

sportscotland & sports coach UK
Coach Development Workshop
Programme

Autumn/Winter
2009 - 2010

Scotland
Great Coaches...Great Sport



sportscotland
the national agency for sport

Safeguarding and Protecting Children

This sports coach UK workshop meets the same learning outcomes as the original Good Practice and Child Protection workshop. Therefore, despite this revision to the content and change of title, previous attendance on a Good Practice and Child Protection workshop will still be valid. When coaches are required to update their certificate of attendance, they will attend the new Safeguarding and Protecting Children workshop. There is no need to undertake the new workshop immediately as a result of this change.

Coaching Essentials

A series of five workshops designed for people who have an interest in, or have limited experience of coaching and want to know more about what good, safe and effective coaching is. With each Coaching Essential workshop, you will receive a complimentary resource. *(Some of these workshops are not core SCUUK workshops therefore resource may be not be available. Please contact your local authority to find out if these workshops are being run in your area).*

WHAT IS SPORTS COACHING? Clearly defines coaching and introduces basic components of coaching sessions. The emphasis is to outline safe and ethical coaching practice with specific focus on the Code of Conduct for Sports Coaches.

HOW TO COACH SPORTS EFFECTIVELY? Practical tips to help develop coaching skills and allow participants to get the most benefit from coaching sessions. Everything you need to be an effective coach.

HOW TO COACH SPORTS SAFELY? Safe practice in sport; clearly outlines the health and safety issues associated with coaching. Includes sections on managing risk and establishing a safe environment for coaching.

HOW TO COACH CHILDREN IN SPORT? Aimed at everyone working with children in sport, this workshop presents the basic principles of good practice.

HOW TO COACH DISABLED PEOPLE IN SPORT? This workshop tackles all the frequently asked questions about how to work with disabled sportspeople. (This is a core SCUk workshop).

Develop Your Coaching

A series of workshops covering a range of topics from Safeguarding and Protecting Children to Developing Power and Speed. These workshops are for coaches who want to further develop their coaching skills and knowledge to provide high quality coaching sessions. With the majority of Develop Your Coaching workshops, you will receive a complimentary resource. You will receive a Certificate of Attendance *(Some of these workshops are not core SCUk workshops therefore resource may be not be available Please contact your local authority to find out if these workshops are being run in your area).*

ANALYSING YOUR COACHING: Discover methods of analysing your own coaching performance and identifying areas for development. Learn how to develop and implement an action plan to enhance your coaching. (This is a core SCUk workshop).

COACHING DISABLED PERFORMERS: Develop your coaching knowledge and skills to coach disabled performers through inclusive and separate coaching sessions. Discover new ways to adapt equipment and identify appropriate safety and medical considerations to meet your performers' needs.

COACHING METHODS AND COMMUNICATION: Unlock and develop your communication skills to build and maintain a positive and effective coach/performer relationship. Learn the principles of good communication and coaching styles and how to use them to meet the needs of your performers.

COACHING CHILDREN AND YOUNG PEOPLE: Discover the needs and motivation of young performers. Learn how to deliver effective coaching sessions to meet the level of skill, developmental stage and motivation of each young performer. (This is a core SCUk workshop).

FITNESS AND TRAINING: Develop your understanding of the components of fitness and how each area can affect the performance of your performers. Learn how to devise and implement appropriate training sessions to meet the fitness demands of your sport.

FUELLING PERFORMERS: Enhance your knowledge to advise your performers on diet promote health and ensure adequate energy intake for optimum performance. Raise your awareness of issues surrounding eating and drinking for sport.

PLANNING AND PERIODISATION: Learn how to prepare plans for all levels, how to profile performers and how to generate commitment to a plan.

SAFEGUARDING AND PROTECTING CHILDREN: Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns. (This is a core SCUk workshop).

IMPROVING PRACTICES AND SKILL: Find out how skills are acquired, developed and retained so that you can structure your practice in the most effective way.

MOTIVATION AND MENTAL TOUGHNESS: Find out more about your performers and positive ways to help them commit to training and perform better in competition. Learn how to set goals effectively and build confidence and concentration training into your every day practice.

DEVELOPING POWER AND SPEED: The focus of this workshop will be on various methods to develop explosive power, straight line and lateral sport-specific speed, acceleration and agility. The emphasis is on outlining how general and sport-specific conditioning can be used to assist the performer to develop an essential component of their game.

