

sportscotland



sportscotland's
Sports Development Team
and sports coach UK

2009 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; Mobile: 077699 30941
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

Children 1 st : In Safe Hands	22 April	6.30 – 9.30 pm	Bathgate Academy Club Room
Safeguarding and Protecting Children	25 May	6.30 – 9.30 pm	Inveralmond CHS, Livingston
Safeguarding and Protecting Children	29 July	6.30 – 9.30 pm	Inveralmond CHS, Livingston
Children 1 st : In Safe Hands	24 August	6.30 – 9.30 pm	Bathgate Academy Club Room
Safeguarding and Protecting Children	28 September	6.30 – 9.30 pm	Inveralmond CHS, Livingston
Safeguarding and Protecting Children	18 November	6.30 – 9.30 pm	Inveralmond CHS, Livingston
Children 1 st : In Safe Hands	2 December	6.30 – 9.30 pm	Bathgate Academy Club Room

runningsports

Dates to be confirmed

Emergency First Aid for Sports Coaches

17 May	9.30 am – 4.00 pm	Low Port Centre, Linlithgow
24 & 31 August	6.30 – 9.30 pm	Low Port Centre, Linlithgow
11 October	9.30 am – 4.00 pm	Low Port Centre, Linlithgow
15 November	9.30 am – 4.00 pm	Low Port Centre, Linlithgow
30 November & 7 December	6.30 – 9.30 pm	Low Port Centre, Linlithgow

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@dundee.gov.uk website: www.SportTayside-Fife.co.uk

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

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 Disabled People in Sport	14 May	6.30 – 9.30 pm	Lochgelly Community Use
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Develop Your Coaching

Safeguarding and Protecting Children	20 April	6.30 – 9.30 pm	Kirkland High Community Use
Children 1 st : In Safe Hands	10 June	6.30 – 9.30 pm	Lochgelly Community Use

First Aid for Coaches

Dates tbc

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	31 March	6.30 – 9.30 pm	Saltire Leisure Centre, Arbroath
Safeguarding and Protecting Children	28 May	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

Coaching Essentials

How to Coach Disabled People in Sport	19 August	6.30 – 9.30 pm	Salutation Hotel, Perth
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Develop Your Coaching

Understanding Eating Disorders	30 March	6.30 – 9.30 pm	Salutation Hotel, Perth
Safeguarding and Protecting Children	7 April	6.30 – 9.30 pm	Salutation Hotel, Perth
Coaching Disabled Performers	14 April	6.30 – 9.30 pm	Salutation Hotel, Perth
Children 1 st : In Safe Hands	28 April	6.30 – 9.30 pm	Salutation Hotel, Perth
Equity in Sport	7 May	6.30 – 9.30 pm	Salutation Hotel, Perth
Performance Profiling	12 May	6.30 – 9.30 pm	Salutation Hotel, Perth
Strength and Conditioning	Date tbc	6.30 – 9.30 pm	Salutation Hotel, Perth
Safeguarding and Protecting Children	4 June	6.30 – 9.30 pm	Salutation Hotel, Perth
An Introduction to Core Stability	23 June	6.30 – 9.30 pm	Salutation Hotel, Perth
Children 1 st : In Safe Hands	25 June	6.30 – 9.30 pm	Salutation Hotel, Perth
Developing Power and Speed	31 August	6.30 – 9.30 pm	Salutation Hotel, Perth
Safeguarding and Protecting Children	9 September	6.30 – 9.30 pm	Salutation Hotel, Perth
An Introduction to Core Stability	15 September	6.30 – 9.30 pm	Salutation Hotel, Perth

Equity in Sport	17 September	6.30 – 9.30 pm	Salutation Hotel, Perth
Children 1 st : In Safe Hands	30 September	6.30 – 9.30 pm	Salutation Hotel, Perth
Coaching Methods and Communication	7 October	6.30 – 9.30 pm	Salutation Hotel, Perth
Fuelling Performers	20 October	6.30 – 9.30 pm	Salutation Hotel, Perth
Safeguarding and Protecting Children	2 November	6.30 – 9.30 pm	Salutation Hotel, Perth
Coaching Disabled Performers	11 November	6.30 – 9.30 pm	Salutation Hotel, Perth
Motivation and Mental Toughness	19 November	6.30 – 9.30 pm	Salutation Hotel, Perth
Children 1 st : In Safe Hands	30 November	6.30 – 9.30 pm	Salutation Hotel, Perth
Equity in Sport	2 December	6.30 – 9.30 pm	Salutation Hotel, Perth
runningsports			
A Club for All	17 March	6.30 – 9.30 pm	Salutation Hotel, Perth
Emergency First Aid			
	9 April	9.30 am – 5.30 pm	Salutation Hotel, Perth

