purchasing equipment for curling, hockey etc
- Supplying promotional banners and leaflets for our member clubs.

This guide is designed to highlight the sports available in the Penicuik area and to enable those interested to find out about our local clubs.



Get Involved

The Hub is looking for new blood to bring fresh ideas.

If you are involved in a sports club or are thinking about to starting one, then Penicuik Sport Hub could help you. We would also welcome other members of the community with an interest in developing sport. Check out our website:

www.penicuik.sporthub.org.uk

or for more information about joining the hub

email community.sporthubs@midlothian.gov.uk



Eskvale Hockey Club



Eskvale Hockey Club is Midlothian's only senior hockey club and has two Ladies' teams and one Mens' team. We are also extensively involved in school and community hockey clubs throughout Midlothian. Whether you are interested in playing, coaching, umpiring, volunteering, supporting or volunteering - please contact us or just turn up to training, and speak to us in person. We are a friendly club and you will be made very welcome. John McCrossan Midlothian Hockey Development Group

E-mail: i_want_to_play_hockey@eskvalehockeyclub.org Website: www.eskvalehockeyclub.org



Kirkhill Bowling Club

During the Commonwealth Games in Glasgow, Bowls was one of Scotland's most successful sports with 3 gold medals and a silver in the Para games. Why not become part of this winning team and join your local bowling club Kirkhill Bowling Club.

We are a small friendly club situated in the Kirkhill area of Penicuik, Midlothian. We currently have approximately 120 members including an active Junior section. We run competitions most weekends through the season and we have regular bounce games where members come along to play just for fun.

The club has three qualified coaches who are more than happy to assist players of all levels.

So why not come along and give bowls a try, we have coaching on a Thursday evening between 5pm and 6:30 alternatively come along any morning just after 10am or in the evening after 6pm where you will get a great welcome You will find us on Kirkhill, down the lane at the side of the British Legion. For more information email: Join@kirkhillbc.org.uk or visit www.kirkhillbc.org



Penicuik Athletic Football Club

Originally formed in 1888, the Athletic celebrated their 125th year by winning the East Region Premier League for the first time. As a result, they have played in the sixteen team East Region Super League in season 2014/15. They finished in sixth spot, a great effort, and coupled with reaching the quarter final of the Scottish Junior Cup for the first time since 1970, can look back on a successful season.

Home games take place in Penicuik Park and information on any games or any of the club's activities can be found on the club's web site at www.penicuikathletic.com.

For further information, contact johnfraser_3@hotmail.com.

Make sure you come along to support your local club.



Penicuik Archery Club

We are one of the largest clubs in the East of Scotland providing archery for all ages and abilities. Membership is open to children (10+) and adults and we welcome novice and experienced archers.

We are a friendly club catering for both social archers and those who like to shoot competitively. We have members who regularly shoot for Scotland and have competed in the Commonwealth games.



Over the summer months we shoot outdoors on Penicuik High School playing fields and host a series of major competitions. In winter the club moves indoors to Beeslack Community High School where we also hold regular courses to introduce beginners to the sport. Our qualified coaches are available to advise and help club members improve.

For further information email: penicuikarchers@gmail.com or visit www.penicuikarchers.co.uk

Penicuik Athletic Youth Football Club

Penicuik Athletic Youth Football Club was formed by a merger Eskmill and Beeslack Thistle.

The club covers children from the age of 4 to 17 and it's for both boys and girls. It starts from Early Touches, Fun 4's, 7 a-side through to 11 a-side. There are nearly 300 children at present within the club, in 17 teams.

There are nearly 50 coaches, all who are Scottish Football Association (SFA) qualified and all give up their own time to do this voluntarily. Depending on the age group, training takes place every night of the week and games are played either on a Saturday or Sunday.

The main Sponsor, Cala Homes, has recently invested in the Club.

It's a great way to get children active, interested in sport and develop their social skills. If you have a child who would like to come along and give it a try please contact the Chairman, Derek Sclater at Chairman@PAYFC.net or check out our website at www.eskmillfc.co.uk



Penicuik Harriers Running Club

The club is for adults of 18 years and over, and we cater for all abilities. We are a very friendly club, meeting twice per week on Tuesdays and Thursdays at 7pm for coach led sessions varied sessions geared towards distance running and covering country, roads, marathon and hills.

New members are always welcome to come and try us out!

Website - www.penicuikharriers.org.uk

Secretary's email - secretary@penicuikharriers.org.uk

Our Facebook page - [Penicuik Harriers Running Club](https://www.facebook.com/PenicuikHarriersRunningClub)





Penicuik Rugby Club

Penicuik Rugby Club operates from our clubhouse base in the Public Park. In addition to some excellent facilities, we have a thriving mini and midi section, coaching both boys and girls from P2 up to U17 age. The senior team currently competes in the East Region Leagues. We also have a Golden Oldies/Veterans (Over 35) team and run Fun Training sessions for Women.

