



LEWIS AND HARRIS SPORTS COUNCIL COACHING CONFERENCE SATURDAY 6th OCTOBER 2012



**IN PARTNERSHIP WITH:
SPORT & HEALTH,
SPORTSCOTLAND
AND CALADH INN**



KEYNOTE SPEAKER

JACKIE DAVIDSON

Jackie Davidson's background was in Health and Fitness before moving into Sports Development. She started her sporting career with Triathlon, becoming a coach with the triathlonscotland Youth Squad before moving onto the Board of triathlonscotland as Director of Development, the following year becoming President.

Jackie's volunteering roles provided her with the experience and knowledge to take up the full-time position as CEO of Scottish Cycling up until 2011 before becoming ClubGolf Manager, overseeing the national Junior Development programme for Golf.

Jackie has remained active in volunteering, as a Director of Commonwealth Games Scotland, now entering her second Games cycle in this role. Although recently stepping down from the Joint Marketing Committee of Glasgow 2014/CGS due to work commitments her Directorship role continues to be a busy one, being involved with the Marketing Committee and Selection Committee. She is also Chair of AMsoccer club based in Cupar, Fife which boasts a strong membership of almost 500 young players and acts as a feeder Club for Dundee United.



WORKSHOPS

ATHLETICS - JOHN SCOTT

John has coached many international jumpers including Scottish and GB Juniors and Seniors. He is also the conditioning coach for Gillian Cooke, one of his jumpers, who transferred her skills and competed for GB at the 2010 winter Olympics in the Bobsleigh. John will lead a practical conditioning session sharing the secrets to his conditioning success including Active Warm Ups, Introductory Plyometrics and Medicine Ball. Although the session will be geared towards Coaches working with athletes aged 14+, the content delivered will be of interest to any coaches.

SHINTY - GARRY REID

This practical session will be a selection of drills to develop players hitting ability. The session will introduce up to 20 drills over the course of 90 minutes from the basics through to more challenging drills that will enhance players ability to perform this key skill within the game. The final 30 minutes of the session will be an open Question & Answer session used to discuss any other technical, tactical or physical element of the game of shinty.

CANOEING - WILLIE MCLEOD

Willie will explain the path through the New Coaching Scheme and how to achieve it. He will take you on a journey through the processes in place to take you from a novice paddler to a coach. You'll be shown how to plan your journey and you will then take a look at different modules and how they fit into the coaching scheme. This workshop is open to current coaches and an opportunity for potential canoe coaches to find out more about coaching.

FOOTBALL - PETER BUDGE

Peter is the Highland Football Academy Football Development officer based at the Highland Football Academy in Dingwall. Peter has been involved within football as a player and now a coach, with experience in the Highland League with Wick Academy and at Ross County with their Youth Teams. The workshop will work on the core skills the coach will require when delivering a coaching session.

FUN GAMES - CLAIRE SCOTT

This workshop will offer coaches / volunteers / teachers the opportunity to learn new fun games for children aged 5-7 years. The workshop will introduce participants to the essential core skills such as throwing, catching, balance, running and jumping.

GOLF - GARY DINGWALL

Gary will take 4 juniors of different abilities and explain to the coaches how he observes and analyses their swings and what corrective coaching points he would give the juniors to correct faults. Coaches can also ask questions and get demonstrations on other technical issues they have with the juniors they coach. There will be time allocated for a demonstration on "How to coach bunker play" with the opportunity for coaches work in pairs and "peer coach" with each other.

DISABILITY SPORT- JANICE EAGLESHAM & IAN MIRFIN

Scottish Disability Sport in conjunction with Home Country Disability Sports Organisations and Sports Coach UK have developed and introduced a UK Disability Inclusion Training (DIT) course aimed at those interested in becoming involved in sport for people with disability.

AGILITY - EUAN MACLEOD

In most sports, a player must be able to execute a specific skill with little or no effort in order to be effective. For this reason many coaches utilise agility drills with pre-planned changes of direction in order to develop specific movement patterns, anticipating that once these drills are mastered, the athlete will be able to reproduce the appropriate pre-programmed responses automatically in a competitive situation.

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1000 - 1010

REGISTRATION AT CALADH INN

1010 - 1020

WELCOME AND INTRODUCTION

1030 - 1230

CANOEING WORKSHOP AT ISL POOL

1030 - 1230

ATHLETICS WORKSHOP AT ISL GAMES HALL

1030 - 1230

FOOTBALL WORKSHOP AT ALL WEATHER PITCH

1030 - 1230

DISABILITY SPORT WORKSHOP AT ISL

1030 - 1230

SHINTY WORKSHOP AT ALL WEATHER PITCH

1030 - 1230

FUN GAMES WORKSHOP AT ISL GAMES HALL

1030 - 1230

GOLF WORKSHOP AT STORNOWAY GOLF CLUB

1030 - 1230

AGILITY WORKSHOP AT ISL GAMES HALL

1245 - 1400

LUNCH AT THE CALADH INN

1415 - 1530

STRENGTH AND CONDITIONING AT ISL GAMES HALL

1545 - 1645

KEYNOTE SPEAKER - JACKIE DAVIDSON AT CALADH

1645 - 1700

QUESTION & ANSWER SESSION

1700 - 1715

CONFERENCE SUMMARY & CLOSING REMARKS



APPLICATION

**COACHING
CONFERENCE
2012**

To reserve a place at the Lewis & Harris Coaching Conference 2012 please complete and return this form

NAME

ADDRESS

POSTCODE

CLUB / ORGANISATION

SPORT

TELEPHONE

MOBILE

EMAIL

COACHING QUALIFICATIONS

WORKSHOP PREFERENCE

Please tick the workshop you would like to attend in the morning

ATHLETICS ☐

FOOTBALL ☐

FUN GAMES ☐

SHINTY ☐

AGILITY ☐

GOLF ☐

CANOEING ☐

DISABILITY SPORT ☐

Coaches should bring suitable clothing and footwear for both indoor and outdoor workshops

PAYMENT

Please make cheques payable to "CnES"

I ENCLOSE A CHEQUE / CASH FOR £10 ☐

Completed Forms should be returned to:

Steven Munro
Community Sports Development Officer
Lewis Sports Centre
Springfield Road
Stornoway
Isle of Lewis
HS1 2PZ
01851 822785

The closing date for entries is **Wednesday 3rd October 2012**