



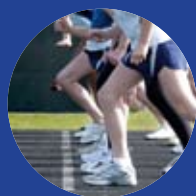
COACH

Coaching Stirling

Coach Education Programme 2009/10

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Active Stirling & ClubSport Stirling

Club**Sport** Stirling is an organisation managed by volunteers from affiliated member clubs. The aim of Club**Sport** Stirling is to enhance and develop the investment and support to local clubs, coaches and volunteers.

Club**Sport** Stirling is supported by Active Stirling and their team of Sport Development Officers, and together, we ensure that local clubs, their coaches and volunteers receive the necessary direction and guidance to become stronger and more sustainable.

One of the key priorities of the work done by Active Stirling and Club**Sport** Stirling is to develop local coaches. After all, the quality of opportunities for local people will depend heavily on the quality of the people delivering it within schools, clubs and the community.

Active Stirling & Club**Sport** have produced the following coach education brochure that offers courses, information and guidance in a number of areas related to the development of your coaching skills both generically and in relation to your chosen sport. There is also information on how financial support can be given to local coaches in order to help them access coach education courses.

So why not come along, enjoy the experience and develop your expertise.

If you are looking for a course that is not listed please contact us as additional courses can be run on demand.

Contacts

Please use the enclosed booking form on page 11 to book onto any of our courses.

For more information on coaching and coach development please feel free to contact 01786 432323 and ask for any of the following people.

Bob Wyllie (Coaching Manager)	wyllier@activestirling.org.uk
Brown Ferguson (Coach Education)	fergusonb@activestirling.org.uk
Alison Grey (Athletics)	greya@activestirling.org.uk
Brad Hay (Swimming)	haybr@activestirling.org.uk
Scott Kinross (Football)	kinrosss@activestirling.org.uk
Logan Gray (Curling)	grayl@activestirling.org.uk
Matthew Brook (Outdoor)	brookm@activestirling.org.uk
Hazel Dean (Gymnastics)	deanh@activestirling.org.uk
Steven Lytham (Golf)	lythams@activestirling.org.uk
Lyndsay Campbell (Hockey)	campbelll@activestirling.org.uk
Jennifer Livingstone (Disability)	livingstonej@activestirling.org.uk
Lyndsay Morrison (Active School TOPS)	morrisonl@activestirling.org.uk

Or for any further information on other sports please email
askus@activestirling.org.uk

Coach Recruitment

Coaching and Coach Development is at the forefront of Active Stirling's strategy. As part of this strategy we are holding coach recruitment evenings for anyone interested in getting involved in coaching or for those of you who just want more information on our coaching vision. These evenings will be informal and will give you an opportunity to find out about the following:

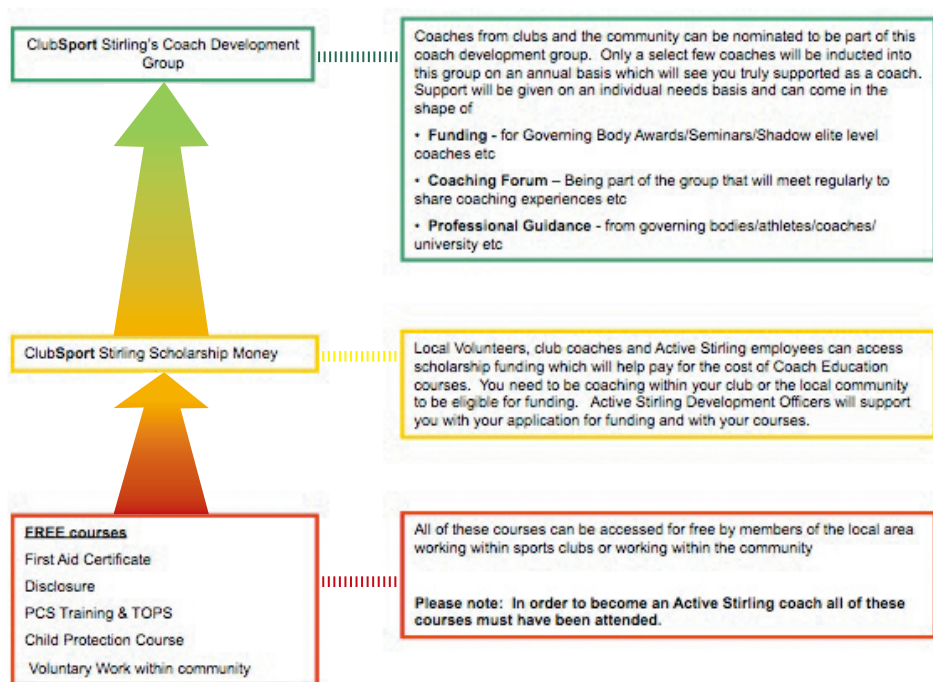
1. **Coach development pathway**
2. **The financial support available for courses and development**
3. **How to get into paid employment as a coach**

