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Argyll & Bute
Sports
CONFERENCE 2008

Sports Coaching and Club Development Weekend

Saturday 9th and Sunday 10th February 2008

Lochgilphead Joint Campus

ALL COURSES ONLY £20 PER DAY

Argyll Bute COUNCIL

BOOKINGS ON OFFICIAL FORMS BEING ACCEPTED NOW!

Send all correspondence to:
Sport and Leisure Services
WHHA Building 1st Floor
Crannog Lane
OBAN PA34 4HB

COACHES - INSTRUCTORS - TEACHERS - YOUTH LEADERS & INDIVIDUALS

- Improve your personal coaching skills
- Learn to Coach a NEW sport
- Meet other Sports Coaches

CLUB OFFICIALS - SECRETARIES - CHAIRS

- Learn how to get more MONEY!
- Find out about Best Practice in running a club
- Learn how to attract and Reward Volunteers

IF YOU ARE INVOLVED IN SPORT IN ARGYLL AND BUTE THERE IS SOMETHING FOR YOU!

Saturday 9th February 2008 - Coaching Courses

Choose either a Full Day Course or Two Half Day Courses for ONLY £20 (includes all course fees, refreshments, Delegates Pack and CPD Certificate)

Orienteering Level 1 Code: SO1

An introduction to teaching the sport of orienteering. This is an excellent opportunity to learn the basic skills of teaching orienteering to beginners. You will look at the theory behind map reading and navigation. You will learn how to plan simple orienteering courses. Outside you will set out some courses and learn how to run practical sessions.

Orienteering Personal Development Code: SO2

A great opportunity for you to progress your own orienteering skills. This course is ideal for those who have taken part in some orienteering before or for those who have already undertaken the Level 1 Coach Training. A lot of the day will be spent outside learning techniques to help you enjoy the sport even more. This course will be more physically demanding than the Level 1 course as you will be taking part in practical sessions throughout the day

Trail Cycle Leader Code SC1

Candidates must be over 18 years old, have completed at least 20 mountain bike rides of 1.5 hour duration plus some longer rides in various terrain and weather conditions, and be registered with the Scottish Mountain Bike Association (SMBA). Registration before the training course is the individual responsibility of each candidate. Visit www.scuonline.org to register. Candidates must bring their own bike and equipment for the training course. This will be a two day course following the Trail Cycle Leader training syllabus. Candidates will cover the skills needed to safely lead groups on appropriate off-road terrain.

1 Star Open Canoeing Code: SOC1

An opportunity to obtain a British Canoe Union one star award in open canoeing. The day will be spent on the water learning the basic skills of safely handling an open canoe on flat water conditions. At the end of the day suitable candidates may be awarded the one star certificate. Basic experience of open canoeing would be an advantage. Candidates must be able to swim fully clothed. All specialist equipment will be provided.

Swimming CPD - Skills Development Code: SSD1

A combined theory and practical course focussing on all strokes and looking at a medley approach to lane coaching; with practices and drills suitable for Skill Development Squads/Groups. Suitable for existing Level 1 and Level 2 ASA/SASA Teachers.

Scottish Netball Thistle Awards Code: SN1

An introductory course for anyone wishing to start up or support an existing Netball Club. The full day course is staffed by a Scottish Netball Tutor and is an excellent way to learn along with others with the same aims.

Dance Workshop Code: SDW1

A personal development opportunity for anyone who wishes to experience different methods of instructing and teaching dance, to share ideas and to develop skills to pass on your learning to others.

Jog Scotland Leaders Course Code: SJL1

The course is divided into theory and practical sessions, which will enable you with the knowledge and skill to lead groups of walkers and/or joggers. All successful participants will be given FREE membership and resources from Jogscotland following the course.

Jog Scotland Jog Leaders Refresher Code: SJR1

A refresher course designed for all existing Argyll and Bute Jog Leaders, you will be given tips and new ideas for your groups. You will also participate in Team Building Exercises and meet Jog Leaders from other groups during the day.

