

# Sports Training Courses



**2011-2012**



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## Introduction

Clackmannanshire Council's Sports Development department work in close partnership with a range of external organisations to ensure they are able to support and develop coaches at all levels.

This booklet offers a wide range of courses for those looking to start coaching, experienced coaches and volunteers wishing to assist local clubs.

All course tutors are fully qualified, experienced and dedicated to make you become a confident coach. There may be opportunities to put your new knowledge and skills into action, if you are interested please contact Sports Development on 01259 452350.

What are the benefits of attending a course?

- Gain confidence
- Updating and obtaining new skills
- Increasing knowledge
- Continued Personal Development (CPD)
- Improve existing qualifications
- Encourage positive behaviour
- Understanding your role as a coach
- Potential employment

To book a course, please see individual courses for enrolment details.

There are several sources of funding available for the enclosed courses; Clackmannanshire Sports Council, Individual Learning Account, Awards For All and a number of other grant aid bodies.

If you are interested in a particular course that does not appear in the booklet, please contact Sports Development on 01259 452350 as additional courses can be run if there is a demand.

## General Courses

All the following courses are organised by Clackmannanshire Council's Sports Development Team.

### TOPS Gymnastics

This course provides training for teachers, parents, senior pupils, coaches, youth workers, etc. Training is designed to give support and guidance in the delivery of Gymnastics.

Course	Venue	Date	Time	Tutor	Cost
TOPS Gymnastics	Alloa Academy	26th October 2011	6pm - 9pm	Jackie Stevenson	£25

### Early Years Active Start

Contact Jackie Stevenson, Active Start Manager in Clackmannanshire Council's Sports Development Team for further information.

### Youth Sport Trust: Start To Play

This course combines the Top Tots / Start Training and the new Start To Play course.

This courses provides training in the use of resource cards and equipment for children aged 0-5.

Start To Play is ideal for nursery staff / assistants, child minders, playgroup leaders and Mother and Toddler leaders and volunteers.

Participants will receive a nationally recognised certificate.

Course	Venue	Date	Time	Tutor	Cost
Start to Play	Alloa Academy	12th Oct 2011	6pm - 9pm	Jackie Stevenson	£25
Start to Play	Alloa Academy	8th February 2012	6pm - 9pm	Jackie Stevenson	£25

## Sports Coach UK Safeguarding and Protecting Children 1

This course is essential for all coaches to attend. If you have not yet attended please try to enrol as soon as possible. Coaches will be made aware of issues that can arise whilst coaching children. The information coaches will receive in this 3 hour course will raise their awareness of child protection issues.

Course	Venue	Date	Time	Tutor	Cost
Sports Coach UK Safeguarding and Protecting Children	Kilncraigs	24th Oct 2011	6pm - 9pm	Sports Coach UK	£25
Sports Coach UK Safeguarding and Protecting Children	Kilncraigs	11th Jan 2012	6pm - 9pm	Sports Coach UK	£25
Sports Coach UK Safeguarding and Protecting Children	Kilncraigs	19th Mar 2012	6pm - 9pm	Sports Coach UK	£25
Sports Coach UK Safeguarding and Protecting Children	Kilncraigs	16th May 2012	6pm - 9pm	Sports Coach UK	£25

## Sports Coach UK Safeguarding and Protecting Children 2 Workshop

This course develops the information gained in Sports Coach UK Safeguarding and Protecting Children 1. Coaches will learn how to manage any issues that may arise whilst coaching children.

Please call Sports Development on 01259 452350 to register your interest in this course. This course will be available on request - tutored by Sports Coach UK. Tutor at Kilncraigs

## In Safe Hands - Children 1st Training

This course is aimed at all clubs, youth groups and individuals that work with children. The aims of this workshop are to provide participants with the core knowledge and to develop their skills in order to fulfil the role of child protection officer for their club. It will also help clubs implement practices and procedures to keep children and young people safe.