	Venue	Day(s) & Date(s)	Time	Cost
Coach Recruitment Evenings	Forthbank	Wed 11 th Feb 09	6.00-8.00pm	Free
	Forthbank	Wed 2 nd Sept 09	6.00-8.00pm	
	Forthbank	Mon 25 th Jan 10	6.00-8.00pm	

For information on Coach Recruitment Evenings please contact Brown Ferguson

Coaching Pathway

The following diagram shows the development pathway for local coaches and Active Stirling coaches



Positive Coaching Scotland

A new coaching initiative being offered by Active Stirling is PCS (Positive Coaching Scotland). PCS creates a positive environment in youth sport which focuses on encouraging effort and learning, improving performance and fostering competition which helps young people deal positively with mistakes. The following workshops are for coaches looking to foster a positive coaching philosophy and environment for their youngsters.

	Venue	Day(s) & Date(s)	Time	Cost
If you are a coach within one of the target sports (football, swimming, athletics & rugby), please attend one of these courses. If you are a coach within a sport not detailed (ie cycling) we hope that you can attend a course specific for your area. However, if you cannot attend please contact Bob Wylie to book onto another course.				
Balfron Cluster	Balfron Campus Balfron Campus	Wed 25 th Feb 09 Wed 23 rd Sep 09	6.00-8.00pm	Free
Bannockburn Cluster	Forthbank	Mon 23 th Mar 09 Wed 21 st Oct 09	6.00-8.00pm	
Dunblane Cluster	Forthbank	Mon 6 th April 09 Mon 26 th Oct 09	6.00-8.00pm	
McLaren Cluster	McLaren LS McLaren LS	Mon 4 th May 09 Mon 2 nd Nov 09	6.00-8.00pm	
Stirling Cluster	Forthbank	Wed 17 th June 09 Wed 3 rd Feb 10	6.00-8.00pm	
Wallace Cluster	Forthbank	Mon 8 th June 09 Mon 15 th Feb 10	6.00-8.00pm	
Football	Forthbank	Mon 9 th Feb 09 Mon 8 th June 09 Mon 7 th Sep 09	6.00-8.00pm	
Rugby	Forthbank	Wed 11 th March 09 Mon 5 th Oct 09 Mon 18 th Jan 10	6.00-8.00pm	
Athletics	Forthbank	Wed 20 th May 09 Wed 18 th Nov 09 Wed 3 rd March 10	6.00-8.00pm	
Swimming	Forthbank	Wed 22 nd April 09 Wed 24 th June 09 Mon 9 rd Nov 09	6.00-8.00pm	

For information on PCS courses please contact Bob Wylie

TOPS Courses

TOPS introduces children (4-12 years) to the essential core skills such as throwing, catching, running and jumping, then progresses on to develop the skills in specific sports.

