

GLASGOW-DALIAN BADMINTON EXCHANGE 2011

交换项目 - 中国，大连



The Lord Provost's and International Office at Glasgow City Council and Glasgow School of Sport welcome Coach Qinghua Song to Glasgow

Monday 5th September - Thursday 22nd September 2011



Contents

Introduction	2
Focus	3
Translators	3
Civic Reception	3
Player and Coach Identification	4
Programme	5
Higher PE Demonstration	5
Cultural Visits	5
Accommodation	6
Summary	7
Recommendations	7

Introduction

LORD PROVOST'S AND INTERNATIONAL OFFICE AT GLASGOW CITY COUNCIL AND GLASGOW SCHOOL OF SPORT WELCOME COACH QINGHUA SONG TO GLASGOW

Glasgow City Council signed their twinning agreement in 1987 with Dalian. Dalian is in Liaoning Province, Dongbei, North East China. During the Sudirman Cup (World Team Badminton Championships) in 2007 which was held in Scotstoun Leisure Centre, discussions took place with a view to building an exchange programme for badminton between Glasgow and Dalian. The following year during his visit to Dalian, the Lord Provost discussed the possibility of bringing a badminton coach from Dalian to Glasgow. Some 2 years later delegates from Dalian visited the city and Glasgow School of Sport with a view to arranging the exchange programme that led to Coach Qinghua Song travelling to Glasgow.

Coach Qinghua Song arrived in Glasgow with over 30 years of experience at the highest level. Coach Song is currently employed at Liaoning Table tennis and Badminton Management Centre. Her former students include Zhang Ning, 2004 & 2008 Olympic Singles Champion, Du Jing & Yu Yang who are reigning Olympic Ladies Doubles Champions. With China winning all 5 disciplines at the recent World Championships held in England's Wembley Arena and being such a dominant force in World Badminton, the opportunity to work with Coach Song was exciting for players and coaches alike.

The presence of Coach Song in Glasgow led to a partnership between Bellahouston Academy and Hillhead High School. This partnership allowed Coach Song to settle in to Glasgow while meeting members of the Chinese Community and gaining knowledge of a Confucius Classroom which are local hubs, based in schools or colleges, which stimulate and support innovative teaching and learning of Chinese language and culture.

Glasgow School of Sport at Bellahouston Academy and Glasgow Life Badminton Development programmes will benefit in the long term from the visit by Coach Song as the knowledge and level of expertise brought by Coach Song to Glasgow is truly world class.



Focus

The focus of Coach Song's visit was to work alongside the badminton team at Glasgow School of Sport, its pupils and coaches. The Glasgow School of Sport at Bellahouston Academy is a designated National Centre of Excellence.

The school provides specialist coaching in five core sports. In addition to badminton the school offers athletics, gymnastics, hockey and swimming for talented school-aged athletes, between 12 and 18 years. Specialist coaching is delivered within curriculum time.

The majority of Coach Song's time was focused on coaching at Glasgow School of Sport. In addition to this Coach Song worked with Glasgow Development Talent and Satellite Squads ensuring the message of world class knowledge was distributed throughout the city.

Coach Song worked with 15 players at Glasgow School of Sport on a daily basis and many more throughout Glasgow's Talent and Satellite Squads. There is a wealth of talent within the badminton team at Glasgow School of Sport and each and every player reaped the benefits of working with this world-class, Olympic coach.

During her programme the coaching team from Glasgow School of Sport benefited from individual access to Coach Song's time allowing them to develop their own knowledge under her guidance. The Satellite and Talent Squad coaches also had this opportunity along with the Glasgow based coaches that attended the Coach Education seminar organised by Jill O'Neil, Badminton Development Officer at Glasgow Life.

Translators

Hao Chen –

Official Translator for the Lord Provost's and International Office

Jenny Chang –

Mandarin Teacher at Hillhead High School



Civic Reception

Coach Song was welcomed to Glasgow by the Right Hon Lord Provost Councilor Bob Winter at a reception held at Glasgow City Chambers. Pupils from Bellahouston Academy and Hillhead High School attended along with staff from both schools. Yvette Yun Luo who is from China is now National Team Coach for Scotland. Yvette also attended the reception as did Hongjie Liu, Chinese Director of Confucius Institute. Both supported Coach Song during her time in Glasgow. Coach Song and the pupils from both schools were treated to a tour of the City Chambers.

