Club Development and Training Programme

September 2018 - June 2019

www.slleisureandculture.co.uk

South Lanarkshire Leisure and Culture Ltd is a recognised Scottish Charity, No. SC032549
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Introduction

Welcome to the new edition of our Club Development and Training programme spanning August 2018 – June 2019. This resource will provide your club or team with the relevant information regarding CPD opportunities over the coming months.

Club Development – Local CPD

We now have local club development groups, comprised of clubs, sports council representatives and South Lanarkshire Leisure and Culture Development officers. We hope to use this document to meet the need of clubs at a local level, and deliver the right course at the right time for clubs – with your input.

We will encourage these groups and your club to tell us what your need are in relation to training of coaches and volunteers alike.

We trust you will find a course that will benefit your club. If however there is something you wish to discuss about the workshops, or add value, please contact us.

How to use this Menu

We would encourage clubs to identify your own particular CPD needs in order that we can provide the most relevant workshops. We can offer specific workshops to your club or as part of a wider area/multi sport.

Community Sports Hubs

Most of the courses or workshops are scheduled to take place mainly in or near one of the many hubs (where practical). We will endeavour to work with clubs to meet their coaching/CPD needs and could include athletics, football, rugby, netball or sports if requested, as well as Emergency First Aid and Sports Coach UK courses.

Please take time to look through the brochure. If you find a course that will benefit you, and therefore your club, simply follow the instructions below.

Funding Support

You may be eligible for support funding through the following:

- Local sports council - The main criteria for sports council funding, is that you are resident and attached to a club from the relevant area (below):
- Club SL* Gold clubs within South Lanarkshire’s club accreditation programme
- Community sports hub* There may be additional support available (SLLC)
**sportscotland – UKCC 1 & 2** courses are subsidised via Sports Governing Body. For more information on local sports council funding opportunities please contact South Lanarkshire Leisure and Culture 01698 476108.

**How to Book our Courses/Workshops**

Courses can be booked by calling the following number; Weekdays: 9.00am – 4.15pm **01698 476262**

All courses are ‘book and pay’, and must be paid at time of booking (see terms and conditions). Please note: if there are insufficient numbers, courses may be rearranged, postponed, cancelled or merged with other similar courses.

**For More Information**

Ian Steele, Sports Development Officer, South Lanarkshire Leisure and Culture
Telephone: 07795 453185
Email: ian.steele@southlanarkshireleisure.co.uk

**Terms and Conditions**

- All courses, classes and sessions must be pre-booked and paid in full (unless stated otherwise) prior to the commencement of each course
- Bookings will be taken on a first come first served basis (unless otherwise stated)
- If there is insufficient numbers, courses may be rearranged, postponed, cancelled or merged with other similar courses. Also note that the course may change after time of print. In the event of an activity being cancelled we will take reasonable steps to notify participants
- South Lanarkshire Leisure and Culture will not be held responsible for any travel, accommodation or other ancillary costs incurred by the participant
- South Lanarkshire Leisure and Culture cannot be held responsible for injury or loss of belongings sustained whilst participating in any course or session
- Participants must agree to abide by South Lanarkshire Leisure and Culture’s Management Rules at all times. These are available to customers on request and/or are displayed within facilities and venues
- The unauthorised use of photographic or recording equipment is strictly prohibited
- Payments cannot be refunded except in circumstances where the course, class, or session has been cancelled
Child Protection Workshops

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.

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 that cause you concern.