Sport	Venue	Day(s) & Date(s)	Time	Cost
TOPS training This course will enable you to coach as a volunteer within the TOPS afterschool programme.	Wallace HS	Wed 28 th Jan 09 Wed 4 th Feb 09	6.30 – 8.30pm	FREE
	Wallace HS	Wed 23 rd Sep 09 Wed 30 th Sep 09	6.30 – 8.30pm	
	Killlearn P.S.	Wed 23 rd Sep 09 Wed 30 th Sep 09	6.30 – 8.30pm	
	Doune P.S.	Wed 21 st Oct 09 Wed 28 th Oct 09	6.15-9.00pm	
TOPS In-Service Training This course is for people who have already attended TOPS training and are looking for some extra coaching material.	Wallace HS	Wed 21 st Jan 09 Wed 16 th Sep 09	6.30 – 8.30pm 6.30 – 8.30pm	

For all information on TOPS courses please contact Lyndsay Morrison

Generic Programme

Sport	Venue	Day(s) & Date(s)	Time	Cost
Emergency First Aid Course	Forthbank	Mon 19 th Jan 09 Sat 21 st Feb 09 Tue 19 th May 09 Wed 9 th Sep 09 Mon 7 th Dec 09 Mon 18 th Jan 10 Tue 2 nd March 10	6.00 – 10.00pm 2.00 – 6.00pm 6.00 – 10.00pm 6.00 – 10.00pm 6.00 – 10.00pm 6.00 – 10.00pm	£25 <i>(free to coaches / volunteers working for Active Stirling or within ClubSport Stirling Clubs)</i>
	Balfon Campus	Mon 23 rd March 09	6.00 – 10.00pm	
First Aid (Sport Specific Courses) The following courses are for people who have a first aid certificate.				£25 <i>(free to coaches / volunteers working for Active Stirling or within ClubSport Stirling Clubs)</i>
First Aid (Pitch) A course dealing with pitch based injuries	Forthbank	Mon 27 th Apr 09	6.00 – 9.00 pm	
First Aid (Water) A course dealing with water based injuries	Forthbank	Mon 1 st June 09 Mon 15 th Feb 10	6.00 – 9.00 pm 6.00 – 9.00 pm	
First Aid (Outdoor) A course dealing with outdoor sport injuries	Forthbank	Mon 31 st Aug 09	6.00 – 9.00 pm	
First Aid (Indoor) A course dealing with indoor based injuries	Forthbank	Mon 5 th Oct 09	6.00 – 9.00 pm	
Child Protection Courses				£25 <i>(free to coaches / volunteers working for Active Stirling or within ClubSport Stirling Clubs)</i>
Safeguarding and Protecting Children	Forthbank	Wed 21 st Jan 09 Mon 13 th April 09 Mon 24 th Aug 09 Wed 11 th Nov 09 Mon 8 th Feb 10	6.00 – 10.00pm 6.00 – 10.00pm 6.00 – 10.00pm 6.00 – 10.00pm 6.00 – 10.00pm	
In Safe Hands (For child protection officers. Must have already attended Safeguarding and Protecting Children Course)	Forthbank	Wed 29 th April 09 Mon 14 th Sep 09	6.30 – 9.30pm 6.30 – 9.30pm	
Sport Coach UK				£25 <i>(free to coaches / volunteers working for Active Stirling or within ClubSport Stirling Clubs)</i>
How to Coach Sports Effectively	Forthbank	Wed 28 th Jan 09	6.30-9.30pm	
How to coach Children in Sport	Forthbank	Sat 21 st Feb 09	10.00 – 1pm	
Coaching Methods and Communication	Forthbank	Mon 16 th March 09	6.30-9.30pm	
Improving Practices and Skills	Forthbank	Mon 4 th May 09	6.30-9.30pm	
Core Stability	Forthbank	Mon 21 st Sep 09	6.30-9.30pm	
Developing Power and Speed	Forthbank	Mon 26 th Oct 09	6.30-9.30pm	
Fuelling Performers	Forthbank	Mon 16 th Nov 09	6.30-9.30pm	
Fitness and Training	Forthbank	Mon 15 th Mar 10	6.30-9.30pm	