Scottish Rugby Foundation Course Code: SRU1

The emphasis is to create exciting, enjoyable, game-based activities where children learn and apply basic skills, concepts, and rules that make rugby union such a great game to play. The focus is on three "easy to play - easy to coach" games: Tag Rugby, New Image Rugby, and Mini Rugby. Packed with information, advice, and encouragement to help children play and learn in a safe, stimulating, and fun environment. The course is mainly activity based; however there is no need to participate in the practical elements of the course. Candidates must be over 16 years of age.

Shinty Coaching Level 1 Code: SSH1

An introductory course for anyone interested in learning the basics about coaching and teaching Shinty. Staffed by Gillian Currie, Shinty Development Officer for Argyll and Bute the course will give you confidence and support to start coaching Scotland's Oldest Traditional Game.

How to Coach Disabled Sports People Code: SWD1

By the end of this workshop coaches should be able to: determine how to include disabled people in sport; select appropriate coaching activities and create effective coaching environments

Sports Coach UK Tutor

Safeguarding Children in Sport Code: SSC1

By the end of this workshop coaches should be able to: Identify coaching practice and sport situations that might constitute poor practice and/or abuse; Recognise key principles of code of conduct and their application to good coaching practice; Review practice that reduces the likelihood of wrongful allegations and of abuse occurring.

Sports Coach UK

Fuelling Performers in Sport Code: SFP1

By the end of this workshop coaches should be able to: Describe how an athlete's diet can affect performance; Identify appropriate food and fluid intake prior to, during and after training or competition; Explain the difference between nutritional supplementation and ergogenic aids; Be aware of issues relating to travelling, eating disorders and weight.

Sports Coach UK Tutor

Strength & Conditioning Code: SST1

By the end of this workshop coaches should be able to: identify the relative importance of the different components of fitness for their sport; select and use appropriate training methods to develop the components of fitness; identify the predominant energy system used in their sport; construct a fitness training session through correct application of the main training principles

Sports Coach UK Tutor

Sunday 10th February 2008 - Club Development & Coaching Courses

Choose either a Full Day Course or Two Half Day Courses for ONLY £20 (includes all course fees, refreshments, Delegates Pack and CPD Certificate)

Orienteering Level 2 — Code: TO1

On successful completion candidates should be able to: develop an appreciation of the coaching process, produce session plans, prepare participants for orienteering sessions, instruct basic skills and techniques in a progressive, effective and safe manner, coach participants to improve performance, review coaching sessions, understand and promote the competitive/event systems. This course is only open to those who have already completed the Level 1 Orienteering Coach Training. It provides an excellent progression for those wanting to teach orienteering.

Trail Cycle Leader (Day Two) — Code SC1

Candidates must be over 18 years old, have completed at least 20 mountain bike rides of 1.5 hour duration plus some longer rides in various terrain and weather conditions, and be registered with the Scottish Mountain Bike Association (SMBA). Registration before the training course is the individual responsibility of each candidate. Visit www.scuonline.org to register. Candidates must bring their own bike and equipment for the training course. This will be a two day course following the Trail Cycle Leader training syllabus. Candidates will cover the skills needed to safely lead groups on appropriate off-road terrain.

1 Star Kayaking — Code: TK1

An opportunity to obtain a British Canoe Union one star award in kayaking. The day will be spent on the water- outside and in the swimming pool, learning the basic skills of safely handling a kayak on flat water conditions. At the end of the day suitable candidates may be awarded the one star certificate. Basic experience of kayaking would be an advantage. Candidates must be able to swim fully clothed. All specialist equipment will be provided.

SFA Early Touches Certificate — Code: TSF1

A 6-hour course open to all interested parties, experienced or otherwise, who work with children of primary school age. It comprises a practical session, together with 2 short video presentations, Working with Young Footballers and Basic First Aid. Applicants must be aged 16 or over.

SFA Football Coaches - In Service — Code: TSF2

A course for all holders of SFA Coaching qualifications working with clubs in Argyll and Bute. Examples of topics covered to date include: Developing the Creative Player, Small Sided Training Games, Developing Patterns of Play.

Young Leaders Day for Senior Pupils — Code: TYL1

A full day course with a mixture of workshop and practical sessions to further develop your leadership skills. Candidates will also learn about International Sports Leadership and the Dreams and Team Programme.

