

sportscotland



**sportscotland's
Developing Potential Team
and sports coach UK**

**2008 Coach Development
Workshop Programme**

SCOTLAND

Great Coaches ... Great 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.

In Safe Hands

This three-hour workshop, organised by Children 1st and **sportscotland**, is aimed at those acting in sports clubs as the Child Protection Officer. This workshop focuses on helping clubs put child protection policies into practice. Candidates are required to attend the Safeguarding and Protecting Children awareness workshop before attending this more in-depth course.

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.

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.

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.

All participants at sports coach UK workshops receive a Certificate of Attendance.

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.

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.

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.

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.

IMAGERY TRAINING: Discover how to develop and use this powerful mental technique to help improve sports skills, build confidence, improve concentration and handle pressure.

PERFORMANCE PROFILING: Learn how to use this technique to find out what your performers really think is important in helping them achieve their sporting goals.

THE UNDERSTANDING EATING DISORDERS workshop gives coaches and parents advice on what to look for, what to do and where to go for help in the event of suspecting the existence of an eating disorder.

West Lothian

Contact: Scott Murray, West Lothian Council Sports Unit, Balbardie Park of Peace, Torphichen Road, Bathgate EH48 4LA; Tel: 01506 776184; email: scott.murray2@westlothian.gov.uk All courses are £20 pp with the exception of Emergency First Aid, which is £40 pp. Coaches who reside in West Lothian can attend the Safeguarding and Protecting Children workshop free of charge.

Develop Your Coaching

Safeguarding and Protecting Children	17 September	6.30 – 9.30 pm	Inveralmond CHS, Livingston
Safeguarding and Protecting Children	1 December	6.30 – 9.30 pm	Inveralmond CHS, Livingston
Children 1 st : In Safe Hands	1 December	6.30 – 9.30 pm	Bathgate Academy Club Room

Emergency First Aid for Sports Coaches

28 September	9.30 am – 4.00 pm	Lowport Centre, Linlithgow
6 December	9.30 am – 4.00 pm	Lowport Centre, Linlithgow

Fife

Contact: Bill Hogg, Fife Council, Cowdenbeath Leisure Centre, Pit Road, Cowdenbeath KY4 9NN; Tel: 08451 555555 Ext 402284; email: Bill.Hogg@fife.gov.uk

Coaching Essentials

How to Coach Children in Sport	14 August	6.30 – 9.30 pm	Woodmill High
How to Coach Disabled People in Sport	11 September	6.30 – 9.30 pm	Lochgelly

Develop Your Coaching

Safeguarding and Protecting Children	26 August	6.30 – 9.30 pm	Lochgelly
Safeguarding and Protecting Children	27 August	6.00 – 9.00 pm	Beath High
Safeguarding and Protecting Children	13 November	6.30 – 9.30 pm	Madras College
Children 1 st : In Safe Hands	December (TBC)	6.30 – 9.30 pm	Central
Safeguarding and Protecting Children	3 December	6.30 – 9.30 pm	Kennoway

Coaching Tayside and Fife is a partnership between four local authorities, local Sports Councils, selected governing bodies of sport, Fife Area Institute of Sport and **sportscotland**. The aim is to provide support and services to local coaches, teachers, officials and volunteers. The programme is managed by the SportTayside and Fife Partnership and supported by **sportscotland**. Tel: 01382 431826 or email: SportTayside-Fife@dundeecity.gov.uk website: www.SportTayside-Fife.co.uk

Contact: Derek Welch, SportTayside & Fife Partnership, Lynch Sports Centre, South Road, Dundee; email: derek.welch@dundeecity.gov.uk

Angus

Contact: Lee McLean, Angus Council, The Yard, Queenswell Road, Forfar DD8 3JA; Tel: 01307 475364; email: McLeanL@angus.gov.uk. Local concessions may be available.

