

argyll&bute

oban 2012

coaching champions



January to March
(mainly 4th-5th February)

free transport
from areas of
argyll & bute

sports coaches
club officials
youth leaders & volunteers
community groups
individuals and YOU!



sportscotland



Oilthigh na Gàidhealtachd agus nan Eilean
Colaiste Earra-Ghàidheil

welcome to coaching champions oban 2012

This year's event marks five years of successful growth in sports coaching across Argyll and Bute and a continuing trend of quality courses developing quality coaches going into quality clubs.

The London 2012 Olympic and Paralympic Games bring the highest standards of sport to our country and Coaching Champions is honoured to have been given the London 2012 Inspire Mark that recognises innovative and exceptional projects.

Our programme offers 56 courses in a range of sports and activities and we have collected these in categories to help you choose. A number of courses are provided in Olympic and Paralympic sports as well as those that reflect our rural and island environment. Whether you are looking to develop your skills in a particular sport, want to learn more about sports coaching or want to try something new we have the right combination to attract you to Coaching Champions 2012.

Seb Coe, Chair of the London Organising Committee of the Olympic Games and Paralympic Games said:

'The inspire programme is ensuring the legacy of the 2012 Games starts now as projects like Coaching Champions are enabling people in Argyll and Bute to make positive life changes.'



courses

The programme has five categories to help you choose:

- Adventure Sport** Canoeing, mountains, orienteering and triathlon
- Swim School** Teaching courses and a series of half day workshops to help you develop your coaching skills
- Sports Coaching** A variety of coach qualifications in sports
- Health & Fitness** Fitness Scotland and specific disciplines
- Coach Workshops** Generic courses to help coaches become even better!

funding and support

A number of courses are subsidised through the partnership of Argyll and Bute Council, **sportscotland** and Argyll College. All Outdoor Sport Courses are kindly provided by Stramash Social Enterprise.

A number of courses have the opportunity for further assistance and details are shown in the individual course descriptor. Full details including links to forms are on our website www.argyll-bute.gov.uk/coachingchampions

free transport

We will once again be offering FREE community bus transport from main centres within Argyll and Bute. You will receive details of how to book when you subscribe to a course.

Note: these buses cannot transport bicycles or other equipment.

how to book your courses

Read the description of the course/s you want to take.

Check on our website www.argyll-bute.gov.uk/coachingchampions for any qualification, pre-registration or experience you might need before enrolling.

If you choose a half day course you can choose a second at a reduced rate.

Take your form and payment into one of the following Centres:

- **Queens Hall, Argyll Street, Dunoon**
- **Aqualibrium, Kinloch Road, Campbeltown**
- **Swimming Pool, High Street, Rothesay**
- **Swimming Pool, West Clyde Street, Helensburgh**
- **Mid Argyll Sports Centre, Lochgilphead**
- **Corran Halls, Esplanade, Oban**

or Send your completed form and payment by cheque to: Sports Development, Lorn House, Albany Street, Oban PA34 4AR

Some courses will fill up very quickly, so you are advised to book early.

NOTES:

Our partnership with Argyll College means that you will be enrolled as a student of the college for the duration of your course/s. You will be asked to complete an enrolment form, ***this must be returned to ensure full acceptance onto each course.*** For more information on Argyll College courses have a look at www.argyllcollege.com

All courses are subsidised by Argyll and Bute Council, Argyll College and **sportscotland** who support and reflect our strategy of raising the number of qualified sports coaches in the area. We are also intent on raising the quality of coaching in Argyll and Bute by offering existing coaches opportunities to improve their skills and qualifications.

The Argyll and Bute Sport and Physical Activity Strategy 2009-2015 is available to read at www.argyll-bute.gov.uk The Strategy has six main aims which reflect national targets and programmes tackling physical activity levels and developing sporting opportunities in our area. These national strategies are driven by the Scottish Government through agencies such as **sportscotland**, NHS Scotland, Community Planning Partnerships and the Single Outcome Agreements for Local Councils.

