

2010

Sunday 21st November
Dalkeith School Campus



coaching
counts



- Rugby
- Athletics
- Gymnastics
- Football
- Basketball
- Golf
- Hockey
- Badminton
- Disability Sport

Booking Form

Name:

Address:

Postcode:

Tel: Home:

Mobile:

E-mail:

Any Dietary requirements:

Please select the workshop choice:

Badminton

Rugby

Gymnastics

Football

Basketball

Athletics/Disability Sport

Hockey

Golf

Licence No.

Cost: £15.00 Full Day (including Lunch)

Please complete and return the form with the appropriate fee by 12 November 2010 to:
**Coaching Counts 2010, Sport & Outdoor Education, Strathbrock Partnership Centre,
West Main Street, Broxburn, EH52 5LH**

For enquires: **Tel: 01506 774 732** **E-mail: sportandrecreation@westlothian.gov.uk**

Places come on a first come, first serve basis and confirmation will be sent to applicants.

Payment Methods:

Cheques/Postal Orders should be made payable to West Lothian Council or alternatively you can pay by Debit/Credit Card by completing the section below. Please note we cannot accept VISA electron payments without the cardholder being present.

Card type: Delta Mastercard Visa Maestro (Please indicate)

Card no. / / /

Issue no. Start date: Expiry date: 3 digit security no.

* Please note that credit card payments will show as 'West Lothian Council'

Aim of Conference

Every year the East of Scotland's Coaching Counts Conference supports coaches by providing practical coaching workshops in partnership with chosen Scottish Governing Bodies (SGB's). Known for working with highly experienced and well known guest speakers, this year the event will run at Dalkeith Sports Centre, Midlothian.

Coaching Counts is delighted to be able to offer workshops delivered by Scottish National team coaches, helping local coaches to 'reflect on coaching practise'. The conference aims to give local coaches the opportunity to learn from Scotland's best and to have greater understanding of alternative / different coaching practises and styles and how these can benefit our athletes / players and can develop our own coaching skills.

Conference Programme:

November's conference will open with Keynote speeches by Michael Cavanagh, *Chair of Commonwealth Games Committee* and Richard Brickley MBE *International Classifier - International Paralympic Committee* followed by sport specific workshops in the afternoon. Lunch will be served from 12noon until 1pm.

10.30am - 11.00am	Registration
11.00am - 12 noon	Keynote Session: Michael Cavanagh Richard Brickley MBE
12 noon - 1.00pm	Lunch
1.00pm - 4.00pm	Sport Specific Workshops

Scholarship Funding:

Scholarship funding opportunities may be available for local coaches.

For further information please contact:

West Lothian Council, *Shirley-Anne Smith* | 01506 774 733

Coaching Edinburgh, *Graham Moodie* | 0131 458 2181

Midlothian Council, *Yvonne Anderson* | 01968 664 083

Scottish Borders Coaching, *Andy Lawrie* | 07899 726 967

East Lothian Council, *Stevie Duff* | 01875 619 068





Keynote Speaker: **Richard Brickley MBE**

Title: International Classifier – International Paralympic Committee

Richard served his apprenticeship as a teacher and coach during his early years as a teacher in Dundee and Glasgow at schools, colleges and university. On arriving in Fife in 1975 he turned his attention to disability sport and led many Scottish sports teams as a coach to major events all over the world. Richard achieved his first GB coaching positions at the Paralympic Games in New York in 1984 and again in Seoul in 1988. He became an international classifier in 1984 and have now classified at major events on five continents including seven successive Paralympic Games. Richard was the chief classifier in Athens and Beijing for athletics. Since 1975 he has been active in Scottish Disability Sport in various capacities and roles.



Keynote Speaker: **Michael Cavanagh**

Title: Chair of Commonwealth Games Committee and **sportscotland** Institute of Sport Area Manager (East of Scotland)

Michael represents Commonwealth Games Scotland (CGS) on the Glasgow 2014 Board. He is the Chairman of CGS and has been a CGS board member since 2003.

Michael trained as a PE teacher and worked for 18 years in public sector sport and leisure management. He currently manages the East of Scotland Institute of Sport, part of the performance sports network in Scotland. Michael was an international athlete, competing for Scotland and Great Britain in wrestling.