Top Activity — Code: TTA1

Top Activity is a full day course and will give you practical ideas on how to deliver less mainstream sports to young people. Activities include dance, martial fitness, skipping, circuits, small sided games, rock-it-ball e.t.c. This course will also give you the skills to be able to then deliver clubs within schools and communities.

Getting Girls into Sport — Code: TGS1A

Workshop exploring examples of how to get teenage girls engaged in sport and physical activity. Hints and Tips plus practical sessions

Running Sport: Funding your Club — Code: TFC1

A three hour course packed full of great ways to raise more funds for your club. Whether for a one of project or day to day expenses this workshop will help you grow your clubs finances. All attendees get a fundraising workbook and CD.

Running Sport: Valuing Volunteers — Code: TVV1

Learn about recruitment, retention, recognition and reward for your volunteers. This workshop will help you recognise the value of your club's volunteers and provide valuable advice through the course workbook that you get to keep.

Running Sport: Good Practice Hints & Tips — Code: TGP1

Ever wondered why some clubs do better than others? Come along to this workshop and share best practice with others and go away with a pack of ideas to make your club better and more attractive to join.

Club Accreditation Schemes — Code: TCA1

Best Practice in running your club is becoming a necessary obligation for many sports. This workshop examines the Aberdeenshire Model of Club Accreditation and asks if such a scheme would and should work in Argyll and Bute.

Meet the Stars Workshop — Code: TSW1

Argyll and Bute has a number of sports people who compete at National and International level. This workshop is designed to showcase their achievements and act as an encouragement to young sports people to learn how to reach these

Open Sessions for all Delegates

Saturday	9:00am to 9:30am	Delegates Registration with Refreshments
	9:30 am to 9:45am	Opening Address– The Future for Sport in Argyll and Bute
	4:30pm to 5:00pm	Round up of Day and Issue of Delegate Packs
Sunday	9:00am to 9:30am	Delegates Registration with Refreshments
	4:30pm to 5:00pm	Commonwealth Games Presentation & Issue of Delegate Packs

Sports Development in Argyll and Bute
The Strategy 2007 - 2012

These are the Council's six priorities in Sport and Leisure Development for the next five years. They reflect the Scottish Government's Strategy for Sport - Reaching Higher as well as other government policy on health improvement and social inclusion.

Raise Lifelong participation levels in Sport and Physical Activity

Increase participation in schools - Improve access to sport through programmes such as Stramash, Active Schools, Sports Development, School Sport and Club Development - Help Clubs become stronger and examine ways of working together - promote sporting events - support exercise on referral

Promoting Active Lifestyles through the Natural Environment of Argyll and Bute

Increase participation in outdoor sport within area - develop provision of facilities for outdoor sport - raise coaching numbers and levels in outdoor sports - develop partnerships within and across outdoor sports - encourage vocational training in outdoor sports

Raising Coaching and Playing Standards in Sport

Increase number of qualified coaches in Argyll and Bute - raise standards and levels of coaching - improve opportunities for athlete development through clear pathways - work in partnership with clubs, governing bodies and training providers to offer courses in Argyll and Bute - develop opportunities for coach mentoring and cross sport training - run generic coaching courses in Argyll and Bute

Promote and Support Voluntary Involvement in Sport

Gather baseline data on sports volunteer numbers - provide training and encouragement to volunteers in sport - attract and support young volunteers - develop recognition schemes, qualification programmes and volunteer awards.

Encourage the use of Sport and Physical Activity to help Social Inclusion

Audit sport and physical activity programmes in deprivation areas - encourage partnership working to use sport and physical activity as an effective way of tackling deprivation - train volunteers to deliver in hard to reach areas

Sport and Physical Activity as an Integral part of Community Planning

Raise awareness of the effectiveness of sport and physical activity in tackling social, medical and demographic problems - promote sport and physical activity as integral to a vibrant and progressive society - improve use of sport and physical activity in improving lives across the age

Targets and Challenges for 2007-2008

Sport and Leisure Services have a number of specific targets for 2007-2008, but we would like your opinion and input on what other targets and priorities we can consider for the future. Some example questions are given below, but we would like to hear your views. For instance -

Would you like to see a Club Accreditation Scheme which set minimum standards expected of a sports club e.g. Child Protection Policy, Coaching Qualifications, Training, Recruitment, Charges, Development Plans?

or

Do we develop local Sports Forums that could inform the Council on needs and aspirations of local sport?

or

Should Sports Coaches be able to access Mentors within A&B to help them keep up to date and informed?