Our six main aims remain – Get More People More Active – encouraging an active lifestyle – Raise the quality of sports coaching and success for athletes – encourage volunteers in sport through training – use sport to tackle social inequality – have sport recognised as a major contributor in the Community Planning Process.

OUTDOOR SPORT COURSES

Code: ST01	BCU 2 Star Award	£55	28 January	9.30–4.30
Requirements: Minimum 16 years old. Experience of kayaking and canoeing. Able to swim in normal clothing.				
Description: This is a training and assessment based skills course in kayaking and canoeing leading to the BCU 2 Star award. Candidates will need prior experience of canoeing and kayaking and be capable of paddling to the required 2 Star by the end of the course.				
Booking is through Stramash at either www.stramash.org.uk or tel. Shiralene on 01631 566080				
Code: ST02	BCU Foundation Safety & Rescue Training	£55	29 January	9.30–4.30
Requirements: Minimum 16 years old. 2 Star award or similar ability in both canoe and kayak. Must be confident swimming in normal clothing.				
Description: This is a training and assessment based skills course in both kayaking and canoeing leading to the BCU Foundation Safety and Rescue Training award. This course is a pre-requisite of the UKCC Level 1. This is not a beginner's course.				
Booking is through Stramash at either www.stramash.org.uk or tel. Shiralene on 01631 566080				
Code: ST03	UKCC Level 1 Paddlesports Award	£225	4/5 & 11/12 February	9.30–4.30
Requirements: Minimum 16 years old, BCU 2 Star, FSRT Award and registration with Scottish Canoe Association. Original certificates will need to be presented on day 1 of the course.				
Bursaries: Up to 75% of course cost can be subsidised by SCA. This needs to be claimed in advance, for details see: www.canoescotland.org/coaching/Resources/FundingSupport.aspx				
Description: Candidates will need prior experience of canoeing and kayaking and hold the BCU 2 Star award. Candidates should be prepared for the majority of each day being spent on and around the water, with adequate personal clothing and a level of fitness allowing for completion of the course syllabus (see www.canoescotland.org/coaching for additional information).				
Booking is through Stramash at either www.stramash.org.uk or tel. Shiralene on 01631 566080				
Code: ST04	BCU 3 Star Sea Kayak Award	£110	4/5 February	9.30–4.30
Requirements: Minimum 16 years old. BCU 2 Star or consistently at that standard of performance. Able to swim in normal clothing. Provide evidence of at least 3 different journeys on the sea, of about 3 hours duration each. Provide evidence of at least 1 session of about 3 hours duration in an alternative discipline.				
Description: This is a training and assessment based skills course in sea kayaking leading to the BCU 3 Star Award. This is not a beginner course. Candidates will need prior experience of sea kayaking and be capable of paddling at a solid 2 Star standard. Candidates should be prepared for the majority of each day being spent on and around the water, with adequate personal clothing and a level of fitness allowing for completion of the course syllabus (see www.canoescotland.org for additional information).				
Booking is through Stramash at either www.stramash.org.uk or tel. Shiralene on 01631 566080				
Code: ST05	BCU White Water Safety & Rescue Training	£110	18/19 February	9.30–4.30
Requirements: Minimum 16 years old. Due to the operating environment and boat control required, the candidate should be confident in their ability to paddle on Grade 2 water, and happy swimming in normal clothing in a moving water environment.				
Description: The White Water Safety & Rescue training course is designed for all paddlers operating in a moderate to advanced white water environment in either canoe or kayak. This is NOT a beginner level course. Candidates will need prior experience of canoeing or kayaking on Grade 2 water and be capable of paddling comfortably at this standard.				
Booking is through Stramash at either www.stramash.org.uk or tel. Shiralene on 01631 566080				
Code: ST06	Teaching Orienteering	£55	4 February	9.30–4.30
Requirements: Minimum 16 years old. Participants should have a basic understanding of orienteering and be able to spend part of the day walking on off road terrain.				
Description: This course aims to give candidates the skills required to allow them to teach orienteering at a beginner level. Candidates will take part in both practical orienteering sessions as well as teaching workshops to allow them to become effective instructors in entry level orienteering.				
Booking is through Stramash at either www.stramash.org.uk or tel. Shiralene on 01631 566080				
Code: ST07	Mountain Skills and Navigation	£100	4/5 February	9.00–4.30
Requirements: Minimum 16 years old. Good level of personal fitness and some experience of hill walking, able to cross rough ground in the hills.				
Description: This course is aimed at people looking to improve their mountain skills and navigation. Course participants will learn about mountain navigation techniques such as route finding, map interpretation, relocating, bearings and pacings. As well as focusing on navigation, we will be looking at general mountain skills such as river crossings, emergency scenarios, mountain equipment and first aid. This is an ideal course for those with some mountain experience who are thinking of going for their Mountain Leader Training or Walking Group Leader Training.				
Booking is through Stramash at either www.stramash.org.uk or tel. Shiralene on 01631 566080				