For information on the above coaching programme contact Brown Ferguson

Sport Specific Programme

Sport	Venue	Day(s) & Date(s)	Time	Cost
Athletics:				
Event Specific Throws Primary Elevating Athletics	The Peak	Wed 22 nd April 09	4.30 – 6.30pm	£15
	The Peak	Wed 29 th April 09	4.30 – 6.30pm	FREE
For all athletics course information please contact Alison Grey				
Cricket:				
ICC Introduction to Cricket Course	Dunblane Primary School	Mon 9 th March 09	6.00 – 10.00 pm	£20
	The Peak	Sun 13 th Sep 09	10.00 – 2.00 pm	£20
For all cricket course information please contact Brown Ferguson				
Disability				
Unravelling the mysteries of Classification <i>(cheques made payable to Scottish Disability Sport)</i> How to Coach Disabled People in Sport	Forthbank	Tue 10 th Feb 09	6.00 – 9.00pm	£15
	Forthbank	Fri 20 th Feb 09	6.00 – 9.00pm	£20 <i>(free to coaches / volunteers working for Active Stirling or within ClubSport Stirling Clubs)</i>
For all disability course information please contact Jennifer Livingstone				
Football:				
Children's Pathway – Early Touches Level 1	Forthbank Stadium	Sun 22 nd Feb 09	10.00-4.00pm	£30
	Allan Centre, Bridge of Allan	Sun 4 th Oct 09	10.00-4.00pm	£30
Children's Pathway - Coaching Young Footballers Level 2	Allan Centre, Bridge of Allan	Sun 19 th & 26 th Apr 09	10.00-4.00pm	£45
Children's/Youth Pathway - Coaching in the Game Level 3	Forthbank	Sun 7 th & 14 th June 09	10.00-4.00pm	£45
Youth Pathway - Development Activities Level 1	Forthbank	Sun 9 th Aug 09	10.00-4.00pm	£30
Youth Pathway - Coaching Youth Footballers Level 2	Forthbank	Sun 1 st & 8 th Nov 09	10.00-4.00pm	£45
Specialist Pathway - Goalkeeping Level 1	Forthbank	Sun 18 th Oct 09	10.00-4.00pm	£30
For all football course information please contact Scott Kinross				
Hockey				
Hockey Leaders Award <i>(cheques made payable to Scottish Hockey Union)</i>	Forthbank Stadium	Sun 22 nd Feb 09	9.00-4.00pm	£30
For all hockey course information please contact Lyndsay Campbell				

Sport Specific Programme (cont.)

Sport	Venue	Day(s) & Date(s)	Time	Cost
Golf:				
First Golf Club	The Peak	Sun 17 th May 09 Sun 15 th Nov 09	10.00-4.00pm 10.00-4.00pm	Free Free

For all golf course information please contact Steven Lytham

Outdoor Education:				
BCU Canoe Foundation and Rescue	TBC	Sun 8 th Feb 09	9.00-5.00pm	£35
	TBC	Sun 5 th April 09	9.00-5.00pm	£35
	TBC	Sun 18 th Oct 09	9.00-5.00pm	£35
BCU White Water Safety and Rescue	TBC	Sat 21 st & Sun 22 nd Feb 09	9.00-5.00pm	£150
	TBC	Sat 25 th & Sun 26 th April 09	9.00-5.00pm	£150
BCU 1 Star (Generic) BCU 2 Star (Generic)	TBC	Sat 25 th April 09	9.00-5.00pm	£25
	TBC	Sat 23 rd May 09	9.00-5.00pm	£25
BCU 3 Star (White Water Kayak) Training	TBC	Sat 20 th & Sun 21 st June 09	9.00-5.00pm	£50
BCU 3 Star (White Water Kayak) Assessment	TBC	Sun 23 rd Aug 09	9.00-5.00pm	£30
	TBC	Sat 6 th & Sun 7 th June 09	9.00-5.00pm	£50
BCU 3 Star (Loch Touring Kayak) Assessment	TBC	Sat 5 th Sep 09	9.00-5.00pm	£35
	TBC	Sat 21 st & Sun 22 nd Mar 09	9.00-5.00pm	£150
BCU 4 Star (White Water Kayak) Assessment	TBC	Sat 5 th Sep 09	9.00-5.00pm	£150

For all outdoor course information please contact Mathew Brook

Rugby				
Joint Foundation Coaching and Refereeing <i>(cheques made payable to Scottish Rugby Union)</i>	Forthbank	Sun 22 nd Feb 09	10.00 – 4.00pm	£30

For rugby course information please contact Rugby Development Officer



Sportcentral

Sportcentral is a partnership consisting of key partners Clackmannanshire, Falkirk and Stirling Councils, Active Stirling, Central Scotland Institute of Sport, The University of Stirling, and selected Scottish Governing Bodies of Sport.

