



Take this
newsletter
along and
try these
clubs for
FREE!

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Arbroath & District Athletics Club

Athletics is the basis of all sport and is divided into many aspects involving running, jumping and throwing. As there is such a large range of activities available Athletics has events for every ability and every shape! This diversity will also allow you to swap between events to find the one you enjoy the most.

Athletics is a sport for enjoyment and participation where Athletes concentrate on improvement against their own personal bests (PB's)

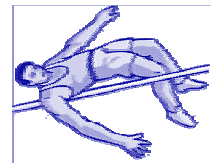


The club's main aim is to show members of all ages that with a certain amount of determination and commitment athletics can be rewarding but most of all enjoyable.

Interested?

Arbroath Sports Centre
Tuesdays 7pm - 9pm
Thursdays 6.30 - 8.30pm
Saturdays 9.15am - 11.30am

For more information call Brian Durbidge (Head Coach) 01241 852349



Monifieth Ladies Football



Football for girls and women is one of the fastest growing sports, both at home and abroad

Monifieth Ladies Football Club was set up in 2003 following a split from the boys football team under Monifieth Athletic. Based at Wellbank Park and also playing at Riverview, Monifieth, MLFC play teams at



four age levels -
under 17,
Under 15,
Under 13
and Under 11



Under 17's & Under 15's
train at the DISC, Dundee or Wellbank Hall on Tuesday evenings

For more detailed information call John Devlin on 01382 738648

www.monifiethladiesfc.pwp.blueyonder.co.uk/

Arbroath Shotokan



Karate Club



The club has been in existence for approx 30 years and its main aim is to promote Traditional Shotokan Karate within the area. Students range from 5 years approx to any age. The club has a considerable amount of both Junior and Senior Dan grades.

Students from the club compete in competitions if they wish, such as the Scottish Karate Governing Body Championships.

Saltire Leisure Centre Arbroath

Tuesdays 7pm - 8pm
Saturdays 10am - 11am

Give Jim a call (01241 830376) if you would like to find out more

It is part of the Karate Union of Scotland North Association with the Club Instructor being the Associations Vice Chairman.

www.kusn.org/

Arbroath Musketeers Basketball Club



Arbroath Musketeers Basketball Club has been running for 11 years and has been successful in Scottish League and Cup Competitions.



Come along and find out more about the club

Call 07977 059152 for further details

We have supplied several players to the Scottish National Teams and current have one ex-Muskie playing for the Scottish Rocks in the BBL



Arbroath Sports Centre

S1-S3 (girls & boys)

Mondays 4-6pm



<http://arbroathmusketeers.tripod.com>

Carnoustie Sailing Club

A range of sailing activities available...



'Sailing' is one of the few sports that genuinely allows everyone to take part from the cradle to the grave and it includes all kind of water-based activities

Boatpark next to Carnoustie Leisure Centre

Mondays 6pm

Sundays 1.30pm

Think about what you would like to do – are you a speed freak, or do you prefer the thought of ambling along at your own pace?

Contact Linda Morton (01241 853002) to find out more. Take along a change of clothes and a towel!

www.ryascotland.org.uk



Take this newsletter along and try these clubs for

FREE!



Arbroath United Cricket Club

Give cricket a go!



This forward thinking club provides opportunities for adults and juniors to play cricket at every level, whether it's a competitive game or a fun day out! With its own club facilities there is a real sense of community, so why not pop along to find out more!



Lochlands Cricket Ground
Keptie Road
Mondays
6.15pm - 8pm

For more information call Simon Pedgrift (01241 871494)



Arbroath Incheape Girls Football Club



Are you interested in playing with your local girls team?

Organised football with qualified coaching

Organised football related trips

We will give a month's free trial to any girl who brings along the newsletter. We run teams at U'11, 13 and 15 levels and have links with the women's team.

From beginners to experienced players the club welcomes all girls

Seaton Park, Arbroath
Mondays 5-6pm



For more details call
Dave Beattie on
01241 871467

Arbroath Volleyball Club

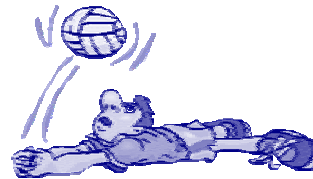
Learn to play volleyball in our club, loads of fun to be had by all levels!



Saltire Leisure Centre, Arbroath

Sundays
6pm - 8pm

Call 01241 872033 and ask for Ian Wishart for more details



Angus Canoe Club

This new club offers a fantastic opportunity for you to not only learn about kayaking & canoeing in an indoor pool environment (Arbroath Sports Centre) over the Winter months but also offers the chance to practice these skills with qualified instructors on the open water over the Summer months.



To find out more contact
Alan O'Neil
(01356 626184)
or email
alan@anguscanoeclub.org.uk



www.anguscanoeclub.org.uk



Brothock Shotokan Karate Club



Karate is a highly developed physical art, which makes use of all parts of the body in a dynamic system of self-defence. It provides excellent all round physical exercise, suitable for men, women, and children of all ages. Karate is an excellent way to keep physically and mentally fit.

Regular Courses with worlds top Karate Instructors



Arbroath Sports Centre
Mondays 7.30 - 9pm
Saturdays 12 - 1pm

Saltire Leisure Centre, Arbroath
Thursdays 7 - 8.30pm

Instructor Billy Wales 4th Dan World Shotokan Insiteute.
S.T.K.F. & U.K.T.K.F Team Member European and World Championships
S.K.B. Qualified Coach 28 years experience.
To find out more call Billy on 01241 877910

www.tora-kai.co.uk

*Angus
Local
Information*



*Clubs
Sports
Events*

Know what you want to do!

But don't know where to do it?

**Take a look at the database link
below and search for a club near
you...**

<http://library.angus.gov.uk>



What does this mean?

Angus Council and Angus Sports Council have developed an exciting new accreditation scheme, to allow the public to recognise safe, effective and child-friendly club environments.



Not only do clubs involved in the ACE awards know that they are actively working towards having the right safeguards in place but they also get the recognition they deserve from the community for all their hard work.

Funding from the Big Lottery Fund has allowed the Angus area to take club development a step further with a Club Development Officer. The remit of this role is not only to create new opportunities for youth participation in club sport but also to support and develop the clubs who are already established.

If you would like your club to be included in the next issue of this newsletter pass your details to Claire Robertson at the following:

Supported by



Claire Robertson

Club Development Officer
Leisure Services
County Buildings
Market Street
Forfar
DD8 3WB

Phone: 01307 475366

Fax: 01307 475365

E-mail: RobertsonCA@angus.gov.uk

www.angus.gov.uk