



Take this
newsletter
along and
try these
clubs for
FREE!

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Brechin Junior Rugby Club

We are an exciting, social and fun club to be in, for both boys and girls.

This season, we are taking our members on tour to Wales as part of a combined squad with Morgan Wasps of Dundee under the name of Tayside Gurkha's. With teams from all over Britain and Ireland, and over 800 other young players, this should be a great occasion. We are planning to run a tour each year from now on.



Interested?

S1's & S2's
Brechin High School
Wednesday evenings
6:30 to 8pm
Indoors from Autumn
holidays till after Spring break

Once players reach 3rd year, they can move onto the Angus Colts set up, currently running out of Carnoustie.

We have provided the Colts with several players this season, all of whom are thoroughly enjoying their rugby.

For more information call Rob Mackie (Head Coach) 01356 624946 or email arcmetal1@aol.com



www.brechin-juniors-rfc.com

Montrose Squash Club

Squash is a fantastic game sometimes described as "chess at 100mph"

Squash is a fast-moving game that requires skill, speed and supreme fitness. The ball can reach speeds of up to 170mph and players can burn off up to 1000 calories per hour of squash - higher than most other sports.



Montrose Sports Centre

Saturdays
9.30am - 1pm

For more information call
Alan Slinger (coach) on
01561 377023

The basic principle is to keep hitting the ball against the front wall until your opponent cannot get it back any more.

Montrose Shotokan Karate Club



At Montrose Shotokan we pride ourselves in being able to forge links with other Karate clubs and associations to offer our members a wider spectrum of Martial Arts whilst still retaining our ethos of teaching "Traditional Karate." This is a dying art and only true Karateka can keep the legend alive.

This family run club has enjoyed much recent success, not only in the sport of Karate but also with the Head Coach (Alan Dye) gaining the Angus Coach of the Year Award

Montrose Sports Centre

Mondays & Thursdays
7pm-9pm

Give Alan a call (01674 677359) if you would like to find out more



www.montroshotokan.co.uk



Brechin School of Tae Kwon Do



Brechin School is dedicated to learning and promoting International Taekwon-Do Federation (I.T.F.) style Taekwon-do. We can also offer self-protection training as our Instructors come from a variety of backgrounds (military, police, civilian) and all have their own unique qualities and experience.

Try something new in a warm and friendly atmosphere.

Call Mr. Mulligan on 07050242311 or Mr. Mitchell on 07778113056 for further details or turn up at Brechin Leisure Centre

Brechin Leisure Centre

Age 13+

Mondays 8-9pm

Thursdays 8-9pm

Saturdays 10-12pm

Brechin School of TaeKwon-Do and Martial Arts offer all new students one month free



www.itfbrechin.org.uk

Montrose & District Cricket & Rugby Club

Is Cricket for you? Why not find out....

Cricket Section: U11's-15's
Union Park
Every Monday through April-September
6pm-8pm

Contact Grant Hutchison (07921261718) for more details



<http://montrose.intheteam.com>

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

Shogun Judo Club (Montrose)

Give Martial Arts a go!

We have a mix of recreational members and kids competing at national events and part of national training squads.



Montrose Sports Centre
Wednesdays
7.30pm - 9pm

For more information call Scott (01674 673707)

Brechin Cricket Club

Play cricket in a relaxed atmosphere with friends

Guthrie Park
Wednesdays
6pm - 8pm



Call Derek Beaton (Club Coach) on 01356 624689 or 07793042016 for more details

Take this newsletter along and try these clubs for **FREE!**

Mudanshakwai Judo Club (Brechin)



Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo. For example, in Judo classes you may learn how to give way, rather than use force,

to overcome a stronger opponent.



We have spare Judo jackets and belts for prospective new members.

Damacre Community Centre

Wednesdays

8.15pm - 9.45pm

Call John Evans (01356 622684) for more info



Brechin Beavers

Inspired by the recent Commonwealth Games success for Scotland?

Would you like to get fit but not sure how?

Sounds like swimming might be for you, give us a call & pop along to our club to meet us

BRECHIN HIGH SCHOOL

Wednesdays 7.30pm - 9pm

Thursdays 7.30pm - 9pm

Call Gail Walker on 01356 623376 for more details



Montrose & District Swimming Club



Montrose & District Seals Amateur Swimming Club (MADS) aim to "promote, encourage and manage the teaching, knowledge and practice of swimming and diving".

The club was founded in the early 80's when Montrose Dolphins and Montrose Amateurs disbanded. With over 300 members MADS has become a recognized club in the area with members ranging from 5 to 85 years old!

There is also a Diving section in our club which takes place on a Tuesday 6.30 – 7.30pm.



This is coached at the moment by Alan Smith.

MONTROSE SWIMMING POOL

The club trains all week but a good night to come and visit would be

Wednesdays

7.30pm - 8.30pm

Give Anne Birchall (Head Coach) a call on 01674 675235 if you are interested,



Montrose Seals ASC
Attached to SSGS and The BSS

Brechin Thistle Hockey Club

We are a vibrant club, always looking for new faces.

The club plays league matches as well as regular training and fun social events.



Come along to give hockey a go with qualified coaching.



Brechin Leisure Centre

Tuesdays
6pm - 8pm

Call Ashleigh on 01356 648405 for more details



Montrose School of Tae Kwon Do

TaeKwon-Do builds confidence and confident children are less likely to get bullied. You'll get expert coaching and work on your cardiovascular fitness, strength training and flexibility. Unlike the gym you'll also learn self defence skills and gain confidence as you train. TeaKwon-Do is an exciting and dynamic Martial Art.

Montrose Sports Centre

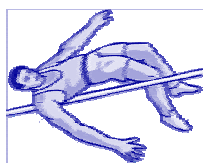
Mondays & Wednesdays
7.30pm - 9pm

Call David McNairn on 01674 830406 or 07831 575652 for more information



Montrose & District Athletics Club

Summer is here!
Why not spend your summer with the athletics club?



The club offers a wide range of track and field activities with qualified coaching



Montrose Sports Centre

Mondays 6.30 - 8pm
Thursdays 6.30 - 8pm

Call Hugh Dalgetty on 01356 625607 for more information

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...

Angus
Local
Information



Clubs
Sports
Events

<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