Develop Your Coaching

Safeguarding and Protecting Children	21 October	6.30 – 9.30 pm	Saltire Leisure Centre, Arbroath
Children 1 st : In Safe Hands	12 November	6.30 – 9.30 pm	Saltire Leisure Centre, Arbroath

Perth and Kinross

Contact: Jane Lawson, Sports Development Officer, Perth and Kinross Council, Balhousie Primary School, Dunkeld Road, Perth PH1 5DH, Tel: 01738 637129 or 623182; email: jmlawson@pkc.gov.uk

Develop Your Coaching

Safeguarding and Protecting Children	9 September	6.30 – 9.30 pm	Pitlochry High School
Coaching Disabled Performers	16 September	6.30 – 9.30 pm	Bell's Sports Centre, Perth
Children 1 st : In Safe Hands	22 October	6.30 – 9.30 pm	Bell's Sports Centre, Perth
Strength and Conditioning	October (TBC)		
Safeguarding and Protecting Children	6 November	6.30 – 9.30 pm	Community School, Auchterarder
An Introduction to Core Stability	11 November	6.30 – 9.30 pm	Bell's Sports Centre, Perth
Developing Power and Speed	26 November	6.30 – 9.30 pm	Bell's Sports Centre, Perth

Emergency First Aid

	7 October	5.30 – 9.30 pm	Bell's Sports Centre
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Dundee

Contact: Alex Knight, Dundee City Council, Olympia Leisure Centre, Earl Grey Place, Dundee DD1 4DF; Tel: 01382 432328; email: alex.knight@dundeecity.gov.uk
Local concessions may be available.

Develop Your Coaching

Safeguarding and Protecting Children	27 August	6.30 – 9.30 pm	Olympia Leisure Centre, Dundee
Children 1 st : In Safe Hands	24 September	6.30 – 9.30 pm	Olympia Leisure Centre
Safeguarding and Protecting Children	29 October	6.30 – 9.30 pm	Olympia Leisure Centre, Dundee
Safeguarding and Protecting Children	18 November	6.30 – 9.30 pm	Olympia Leisure Centre, Dundee

Scottish Borders

Contact: Debra Martin, Sport Health and PE, Scottish Borders Council, Council Headquarters, Newtown St Boswells TD6 0SA; Mobile: 07786 312524

email: dmartin@scotborders.gov.uk

All courses are £20 pp with the exception of Emergency First Aid, which is £50 pp. Funding may be available via local sports councils.

Coaching Essentials

How to Coach Children in Sport	4 September	6.30 – 9.30 pm	Kelso Golf Club
How to Coach Sport Safely	7 October	6.30 – 9.30 pm	Selkirk Football Club

Develop Your Coaching

Fitness and Training	27 August	6.30 – 9.30 pm	Gala Fairydean
Safeguarding and Protecting Children	24 September	6.30 – 9.30 pm	Borders College, Galashiels (Room 102)
Improving Practices and Skill	22 October	6.30 – 9.30 pm	Earlston High School (tbc)
Safeguarding and Protecting Children	5 November	6.30 – 9.30 pm	Kelso High School (tbc)
Coaching Disabled Performers	19 November	6.30 – 9.30 pm	Melrose Rugby Club (tbc)
Emergency Sports First Aid			
	14 September	9.30 am – 3.30 pm	Gala Fairydean, Galashiels
	12 October	9.30 am – 3.30 pm	Jedburgh High School
	2 November	9.30 am – 3.30 pm	Borders College, Duns
	30 November	9.30 am – 3.30 pm	Gytes Leisure Centre, Peebles

Edinburgh

Contact: Andrew Baptie, Coaching Edinburgh, EL Sports Development (Portacabins), 141 London Road, Edinburgh EH7 6AE; 0131 652 2178 or 4354;

email: andrewbaptie@edinburghleisure.co.uk Three hour workshops: £15.00. Six hour First Aid workshop: £45.00.

Develop Your Coaching

Safeguarding and Protecting Children	10 September	6.00 – 9.00 pm	Royal Commonwealth Pool
Working with Your Athlete's Parents	24 September	6.30 – 9.30 pm	Royal Commonwealth Pool
Children 1 st : In Safe Hands	15 October	6.30 – 9.30 pm	Royal Commonwealth Pool
Safeguarding and Protecting Children	29 October	6.00 – 9.00 pm	Royal Commonwealth Pool
Planning and Periodisation	12 November	6.00 – 9.00 pm	Venue tbc

Coaching Counts Seminars

East of Scotland's Coaching Conference Seminars have been designed to support the annual Coaching Counts Conference taking place in February 2009. The seminars target coaches at club level and seminar attendance brings discount to the annual conference.

Dates in September and November to be confirmed. Log on to www.coachingedinburgh.co.uk for more information.