Player and Coach Identification

Glasgow School of Sport Coaching Team and Talent and Satellite Squad Coaches were the main beneficiaries to of Coach Song's experience. In addition, local coaches attended various sessions throughout the exchange. Visiting coaches included Dan Travers, former National Coach. The following coaches had the opportunity to work with Coach Song:

Craig Robertson – High Performance Coach

Iain Pringle – Assistant High Performance Coach

Lena Robertson – Assistant High Performance Coach

Jill O'Neil – Glasgow Life Badminton Development Officer

Tom Courtney – Glasgow Satellite Coach

Kenneth Young – Glasgow Talent Coach/Former pupil at Glasgow School of Sport

Gregor McVean – Glasgow Talent Coach/Former pupil at Glasgow School of Sport

Diana Koleva – National Development under 12 Coach (BADMINTONscotland)

Glasgow School of Sport players comprised the main group that Coach Song worked with. Their current experience and levels allowed Coach Song to deliver high quality and hi-intensity training pitched at a level that would ensure the players development. This experience varied from under 11 National Champions to medalists at the recent under 17 UK School Games.



Year Group	Name	Level	Age
S1	Stewart Dyce	Satellite Squad	12
S1	Christopher Grimley	National Squad	11
S1	Matthew Grimley	National Squad	11

S1	Sarah Sidebottom	National Squad	11
S1	Scott Waddell	National Squad	12
S2	Eleanor O'Donnell	National Squad	13
S2	Toni Woods	Satellite Squad	12
S2	Holly Newall	National Team	13
S2	Biatrice Gabell	Satellite Squad	13
S2	Leon Masia	Satellite Squad	12
S4	Kirstie Baird	National Team	15
S4	Robert Clark	National Team	15
S5	Adam Hall	National Team	15
S5	Callum Riddell	Satellite Squad	15
S5	Calum Stevenson	National Team	16

Programme

Coach Song started her first session at Glasgow School of Sport observing and giving feedback mainly to the coaches. From day two of her visit Coach Song led sessions and was very specific during on-court training. Coach Song enthused and motivated players and coaches during every session as she passed on a wealth of knowledge.

The programme included:

- Glasgow School of Sport sessions
- Glasgow Talent and Satellite Squads
- Coach Education evening at Scotstoun Badminton Academy
- Chinese Badminton Club at Craigholme School Sports Complex
- Demonstration at Bellahouston Academy and Hillhead High School
- Visit to National Badminton Academy to view National Team training
- Visit to BADMINTONScotland to meet Chief Executive Anne Smillie
- Visit to Glasgow Junior under 13 Championship at Cockburn Centre



Higher Physical Education Demonstration

Coach Song and Glasgow School of Sport coaches led a demonstration to pupils studying badminton at Higher Physical Education Level. This took place at Hillhead High School and Bellahouston Academy with over 200 pupils observing a World Class coach in action alongside some of Scotland's best young players. The demonstration was preceded with a traditional Chinese dance by pupils of Hillhead High School, a lone Piper and Scottish dancers from the Glasgow Gaelic Centre. The event was attended by Head Teachers of all three Schools, Physical Education Teachers and invited guests.

Cultural Visits

Support from Depute Head Teacher Harriet Campbell at Hillhead High School enabled Coach Song to experience the Confucius Classroom at the school. The Confucius Classroom is a local hub which stimulates and supports innovative teaching of the Chinese language. Coach Song was very much at home during her visits and also supported Hao Chen and Jenny Chang as they taught pupils from Glasgow School of Sport basic words and phrases in Chinese.



Coach Song enjoyed several cultural visits and experiences during the trip which included:

- Glasgow City Chambers
- Edinburgh Castle
- Chinese Community Badminton Club
- Home stay with family

Accommodation

Booked on Dinner, Bed and Breakfast Basis at

Swallow Hotel

517 Paisley Road West

Glasgow

G51 1RW

Tel: 0141 427 3146

<http://www.swallow-hotels.com/hotels/swallow-glasgow.aspx>

Fax: 0141 419 1602

Summary

The exchange programme between Glasgow and Dalian provided the opportunity for numerous coaches and players to gain an insight into badminton in China, their training methods, mental approach and coaching styles. Coach Song delivered world-class coaching to all players and coaches that were fortunate to work with her. Her experience working with all levels of players from 5 years old through to Olympic and World Champions was visible as she adapted to our approach and environment, which is very different from that in Dalian, and what she is used to.

Glasgow School of Sport has hugely benefited from her visit and will strive to use many of the ideas to improve and learn during its daily training sessions. The young players responded well, both on court and in training with their approach to Coach Song. They were also enthusiastic in learning the Chinese language.

Coach Song was very complimentary of the Glasgow School of Sport and believes that Glasgow and Scotland has the young talent to reach higher levels in the sport of Badminton.

Recommendations

- Delegation to visit Dalian to establish options for a Badminton Training Camp and to conduct a needs and risk assessment (January 2012)
- Organise a Training Camp in Dalian for players and coaches (June 2012)
- Request Coach Song and her team to deliver coaching in Dalian to GSOS players and Coaches
- Organise Chinese players of an appropriate level to support training
- Develop an exchange between Glasgow and Dalian on an annual basis

Thank You

Glasgow School of Sport would like to thank the Lord Provost's and International Office for arranging Coach Song's visit to Glasgow.