AN INTRODUCTION TO CORE STABILITY TRAINING: The emphasis of this workshop is on outlining how basic core stability exercises can be integrated into training to improve the potential for power generation and efficiency from each muscular effort.

Local Authority Area: Tayside & Fife

Main Contact: Derek Welch, Club/Coach Development Manager , SportTayside & Fife Partnership, Lynch, Sports Centre, South Road, Dundee, DD2 4SR

Tel: 01382 431852

Email address: derek.welch@dundeecity.gov.uk; SportTayside-Fife@dundeecity.gov.uk

Website: www.SportTayside-Fife.co.uk

Perth & Kinross Council contact: Jane Lawson, 01738 637129

Fife Council contact: Bill Hogg

Dundee Council contact:

Angus Council contact: Lee McLean, 01307 475361

Cost if applicable: £20

Course name	Date	Time	Venue	Contact
How to Coach Disabled People in Sport	Wednesday 19 th August	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Guide to Mentoring Sport Coaches	Thursday 27 th August	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Developing Power & Speed	Monday 31 st August	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Safeguarding & Protecting Children	Wednesday 9 th September	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Core Stability	Tuesday 15 th September	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Equity in your Sport	Thursday 17 th September	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Injury Prevention & Management	Wednesday 23 rd September	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Coaching Methods & Communication	Wednesday 7 th October	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Fuelling Performers	Tuesday 20 th October	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Safeguarding & Protecting Children	Wednesday 21 st October	Tbc	Saltire Leisure Centre, Arbroath	Lee McLean
Safeguarding & Protecting Children	Monday 2 nd November	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Coaching Disabled Performers	Wednesday 11 th November	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Motivation and Mental Toughness	Thursday 19 th November	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson
Equity in your Coaching	Wednesday 2 nd December	1830 – 2130	Bell's Sport Centre, Perth	Jane Lawson

Local Authority Area: Highland

Contact name: Elissa Steven

Contact address: Coaching Highland, c/o Inverness Leisure, Bught Lane, Inverness IV3 5SS

www.CoachingHighland.co.uk

Tel: 01463 718009

Mobile: n/a

Email address: elissa@CoachingHighland.co.uk

Cost of workshop if applicable: £15 - £20

Course name	Date	Time	Duration	Venue
Safeguarding & Protecting Children	17 th Aug 2009	6.30pm – 9.30pm	3 hours	Talla Nan Ros, Kingussie
In Safe Hands	19 th Aug 2009	6.30pm – 9.30pm	3 hours	Merkinch Community Centre, Inverness
Coaching Children & Young People	Sept 2009	9.30am – 12.30pm	3 hours	Golspie
Fitness & Training	Sept 2009	1.30pm – 4.30pm	3 hours	Golspie
Safeguarding & Protecting Children	Sept 2009	6.30pm – 9.30pm	3 hours	Lochaber
Improving Practices & Skill	Oct 2009	TBC	3 hours	Nairn
Safeguarding & Protecting Children	Oct 2009	6.30pm – 9.30pm	3 hours	Caithness
How to Coach Sports Safely	Nov 2009	TBC	3 hours	Skye
Developing Power & Speed	Dec 2009	TBC	3 hours	Dingwall

Local Authority Area: Scottish Borders

Contact name: Andy Lawrie

Contact address: Education & Lifelong Learning

Scottish Borders Council

Council Headquarters

Newtown St Boswells

TD6 0SA

Tel: 07708231964

Mobile: 07708231964

Email address: andy.lawrie@scotborders.gov.uk

Cost of workshop if applicable: First Aid course £30 - others £20

Course name	Date	Time	Duration	Venue
Emergency First Aid	9 th August	10am – 4pm	6 hours	Berwickshire High School, Duns
Emergency First Aid	22 nd August	10am – 4pm	6 hours	Volunteer Hall, Galashiels
Emergency First Aid	30 th August	10am – 4pm	6 hours	Burgh Hall, Peebles
Developing Partnerships with clubs and schools	16 th September (TBC)	6.30pm -9.30pm	3 hours	TBC
Action Planning for Your Club	30 th September (TBC)	6.30pm – 9.30pm	3 hours	TBC

Local Authority Area: Clackmannanshire

Contact name: Gavin Macrae (I have taken over from Ryan Martin)

Contact address: Sports Development, 6 Marshill, Alloa, FK10 1AB

Tel: 01259 222 355

Mobile:

Email address: gmacrae@clacks.gov.uk

Cost of workshop if applicable: £22 (Good Practice & Child Protection) £15 for the other courses.