First Aid for Sports Coaches

	14 September	11.00 am – 6.00 pm	Meggetland Sports Centre
	16 November	11.00 am – 6.00 pm	Meggetland Sports Centre

Renfrew

Contact: Andrew Mitchell, Renfrewshire Council, Sports Development Unit, Abbey House, 8 Seedhill Road, Paisley PA1 1JT; Tel: 0141 840 3824;

email: andrew.mitchell@renfrewshire.gov.uk

Coaching Essentials

What is Sports Coaching	27 August	6.30 – 9.30 pm	Abbey House, Paisley
How to Coach Sports Safely	12 November	6.30 – 9.30 pm	Abbey House, Paisley
How to Coach Sports Effectively	10 December	6.30 – 9.30 pm	Abbey House, Paisley
How to Coach Children in Sport	4 March 2009	6.30 – 9.30 pm	Abbey House, Paisley
How to Coach Disabled People in Sport	29 April 2009	6.30 – 9.30 pm	Abbey House, Paisley
How to Coach Disabled People in Sport	29 April 2009	6.30 – 9.30 pm	Abbey House, Paisley

Contact: David McLeish, Community Sports Development Officer, East Renfrewshire Council, Rhuallan House, 1 Montgomery Drive, Giffnock G46 6PY; Tel: 0141 577 3193
email: david.mcleish@eastrenfrewshire.gov.uk

Develop Your Coaching

Dates to be confirmed

North Lanarkshire

Contact: Douglas Holmes, North Lanarkshire Leisure Limited, 100 Buchanan Street, Coatbridge ML5 1DL; Tel: 01236 437756 or Mobile: 07789 817464; email: holmesd@northlan.gov.uk

Coaching Essentials

How to Coach Children in Sport	6 October	6.30 – 9.30 pm	Tryst Sports Centre, Cumbernauld
How to Coach Disabled People in Sport	16 October	6.30 – 9.30 pm	Kirkwood Sports Centre, Coatbridge
How to Coach Sport Safely	5 December	6.30 – 9.30 pm	Kirkwood Sports Centre

Develop Your Coaching

Coaching Children and Young People	Sat 13 September	10.00 am – 1.00 pm	Tryst Sports Centre, Cumbernauld
Understanding Eating Disorders	Sun 28 September	10.00 am – 1.00 pm	Tryst Sports Centre
Safeguarding and Protecting Children	Sun 12 October	10.00 am – 1.00 pm	Kirkwood Sports Centre
An Introduction to Core Stability	14 November	6.30 – 9.30 pm	Aquatec, Motherwell

South Lanarkshire

Contact: Ian Steele, South Lanarkshire Leisure, Council Offices, 1st Floor North Stand, Cadzow Avenue, Hamilton ML3 0LX; Tel: 01698 476123; email: ian.steele@southlanarkshireleisure.co.uk

Develop Your Coaching

Coaching Disabled Performers	3 September	6.30 – 9.30 pm	Bowling Pavilion, Hamilton Palace Sports Ground
Fuelling Performers	5 October	9.00 am – 1.00 pm	John Wright Sports Centre, Calderwood Road, East Kilbride
Safeguarding and Protecting Children	12 October	9.00 am – 1.00 pm	John Wright Sports Centre, Calderwood Road, East Kilbride
Safeguarding and Protecting Children	29 October	6.30 – 9.30 pm	Bowling Pavilion, Hamilton Palace Sports Ground
Safeguarding and Protecting Children	26 November	6.30 – 9.30 pm	St Nicholas Church Hall, Castlegate, Lanark
Children 1 st : In Safe Hands	3 December	6.30 – 9.30 pm	Bowling Pavilion, Hamilton Palace Sports Ground

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Funding for your Club	17 September	6.30 – 9.30 pm	Bowling Pavilion, Hamilton Palace Sports Ground
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Emergency First Aid - Sports

	31 August	10.00 am – 2.00 pm	South Lanarkshire Lifestyle, Rutherglen
	21 September	9.00 am – 1.00 pm	John Wright Sports Centre, East Kilbride
	25 October	10.00 am – 2.00 pm	Bowling Pavilion, Hamilton Palace Sports Ground
	29 November	10.00 am – 2.00 pm	St Nicholas Church Hall, Lanark