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<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Monday 17 September 2018</td>
<td>6.00pm - 9.00pm</td>
<td>Alastair McCoist Complex, Quarry Road, East Kilbride, G75 9LW</td>
<td>£25.75</td>
</tr>
<tr>
<td>Monday 19 November 2018</td>
<td>6.00pm - 9.00pm</td>
<td>SL Lifestyle - Fairhill, Neilsland Road, Hamilton, ML3 8HJ</td>
<td>£25.75</td>
</tr>
<tr>
<td>Monday 18 February 2019</td>
<td>6.00pm - 9.00pm</td>
<td>Carluke Leisure Centre, Carnwath Road, Carluke ML8 4EA</td>
<td>£25.75</td>
</tr>
<tr>
<td>Tuesday 16 April 2019</td>
<td>6.00pm - 9.00pm</td>
<td>Newton Farm Community Wing, Harvester Avenue, Cambuslang G72 6AA</td>
<td>£25.75</td>
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Children 1st – In Safe Hands – Child Protection Officer Training

This three hour workshop helps clubs to put child protection policies into practice. It is most suitable for those acting as the club Child Protection Officer, but is also relevant for those responsible for managing or organising the club.

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<th>Date</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>Wednesday 5 December 2018</td>
<td>6.00pm - 9.00pm</td>
<td>Newton Farm Community Wing, Harvester Avenue, Cambuslang G72 6AA</td>
<td>£25.75</td>
</tr>
<tr>
<td>Monday 20 May 2019</td>
<td>6.00pm - 9.00pm</td>
<td>Carluke Leisure Centre, Carnwath Road, Carluke ML8 4EA</td>
<td>£25.75</td>
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Coach Connect - sportscotland

sportscotland offer a range of free workshops to support coaches with varying levels of knowledge and experience.

Physical Literacy

1. The role of Physical Literacy in Athlete Development

   By the end of this workshop you will be able to:
   - Recognise and understand what foundation movements are and the value they have within their sport
   - Understand the impact of foundation movement on long-term athlete development and injury reduction
   - Understand how foundation movements can be taught, identified and developed
   - Explore how these movements can be introduce and develop within your own sessions

2. Physical literacy in the athletic development of talented athletes

   This is a highly practical workshop. By the end of you will
   - Understand the importance of keystones in developing well prepared athletes
   - Experience the keystones and fundamental movements within a talent domain
   - Explore how you can introduce, develop and maximise fundamental movements and the keystones in to your coaching
   - Develop a further understanding of the importance in developing a ‘complete’ athlete

Growth and maturation (Two workshops)

1. Understanding the concept in your coaching practice
   (Coach Connect - UKCC level 1/2)

   By the end of this workshop coaches will:
   - Understand the key principles of growth & maturation and development
   - Identify how this affects your athletes
   - Identify challenges this brings to you as the coach and potential solutions within your coaching practice
• Recognise that athletes and players with different impairments may require
adaptation in coaching practice

2. Putting theory into practice in a talent environment
(Coaching Talent - UKCC level 3/4)

By the end of this workshop coaches will
• Understand the key principles of growth & maturation and how this effects
their coaching
• Know how to implement these into their coaching practice: Identifying;
Selecting; Training; Competing

Multi-skills

sportscotland offers both Introduction to Multi-skills and the Multi-skills Award. We also
have an additional module called Fundamentals of Movement which has been created in
partnership with sports coach UK.

Introduction to Multi-skills
This is a 3 hour workshop and has been developed as part of sportscotland’s multi-skills/
physical literacy coach CPD pathway. This can be a standalone workshop for coaches or
could be a precursor to sportscotland’s full 2 day Multi-skills Award, which is assessed and
accredited through the Scottish Qualifications Authority which goes in to the subject areas
in more detail.

Multi-skills Award
This is an SQA qualification in multi-skills and can lead on from the introduction workshop
above. If you are interested in either of the workshops above you can now request a
workshop to take place.

Fundamentals of movement - with UK Coaching
This is a stand-alone module created in partnership with sports coach UK to introduce the
Youth Development Model.
Coach Connect - sportscotland continued.

Understanding talent

Under the topic Understanding Talent we have three workshops.