Course	Venue	Date	Time	Tutor	Cost
In Safe Hands - Children 1st Training	Kilncraigs	25th April 2012	6.30pm - 9.30pm	Children1st Tutor	£15

## PVG - Protecting Vulnerable Groups

The PVG scheme replaces the disclosure checking system. This workshop will help sports clubs and organisations understand the changes regarding the new legislation. This workshop will relate to those working with children, young people and / or vulnerable adults. Anyone working / volunteering in a club / organisation must be PVG checked if working with vulnerable groups.

Course	Venue	Date	Time	Tutor	Cost
PVG - Protecting Vulnerable Groups	Kilncraigs	10th Nov 2011	7pm - 9pm	Campbell Bell and Dougie Arneil, Children 1st	£15
PVG - Protecting Vulnerable Groups	Kilncraigs	10th May 2012	7pm - 9pm	Campbell Bell and Dougie Arneil, Children 1st	£15

Free to those affiliated to Clackmannanshire Sports Council or a member of a club within Clackmannanshire.

## Emergency First Aid

This course is designed to provide basic first aid instruction for coaches/volunteers who have been appointed in charge of first aid. The course will cover burns, choking, fractures, poisons, resuscitation and unconsciousness, bleeding, heart attack and stroke. Successful participants are awarded a First-Aid-First Certificate which is valid for 3 years.

Course	Venue	Date	Time	Tutor	Cost
Emergency First Aid	Kilncraigs	16th Nov 2011	5.30pm - 9pm	Stephen Naylor	£35
Emergency First Aid	Kilncraigs	11th Apr 2012	5.30pm - 9pm	Stephen Naylor	£35
Emergency First Aid	Kilncraigs	4th Jun 2012	5.30pm - 9pm	Stephen Naylor	£35

## Sports First Aid

This course is the most comprehensive Sports First Aid course in the UK and is a must for anyone who is involved in Sports and Fitness. The course covers all aspects of general first aid in a sport and health environment as well as the rehabilitation of athletes and fitness participants. The candidates will learn emergency first aid and also advanced aid for individuals suffering from sporting injuries. The course gives an insight into how to manage injuries and the best practices how to prevent such injuries occurring.

Course	Venue	Date	Time	Tutor	Cost
Sports First Aid	TBC	28th & 29th Jan 2012	9.30am - 3.30pm	Safe Aid Tutor	£60

This Sports First Aid Course is delivered by a HSE approved company and is approved by the Scottish Youth Football Association and is valid for 2 years.

## Sport Specific Courses

### Athletics - Coaching Assistant

The Coaching Assistant Award will provide prospective coaches with an introduction to coaching athletics via a range of run, jump and throw skills and athletics activities. A Coaching Assistant license will be awarded to successful attendees on completion.

Course	Venue	Date	Time	Tutor	Cost
Coaching Assistant	Lornhill Academy	11th & 12th February 2012	9am - 5pm	Scottish Athletics Tutor	£150

Aged between 16-25 years? Funding is available to cover the cost of this course. Call Sports Development on 01259 452350.

### Badminton ABC 1 & 2 and Fun Games

These modules are ideal for teachers, parents, coaches and volunteers working within schools or communities. The ABC 1 and 2 parts of the module aims to develop knowledge, skills and confidence to deliver enjoyable and engaging sessions that focus on technique and skill acquisition whilst encouraging maximum participation in a one court setting. The Fun Games module offers a wonderful collection of fun games to provide you with a bank of ideas to keep your players motivated and enjoying badminton. By the end of these modules you will have developed your badminton teaching in order to deliver structured sessions to large numbers in a fun, safe, efficient way.



Course	Venue	Date	Time	Tutor	Cost
Badminton ABC 1 & 2 & Fun Games	Alloa Academy	17th March 2012	10am - 4pm	Badminton Scotland Tutor	£20

### Junior Jog Scotland Training

Training that is ideal for teachers, parents, senior pupils, coaches, youth workers, scout & guide leaders, etc. Training is provided on how to use the Junior Jog Scotland activity cards and resources to deliver quality sports/activity sessions to children. Every participant receives a resource pack worth £20.



Course	Venue	Date	Time	Tutor	Cost
Junior Jog Scotland Training	Alloa Academy	25th January 2012	6pm - 8pm	Jackie Stevenson	£25

# Tennis



## Tennis Leaders Award

Tennis Leaders has been developed to introduce more young people into volunteering. Designed to offer a wide range of opportunities to young people, providing them with enhanced skills and experience. Tennis Leaders is targeted at 14-16 year olds with an interest in tennis and sport - however this can be extended to include 13-17 year olds.