Inverclyde Council

Contact: Lorna Jackson, Inverclyde Council, Sports Development, c/o St Stephen's High School, Southfield Avenue, Port Glasgow PA14 6PR; Tel: 01475 715538;
email: Lorna.Jackson@inverclydeschools.org.uk

Coaching Essentials

How to Coach Effectively	7 October	6.30 – 9.30 pm	James Watt Waterfront Campus, Greenock
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Develop Your Coaching

Safeguarding and Protecting Children	16 September	6.30 – 9.30 pm	James Watt Waterfront Campus, Greenock
Coaching Children and Young People	2 December	6.30 – 9.30 pm	James Watt Waterfront Campus, Greenock
Safeguarding and Protecting Children	20 January 2009	6.30 – 9.30 pm	James Watt Waterfront Campus, Greenock
Analysing Your Coaching	24 February 2009	6.30 – 9.30 pm	James Watt Waterfront Campus, Greenock

Glasgow

Contact: Nic Teo, Culture and Sport Glasgow, Sport and Events Section, 20 Trongate, Glasgow G1 5ES; Tel: 0141 287 3953; email: nic.teo@csglasgow.org

Coaching Essentials

How to Coach Disabled People in Sport	11 September	6.30 – 9.30 pm	Glasgow Green FC
How to Coach Sports Safely	9 October	6.30 – 9.30 pm	Glasgow Green FC
How to Coach Disabled People in Sport	5 February 2009	6.30 – 9.30 pm	Glasgow Green FC
How to Coach Children in Sport	26 February 2009	6.30 – 9.30 pm	Glasgow Green FC

Develop Your Coaching

Safeguarding and Protecting Children	4 September	6.30 – 9.30 pm	Glasgow Green FC
Children 1 st : In Safe Hands	18 September	6.30 – 9.30 pm	Glasgow Green FC
Coaching Disabled Performers	September (tbc)	6.30 – 9.30 pm	Glasgow Green FC
Fitness and Training	2 October	6.30 – 9.30 pm	Glasgow Green FC
Safeguarding and Protecting Children	6 November	6.30 – 9.30 pm	Glasgow Green FC
Coaching Children and Young People	13 November	6.30 – 9.30 pm	Glasgow Green FC
Children 1 st : In Safe Hands	20 November	6.30 – 9.30 pm	Glasgow Green FC
Analysing Your Coaching	4 December	6.30 – 9.30 pm	Glasgow Green FC
Safeguarding and Protecting Children	8 January 2009	6.30 – 9.30 pm	Glasgow Green FC
Children 1 st : In Safe Hands	15 January	6.30 – 9.30 pm	Glasgow Green FC
An Introduction to Core Stability	22 January 2009	6.30 – 9.30 pm	Glasgow Green FC
Understanding Eating Disorders	5 March 2009	6.30 – 9.30 pm	Glasgow Green FC
Children 1 st : In Safe Hands	26 March 2009	6.30 – 9.30 pm	Glasgow Green FC

St Andrew's Ambulance Association First Aid Course

4 October	9.30 am – 4.30 pm	Glasgow Green FC
21 February 2009	9.30 am – 4.30 pm	Glasgow Green FC

East Dunbartonshire

Contact: Karin Jackson, East Dunbartonshire Council, Kirkintilloch Leisure Centre, Woodend Park, Kirkintilloch G66 3DD; Tel: 0141 578 8498;
email: karin.jackson@eatdunbarton.gov.uk

Develop Your Coaching

Dates to be confirmed

West Dunbartonshire

Contact: Pamela Dewar, West Dunbartonshire Council, Balloch Castle, Balloch Country Park, Alexandria G83 8LX; Tel: 01389 753 557;
email: Pamela.Dewar@west-dunbarton.gov.uk

Develop Your Coaching

Analysing Your Coaching	24 September	6.30 – 9.30 pm	Playdrome, Clydebank
Safeguarding and Protecting Children	22 October	6.30 – 9.30 pm	Playdrome, Clydebank
Children 1 st : In Safe Hands	12 November	6.30 – 9.30 pm	Playdrome, Clydebank

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Developing Partnerships with Clubs and Schools	21 January 2009	6.30 – 9.30 pm	Playdrome, Clydebank
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Others