Understanding Talent - Coach Connect

By the end of this workshop you will be able to:

• Understand the key aspects and implications of physical suitability
• Understand what is meant by the development process and how to implement this in your coaching role
• Understand how beliefs shape performance and what this looks like in practice

Coaching Talent -
Putting Theory in to practice - Coaching Talent

By the end of this workshop you will be able to:

• Understand talent theory and research
• Improve knowledge and understanding of; Nature v Nurture, Maturity v Ability, Deliberate Practice, Mindset, Pressure and more
• Know how to implement learning into coaching practice; identifying, selecting, training, competing

Coordination and control - Coach Connect

Introduces how the coaching process and the environment a coach creates can impact upon the following:

• Coordination and Control
• The likelihood for skill exploration
• The number of ‘trials’ and feedback experienced
• Skill retention and transfer
• An understanding of the importance of errors,
• Maintaining a level of skill performance under pressure
• How an athlete adapts and learns given number of trials and their understanding of errors
CoachSL Award

We are happy to introduce South Lanarkshire Leisure & Culture’s new Coach SL award. This course aims to develop new and current coaches through the delivery of three key components (detailed below). Completion of the Award provides the opportunity to progress to*employment within our popular ACE programme. 

*Please note, this is not a guarantee of employment as there will be comprehensive recruitment procedure at any recruitment period.

The Award has three components – all of which must be completed.

Welcome to South Lanarkshire Leisure and Culture

This is an introductory course for participants who are starting a placement with South Lanarkshire Leisure and Cultures – Development Services. The course covers communication, organisational skills as well as how to plan and deliver a session. It also provides basic information on child protection.

Infant Resource

This resource aims to provide volunteers, teachers, and coaches with assistance in planning and delivering sessions on the Infants Programme. The programme aims to help primary 1-3 children develop their fundamental skills, including; running, jumping, throwing and catching. These skills can be improved through participating in fun games and activities.
Multi Sport

The resource aims to provide coaches and volunteers assistance in planning and delivering relevant activities for 10 targeted sports. Each sport has four appropriate drills and activities that have been selected due to their suitability for delivery in a school gym hall for p4 - p5 pupils.

*Please note, this is not a guarantee of employment as there will be comprehensive recruitment procedure at any recruitment period.
Early Years and Play Training

The theory and practice of play work recognises that children’s play must be ‘freely chosen’, personally driven and intrinsically motivated.

It is the job of a play worker to ensure that the broadest possible range of play types are available to children, to observe, reflect and analyse the playing that is happening and select a mode of intervention or make a change to the play space if needed. Play workers ensure that the play space is inclusive – supporting all children to make the most of the opportunities available in their own way. To ensure this is happening we have Play Training on;

**Play Types and Spaces Training**

This is a three hour training session on the different play types and spaces and to ensure children are accessing as many as possible during their play session.

**Games Training**

This is a 2.5 hour session including circle, team and quiet games along with some ideas for arts activities.
Disability Training
This training gives you tips and ideas on how to adapt the play sessions for children and young people with additional support needs along with some ideas on how to manage different behaviours. This training can take between two to three hours.

Go Play! Training
These sessions are designed to encourage all areas of the child’s development 18 months - 4 years, physical, social, emotional, intellectual, communications through a variety of preschool play methods in a FUN and ACTIVE environment. This training will take between 2-3 hours and may include participation in one of our Go Play! sessions.

For more information please contact:
Kim Thomas, Development Officer, South Lanarkshire Leisure and Culture
Telephone: 07585 404778
Email: kim.kilgannon@southlanarkshireleisure.co.uk
or
David Crawford, Play/Disability Development Officer, South Lanarkshire Leisure and Culture
Telephone: 07795 090442
Email: david.crawford2@southlanarkshireleisure.co.uk
First Aid courses

Basic First Aid

This course aims to provide you with basic first aid knowledge of CPR, heart attack, stroke, head injury and more. This course will also have sports injury content including strains/sprains broken bones and cuts/grazes.

