



PaiS pulls in more East Lothian Sporting Performers

17 new athletes nominated by secondary school PE staff joined East Lothian's Performance Athletes in Schools programme (PAiS) at the start of the 2011 academic term. The programme, which launched with 43 athletes from 5 core sports in 2008, now supports 78 athletes from 13 sports: Basketball, Badminton, Hockey, Football, Rugby, Swimming, Golf, Trampolining, Shokotan Karate, Gymnastics, Athletics, Judo and Tae Kwon Do.

The PAiS programme was established by East Lothian Council's Sports Development Team so as to support the most talented athletes in the county. Athletes receive sports coaching from East Lothian Council's Sports Development Officers as well as Strength and Conditioning and other support services from lecturers from Edinburgh's Telford College and physiotherapy support from the FASIC, one of Scotland's leading physiotherapy providers.

The support provided by PAiS has helped athletes improve their performances and the inclusion of athletes from a wider variety of sports has once again raised the bar for athletes on the programme as they strive to be the best they can be in their chosen sport.