Fun Games	25 August	6.30 – 9.00 pm	Meadow Centre
Committee Skills Training	8 September	6.30 – 8.00 pm	Dumbarton Municipal Buildings
New Games	1 December	6.00 – 7.30 pm	Playdrome

Argyll & Bute

Contact: Willie Young, Argyll & Bute Council, Kilmory, Lochgilphead, PA31 8RT; Tel: 01546 604121; email: Willie.Young@argyll-bute.gov.uk

Develop Your Coaching

Safeguarding and Protecting Children	Dates tbc		Oban, Mull, Dunoon, Helensburgh, Islay and Bute
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Funding for your Club	Dates tbc		Oban, Lochgilphead, Helensburgh, Dunoon and Rothesay
Valuing your Sports Volunteers			

First Aid for Sport

Oban, Lochgilphead, Campbeltown, Helensburgh and Islay

2009 Sports Coaching Weekend	7/8 February 2009		Lochgilphead
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East Ayrshire

Contact: Evelyn Milligan, East Ayrshire Council, Department of Community Services, Civic Centre, John Finnie Street, Kilmarnock KA1 1DD; Tel: 01563 576718;
email: evelyn.milligan@east-ayrshire.gov.uk

Coaching Essentials

How to Coach Disabled People in Sport	10 September	6.30 – 9.30 pm	Kilmarnock Rugby Football Club
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Develop Your Coaching

Safeguarding and Protecting Children	20 August	6.30 – 9.30 pm	Cumnock Rugby Football Club
Children 1 st : In Safe Hands	25 August	6.30 – 9.30 pm	Cumnock Rugby Football Club
Children 1 st : In Safe Hands	8 October	6.30 – 9.30 pm	Kilmarnock Rugby Football Club
Fitness and Training	22 October	6.30 – 9.30 pm	Stewarton Academy
Safeguarding and Protecting Children	10 November	6.30 – 9.30 pm	Kilmarnock Rugby Football Club
Coaching Children and Young People	19 November	6.30 – 9.30 pm	Cumnock Rugby Football Club

Emergency First Aid for Sport

	17 August	9.00am – 5.00pm	Cumnock Community Hall
	9 November	9.00 am – 5.00pm	tbc

North Ayrshire

Contact: Stephen Browning, KA Leisure, Magnum Leisure Centre, Harbourside; Irvine KA12 8PP; Tel: 01294 317457; email: sbrowning@naleisure.co.uk

Coaching Essentials

What is Sports Coaching	16 September	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats
How to Coach Sports Effectively	16 October	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats
How to Coach Disabled People in Sport	10 November	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats

Develop Your Coaching

Coaching Children and Young People	25 September	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats
Coaching Methods and Communication	20 October	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats
Improving Practices and Skill	18 November	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats
Analysing Your Coaching	27 November	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats

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Valuing your Sports Volunteers	8 September	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats
Developing Partnerships with Clubs and Schools	7 October	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats
Funding for Your Club	6 November	6.30 – 9.30 pm	St Matthew's Academy, Saltcoats

Dumfries and Galloway

Contact: Senga Thomson, Dumfries & Galloway Council, Sport and Leisure (East), DG One Leisure Complex, Hoods Loaning, Dumfries DG1 2HT; Tel: 01387 260000 Ext 60843 or email: senga.thomson@dumgal.gov.uk

Develop Your Coaching

Safeguarding and Protecting Children	3 September	9.00 am – 1.00 pm	Cairn and Cree, Lochside Education Centre
Equity in Sport	14 September	10.30 am – 1.30 pm	DG One Leisure Complex, Dumfries
Introduction to Core Stability	5 October	9.30 am – 12.30 pm	DG One, Dumfries
Fuelling Performers	5 October	1.30 – 4.30 pm	DG One, Dumfries
Safeguarding and Protecting Children	6 October	6.00 – 9.00 pm	Castle Douglas Town Hall
Safeguarding and Protecting Children	15 October	6.00 – 9.00 pm	Solway Suite, DG One
Imagery Training	9 November	12.00 – 3.00 pm	DG One, Dumfries
Safeguarding and Protecting Children	20 November	6.00 – 9.00 pm	Room GP12, Ryan Centre, Stranraer
Safeguarding and Protecting Children	3 December	6.00 – 9.00 pm	Solway Suite, DG One
Safeguarding and Protecting Children	14 January 2009	6.00 – 9.00 pm	Solway Suite, DG One