SWIM SCHOOL

Code: CC01	Level 1 Certificate for Teaching Aquatics	£300	3/4/5 & 17/18/19 Feb	
Requirements: Candidates must be 16 years of age and be a member of Scottish Swimming prior to start of course. We require candidate's membership number at the time of booking.				
Bursaries: Are available to a maximum of £150. This is dependant on satisfactory attendance on the course. Further information will be available at the beginning of the course.				
Description: This qualification is aimed at those interested in supporting the teaching programme in a learn to swim environment utilising Scottish Swimming's Learn to Swim Programme or equivalent scheme.				
Code: CC02	Level 2 Certificate for Teaching Aquatics	£600	19–22 Jan, 2–5 Feb	
Requirements: Candidates must be 17 years of age, be current members of Scottish Swimming and hold the Scottish Swimming UKCC Level 1 Certificate for Teaching Aquatics or equivalent.				
Bursaries: Are available to a maximum of £300. This is dependant on satisfactory attendance on the course. Further information will be available at the beginning of the course.				
Description: This qualification is aimed at those interested in delivering the teaching programme in a learn to swim environment utilising Scottish Swimming's Learn to Swim Programme or equivalent scheme. The Level 2 Certificate for Teaching Aquatics is the second formally assessed qualification on the teaching qualifications pathway.				
HALF DAY WORKSHOPS – CHOOSE TWO PER DAY for £40.00				
Code: CC03	Strength Swim Injury & Prevention CPD	£25	4 February	9.30–1.00
Requirements: None				
Description: The course is classroom based and will explain the injuries swimmers may experience during their career in swimming. It will demonstrate key exercises which could prevent or help towards improving the longevity and continuity of the swimmer. Unbroken training time means better results.				
Code: CC04	Planning, Periodisation & Monitoring in Swimming CPD	£25	4 February	2.00–5.00
Requirements: None				
Description: This workshop identifies the key planning principles for competitive swimming. It is designed to teach you how to construct a basic Macro/Meso cycle plan and develop skills to incorporate this into the planning process of your club/squad.				
Code: CC05	Strength Swim Complex Land Training for Swimmers CPD	£25	4 February	9.30–1.00
Requirements: None				
Description: The course is classroom based and covers the beneficial impact that strength and conditioning has within swimming. You will learn the mechanics & ideas behind complex training and practices that will improve movement skills & strengthen key areas.				
Code: CC06	Mini Polo CPD	£25	4 February	2.00–5.00
Requirements: Suitable clothing for poolside.				
Description: This Mini Polo seminar will enable participants to deliver a mini-polo program including teaching fundamentals of water polo, leading a game and designing a simple program of activities emphasizing teamwork, keeping fit and most important – having fun!				
Code: CC07	Effective Sculling	£25	4 February	2.00–5.00
Requirements: Suitable clothing for poolside.				
Description: This workshop will show teachers the art of sculling and develop their understanding of how beneficial sculling is to the swimming strokes. If a pupil can scull effectively their 'feel for the water' and propulsive phases of each stroke become more effective and efficient. Candidates should bring swimwear as they will be in the water for part of the course				
Code: CC08	Introduction to Breaststroke CPD	£25	4 February	9.30–1.00
Requirements: Suitable clothing for poolside.				
Description: This workshop covers all areas of Breaststroke using the 'BLABT' principle as the organisational structure. It looks at all aspects of Breaststroke for the beginner swimmer and gives examples of good teaching points for each technical area.				
Code: CC09	Strength Swim – Starts and Turns CPD	£25	5 February	9.30–1.00
Requirements: None				
Description: The course is split between the classroom and poolside (suitable clothing required) and will demonstrate the importance of starts and turns. You will learn practices that improve movement and skills needed to strengthen these areas.				
Code: CC10	Introduction to Frontcrawl CPD	£25	5 February	2.00–5.00
Requirements: Suitable clothing for poolside				
Description: This workshop covers all areas of Frontcrawl using the 'BLABT' principle as the organisational structure. It looks at all aspects of Frontcrawl for the beginner swimmer and gives examples of good teaching points for each technical area.				