In addition to regular friendly and league games, we run annual Oldies and Junior events and a Seniors' 7-a-side tournament.

We believe passionately that sport should be fun first and foremost and have a club ethos of inclusivity backed up with a Positive Coaching Scotland accreditation. We are proud, though, that player's from Penicuik have gone on to win senior international honours, including Jim Aitken and - more recently - Sarah Law.

We welcome new members of all ages, male or female, players or non-players. Come on down and see what we've got to offer. Full details can be found on our website at www.penicuikrugby.org, on our facebook page (**PenicuikRugby**) or by email at info@penicuikrugby.org



Glencorse Golf Club

Glencorse Golf Club will provide a warm welcome to any-one interested in playing a game of golf. New members are welcome together with visitors wishing to play a round on Scotland's hidden gem, Glencorse Golf Club. Cliffe Jones, the club professional, a past captain of the Scottish PGA, will provide a full range of coaching for juniors and tuition and support for senior members. For further information on the options available, contact Cliffe on **01968 676481**.

For details of the full range of facilities at Glencorse Golf Club, contact club secretary, Dougie Audsley on **01968 677189** or view the website at: glencorsegolfclub.com.



Ultimate Storm Cheer and Dance

We are an All-Star cheerleading and dance team who train in Penicuik and at Meadowbank Centre.

Our mission is to emphasise the importance of safety, conditioning, tumbling, and respect for others while enjoying the thrill of this sport. Most importantly we focus on the kids having fun! We can't wait to work with you and we can assure you, you're going to love it!

We compete all over the UK and have also been finalists in the US Finals event in Florida, USA! We offer classes age 5 and upwards (younger members considered).

Contact us for more information.

www.ultimatestormcheer.com

Email: coachlouise@ultimatestormcheer.com

Tel: **07741 276 248**



Penicuik & District YMCA-YWCA

Our two brand new floodlit Astroturf courts at Queensway will be available for community use for football, tennis and hockey towards the end of June 2015.

This much needed high quality addition to Penicuik's sports facilities will further develop the school-to-community club links – a major aim of the Community Sport Hub.

The Y also has excellent indoor facilities for Karate, Tae Kwon Do, Badminton, Table Tennis, and fitness training; as well as meetings, seminars, parties and a refurbished soft play room.

Contact Penicuik Y at 51 Queensway on 01968 674851, e-mail info@penicuik-y.co.uk or visit www.penicuikymca-ywca.org.uk



Penicuik Tennis Club



We are a friendly thriving club open to anyone wanting to play and learn tennis. As the only dedicated tennis club in west Midlothian and the only tennis club in Midlothian open all year we run lessons, tournaments and social events for juniors and seniors.

This year we have an 8 and under mixed team and an under 14 boys team in the East of Scotland Team Tennis Tournament. We hold regular junior and adult tournaments and league matches including the Hunter and Lass Tournament and the Murray Mania Tournament. To join this excellent value club (individual membership - only £20) and find out about lessons and events please contact carolinewylie@hotmail.com. Once you are a member you receive the padlock code for the courts enabling you to play tennis at any time.



Penicuik Table Tennis Club

Our club is based at Ladywood Centre and is open for all age groups. Club and recreational players are welcome. For further information contact Tom Mackenzie, Club Coach on **01968 673582** or email: bavelaw8@sky.com.



Just-Judo



just-judo

Just-Judo is a network of clubs based throughout Midlothian & Edinburgh

The club offers classes for all ages, from juniors 5 up to 20 years of age of all levels, international athletes to junior & senior beginners - and of course those in between too!

Venue: Penicuik YMCA/YWCA

Class Times: 5 to 20 year olds: Tuesday 5.30-6.30

Over the years, Just-Judo has had numerous Junior Scottish Champions & British Medalists.

While recently several of our club coaches and former club members represented TeamScotland at the Glasgow 2014 Commonwealth Games, winning 2 Bronze



Medals including Head Coach James Millar.

Just-Judo aims to provide everyone with an opportunity to experience a bit of success and a lot of personal development, while supporting a development pathway leading to the National Programme offered by JudoScotland.

Website: www.just-judo.com

Twitter: [@JustJudo](https://twitter.com/JustJudo) Facebook: [Just Judo](https://www.facebook.com/JustJudo)

Penicuik Curling Club



Penicuik Curling Club has over 60 members who play Curling at Murrayfield Curling Rink. We have members of all ages and of all levels of competence. We are a very social club and welcome new members with a connection to Penicuik. Our season runs from September to March. If you'd like to give Curling a try, please visit the Penicuik Curling Club website where you will find contact details.