Annandale and Eskdale

Contact: Calum Graham, Sports Development Officer, Annandale and Eskdale Sports and Leisure Trust, Council Offices, 16 High Street, Annan DG12 6AQ; Tel: 01461 207046 (Ext 67446) or email: calumg@annansportstrust.co.uk

Develop Your Coaching

Safeguarding and Protecting Children	8 September	6.30 – 9.30 pm	Newington Sports and Leisure Centre, Annan
Children 1 st : In Safe Hands	28 September	10.00 am - 1.00 pm	Newington Sports and Leisure Centre, Annan

Safeguarding and Protecting Children	10 November	6.30 – 9.30 pm	The Eskdale Sports and Leisure Centre, Langholm
HSE 4 Day First Aid Course (Cost = £165.00)	Dates tbc		

Highland

For a full list of sports coach UK and Children 1st courses and to download booking forms, please visit www.CoachingHighland.co.uk and look at the Coaching Courses page. If you do not have internet access, please telephone Elissa Steven for course information on 01463 718009.

Develop Your Coaching

Safeguarding and Protecting Children	August (tbc)	6.30 – 9.30 pm	Alness
Children 1 st : In Safe Hands	September (tbc)	6.30 – 9.30 pm	Inverness
Fitness and Training	September (tbc)	6.30 – 9.30 pm	Inverness
Coaching Children and Young People	October (tbc)	6.30 – 9.30 pm	Nairn
Safeguarding and Protecting Children	November (tbc)	6.30 – 9.30 pm	Venue tbc

Emergency First Aid

6 September	10.00 am - 4.30 pm	Hilton Community Centre, Inverness
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Highland Coaching Conference

The next annual conference will be held during November 2008 so keep an eye on our website for more information as the programme develops!

Grampian Coaching

Contact: Fiona Murray, Aberdeenshire Council, Gordon House, Blackhall Road, Inverurie AB51 3WA; Tel: 01467 628283; email: fiona.murray@aberdeenshire.gov.uk; website: www.grampiancoaching.org.uk

Develop Your Coaching

Safeguarding and Protecting Children	25 August	6.30 – 9.30 pm	Elgin
Safeguarding and Protecting Children	27 August	6.30 – 9.30 pm	Aberdeen University
Children 1 st : In Safe Hands	15 September	6.30 – 9.30 pm	Woodhill House, Aberdeen
Safeguarding and Protecting Children	22 September	6.30 – 9.30 pm	Portlethen
Safeguarding and Protecting Children	27 October	6.30 – 9.30 pm	PR SCT, Banff
Safeguarding and Protecting Children	3 November	6.30 – 9.30 pm	Town House, Inverurie
Children 1 st : In Safe Hands	19 November	6.30 – 9.30 pm	Keith
Safeguarding and Protecting Children	24 November	6.30 – 9.30 pm	Elgin
Safeguarding and Protecting Children	8 December	6.30 – 9.30 pm	Woodhill House, Aberdeen
Safeguarding and Protecting Children	12 January 2009	6.30 – 9.30 pm	Elgin
Safeguarding and Protecting Children	28 January 2009	6.30 – 9.30 pm	Mintlaw

First Aid for Coaches

23 August		Elgin
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Central

Coaching Stirling is the local coaching strategy that aims to develop the quality and quantity of the local coaching workforce.

Stirling

Contact: Brown Ferguson, Active Stirling, 3rd Floor Wolfcraig, 1 Dumbarton Road, Stirling FK8 2LQ; Tel: 01786 432342; email: fergusonb@activestirling.org.uk

Develop Your Coaching

Safeguarding and Protecting Children	1 September	6.30 – 9.30 pm	McLaren High School
Safeguarding and Protecting Children	9 September	6.30 – 9.30 pm	Forthbank Stadium
Motivation and Mental Toughness Children 1 st : In Safe Hands	30 October	6.30 – 9.30 pm	Forthbank Stadium
	3 November	6.30 – 9.30 pm	Forthbank Stadium

Clackmannan

Contact: Ryan Martin, Clackmannanshire Council, Sports Development, 6 Marshall, Alloa FK10 1AB; Tel: 01259 222355; email: rmartin@clacks.gov.uk