SPORTS COACHING COURSES

Code: CC11	UKCC Level 1 Certificate in Coaching Triathlon	£300	4/5 & 19 February	9.00–4.30
<p>Requirements: <i>Candidates must have a Race Licence with Triathlon Scotland on the day the course starts.</i> Licence for 2012 can only be purchased from 1 January onwards. For more information, candidates can go to www.triathlonscotland.org</p> <p>Bursaries: Applicants who meet the eligibility criteria, can access funding up to 50% of the Level 1 course fee. Form available at www.argyll-bute.gov.uk/coachingchampions</p> <p>Description: Level 1 Award in Coaching Triathlon is the entry coaching award, aimed at individuals new to coaching and or the sport. The course is interactive and involves group discussion, presentations and most importantly, a large aspect of the course is made up of practical coaching experience throughout all three disciplines.</p>				
Code: CC12	UKCC Level 1 Gymnastics	£400	4/5/6 February	9.00– 5.00
<p>Requirements: 16 years of age and have an appropriate understanding of the technical discipline of gymnastics.</p> <p>Bursaries: Applicants who meet the eligibility criteria, can access funding of up to £150.00 per person of the Level 1 course fee. Form available at www.argyll-bute.gov.uk/coachingchampions</p> <p>Description: The exam date will be confirmed during the course. This course is for candidates wishing to attain the entry level of British Gymnastics coaching structure. It is designed to qualify an individual to be able to assist a higher level qualified coach (level 2 or above) in the delivery of gymnastics activities in a specific discipline and within the limitations of the technical content of the Level 1 as defined in the BG Level 1 Learning Resource.</p>				
Code: CC13	Badminton Basics	£50	4 February	9.30–4.30
<p>Requirements: 16 years of age</p> <p>Description: An introduction to Badminton course delivered over six hours and includes three modules – Active Badminton 1, Active Badminton 2 and Fun Games. Candidates will also receive a resource pack on completion of the course.</p>				
Code: CC14	UKCC Level 1 Netball	£300	4/5/18 February	9.00–5.00
<p>Requirements: 16 years of age. Knowledge of the game.</p> <p>Bursaries: Candidates may be eligible for a bursary up to £130.00 by applying to sportscotland. Form available at www.argyll-bute.gov.uk/coachingchampions</p> <p>Description: Introduction to the basic principles/practice of safe, ethical & effective management and coaching of netball to adults and young people. You will achieve assistant coach status.</p>				
Code: CC15	Getting Started in Netball	£40	4/5 February	10.00–4.00
<p>Requirements: 16 years of age – basic fitness.</p> <p>Description: This is the new award JUST released by Netball Scotland for all those interested in starting out in Netball coaching or teaching – in particular those working with children aged 5 to 13yrs. The course centres on the new 5-a-side branch of the game – FUN 5z and skill acquisition through the game rather than simply playing to win.</p>				
Code: CC16	Introduction to Table Tennis	£40	4 February	10.00–4.30
<p>Requirements: 16 years of age basic fitness</p> <p>Description: 'Intro to Table Tennis' is a course run by Table Tennis Scotland and is geared towards grass-roots coaches, including teachers wishing to coach pupils. The course is run over 1 day and is six hours in duration.</p>				
Code: CC17	Community Sports Leader (Archery)	£150	4/5/11/12 February	9.00–5.00
<p>Requirements: Candidates must be a minimum of 17 years of age on the day of the assessment. Previous experience in archery is not a pre-requisite.</p> <p>Description: The course enables those who successfully complete the 4 days to teach beginners to participate in archery mainly in activity holiday centres, sports centres, educational establishments, and youth organisations. Candidates for the award, who must be a minimum of 17 years of age on the day of the assessment, will be trained and assessed by accredited coaches of the society (GNAS). Previous experience in archery is not a pre-requisite.</p>				
Code: CC18	Jogscotland Jog Leader Award	£80/£40	4 February	9.00–5.00
<p>Requirements: 16 years of age – Jogging/Running experience. Argyll and Bute Jog Group Members £40</p> <p>Description: The course is divided into theory and practice sessions, which will provide knowledge and skills to lead groups of walkers and or joggers. All successful candidates will be given FREE membership and resources from Jogscotland following the course.</p>				

