

Guide to Sports in Penicuik 2016/17



Produced by

**COMMUNITY
SPORT
HUB**

PENICUIK

WELCOME TO OUR 2016/17 GUIDE



The Penicuik Community Sport Hub is a partnership between local clubs, sports organisations and the community. 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 of 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



Eskvale Hockey Club



Eskvale Hockey Club is Midlothian's only senior hockey club and have one Ladies' team and one Men's team. We are extensively involved in school and community clubs throughout Midlothian. Our training and home games are all based at Dalkeith Community Campus, which has excellent indoor and outdoor facilities, but anticipate moving some activity to Lasswade Centre shortly. Training takes place on a Tuesday (6:30pm) during the season (SEP - MAR) with most games played on Saturday afternoons. Youth Community Clubs (Sep - May) also run at various venues with age group matches played at U12, U14 and U16 level: Lasswade HS - Monday 5-6pm, Dalkeith HS - Tuesday 5:30-6:30pm & Ladywood LC - Wednesday 5-6pm Whether you are interested in starting playing, coaching, or umpiring, or perhaps returning to hockey or looking for more information, 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.

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, Penicuik Athletic Football Club are still going strong. They currently play in the sixteen team Super League of the East Region of the Scottish Junior Football Association. At one point last season, Penicuik Athletic sat on top of the league but eventually finished in seventh place. However, major silverware was won when Penicuik Athletic beat Bonnyrigg Rose by three goals to one in the final of the Fife and Lothians Cup, a trophy last in Penicuik's possession back in 1981. This season, the club are again performing well and are looking forward to competing strongly in the cup competitions.

Home games take place in Penicuik Park and the club is always on the look out for assistance on match days or indeed the ongoing administration of the club's affairs. Information on any of the club's activities can be found on the club's website, www.penicuikathletic.com. Make sure you come along to support your local football team.

For further information, contact John Fraser, Club President by e-mail on johnfraser_3@hotmail.com.



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



Originally formed in 1955 as Eskmill Boys Club, a merger of all youth football clubs in Penicuik in 2012 saw the creation of Penicuik Athletic Youth Football Club. The club has gone from strength to strength in recent years and currently provides a structured football pathway in a fun and safe environment to over 300 members.

Opportunities are available to join the club across most age groups, with the club aiming to provide opportunities for both boys and girls starting at age 4 through to age 18. Training commonly takes place twice per week during weekday evenings at various sites across Penicuik, with structured games taking place over the weekends.

Our coaches are all SFA qualified and PVG checked, while the club recently attained the Scottish Football Association Legacy Quality mark.

Monthly fees are extremely competitive at £15pm up to the age of 11 and £25pm thereafter. £2 per session contribution is in place at the youngest age (4 to 6 year olds) rather than a monthly fee.

Want to find out more?

You can contact and follow us through;

Twitter [@PenicuikAthYFC](https://twitter.com/PenicuikAthYFC) Facebook [Penicuik Athletic Youth Football Club](https://www.facebook.com/PenicuikAthleticYouthFootballClub) [@PAYFCfootball](https://www.facebook.com/PAYFCfootball)
Website www.payfc.net Email chairman@payfc.net



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](https://www.facebook.com/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 floodlit AstroTurf Courts at Queensway, opened by local sports personalities in August 2015, are available for community use for football, tennis and hockey. Seasonal or sessional bookings by clubs, groups or individuals are welcomed. Courts are available Mon – Fri 10.00 to 21.00 and Sat/Sun 10.00 to 16.00. For bookings outside these times at weekends, please enquire.

This high quality addition to Penicuik's sports facilities is already developing 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 soft play.

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.



Dance Pointe Academy

Dance Pointe Academy is Midlothian's premier school of performing arts who are committed to creating a fun, creative, energetic and supportive environment that helps students of all ages feel welcome and in turn, allows them to explore the magic and beauty of dance!

We run classes daily at Dance Pointe Studios in Penicuik offering a wide range of different styles of dance ensuring there is something for everyone, whether coming for fun, for exercise or to pursue a career in the industry.

Throughout the year there are always chances to perform, compete and enter in-house and external examinations, however, it is not compulsory for students to enter any exams or perform if they do not wish to. Many of our students have went on to study dance professionally and have progressed to successfully gain various types of work in the industry.

web: www.dancepointestudio.co.uk

email: dance_pointe@hotmail.com

tel: **07966 751 460**

Contact name: **Julie McNally**



Penicuik Table Tennis Club

Our club is based at Ladywood Centre and is open for all age groups. Club and recreational players are welcome. We have Wednesday night Club Night from 7.15pm to 10pm, on Thursday night we play in the Edinburgh League Matches 7pm to 10pm and on Saturday Morning we provide coaching from 10am to 12noon.

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**

Penicuik Curling Club



Penicuik Curling Club is one of the oldest curling clubs. In 2015 the club celebrated 200 years, an impressive milestone and a proud moment in the club's history.

The club is made up of male and female members. Membership is open to all ages, with junior members being welcomed from 14 years.

We are an active club within the Midlothian Province of the Royal Caledonian Curling Club and play at Murrayfield Curling Rink in Edinburgh. Games take place at various times throughout the week. On the rare occasion that weather permits, we play outdoors on the Low Pond in the Penicuik Estate.

The club enjoys fundraising and social events throughout the year, in both curling and non-curling settings.

Penicuik Curling Club hopes to encourage new players into the club, especially younger members. We are a friendly, sociable club and welcome both beginners and experienced players.

If you would like to find out more don't hesitate to contact us by email penicuikcc200@gmail.com or visit our website www.penicuikcurlingclub.co.uk

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



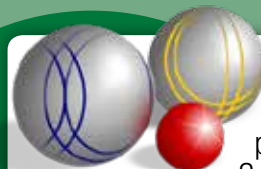
Penicuik Cricket Club is one of the oldest cricket clubs in Scotland and is the only cricket club in Midlothian. We have 3 senior teams and 5 junior teams, all of whom play competitive cricket regularly during the season.

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: ladywoodleisure@gmail.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.sporthubs@midlothian.gov.uk for more information.

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



Midlothian

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