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	5 May	6.30 – 9.30 pm	The Forum, Olympia Leisure Centre, Dundee
Children 1 st : In Safe Hands	10 June	6.30 – 9.30 pm	Olympia Leisure Centre

4 Hour First Aid Courses

	27 April	5.30 – 9.30 pm	Olympia Leisure Centre
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Scottish Borders

Contact: Dougie Anderson, Senior Sports Development Officer; Tel: 01896 756274
email: danderson2@scotborders.gov.uk

Coaching Conference 2009

	29 March		Peebles Hydro, Peebles
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Edinburgh

Contact: Graham Moodie, Coaching Edinburgh, EL Sports Development (Portacabins), 141 London Road, Edinburgh EH7 6AE; 0131 652 4333 or 2178;
email: GrahamMoodie@edinburghleisure.co.uk

Coaching Essentials

How to Coach Disabled People in Sport	10 June	6.00 – 9.00 pm	Meadowbank Sports Centre
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Develop Your Coaching

Safeguarding and Protecting Children	15 April	6.00 – 9.00 pm	Meadowbank Sports Centre
Children 1 st : In Safe Hands	16 April	6.00 – 9.00 pm	Meadowbank Sports Centre
Safeguarding and Protecting Children	15 June	6.00 – 9.00 pm	Meadowbank Sports Centre
Children 1 st : In Safe Hands	17 June	6.00 – 9.00 pm	Meadowbank Sports Centre

First Aid for Sports Coaches

	4 March	10.00 am – 5.00 pm	Meadowbank Sports Centre
	7 May	10.00 am – 5.00 pm	Meadowbank Sports Centre

Renfrew

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

email: graeme.mcdonald@renfrewshire.gov.uk

Coaching Essentials

How to Coach Disabled People in Sport	29 April	6.30 – 9.30 pm	Abbey House, Paisley
How to Coach Sports Effectively	3 June	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

Coaching Essentials

How to Coach Disabled People in Sport	21 April	6.00 – 9.00 pm	St Ninians High School
Develop Your Coaching Safeguarding and Protecting Children	14 May	6.30 – 9.30 pm	Barrhead High School
runningsports Funding for Your Club	18 June	6.00 – 9.00 pm	Carlibar Primary Conference

North Lanarkshire

Contact: Stuart Logan, North Lanarkshire Leisure Limited, 100 Buchanan Street, Coatbridge ML5 1DL; Tel: 01236 437756; email: loganst@northlan.gov.uk

Coaching Essentials

How to Coach Children in Sport	17 June	6.30 – 9.30 pm	Tryst Sports Centre, Cumbernauld
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Develop Your Coaching

Safeguarding and Protecting Children	18 March	6.30 – 9.30 pm	Tryst Sports Centre, Cumbernauld
Fitness and Training	22 April	6.30 – 9.30 pm	Kirkwood Sports Barn
Fuelling Performers	13 May	6.30 – 9.30 pm	Kirkwood Sports Barn
Children 1 st In Safe Hands	24 June	6.30 – 9.30 pm	Tryst Sports Centre

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

Children 1 st : In Safe Hands	22 April	6.30 – 9.30 pm	Bowling Pavilion, Hamilton Palace Sports Ground
Fitness and Training	13 May	6.30 – 9.30 pm	Bowling Pavilion, Hamilton Palace Sports Ground
Coaching Methods and Communication	3 June	6.30 – 9.30 pm	Bowling Pavilion, Hamilton Palace Sports Ground
Safeguarding and Protecting Children	10 June	6.30 – 9.30 pm	South Lanarkshire Lifestyle, Rutherglen
Safeguarding and Protecting Children	14 June	2.00 – 5.00 pm	John Wright Sports Centre, East Kilbride

Emergency First Aid - Sports

	26 April	1.00 – 5.00 pm	St Nicholas Church Hall, Lanark
	16 May	12.30 – 4.00 pm	John Wright Sports Centre, East Kilbride
	20 June	10.00 am – 2.00 pm	South Lanarkshire Lifestyle, Rutherglen

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

Develop Your Coaching

Coaching Methods and Communication	31 March	6.30 – 9.30 pm	James Watt Waterfront Campus, Greenock
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Glasgow

Contact: David Forbes, Culture and Sport Glasgow, Sport and Events Section, 20 Trongate, Glasgow G1 5ES; Tel: 0141 287 5898; email: david.forbes@csglasgow.org

Develop Your Coaching

Safeguarding and Protecting Children	29 April	6.30 – 9.30 pm	Annan Football Club
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St Andrew's Ambulance Association First Aid Course

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

Safeguarding and Protecting Children	1 April	6.30 – 9.30 pm	The Playdrome, Clydebank
Introduction to Core Stability	29 April	6.30 – 9.30 pm	The Playdrome, Clydebank
Coaching Disabled Performers	13 May	6.30 – 9.30 pm	The Playdrome, Clydebank
Fitness and Training	17 June	6.30 – 9.30 pm	The Playdrome, Clydebank
Fuelling Performers	9 September	6.30 – 9.30 pm	The Playdrome, Clydebank
Safeguarding and Protecting Children	21 October	6.30 – 9.30 pm	The Playdrome, Clydebank