Jim Ramsay: **07710 491 651**

Beeslack High School PE Department

At Beeslack we offer school pupils a range of opportunities to develop new interests in sport through Physical Education classes as well as extra-curricular clubs. We have successful Rugby, Football, Dance, Gymnastics, Table Tennis, Badminton, and Fitness clubs and are always looking to introduce new activities if the interest is there. We are establishing close connections with local community clubs creating pathways to further pupil's interests. If you are a pupil at the high school, why don't you see what you can get involved in? We are also always looking for volunteers who can create new clubs within the school to increase participation.

Email: s.cairney@mgfl.net Tel: **01968 673 893** Find us at Twitter: **@BeeslackPE**

Beeslack Community High School Community Department

Beeslack Community High School opens approx 50 weeks of the year.

We offer a range of opportunities for the wider community. Working hand in hand with Schools, Local clubs, Groups, Sports organisations, Active schools and Penicuik community sports hub.

Some of the activities on offer are: Football, Basketball, Disability Sports, Archery, Tennis, Table Tennis, Dance, Break Dance, Swimming Club and Swimming Lessons, Fun Athletics, Fitness Suite, Harriers, Tai Chi, Tae Kwon Do, Lifesaving, Rookie Lifesaving, Boxing, Country Dancing, Harriers, Roller Skating, Strictly Fitness, Cricket.

We also offer a number of non sporting activities such as Italian Lessons, Furniture Restoration, Cooking classes, Yoga, Photography, Dressmaking, Higher Human Biology, National 5 Maths, Computing, Cake Decorating, Weightwatchers, iPad, Craft Theatre and Music Group, Workshops, First Responders, Heartstart courses, Family Disabled Club, Clubs for the over 60's and much more.

Many of the clubs and groups are run by Volunteers. Volunteering plays a major part in any organisation. If you are interested in a volunteering opportunity please get in touch.

We are constantly looking to develop new opportunities. If anyone is looking for access to sporting facilities, meetings rooms etc give us a call on **01968 67389** or email Beeslack@community.mgfl.net.

Penicuik Cricket Club



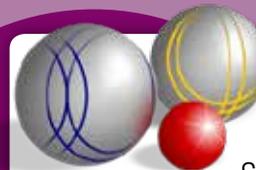
Penicuik Cricket Club is one of the oldest cricket clubs in Scotland and is the only cricket club in Midlothian. We have 3 senior teams and 5 junior teams, all of whom play competitive cricket regularly during the season.

We invest a lot of time into our junior players, with the aim being to see them progress into our senior teams. All junior players receive weekly coaching from a qualified experienced coach.

We are always on the lookout for new players and would be delighted to hear from you if you are looking to play cricket at any level. For more information please contact: Stewart Davidson on **07754 145 958** or visit www.penicuikcricketclub.org



Penicuik Petanque



French boules in Penicuik Park! We meet for social games at the purpose built play area (over the burn, opposite the football pitch) on Sundays during the summer months from 1.30 to around 4, weather permitting. You can borrow equipment if necessary.

Annual membership of the club is just £10 (free for under 18s).

It's a lot of fun and very challenging. Why not come along and have a go?

Call Club President Colin Stewart on **07535716010**, email info@penicuikpetanque.org.uk or visit www.penicuikpetanque.org.uk

Penicuik Community Sport Hub

The Hub works closely with local organisations who provide sports and sports facilities for the Penicuik community. If you are looking for a venue for a new sport, the following may be able to help.

Beeslack Community High School

Email: beeslack_hs@midlothian.gov.uk
Tel: 01968 673893 or **Email:** m.sanford@mgfl.net

Glencorse Barracks

Email: 2scots-uwo@mod.uk
Tel: 0131 310 3160

Ladywood Leisure Centre

Email: bavelaw8@sky.com
Tel: 01968 678473
Web: www.ladywoodleisurecentre.co.uk

Midlothian Council Disability Sport Officer

Tel: 0131 561 6509

Midlothian Active Schools Coordinators

Email: activeschools@midlothian.gov.uk
Tel: 0131 561 6519

Penicuik High School

Email: d.macdonald@mgfl.net
Tel: 01968 674165

Penicuik YMCA-YWCA

Email: info@penicuik-y.co.uk
Tel: 01968 674851
Web: www.penicuikymca-ywca.org.uk



If your sports is interested in becoming involved with the Hub then please email community.sportshubs@midlothian.gov.uk for more information.

For more information on Penicuik Community Sport Hub check out our website www.penicuik.sportshub.org.uk



Midlothian

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