Develop Your Coaching

Safeguarding and Protecting Children	13 October	6.00 – 9.00 pm	Lime Tree House, Alloa
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Orkney Islands Council

Contact: Vicki Copland, Orkney Islands Council, School Place, Kirkwall; Orkney KW15 1NY
Tel: 01856 873535 Ext 2433; email: Vicki.Copland@orkney.gov.uk

Programme to be confirmed

Shetland Islands Council

Contact: Bob Kerr; Sports and Leisure Service, Hayfield House, Hayfield Lane, Lerwick ZE1 0QD; Tel: 01595 744045; email: bob.kerr@shetland.gov.uk

Develop Your Coaching

Safeguarding and Protecting Children	16 September	6.00 – 9.00 pm	Islesburgh Community Centre, Lerwick
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Comhairle nan Eilean Siar

Contact: Steven Munro; Lewis Sports Centre, Stornoway, Isle of Lewis HS1 2PZ Tel: 01851 709194; email: smunro@cne-siar.gov.uk

Develop Your Coaching

Safeguarding and Protecting Children	14 August	6.00 – 9.00 pm	Lewis Sports Centre
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Scottish Football Association

Contact: Andrew Gilchrist, SFA Regional Manager Central, Gannochy Sports Centre, University of Stirling, Stirling FK9 4LA; Tel: 0771 536 9768 or email:

Andrew.Gilchrist@scottishfa.co.uk

Develop Your Coaching

Safeguarding and Protecting Children	12 November	6.00 – 9.00 pm	Clydebank Town Hall
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Children

Contact: Ian Lowe, SFA Regional Manager East, or Samantha Milne, Lynch Sports Centre, South Road, Dundee DD2 4SR; email: ian.lowe@scottishfa.co.uk

Develop Your Coaching

Safeguarding and Protecting Children	6 October	6.30 – 9.30 pm	Starks Park, Kirkcaldy
Safeguarding and Protecting Children	9 October	6.30 – 9.30 pm	McDiarmid Park, Perth
Children 1 st : In Safe Hands	1 December	6.30 – 9.30 pm	East End Park, Dunfermline
Children 1 st : In Safe Hands	2 December	6.30 – 9.30 pm	McDiarmid Park, Perth

Contact: Graeme Sutherland/Lorna Young, SFA Regional Office (North), Elgin Community Centre, Trinity Road, Elgin, Moray IV30 4LZ; Tel: -01343 540101 or email:

Graeme.Sutherland@scottishfa.co.uk

Develop Your Coaching

Safeguarding and Protecting Children	22 September	6.00 – 9.00 pm	Elgin City Football Club
Safeguarding and Protecting Children	17 November	7.00 – 10.00 pm	Deveronvale Football Club, Banff
Safeguarding and Protecting Children	TBC		Shetland

Scottish Rugby Union

Scottish Rugby runs a wide range of courses to suit every level of coach from Mini to Adult. We have a range of foundation courses as well as UKCC Level 1,2 and 3. A full range of National coaching updates delivered by National, Professional and Academy coaches is also planned for the coming season, along with the regular local updates run by our jointly funded development staff.

For full details of all coach education and development opportunities, please visit <http://www.scottishrugby.org/sru/be-part-of-it/coach/coaching-home.cfm>

Scottish Gymnastics

Contact: Gloria Rogerson, Tel: 01324 886505; email: gloria@scottishgym.co.uk

Develop Your Coaching

Safeguarding and Protecting Children	Dates to be confirmed		
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Scottish Squash

Contact: Liza Baillie, Tel: 0131 317 7343 or email: liza.baillie@scottishsquash.org

Develop Your Coaching

Safeguarding and Protecting Children	27 August	6.30 – 9.30 pm	Scottish Squash Offices, Caledonia House, South Gyle, Edinburgh
Safeguarding and Protecting Children	5 October	10.00 am – 1.00 pm	Aberdeen Squash Racquets Club, Aberdeen

For further information or to register for workshops, please contact the local representatives direct.

For information on all of the above, please contact:

Moira Timmins
Developing Potential
sportscotland
Caledonia House
South Gyle
EDINBURGH
EH12 9DQ

Tel: 0131 472 3315 (Direct)
Fax: 0131 317 7202
email: moira.timmins@sportscotland.org.uk

July 2008