He has contributed to the sport as a volunteer coach, team manager and board member for both Scotland and Great Britain, which has included involvement in five previous Commonwealth Games



Workshop Title: Part 1: Planning for Athletics practices. Part 2: Coaching athletes with a disability applications



Sandy Robertson

Title: Mastercoach

Sandy started in athletics as an athlete and was the Scottish Decathlon Champion and 400m Hurdles Internationalist. He has coached at four Commonwealth Games (three for Scotland, one for Malawi) and is now a Level Four Mastercoach (multi disciplines). Sandy was the scottishathletics Development Coach of The Year

2008 and was a teacher of Physical Education and Head of Department in West Lothian. He has also authored the Run, Jump and Throw Club, Elevating Athletics and On Your Marks materials for Scottish Athletics. Sandy is also a UK Athletics Tutor for Coach Education and Elevating Athletics.



John de Courcy

Title: Level 4 Performance Coach; 100, 200m & Relay

John de Courcy has coached athletics since 1982 and represented G.B. as sprints coach in 4 Paralympic events, one of which as team leader and representative of the BPA, 5 world Championships and many other international and national events.

He has coached 12 Paralympic athletes who medalled in 18 events and who broke 3 world records. He is currently cross country coordinator and lead coach for Scottish Disability Sport, national athletics squad.



Basketball



Workshop Title: Part 1: Offence - Reading and reacting to team mates, players and the ball. Part 2: Motivating players



Doug Reilly

Title: Head Coach, Scotland Men's U18

Doug is Scotland's U18 Mens Head Coach and has just returned from the FIBA Europe Division B Championships. Prior to this Doug was the Scotland U16 Men's Head Coach from 2005 until 2009 with his team taking a Gold medal at the 2008 FIBA Europe Division C Championship and Silver in 2006.

For the past 8 years Doug has been developing players within the City of Edinburgh Kings Cadet and Junior Men's programmes.



Gymnastics



Workshop Title: Body preparation for the developing gymnast

**Please note: Coaches to bring 2 gymnasts for demonstration purposes*



Willie Reilly

Title: Physical Education Teacher, BG High Performance Coach
Coach Education Tutor/Assessor and Internal Verifier

Willie became Head Coach at Fife Institute Gym Club in 1988. After PE College, he re-created Fife Institute Gym Club under the name Finesse Gym Club in 1994.

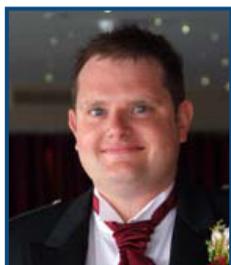
1995 - 1997 he was appointed as one of the National Squad Coaches with mentor Vladimir Oufimtsev. He also gained Diplomas in Sport Psychology, Conditioning and Sport Nutrition. Willie has been involved in delivering coach education courses in gymnastics and a variety of sports governing bodies for over 20 years. As a former NABBA Mr Scotland and fitness coach he is currently preparing athletes competing at World level bodybuilding and martial arts.



Hockey



Workshop Title: Developing goalkeepers



Graham Stuart

Title: Assistant National Goalkeeping Coach and Junior Men's National Squad Manager

Key involvement in development and creation of National Goalkeeping scheme of work to be delivered across the country at all Levels.

Lead coach of 2 year Under 18 and 21 programmes, developing and coaching GK's towards European Championships. Numerous years coaching Goalkeepers at youth age at district level to International standard. Represented Scotland as Goalkeeper at all levels.



Football



Workshop Title: Physical conditioning for youth footballers



Brian Ewing

Title: Director of Sport & Exercise, University of Dundee

Brian Ewing is the Director of the Institute of Sport and Exercise at the University of Dundee and has also been working with the Scottish National Football Teams for ten years, most recently as the sports science advisor to National Manager, Craig Levein.

Brian has been influential in the development of Scottish football through his significant involvement with the Scottish Football Association (SFA) as a sports scientist, an education course leader and as an assistant national age-group coach. He is an SFA 'A' Licence Coach, as well as holding a Bed (Hons) in Physical Education and an MSc in Exercise Physiology, as well as being the lead sports scientist on the SFA National Working Group.