Code: CC19	Advanced Jog Leader Award	£100/£40	4 February	9.00–5.00
Requirements: 16 years of age – Current practicing Jog Leader Award recipient. Argyll and Bute Jog Group Members £40				
Description: The Advanced Jog Leader course has been introduced to help Jog Leaders build on their experience and knowledge and develop their group leadership skills further. There will also be opportunities to share experiences and learn from each other. Jog Leaders who attend the course will receive a Jogscotland Advanced Leader course manual and a performance fabric top. Full course information and pre-requisites at www.jogscotland.org.uk/jog-leaders It is anticipated that the Advanced Jog Leader course is a pre-requisite to attendance at the UKA course 'Coach in Running Fitness' for anyone who wishes to specialise in coaching athletes for off-track running.				
Code: CC20	Getting Started in Basketball	£40	5 February	10.00–4.00
Requirements: 16 years of age.				
Description: The Getting Started award is Basketballscotland's introductory level leadership award. The award focuses on coaching beginners and young players, with a view to introducing them to basketball. During each course candidates will be continually assessed and given feedback on their knowledge of introducing individual skills.				
Code: CC21	Introduction to Coaching Volleyball	£40	5 February	10.00–3.00
Requirements: 16 years of age.				
Description: The course looks at the basic elements of coaching, and how to introduce volleyball. The course is a practical one where the candidates have an opportunity to experience and learn the basics.				
Code: CC22	The ICC Introduction to Cricket	£40	5 February	10.00–4.30
Requirements: 16 years of age. Sports clothing.				
Description: This is a course aimed at providing participants with a basic understanding of the game of cricket, a basic education in three important components of the game; fielding, bowling & batting and the skills and resources to conduct/assist a cricket coaching session with children in a safe and enjoyable environment.				
BOOK ELEVATING ATHLETICS AND RUN, JUMP, THROW for £75				
Code: CC23	Elevating Athletics	£40	4 February	10.00–4.00
Requirements: 16 years of age. Indoor Trainers/sports wear				
Description: This course highlights safe and inclusive teaching methodology, which initially focuses on developing competency in the fundamental movement skills that underpin athleticism before examining how to apply these skills to running, jumping and throwing events. The additional programmes and resources available to support delivery, measurement and assessment are signposted, and the inclusion of all children and the first steps into competition are highlighted. Aimed at teachers and people developing athletics clubs in schools.				
Code: CC24	Run, Jump Throw Development	£40	5 February	10.00–4.00
Requirements: 16 years of age. Indoor Trainers/sports wear				
Description: A specially designed workshop for Argyll and Bute on the importance of multi-event development at a young age and how the Run, Jump, Throw resource can help develop athletes from community to club activity. Very suitable for teachers, Active School volunteers, club coaches and volunteers with an interest in developing links between school and club athletics and the development of young athletes in the RJT events.				
Code: CC25	Level 1 Certificate in Coaching Badminton	£300	18/19 Feb & 11 March	9.30–4.15
Requirements: 16 years of age on the first day of the course. Some experience of playing the game and can participate in a short rally. Can demonstrate knowledge and understanding of technicalities required when participating in a short rally.				
Bursaries: Candidates may be eligible for a 50% bursary for the cost of this course. They should apply directly to sportscotland BEFORE booking on the Course.				
Description: The Level 1 Certificate in Coaching Badminton is the first step on the new BADMINTONscotland Coaching Pathway and will be a formal educational qualification through the Scottish Qualifications Authority. The qualification focuses on both the art and the science of coaching, introducing new coaches to the 'How to' skills of coaching as well as helping them to break down and coach the technical and tactical elements of the game. It will qualify the assistant coach to work alongside a more qualified coach, working with players in their early stages of development.				
Code: CC26	Fitness Scotland – Level 2 Gym Instructor	£450	4/5 & 11/12 Feb Exam 10/11 March	9.30–5.00
Requirements: Candidates MUST have completed the Fitness Scotland Theory & Underpinning Knowledge course prior to attending this course (it can be completed by distance learning); some candidates may be able to bypass this course dependent upon other qualifications held – check with Fitness Scotland for details: www.fitness-scotland.co.uk/				
Bursaries: Candidates can apply for an individual learning account – Access ILA website to download learner's application pack. From here you can apply for funding which you can use towards your Fitness Scotland course. Candidates require to complete and return a booking form to the Fitness Scotland to book a place on this course. Available at www.fitness-scotland.co.uk/				
Description: This is the perfect course for those who are looking to kick-start a career in the fitness industry, working in either the private sector or local authority. The course covers aspects of fitness instruction, programme design and inducting clients on how to use cardiovascular and resistance equipment. Successful completion of this course carries 20 Repts points and will allow the candidate level 2 gym instructor status on the register of Exercise Professionals.				