The following courses are being run across the Forth Valley area by **sportcentral**. If you have any queries regarding the following please contact **sportcentral** on **01324 590720**

	Venue	Day(s) & Date(s)	Time	Cost
Athletics Event Specific Development: Sprints and Hurdles	Grangemouth Sports Stadium	Sat 7 th Feb 09	10 – 1pm	£15
Officials Levels 1 and 2: All track and field	Grangemouth Sports Stadium	Sat 21 st March 09	10 – 1pm	£10 (<i>Cheques made payable to Scottish Athletics</i>)
Event Specific Development: Pole Vault/High Jump/Long Jump	Grangemouth Sports Stadium	Sat 25 th April 09	10 – 1pm	£15

For all Athletics course information please contact Sandy Robertson robertsons@sportcentral.org.uk or 01324 590720

Disability Scottish Athletics Coaching Athletes with a disability <i>(cheques made payable to Scottish Athletics)</i>	Grangemouth Stadium	Sat 28 th March 09	9.30 – 5.00pm	£25
Introduction to Pool Work (For swimmers with a disability) <i>(cheques made payable to Scottish Disability Sport)</i>	Graeme High School, Falkirk	Tue 3 rd March 09	5.30 – 9.30pm	£20

For disability course information please contact Lynne Glen glenl@sportcentral.org.uk or 01324 590720

Golf PGA Level 1 Golf Coaching Qualification	Stirling University	Sat 21 st & Sun 22 nd Feb 09	9.00 – 5.00pm	£130
PGA Level 1 Advanced CPD Module	Stirling University	Sun 5 th April	9.00 – 5.00pm	£100 <i>To apply for these courses please contact Mandy Martin</i>

For all golf course information please contact Mandy Martin mmartin@clubgolfscotland.co.uk or 07956 540587 or 01324 590720

Gymnastics UKCC Level 1 General Gymnastics Assistant Coach <i>(cheques made payable to Scottish Gymnastics)</i>	Tillicoultry Community Centre	Sat 17 th Jan 09	9.00 – 5.00pm	£273.55
	Speirs Centre, Alloa	Sat 31 st Jan & Sun 1 st Feb	9.00 – 5.00pm	

For all gymnastic course information please contact Andrew Webb webban@sportcentral.org.uk or 01324 590720

Rugby UKCC Level 1 <i>(cheques made payable to Scottish Rugby Union)</i>	Alloa Rugby Club	Fri 12 th June 09 & Sun 14 th & 21 st June 09	6.00 – 9.00pm 9.00 – 5.00pm	£88.13
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For all rugby course information please contact John Manson john.manson@sru.org.uk or 01324 590720

Coach Education Programme

Booking Form January 2009 - March 2010

Name

Address

Post Code

Telephone

E-mail

Club (if appropriate)

Main Sport

Affiliated to ClubSport Stirling

Yes

No

Please reserve a place for me on the following courses:

Course

Date

Cost

Course

Date

Cost

Course

Date

Cost

Course

Date

Cost

Total

Where appropriate, please enclose fee payable to Active Stirling Ltd.

Please return to:

Active Stirling, 3rd Floor Wolfcraig,
1 Dumbarton Road, Stirling FK8 2LQ



For further information or booking forms, contact
Active Stirling 3rd Floor, Wolfcraig
1 Dumbarton Road
Stirling FK8 2LQ

Tel: 01786 432323

Fax: 01786 432304

email: askus@activestirling.org.uk

www.activestirling.org.uk