We want to hear you views on these and other issues affecting sport and physical activity in Argyll and Bute. Contact us through any of the people below and we will be happy to get back to you.

Sport and Leisure Services

Sports Development	Willie Young, Kilmory, Lochgilphead, Argyll PA31 8RT	01546 604121
Active Schools	Nicola Malcolm, Library Headquarters, Sandbank, Dunoon	01369 708681
Football Development	Dylan Kerr, Library Headquarters, Sandbank, Dunoon	01369 708681
Shinty Development	Gillian Currie	
Rugby Development	Kenny Murray	
Stramash Programme	WHHA Building 1st Floor, Crannog Lane, Oban	01631 572191
Sports Facilities	Jim Anderson, Argyll House, Alexandra Parade, Dunoon	01369 708593

Leisure Development Grants available in all four Areas of Argyll and Bute through Community Learning Service

Sports Coaching and Club Development Weekend

return form to: Sport and Leisure Services, WHHA 1st Floor, Crannog Lane, OBAN PA34 4HB

BOOKING FORM

Please complete the booking form for each day you wish to attend.
Either **one** or **two** options are available dependent on course.
(All day or two half days)
Delegates should provide their own suitable equipment for some courses (check joining list)

Cost - £20/day (include Course Fees, Delegates Pack and Refreshments)
Cheques payable to Argyll and Bute Council
No refunds given within seven days of course

SATURDAY 9th FEBRUARY 2008

Choose 1 Option	All Day	Candidates require to have;
Orienteering Level 1	☐	no previous qualification/experience
Orienteering Personal Development	☐	Orienteering Level 1 Trained or taken part in the sport
Trail Cycle Leader	☐	Off Road Experience/SMBA Registration
1 Star Open Canoeing	☐	no previous qualification/experience
Swimming Skills Development CPD	☐	Either SASA/ASA Level 1 and 2
Netball Thistle Award	☐	no previous qualification/experience
Dance Workshop	☐	no previous qualification/experience
Jog Leaders Course	☐	Jogging Experience
Jog Leaders Refresher Course	☐	Jog Leader Certificate
SRU Foundation Course	☐	no previous qualification/experience
Shinty Coaching Lvl 1	☐	no previous qualification/experience

Or choose 2 from the following	am	pm	Suitable for;
UK Sport Safeguarding Children in Sport	☐		Child Protection training for coaches/instructors/teachers
UK Sport Fuelling Performers	☐		Sports Coaches
UK Sport How to Coach Disabled People in Sport		☐	Coaches/Instructors/Teachers
UK Sport Strength & Conditioning		☐	Sports Coaches

SUNDAY 10 th FEBRUARY 2008

Choose 1 Option	All Day	Candidates require to have;
Orienteering Lvl 2	☐	Orienteering Level 1 Trained
1 Star Kayaking	☐	no previous qualification/experience
SFA Football Coaching Lvl 1	☐	no previous qualification/experience
SFA Football Coaching - In Service	☐	SFA qualification / current coach
TOPS Activity	☐	no previous qualification/experience
Young Leaders	☐	Worked with after sports clubs or the Sports Leaders Programme.

Or choose 2 from the following	am	pm	Suitable for;
Getting More Girls into Sport	☐		Coaches/Instructors/Teachers
Running Sport - Funding your Club	☐		Sports Club Committees
Club Accreditation Scheme	☐		Sports Club Committees
Running Sport - Valuing Volunteers		☐	Sports Club Committees
Running Sport Good Practice		☐	Sports Club Committees
Meet the Stars Workshop		☐	Young Sports people

Name: Club/Sport

Address
Post Code Tel. E-mail

Qualifications Held Dietery Requirements:

Signed Dated

All courses are subject to change. We reserve the right to cancel courses up to and including the day of the event.
In all cases of cancellation every effort will be made to give delegates as much notice as possible.
All delegates must have adequate personal liability insurance for activities in which they are participating