Code: CC27	Kettlebell L1 – Instructor Certification	£55	4 February	9.30–5.00
Requirements: Candidates must be over 16 years.				
Description: Kettlebell L1 is an attendance course with pre-course revision, a practical assessment and theory assessment. The 1 day course covers the foundation drills, plus progression and regression for each exercise. The course also teaches the science behind kettlebell training and how to develop and deliver training programmes. Kettlebell L1 is a Jordan training academy course that carries 16 CPD REP's points.				
Code: CC28	INWA Nordic Walking Instructor	£250	4/5 February	9.00–5.00
Requirements: 16 years of Age. Preferred that have experience of Nordic Walking, but is not essential. Preferred that you have a fitness instructing, teaching or medical background; or are a walk leader.				
Description: The Nordic Walking Instructor qualification is a two-day course. You will: Understand the history and benefits of Nordic Walking; Learn about the three levels of Nordic Walking for Health, Fitness and Sport; Learn to teach the health and fitness method in safe environments. Find out how to set up classes in your area. There is an exam at the end of the course, see www.britishnordicwalking.org.uk/BecomeInstructor.aspx for details. The course carries 16 CPD REP's points.				
Code: CC29	Comprehensive Core Conditioning	£55	5 February	9.30–5.00
Requirements: Candidates must be over 16 years.				
Description: Core training is one of the most interesting areas of research in our industry, and with so many theories of the 'best way' to train our core muscles it can be confusing to differentiate fact from fiction. This course will cover how to integrate many of these different methodologies into a comprehensive, progressive and effective core training programme. Comprehensive Core Conditioning is a Jordan Training Academy course that carries 9 REPs CPD Points.				
Code: CC30	SFA Mini Kickers	£40	4 February	10.00– 4.00
Requirements: 16 years of age. Indoor trainers/sports wear.				
Description: The Mini Kickers course is designed to assist anyone who works with 3 to 5 year olds and focuses on a range of activities that are both fun and developmental. The programme is intended to assist children develop positive self esteem and promote a healthy attitude to physical activity.				
Code: CC31	SFA Level 1 “D” Development Activities	£40	4 February	10.00– 4.00
Requirements: 16 years of age. Indoor Trainers/sports wear				
Description: This course is designed to aid those coaches who are working with 12-18 year olds in football. The content emphasises skill development and fun in a variety of individual and group activities.				
Code: CC32	SFA Level 1 “E” Early Touches	£40	5 February	10.00–4.00
Requirements: 16 years of age.				
Description: 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.				
Code: CC33	SFA Goalkeeping	£40	5 February	10.00–4.00
Requirements: 16 years of age Football boots, goalkeeping apparel				
Description: This course is aimed at coaches who are working with goalkeeping of all ages and levels, to assist the coach to further develop their coaching knowledge of handling, shape, mobility, positioning, catching and distribution.				
Code: CC34	Foundation Coaching Certificate in Shinty	£40	5 February	9.30–4.15
Requirements: 16 Years of age – no previous playing or coaching experience required.				
Description: The Foundation Course is designed to help any adult, with limited knowledge of coaching and the game of shinty, to work with youth players as an assistant coach.				
Code: CC35	Scottish Rugby, Adult/Youth Rugby Ready Practical Course	£25/ *Free	5 February	9.30–12.00
Requirements: 16 years of age. Candidates must register online at www.irbrugbyready.com and complete the online Rugby Ready Course. *Free for Member of Argyll and Bute Rugby Development Group.				
Description: Mini and Youth/Adult variations is Scottish Rugby's minimum standard for all Coaches, Teacher and Referees. All coaches, teachers and Referees are therefore required to undertake the course. There are no exemptions for coaches who attended the 2010/11 course – this course is updated each season, and therefore all coaches, teachers and referees are required to attend.				
Code: CC36	Scottish Rugby Key National Themes Update CPD	£25/ *Free	5 February	2.00–5.00
Requirements: 16 years of age. *Free for Member of Argyll and Bute Rugby Development Group.				
Description: Scottish Rugby's Key National Theme delivery has been improved for the 2011/12 season. All coaches who are delivering at the fundamental stages of Youth rugby should be aware of these themes and the correct procedures for delivering them.				