Course name	Date	Time	Duration	Venue
Safeguarding and Protecting Children	Monday 12th October 2009	6.30 - 9.30pm	3 hours	Lime Tree House, Alloa
Fuelling Performers	Thursday 19th November 2009	6.30 - 9.30pm	3 hours	Alloa Academy
Safeguarding and Protecting Children	Tuesday 6th April 2010	6.30 - 9.30pm	3 hours	Lime Tree House, Alloa
Introduction to Core Stability Training	Thursday 15th April 2010	6.30 - 9.30pm	3 hours	Alloa Academy
In Safe Hands	Tuesday 27th April 2010	6.30 - 9.30pm	3 hours	Sports Development 6 Marshill Alloa

Local Authority Area: West Dunbarton

Contact name: Cheryl Willet

Contact address: Balloch Castle, Balloch Country Park, Balloch, G83 8LX

Tel: 01389 753557

Mobile:

Email address: cheryl.willet@west-dunbarton.gov.uk

Cost of workshop if applicable: £20/ free

Course name	Date	Time	Duration	Venue
Fuelling Performers	9 th Sept 09	6:30pm – 9:30pm	3 Hours	The Playdrome, Clydebank
Safeguarding and Protecting Children	21 st Oct 09	6:30pm – 9:30 pm	3 Hours	The Playdrome, Clydebank

Local Authority Area: Edinburgh

Contact name: Graham Moodie
Contact address: 141 London Road, Edinburgh, EH14 1UH
Tel: 0131 652 4354
Mobile: 0775 104 3158
Email address: grahammoodie@edinburghleisure.co.uk
Cost of workshop if applicable:

Course name	Date	Time	Duration	Venue
SGPC	17 th August	6pm-9pm	3hrs	Meggetland Sports Complex
Fuelling Performers	16 th September	6pm-9pm	3hrs	Meggetland Sports Complex
SGPC	14 th October	6pm-9pm	3hrs	Meadowbank Sports Centre
Fitness and Training	21 st October	6pm-9pm	3hrs	Meadowbank Sports Centre
SGPC	12 th November	6pm-9pm	3hrs	Meggetland Sports Complex
Developing Speed and Power	18 th November	6pm-9pm	3hrs	Meggetland Sports Complex

Local Authority Area: Annandale & Eskdale (Dumfries & Galloway)

Contact: Calum Graham, Council Offices, High Street, Annan, Dumfries & Galloway, DG12 6AQ
Tel: 01461 207046
Email address: calumg@annansportstrust.co.uk

Cost of workshop if applicable: £15

Course name	Date	Time	Venue	Contact
Safeguarding & Protecting Children Course	Wed 29 th Sept 09	1830 - 2130	Annan Town Hall	Calum Graham
Safeguarding & Protecting Children Course	Mon 23 rd Nov 09	1830 - 2130	Lockerbie Town Hall	Calum Graham

Local Authority Area: Western Isles

Contact name: Steven Munro & Christina McWilliams

Contact address: Lewis Sports Centre

Tel:01851 709194

Mobile:

Email address: smunro@cne-siar.gov.uk

Cost of workshop if applicable: TBC

Course name	Date	Time	Duration	Venue
Safeguarding and Protecting Children	25 th Aug	4 – 7pm	3 hrs	Harris Sports Centre
Safeguarding and Protecting Children	26 th Aug	6 – 9pm	3 hrs	Lewis Sports Centre
Safeguarding and Protecting Children	27 th Aug	10am – 1pm	3 hrs	Harris Sports Centre
Safeguarding and Protecting Children	27 th Aug	4 – 7pm	3 hrs	Harris Sports Centre
Safeguarding and Protecting Children	3 rd Sep	6 – 9pm	3 hrs	Liniclate Sports Centre
Safeguarding and Protecting Children	25 th Nov	6 – 9pm	3 hrs	Lewis Sports Centre
Safeguarding and Protecting Children	28 th Sept	6 – 9pm	3 hrs	Castlebay Hall
Safeguarding and Protecting Children	7 th Oct	6 – 9pm	3 hrs	Liniclate School