East Ayrshire

Contact: Evelyn Milligan, East Ayrshire Council, Department of Community Services, Civic Centre, John Finnie Street, Kilmarnock KA1 1DD; Tel: 01563 576718; Mobile: 077176 93230; email: evelyn.milligan@east-ayrshire.gov.uk

Coaching Essentials

How to Coach Disabled People in Sport	4 October	6.30 – 9.30 pm	Shortlees Community Centre
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Develop Your Coaching

Children 1 st : In Safe Hands	29 April	6.30 – 9.30 pm	Shortlees Community Centre
Safeguarding and Protecting Children	3 June	6.30 – 9.30 pm	Cumnock Rugby Football Club
Safeguarding and Protecting Children	3 November	6.30 – 9.30 pm	Shortlees Community Centre,

Emergency First Aid for Sport

30 August	9.00 am – 5.00 pm	Cumnock Town Hall
20 November	9.00 am – 5.00 pm	Bellfield Community Centre

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	30 April	Times tbc	Annan Football Club
Safeguarding and Protecting Children	5 May	Times tbc	Barony College

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; Mobile: 07759 310043 or email: senga.thomson@dumgal.gov.uk or Martine Williamson on 01387 260000 Ext 60847

Develop Your Coaching

Coaching Children and Young People	26 April	9.30 – 12.30 pm	Solway Suite, DG One
Children 1 st : In Safe Hands	27 May	6.00 – 9.00 pm	Solway Suite, DG One
Fitness and Training	26 April	1.00 – 4.00 pm	Solway Suite, DG One
Safeguarding and Protecting Children	18 June	6.00 – 9.00 pm	Solway Suite, DG One
Safeguarding and Protecting Children	2 September	6.00 – 9.00 pm	Lesser Hall, Kirkcudbright

Immediate First Aid Course

6 and 13 May (2 day course)	5.30 – 9.30 pm	DG One
9 June	5.30 – 9.30 pm	Ryan Centre, Stranraer
8 September	5.30 – 9.30 pm	Community Centre, Castle Douglas

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 or email elissa@coachinghighland.co.uk. If you do not have internet access, please telephone Elissa Steven for course information on 01463 718009. All courses will be available to be booked and paid for on-line via our website.

Coaching Essentials

How to Coach Disabled People in Sport	March	6.30 – 9.30 pm	Venue tbc
How to Coach Sports Safely	May	6.30 – 9.30 pm	Tain

Develop Your Coaching

Safeguarding and Protecting Children	February	6.30 – 9.30 pm	Inverness
Developing Power and Speed	February	6.30 – 9.30 pm	Dingwall
Safeguarding and Protecting Children	March	6.30 – 9.30 pm	Lochaber
Children 1 st : In Safe Hands	March	6.30- 9.30 pm	Caithness
Improving Practices and Skill	April	6.30- 9.30 pm	Nairn

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	20 April	6.30 – 9.30 pm	Stonehaven
Safeguarding and Protecting Children	4 May	6.30 – 9.30 pm	PRSCT, Banff
Safeguarding and Protecting Children	8 June	6.30 – 9.30 pm	Woodhill House, Aberdeen

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 4323323; Mobile: 07729 480750; email: fergusonb@activestirling.org.uk

Develop Your Coaching

Safeguarding and Protecting Children	13 April	6.00 – 9.00 pm	Forthbank Stadium
Children 1 st : In Safe Hands	29 April	6.30 – 9.30 pm	Forthbank Stadium
Improving Practices and Skill	4 May	6.30 – 9.30 pm	Forthbank Stadium
Safeguarding and Protecting Children	24 August	6.00 – 9.00 pm	Forthbank Stadium
Children 1 st : In Safe Hands	14 September	6.30 – 9.30 pm	Forthbank Stadium
An Introduction to Core Stability	21 September	6.30 – 9.30 pm	Forthbank Stadium
Developing Power and Speed	26 October	6.30 – 9.30 pm	Forthbank Stadium
Safeguarding and Protecting Children	11 November	6.00 – 9.00 pm	Forthbank Stadium
Fuelling Performers	16 November	6.30 – 9.30 pm	Forthbank Stadium

Clackmannan

Contact: Ryan Martin, Clackmannanshire Council, Sports Development, 6 Marshall, Alloa FK10 1AB; Tel: 01259 222355; Mobile: 0777 3286996; email: rmartin@clacks.gov.uk

Develop Your Coaching

Safeguarding and Protecting Children	7 April	6.00 – 9.00 pm	Lime Tree House, Alloa
Children 1 st In Safe Hands	27 April	6.00 – 9.00 pm	Lime Tree House, Alloa