Tennis Leaders Award is available on request. It will be held at Lornshill Academy and tutored by a LTA Tutor.

Visit [www.LTA.org.uk/in-your-area/scotland/courses](http://www.LTA.org.uk/in-your-area/scotland/courses) for more information

## Aegon Mini Tennis Workshop

This course introduces the candidate to the Aegon Mini-Tennis scheme, it is ideal for teachers, parents, senior pupils, coaches, youth workers, scout & guide leaders, etc.

Course	Venue	Date	Time	Tutor	Cost
Aegon Mini Tennis Workshop	Lornshill Academy	25th April 2012	6pm - 9pm	LTA Tutor	£10

## Level 1 - Tennis Assistant Course

This course is an introduction to tennis coaching, aimed at those who are enthusiastic about tennis and want to aid in coaches and deliver Mini Tennis. It is ideal for parents, teachers, club helpers, coaches and young people looking to step onto the coaching ladder in tennis. Candidates must be aged 16 years by the first day of the course.



Course	Venue	Date	Time	Tutor	Cost
Level 1 - Tennis Assistant Course	Lornshill Academy	10th&11th March 2012	9am - 5pm	LTA Tutor	£185
Assessment Day	Lornshill Academy	29th April 2012	9am - 5pm	LTA Tutor	

Funding of 50% is available through Sports Scotland on successful completion of the course. Call Sports Development on 01259 452350 for more details.

## Football

All football courses below are organised and tutored by the SFA Football Development Officer.



### Children's Level 1 - Early Touches

This six hour course is open to all interested parties aged 16 years and over, experienced or otherwise, who work with children of primary school age. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focus on skill development and will explore the best age specific activities for developing young players.

Course	Venue	Date	Time	Tutor	Cost
Children's Level 1 - Early Touches	Tullibody Civic Centre	6th May 2012	10am - 4pm	SFA Tutor	£35

### Youth Level 1 - Development Activities

This six hour course comprises of practical content and is open to anyone working with players in the 12 - 18 age range.

Course	Venue	Date	Time	Tutor	Cost
Youth Level 1 - Development Activities	Tullibody Civic Centre	27th May 2012	10am - 4pm	SFA Tutor	£35

### Children's Level 2 - Coaching Young Footballers

This twelve hour course is designed to assist coaches with planning, preparation, organisation, and evaluation of their coaching sessions. It focuses on coach style and the use of differentiation, ie provision of practices to suit the wide range of abilities with the primary school age group.

NB. Applicants must have completed Level One Early Touches Course.

Course	Venue	Date	Time	Tutor	Cost
Children Level 2 - Coaching Young Footballers	Tullibody Civic Centre	8th & 15th July 2012	10am - 4pm	SFA Tutor	£45

## Children's/Youth Pathway Level 3 - Coaching in the Game

In both Children's and Youth Awards Structures, the 12-hour Coaching in the Game Certificate Course considers the knowledge and understanding required to help young players appreciate concepts such as width, depth and support within the small-sided game. The course is largely practical in nature and prospective coaches are required to demonstrate the ability to coach basic strategies to young players.



NB. Applicants must hold either Level 1 Development Activities and Level 2 Coaching Youth Footballers Certificates or Level 1 Early Touches and Level 2 Coaching Young Footballers Certificates.

Course	Venue	Date	Time	Tutor	Cost
Children's/Youth Pathway Level 3 - Coaching in the Game	Tullibody Civic Centre	13th and 20th Nov 2011	10am - 4pm	SFA Tutor	£50

## Rugby

### Scottish Rugby – Rugby Ready Course

This course (Mini and Adult/Youth variations) is Scottish Rugby's minimum standard for all coaches, teachers and referees at the start 2011/12 season. All coaches, teachers and referees are therefore required to undertake the course.