SPORTS COACH WORKSHOPS & ESSENTIALS

Choose 2 Half Day Courses for £40 (and get Double Goal Coach – worth £25 – FREE!)

Code: CC37	Emergency First Aid at Work	£50	4 February	10.00–4.30
Requirements: 16 years of age.				
Description: The aim of the course is to enable the successful candidate to act as an appointed person to take charge of first aid arrangements, including looking after the equipment and facilities and calling the emergency medical services when required. This course is valid for 36 months and is approved by the HSE as a First Aider qualification and is excellent for clubs with premises. Further information and the syllabus can be found at www.sta.co.uk/downloads/EFAW.pdf				
Code: CC38	Safeguarding & Protecting Children in Sport 1	£25	4 February	9.30–1.00
Requirements: 16 years of age				
Description: A three hour interactive workshop with excellent learning material helping you recognise good and bad practice in coaching sport and the implications for your club/organisation in the protection of children. The workshop is class based with attendees working on specific topic areas. A certificate of attendance recognised by all governing bodies of sport in UK is issued after the course.				
Code: CC39	Fuelling Performers	£25	4 February	9.30 –12.30
Requirements: 16 years of age				
Description: This course will provide coaches and athletes with invaluable advice about how an athletes diet can affect their performance, identify appropriate food and fluid intake prior to, and after training or competition. Delivered by the Scottish Institute of Sport.				
Code: CC40	Coaching Children and Young People	£25	4 February	9.30–12.30
Requirements: 16 years of age				
Description: A workshop for anyone working with children in sport that presents basic principles of good practice and introduces the concept of long term athlete development. Designed and delivered by Sportscoach UK the course is excellent for those inexperienced in working with children.				
Code: CC41	Safeguarding and Protecting Children in Sport 2	£25	4 February	2.00–5.00
Requirements: Attended Safeguarding and Protecting Children in Sport 1				
Description: An update workshop for coaches who had previously attended SPC 1 and who need to be revalidated. A certificate of attendance recognised by all governing bodies of sport in UK is issued after the course.				
Code: CC42	Children 1st – In Safe Hands	£25	4 February	2.00–5.00
Requirements: 16 years of age				
Description: A three hour interactive workshop designed to help club/organisation Child Protection Officers in understanding their responsibilities and offering resources and guidance. Delivered by Children 1st.				
Code: CC43	Fuelling Performers	£25	4 February	2.00–5.00
Requirements: 16 years of age				
Description: This course will provide coaches and athletes with invaluable advice about how an athletes diet can affect their performance, identify appropriate food and fluid intake prior to, and after training or competition. Delivered by the Scottish Institute of Sport.				
Code: CC44	Double Goal Coach Workshop	£25*	4 February	5.00–7.00
Requirements: 16 years of age.				
Description: In partnership with sportscotland we are offering coaches an opportunity of attending this excellent NEW course designed by Positive Coaching Scotland. The workshop is ideal for sports leaders, coaches, parents and teachers and promotes an alternative to the 'win at all costs' mentality and a timely response to the challenges facing youth sport. It provides the tools and framework for a positive sporting experience that can also be character building. Free if attending two half day courses.				
Code: CC45	UK Disability Inclusion Training	£40	5 February	10.00–4.30
Requirements: 16 years of age / comfortable clothing				
Description: Aimed at people who coach, volunteer, or lead within a sport or physical activity setting, and who want further theoretical information about how to be inclusive in their delivery. The workshop includes practical sports hall-based opportunities to apply the Inclusion Spectrum and the STEPS principles to a range of sports and games.				