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<tbody>
<tr>
<td>Sunday 9 September 2018</td>
<td>10.00am - 4.30pm</td>
<td>Newton Farm Community Wing, Harvester Avenue, Cambuslang G72 6AA</td>
<td>£46.35</td>
</tr>
<tr>
<td>Saturday 17 November 2018</td>
<td>10.00am - 4.30pm</td>
<td>Alastair McCoist Complex, Quarry Road, East Kilbride, G75 9LW</td>
<td>£46.35</td>
</tr>
<tr>
<td>Saturday 9 March 2019</td>
<td>10.00am - 4.30pm</td>
<td>Carluke Leisure Centre, 135 Carnwath Road, Carluke, ML8 4EA</td>
<td>£46.35</td>
</tr>
<tr>
<td>Sunday 9 June 2019</td>
<td>10.00am - 4.30pm</td>
<td>Larkhall Leisure Centre, Broomhill Road, Larkhall, ML9 1QP</td>
<td>£46.35</td>
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Sports Injury Prevention Workshop

This workshop will make you aware of common sports injuries, their treatment and prevention. Learn the importance of a warm up and cool down in injury prevention, when it may be necessary to seek further specialist assistance as well as some simpler exercises and protocols to reduce injury and assist recovery.
Sports Nutrition

This workshop will cover the basics of nutrition and a balanced diet and how we derive energy from food, the function of nutrients and how they are used for health and physical activity. It will also look at the importance of fluid replacement and food choices for exercising.

Strength and Conditioning

This workshop will look at the use of strength and conditioning programmes to enhance sporting performance. Learn about the exercises and programmes that can be used to develop a sports person’s power, strength, speed and agility.
Positive Coaching Scotland

Positive Coaching Scotland is based on a highly successful US model which was developed at Stanford University in 1998 to combat escalating health and social problems. Since then, it has been used by over 1,100 sports organisations, has influenced over four million young people, and is helping to create a positive sporting culture in the United States of America through the Positive Coaching Alliance.

In Scotland, a pilot of the programme was rolled out across several local authority areas and Scottish governing bodies of sport. Since this pilot, the PCS programme has evolved and is now delivered by a variety of partners across the country.

The programme helps to create a positive environment in youth sport which focuses on encouraging effort and learning, improving performance and fostering competition. It focuses on using sport to help and support children’s learning and the development of their life skills by teaching them to:

- Appreciate the value of effort and learning
- Improve their personal performance
- Foster a competitive, but fair, sporting mentality
- Deal positively with mistakes

The programme centres around three key principles:

- Honour our Sport
- Redefine ‘Winner’
- Fill the Emotional Tank

**Workshops**

There are three main workshops that can be delivered in relation to the following within sports clubs:

- Positive Sports Parent
- Club Leaders
- Double Goal Coach
Double Goal Coach Workshop

Delivered in partnership with Winning Scotland Foundation the Positive Coaching Scotland program will empower parents, coaches, teachers and sports leaders to help create a more positive sporting environment for young people.
Performance Psychology Workshops for Coaches

New to our course on offer, it is recognised that the psychology of the athlete and the coach will play a key role in performance, coaches consistently ask for more information, and is becoming more relevant to developing not just athletes, but adding knowledge to the coaches’ tool box.

All these sessions are 2.5 hours in duration.

Motivation and Communication

This is an interactive workshop that will help develop your communication skills and enhance athletes performance through positive language. Additionally, this workshop will help you develop your non verbal communication skills so your day-to-day coaching sessions will improve. This workshop is also aimed to increase your awareness of motivation and also to give you tools to motivate others.

You will:
• be aware of communication and understand the barriers of communicating in sport
• have developed your own communication skills and be able to use them effectively in any coaching session
• be aware of and understand both intrinsic and extrinsic motivation
• be able to develop ways to enhance athletes motivation levels

Team Building

This is an interactive workshop that will help you build cohesion within your team through giving you the understanding of a team’s stages of development, and specific goal setting techniques. This workshop will give you the skills to enhance team cohesion by giving you different tools and techniques.