Course	Venue	Date	Time	Tutor	Cost
Rugby Ready Course - Youth & Adult	Hillfoots Rugby Club	TBC	6.30pm - 9.30pm	Craig Bolan	FREE
Rugby Ready Course - Mini	Alloa Rugby Club	TBC	6.30pm - 9.30pm	Craig Bolan	FREE

Call Craig Bolan, Rugby Development Officer on 01259 452343 for dates of Rugby Ready.

## Hockey

The 6-hour Leaders' Award is aimed at hockey players, teachers, youth workers and sports coaches who wish to introduce the game to juniors and beginners. This is the first level coaching award in the Scottish Hockey coaching pathway and is a prerequisite for anyone who may wish to progress to higher level awards.

Please contact Lindsay Campbell, Active Stirling Hockey Development Officer 01786 432323 or [campbell@activestirling.org.uk](mailto:campbell@activestirling.org.uk)

Course	Venue	Date	Time	Tutor	Cost
Hockey Leaders Award	Forthbank Stadium	28th Nov 2011	10am - 4pm	Scottish Hockey Tutor	£30

## Urban Rebounding - Adult training

This exciting new fitness workout is hugely popular in the US and Clackmannanshire is the first to bring it to Scotland. There are 3 components for fitness instructors to be certificated in Urban Rebounding; children/ adults / personal training.

The training takes a day and is delivered by Rebound UK tutors who are highly knowledgeable and deliver in a fun engaging way. This fitness activity is ideal for those recovering from injury, getting back into fitness, those with weight issues, and as part of a specific fitness regime.

Those wishing to attend this training must be; gym instructor, personal trainer, REPS level 1 instructor, qualified PE teacher or sports coach. There are DVDs, manuals and follow up modules for the successful candidates.

Course	Venue	Date	Time	Tutor	Cost
Urban Rebounding - Adult training	Lornhill Academy	6th Nov 2011	9am - 4pm		£130

## Coach Education

Coach Education for **Bowling, Trampoline and Netball** will be available in 2012. Please call Sports Development on 01259 452350 to register your interest on this course.

# Positive Coaching Scotland & Clackmannanshire Council

Clackmannanshire Council is one of five pilot areas for the Positive Coaching initiative in which we are trying create a 'new culture' for sport where we teach children to not want to win at all costs, but rather win through effort and that sport can be used to teach character-building life skills that can be used in later life. Life skills such as:

- Leadership
- Teamwork
- Compassion
- Handling adversity
- Persistence

## Leaders Workshop

Leaders workshops are tailored for each individual group.

The workshop can be delivered in your own setting.

Contact the PCS Manager, Alison Mackie, to arrange.

- whatever kind of organisation you lead, you are responsible for shaping the culture within it; you decide 'how we do things here'.
- workshops can be delivered in your own club or group environment if required.

## Teachers Workshop

- the PCS model is based on years of educational psychology & research. Its principles offer a method of bringing to life the aims of a Curriculum for Excellence.
- workshops can be delivered in your own school environment.

Course	Venue	Date	Time	Tutor
Teachers Workshop	TBC	14th Feb 2012	1pm - 3pm	Alison Mackie

The principles of PCS are delivered through a series of workshops tailored to the role that each individual plays in the child's life:

- Parent
- Teacher
- Sports Coach
- Leader of Organisation/Club/School



**All PCS courses listed below are FREE**

## Coaches Workshop

- PCS will challenge you to stop and think about your underlying principles and to then give you supporting materials and sporting examples which will help you learn new skills and basic techniques to communicate a positive climate at all times.
- workshops can be delivered in your own club or group environment if required.



Course	Venue	Date	Time	Tutor
Coaches Workshop	Alloa Academy	24th October 2011	6pm - 8pm	Alison Mackie
Coaches Workshop	Alloa Academy	11th June 2012	6pm - 8pm	Alison Mackie

## Parents Workshop

- Sport has the very real potential to help prepare your child for life. There is no better way to teach your child vital character-building life lessons, which is why it is so important that we all try harder to help our children stay in sport.
- Parents will be given practical tools and examples to help support their children in the sporting environment.
- Workshops can be delivered in your own club or group environment if required.