Code: CC46	Emergency First Aid at Work	£50	5 February	10.00–4.30
Requirements: 16 years of age.				
Description: The aim of the course is to enable the successful candidate to act as an appointed person to take charge of first aid arrangements, including looking after the equipment and facilities and calling the emergency medical services when required. This course is valid for 36 months and is approved by the HSE as a First Aider qualification and is excellent for clubs with premises. Further information and the syllabus can be found at www.sta.co.uk/downloads/EFAW.pdf				
Code: CC47	Analysing your Coaching	£25	5 February	9.30–12.30
Requirements: 16 years of age				
Description: Aimed at coaches who are looking to develop understanding of the principles of analysing their own coaching practice. The course will allow coaches to evaluate their own performance as a coach and to devise and implement an action plan for themselves.				
Code: CC48	A Guide to Mentoring Sports Coaches	£25	5 February	2.00–5.00
Requirements: 16 years of age				
Description: A course for coaches and individuals that supports their development of another coach, it looks at what the role of a mentor is and how to develop the skills required that best suit the needs of their sport and level of coaching.				
Code: CC59	Double Goal Coach Workshop	£25*	5 February	1.00– 3.00
Requirements: 16 years of age.				
Description: In partnership with sportscotland we are offering coaches an opportunity of attending this excellent NEW course designed by Positive Coaching Scotland. The workshop is ideal for sports leaders, coaches, parents and teachers and promotes an alternative to the 'win at all costs' mentality and a timely response to the challenges facing youth sport. It provides the tools and framework for a positive sporting experience that can also be character building. Free if attending two half day courses.				

ADDITIONAL INFORMATION

Now that you have seen all our courses we hope you are tempted to join us in the Olympic and Paralympic year and get involved in sport.

More detailed information for each course is available at our website www.argyll-bute.gov.uk/coachingchampions including what equipment/clothing/footwear you will require for your chosen activity.

Charges include all course fees, delegates pack and CPD Certificate.

We will provide a limited catering service and all candidates are advised to bring their own lunch. Tea/Coffee and Scones from 8.30am. Soup/Water/Tea/Coffee between 12.30 and 2.00pm.

Argyll and Bute Coaching Awards 2012

In partnership with **sportscotland** we are proud to mark the growth in size and quality of sports coaching in Argyll and Bute. For 2012 we are launching the Sports Coaching Awards which will be presented at Coaching Champions on Saturday 4th February 2012. Categories are from:

- **Young coach of the year**
- **Young person's coach of the year**
- **Participation coach of the year**
- **Performance development coach of the year**
- **Performance coach of the year**
- **Disability sport coach of the year**

Successful coaches will be forwarded to the Scottish Coaching Awards 2012 as well as receiving an appreciation for their work in Argyll and Bute. Forms are available from sportscoaching@argyll-bute.gov.uk or from any Sports Facility, Active Schools Co-ordinators, Sports Development Staff. Closing date for nominations is Friday 20th January 2012.