Local Authority Area: East Ayrshire

Contact name: Evelyn Milligan

Contact address: Leisure Development Services, Civic Centre North, John Finnie Street, Kilmarnock, KA1 1DD

Tel: 01563 576718

Mobile:

Email address: evelyn.milligan@east-ayrshire.gov.uk

Cost of workshop if applicable:

Course name	Date	Time	Duration	Venue
Emergency Aid for Sport	Sunday 30 August	9-5	1 Day	Visions, Cumnock
How to Coach Disabled People in Sport	Sunday 4 October	10-1	Morning Session (3 Hours)	Shortlees Community Centre
Safeguarding and Protecting Children	Monday 2 November	6.30pm-9.30pm	Evening Session (3 hours)	Shortlees Community Centre
Emergency Aid for Sport	Sunday 29 November	9-5	1 Day	TBC

Local Authority Area: Argyll and Bute

Contact name: Willie Young

Contact address: Kilmory, Lochgilphead, Argyll PA31 8RT

Tel: 01546 6041

Mobile: 07747 118 283

Email address: willie.young@argyll-bute.gov.uk

Cost of workshop if applicable:

Course name	Date	Time	Duration	Venue
Safeguarding Children in Sport	27/08/09	6.30pm	3 hrs	Lochgilphead Joint Campus
Safeguarding Children in Sport	30/09/09	6.30pm	3 hrs	Aqualibrium, Campbeltown
Safeguarding Children in Sport	27/10/09	6.30pm	3 hrs	Pavilion, Rothesay
Various Sports Coach UK and Running Sport	06 and 07/02/10	Various	Various	Argyll Coaching Conference 2010

Local Authority Area: Inverclyde

Contact name: Andrew McGilp

Tel: 01475 715766

Mobile: 07747006841

Email address: andymcgilp@hotmail.com

Website: www.inverclydeleisure.com

Cost of workshop if applicable:

Course name	Date	Time	Duration	Venue
HOW TO COACH EFFECTIVELY	Thursday 1 October 2009	6.30 – 9.30	3 Hours	Battery Park Pavilion GREENOCK
ANALYSING YOUR COACHING	Thursday 22 October 2009	6.30 – 9.30	3 Hours	Battery Park Pavilion Eldon Street GREENOCK PA16 7QG
COACHING METHODS AND COMMUNICATION	Thursday 12 November 2009	6.30 – 9.30	3 Hours	Battery Park Pavilion Eldon Street GREENOCK PA16 7QG
COACHING CHILDREN AND YOUNG PEOPLE	Thursday 3 December 2009	6.30 – 9.30	3 Hours	Battery Park Pavilion Eldon Street GREENOCK PA16 7QG
FUELING PERFORMERS	Thursday 14 January 2010	6.30 – 9.30	3 Hours	Battery Park Pavilion Eldon Street GREENOCK PA16 7QG
MOTIVATION AND MENTAL TOUGHNESS	Thursday 4 February 2010	6.30 – 9.30	3 Hours	Battery Park Pavilion Eldon Street GREENOCK PA16 7QG
DEVELOPING POWER AND SPEED	Thursday 25 February 2010	6.30 – 9.30	3 Hours	Battery Park Pavilion Eldon Street GREENOCK PA16 7QG
AN INTRODUCTION TO CORE STABILITY TRAINING	Thursday 18 March 2010	6.30 – 9.30	3 Hours	Battery Park Pavilion
PERFORMANCE PROFILING	Thursday 29 April 2010	6.30 – 9.30	3 Hours	Battery Park Pavilion
UNDERSTANDING EATING DISORDERS	Thursday 20 May 2010	6.30 – 9.30	3 Hours	Battery Park Pavilion Eldon Street GREENOCK PA16 7QG

Local Authority Area: Grampian

Contact name: Fiona Murray

Contact address: Gordon House, Blackhall Road, Inverurie, AB51 3WA

Tel: 01467 628283

Email address: fiona.murray@aberdeenshire.gov.uk

Cost of workshop if applicable:

Course name	Date	Time	Duration	Venue
Safeguarding and Protecting Children	26/10/2009	6.30 – 9.30pm	3 Hours	Town Hall, Inverurie
First Aid	31/10/2009	9.30 am – 4pm	7.5 Hours	Aberdeen
In Safe Hands	09/11/2009	6.30 – 9.30pm	3 Hours	North Aberdeenshire
Safeguarding and Protecting Children	11/11/2009	6.30 - 9.30pm	3 Hours	Moray
Safeguarding and Protecting Children	07/12/2009	6.30 - 9.30pm	3 Hours	Woodhill House
Safeguarding and Protecting Children	25/01/2010	6.30 - 9.30pm	3 Hours	Town Hall, Inverurie
Safeguarding and Protecting Children	30/02/2010	6.30 - 9.30pm	3 Hours	Moray
Safeguarding and Protecting Children	08/03/2010	6.30 – 9.30pm	3 Hours	Woodhill House
Safeguarding and Protecting Children	21/04/2009	6.30 – 9.30pm	3 Hours	North Aberdeenshire
Safeguarding and Protecting Children	03/05/2009	6.30 – 9.30pm	3 Hours	Inverurie
Safeguarding and Protecting Children	09/06/2010	6.30 – 9.30pm	3 Hours	Woodhill House

Local Authority Area: South Lanarkshire

Contact name: Ian Steele

Contact address: South Lanarkshire Leisure, North Stand, Cadzow Avenue, Hamilton. ML3 0LX

Tel: 01698 476123

Email address: Ian.Steele@southlanarkshireleisure.co.uk

Cost of workshop if applicable: £25 per person

Course name	Date	Time	Duration	Venue
Safeguarding and Protecting Children	04/11/2010	6.00 – 9.00pm	3 Hours	Carluk Leisure Centre
Safeguarding and Protecting Children	10/02/2009	6.00 – 9.00pm	3 Hours	Lammermoor Play Centre
Safeguarding and Protecting Children	05/02/2009	6.00 – 9.00pm	3 Hours	South Lanarkshire Lifestyle
How to Coach Sports Effectively	18/11/2009	6.00 – 9.00 pm	3 Hours	Bowling Pavilion, Hamilton Palace Sports Ground
Coaching Disabled Performers	21/10/2009	6.00 – 9.00 pm	3 Hours	Bowling Pavilion, Hamilton Palace Sports Ground
Fitness & Training	20/01/2010	6.00 – 9.00 pm	3 Hours	Bowling Pavilion, Hamilton Palace Sports Ground

Local Authority Area: Glasgow

Contact name: David Forbes

Contact address: Culture & Sport Glasgow, 20 Trongate, Glasgow, G1 5ES

Tel: 0141 287 5991

Email address: david.forbes@csglasgow.org

Cost of workshop if applicable:

Course name	Date	Time	Duration	Venue
How to Coach children in Sport	05/10/2009	6.30pm-9.30pm	3 Hours	Molendinar
Fitness & Training	08/10/2009	6.30pm-9.30pm	3 Hours	Glasgow Green Football Centre
Safeguarding and Protecting Children	19/10/2009	6.30pm-9.30pm	3 Hours	Molendinar
How to Coach children in Sport	12/11/2009	6.30pm-9.30pm	3 Hours	Langside College
How to coach sport safely	17/11/2009	6.30pm-9.30pm	3 Hours	Drumchapel Community Centre
Coaching Children and Young People	23/11/2009	6.30pm-9.30pm	3 Hours	Maryhill Community Centre
Safeguarding and Protecting Children	09/12/2009	6.30pm-9.30pm	3 Hours	Drumchapel Community Centre
How to Coach Sport Effectively	17/12/2009	6.30pm-9.30pm	3 Hours	Glasgow Green Football Centre
Coaching methods & communication	14/01/2010	6.30pm-9.30pm	3 Hours	Langside College
How to Coach children in Sport	21/01/2010	6.30pm-9.30pm	3 Hours	Glasgow Green Football Centre
Safeguarding and Protecting Children	28/01/2010	6.30pm-9.30pm	3 Hours	Langside College
How to coach sport safely	22/02/2010	6.30pm-9.30pm	3 Hours	Molendinar
How to Coach Sport Effectively	08/03/2010	6.30pm-9.30pm	3 Hours	Molendinar
Coaching Children and Young People	18/03/2010	6.30pm-9.30pm	3 Hours	Glasgow Green Football Centre
Safeguarding and Protecting Children	22/03/2010	6.30pm-9.30pm	3 Hours	Maryhill Community Centre
How To Coach Disabled People In Sport	25/03/2010	6.30pm-9.30pm	3 Hours	Glasgow Green Football Centre

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