Rugby



Workshop Title: Defence in Phase Play (S1 - U18 and Adult Coaches)



Simon Cross

Title: Head Coach Edinburgh Academicals
Scotland U.18 Defence Coach 2009/10

Simon is a former professional Rugby player and a former captain of Edinburgh Rugby where he made over 93 appearances during 8 seasons.

Simon was the Head Coach of Penicuik RFC aged 21 and won three 7's titles and had a 75% win/loss percentage over six seasons. He is currently the Youngest SRU Age Grade Coach (U.18 Defence Coach) and also Head Coach of Edinburgh Academicals.



Golf



Workshop Title: PGA Volunteer Coach Development Workshop



Graeme McDowall

Title: PGA Professional

With over 15 years of experience as a golf professional, Graeme's role includes the management of the golf shop, the development and delivery of coaching programmes and the teaching of students at Elmwood College. Currently a Lecturer in Performance Golf at Elmwood College in Fife, a 3rd year PhD student at the University of

Birmingham and a PGA Tutor. Graeme is currently working on the development of an Elite Golf Research Institute at Elmwood that will promote a research based approach to the development of future world class players.



John Mulgrew

Title: PGA Master Professional

A PGA Master Professional which is the highest status and honour a PGA professional can achieve and recognises an outstanding contribution to the game of golf, his expertise in formulating the basis for the industry-recognised PGA Director of Golf award was at the core of him receiving the accolade. Based in Glasgow John

is also a PGA Tutor, assessor and mentor to assistants taking the PGA Foundation degree. He turned to coaching having abandoned his ambitions to play on tour, and carved out a successful career as a coach guiding the likes of Stephen McAllister and Adam Hunter to European Tour titles.



Badminton



Workshop Title: Badminton - A simple sport?

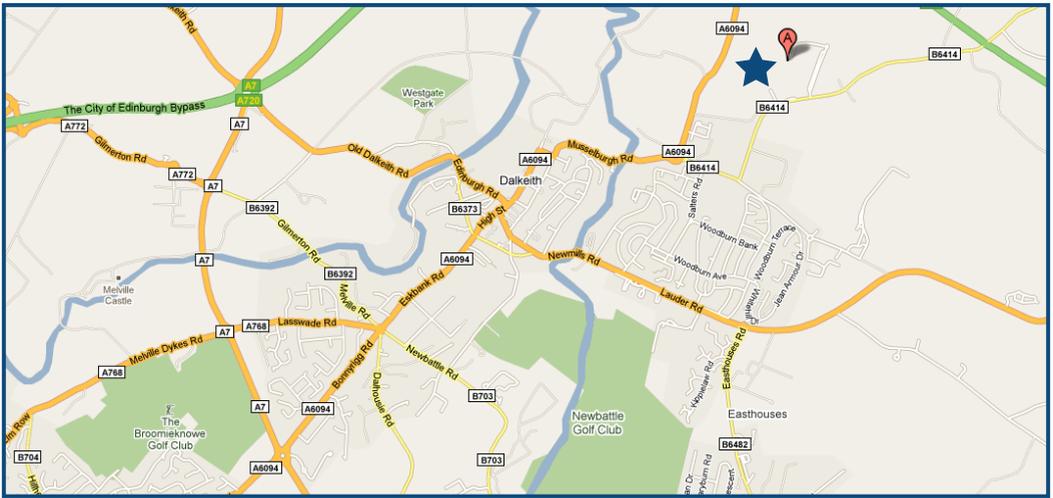


Dan Travers

Title: Coaching consultant

Dan Travers is a High Performance Badminton Coach. A former Commonwealth Games gold and European bronze medallist, Dan joined the Institute in 2000. He is the former Scottish Badminton Union national coach and director of coaching, and successfully coached the 2002 Scottish badminton squad to Commonwealth

Games bronze, Scotland's first ever Commonwealth Games badminton team medal.



★ **Dalkeith School Community Campus** (Tel: 0131 660 0265)

Dalkeith School Community Campus is situated on Cousland Road, Dalkeith, Midlothian. The location is just off the Musselburgh Road at the north end of Dalkeith.

Dalkeith High School, Dalkeith Schools Campus, Cousland Road, Dalkeith, EH22 2PS



**West Lothian
Council**



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INSTITUTE OF SPORT**
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