Argyll & Bute

Contact: Willie Young, Argyll & Bute Council, Kilmory, Lochgilphead, PA31 8RT; Tel: 01546 604121; Mobile: 07747 118283; email: Willie.Young@argyll-bute.gov.uk

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	12 May	6.00 – 9.00 pm	Lerwick
Safeguarding and Protecting Children	6 October	6.00 – 9.00 pm	Lerwick

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	End April	Times tbc	Uist
Safeguarding and Protecting Children	27 August	Times tbc	Lewis Sports Centre, Stornoway

Scottish Football Association

Contact: Alan Taylor, SFA Regional Manager Central, Gannochy Sports Centre, University of Stirling, Stirling FK9 4LA; Tel: 01786 467165 or email: Alan.Taylor@scottishfa.co.uk

Develop Your Coaching

Safeguarding and Protecting Children	7 May	6.00 – 9.00 pm	Fir Park, Motherwell
Safeguarding and Protecting Children	11 November	6.30 – 9.30 pm	Clydebank Town Hall

Contact: Alan Morgan, SportCentral Football Development Manager, The Falkirk Stadium, 2nd Floor, Suite 2A, Westfield, Falkirk FK2 9X; Tel: 01324 590720 or email: morgana@sportcentral.org.uk

Develop Your Coaching

Safeguarding and Protecting Children	21 April	6.00 – 9.00 pm	Woodlands Games Hall, Falkirk
Safeguarding and Protecting Children	3 November	6.00 – 9.00 pm	Lime tree House, Alloa
First Aid (6 hours)	5 and 12 May	6.30 – 9.30 pm	Forthbank Stadium, Stirling
	18 and 25 August	6.30 – 9.30 pm	Woodlands Games Hall, Falkirk
	17 and 24 November	6.30 – 9.30 pm	Forthbank Stadium, Stirling

Contact: John Brown, SFA Regional Manager South West, The Magnum Leisure Centre, Irvine KA12 8PP; Tel: 07788 150583 or email: John.Brown@footballcentral.org

Develop Your Coaching

Safeguarding and Protecting Children	28 September	6.00 – 9.00 pm	Magnum Leisure Centre
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Contact: David McArdle, SFA Regional Co-ordinator West, Renfrew KGV Pavilion, Haining Road, Renfrew PA4 0AN or email: westregion@scottishfa.co.uk

Develop Your Coaching

Safeguarding and Protecting Children	6 April	6.00 – 9.00 pm	St Mirren FC, Paisley
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Contact: Craig Pilon, SFA Regional Manager East, or Samantha Milne, Lynch Sports Centre, South Road, Dundee DD2 4SR; Tel: 01382 431829 or email: east@scottishfa.co.uk

Develop Your Coaching

Children 1 st : In Safe Hands	21 April	6.30 – 9.30 pm	Starks Park, Kirkcaldy
Children 1 st : In Safe Hands	27 April	6.30 – 9.30 pm	Dens Park
Safeguarding and Protecting Children	6 October	6.30 – 9.30 pm	Marketmuir, Forfar
Safeguarding and Protecting Children	19 October	6.30 – 9.30 pm	Tannadice Park, Dundee
Children 1 st : In Safe Hands	7 December	6.30 – 9.30 pm	Marketmuir, Forfar
Children 1 st : In Safe Hands	8 December	6.30 – 9.30 pm	McDiarmid Park, Perth

HSE First Aid for Football

17 February	5.30 – 9.30 pm	Starks Park, Kirkcaldy
23 February	5.30 – 9.30 pm	Links Park, Montrose
17 March	5.30 – 9.30 pm	Tannadice Park, Dundee
23 March	5.30 – 9.30 pm	McDiarmid Park, Perth
18 August	5.30 – 9.30 pm	New Bayview, East Fife
24 August	5.30 – 9.30 pm	Dens Park, Dundee
10 November	5.30 – 9.30 pm	Lomond Centre, Glenrothes
16 November	5.30 – 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 Dates to be confirmed

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, Scottish Gymnastics, Airthrey Castle, Stirling University, Stirling FK9 4LA; Tel: 01786 466232; email: gloria@scottishgymnastics.org

Develop Your Coaching

Safeguarding and Protecting Children	5 April	10.00 am – 1.00 pm	Kirkshaws Centre, Coatbridge
Safeguarding and Protecting Children	19 April	Tbc	Forres (tbc)

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

For information on all of the above, please contact:

Fiona Wernham
Head of Coaching & Volunteering
Sports Development Team
sportscotland
Doges
Templeton on the Green
62 Templeton Street
GLASGOW
G40 1DA

Tel: 0141 534 6500

email: fiona.wernham@sportscotland.org.uk

April 2009