You will:
• be aware of team cohesion and understand the stages of team development
• develop skills to conduct goal setting with team and athlete
• identify strengths and weaknesses of your team
• gain activities to help build team spirit
Confidence Building and Anxiety Control

This is an interactive workshop that will help you build athletes self confidence through gaining a greater understanding of self esteem and self confidence. You will gain understanding about anxiety, and how we can use it to enhance our performance. This workshop will give you skills to build confidence of others, and helping them with anxiety control.

You will:

- be aware of self esteem and self confidence and how these can affect our athletes
- share ideas on ways to build confidence and self esteem
- identify sources of confidence and anxiety
Be the Best Leader You Can Be

This is an interactive workshop will give you a greater understanding of your strengths and weaknesses as a leader, and how to develop your current skills. This workshop will give you ways to self evaluate your leadership skills through practical tools, and understanding of leadership theory.

You will:
- identify your strengths and weaknesses in different situations
- recognise your current leadership behaviours
- use components of leadership theory to enhance your skills
- set goals to take your leadership skills to another level

“I should have done better, I should be perfect”

Coaching perfectionistic athletes

Aiming high can be healthy but perfectionism can significantly impact well-being, and actually impair performance. Perfectionism – having unrealistic high standards coupled with harsh criticism – is associated with a number of negative consequences e.g. anxiety, depression and athletic burnout. Furthermore, those high in perfectionism are likely to over think and dwell on performance mistakes.

This workshop will:
- Introduce perfectionism and help you to become more aware of ways that perfectionism can impact your athletes.
- Explore and identify thoughts and behaviours that contribute to and maintain perfectionism.
- Provide practical strategies to help manage perfectionism.
Sports Coach UK Workshops

Engaging children and young people

This workshop includes essential information on physical growth, social and emotional development and early skill learning, presenting the information in a practical and usable manner. It also covers how to adapt your coaching style to individual needs and different stages of development, and how to deal with a variety of different situations.

A Guide to Mentoring Sports Coaches:

Mentoring is a powerful tool in the education and development of sports coaches at all levels. This workshop will help you, as a mentor, to support coaches’ learning and focus on how learning occurs. It provides coaches with tools (which are adequately flexible to fit within any mentoring framework) to record the relationships built through mentoring programmes.

Continued overleaf.
Analysing Your Coaching:

By the end of this workshop, coaches should be able to reflect upon their own coaching and identify their current strengths and weaknesses in relation to the varied and different coaching situations inherent to coaching practice; for example, the selection of appropriate coaching methods.

Suitable for: UKCC Level 2 coaches, or coaches working towards Level 2, who want to develop and understand the processes involved in analysing coaching practices.

Equity in your Coaching:

Explains what sports equity means and how to identify and challenge inequitable behavior. Shows how equity can enhance coaching and what is the appropriate language and terminology to use.

Disability Inclusion Training:

This course aims to provide practical ideas on how to include young people within your sporting sessions that have a disability. Teachers attending this course will on completion will receive 1 credit at level 6 for the SCQF (Scottish Credit and Qualifications Framework).

How to Coach Disabled People in Sport:

Develop your coaching knowledge and skills to coach disabled people in sport. Determine how to include disabled people in sport by selecting appropriate coaching activities and creating effective coaching environments.

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 performer’s needs.
Contacts:

**Active Schools**
Active Schools 01698 476121

**Health Officers (Area)**
Cambuslang/ Rutherglen 07342 032565
Clydesdale 07342 032567
East Kilbride 07867 348625
Hamilton 07342 032568

**Sports Development Officers (Area)**
Cambuslang/ Rutherglen 07342 032548
Clydesdale 07795 090251
East Kilbride 07795 453185
Hamilton 01698 476101

Teacher CPD 07795 455324

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