Course	Venue	Date	Time	Tutor
Parents Workshop	Kilncraigs	21 November 2011	6pm - 8pm	Alison Mackie

Contact Alison Mackie, Active Schools Manager, Tel: 01259 452338, Email: [amackie@clacks.gov.uk](mailto:amackie@clacks.gov.uk)

For more information on Positive Coaching Scotland visit Sports Scotland Website: [www.sportscotland.org.uk/pcs](http://www.sportscotland.org.uk/pcs)

# Leadership Programmes for Young People 2011-2012

## Zest Leaders Programme

- there are a series of opportunities over the year for young leaders of all ages to opt into.
- leaders can attend as many (or as few) courses as they wish.
- attendance at the courses will result in either attendance certificates or Nationally recognised awards for completing modules.

Activity / Event	Venue	Date	Time	Who Can Attend?	Cost
Zest Leadership programme	Alva Academy	14th Feb 2012	9.30am - 3pm	Anyone aged 10-18 years. Course will consist of - Flames Initiative Training - building on the Olympic and Paralympic values to create more sporting opportunities for young people	£5
Zest Leadership Camp	Alloa Academy	Tuesday 10th - Thursday 12th April 2012	1pm - 4pm	Anyone aged 10-18 years. The course will consist of: <ul style="list-style-type: none"> <li>• ASN and Inclusion</li> <li>• Dealing with Challenging Behaviour</li> <li>• Learning and Communication Styles</li> </ul>	£10
Sports Leader Level 1	Alloa Academy	Monday 9th - Friday 13th July 2012	9.30am - 4pm	Any young people aged 13+ who wish to complete this Nationally recognised award. The course consists of a mix of theory and practical over 7 units - each of which are assessed on an ongoing basis. Credit can be given to prior learning through attendance on any of our previous Leadership programmes delivered throughout 2011-2012	£30
Dance Leader Level 1	Alloa Academy	Monday 23rd - Friday 27th July 2012	9.30am - 4pm	Any young people aged 13+. This is a Nationally recognised qualification that allows candidates to lead small groups in simple dance activities, whilst under the direct supervision of the tutor. Course covers leadership skills, organisation, planning communication and teamwork through the medium of dance. It is a fun and practical qualification with no entrance requirements or exams to sit. The course is approximately 33 hours of guided learning.	£30

## Outdoor Education Courses

All outdoor education courses are tutored and organised by Drew Michie. For bookings and enquiries contact 01259 216428 or 0775 148 0051. (Email: [drew@lynnside.fsnet.co.uk](mailto:drew@lynnside.fsnet.co.uk))

### Pre-Alpine Ski Leader Course

This preparatory course is strongly recommended for anyone contemplating Snowsport Scotland's Alpine Ski Leader Award Course. It is a personal proficiency course designed to assist participants reach the technical skiing entry level for the Alpine Ski Leader Award courses. This preparatory course is of 2 days duration.

Course	Venue	Date	Time	Tutor	Cost
Pre-Alpine Ski Leader Course	Cairngorm	On request	Full weekend	Drew Michie	£140

### Alpine Ski Leader Course

The Alpine Ski Leader Award is the qualification required by local authorities for those who wish to take pupils and other skiing on snow. It is a 7 day course of training which involves continuous assessment. The content of the course includes leadership, mountain and technical skills. The course material is presented primarily during on-snow skiing sessions and is supported by evening programmes and seminar sessions.

Course	Venue	Date	Time	Tutor	Cost
Alpine Ski Leader	Self catering at Badaguish, Aviemore	7th - 14th March 2012	Full week	Drew Michie	£455

### Alpine Ski Leader Refresher Course

This course will update and inform participants of recent developments in the field of leading and instructing skiers. Additionally it will give participants direction and advice on how to improve their personal skiing performance.

Course	Venue	Date	Time	Tutor	Cost
Alpine Ski Leader Refresher Course	Cairngorm	29th January 2012	Full Day	Drew Michie	£75
Alpine Ski Leader Refresher Course	Cairngorm	26th February 2012	Full Day	Drew Michie	£75
Alpine Ski Leader Refresher Course	Cairngorm	27th February 2012	Full Day	Drew Michie	£75

## Trail Cycle Leader Training

Candidates will be trained and assessed in the following areas: Clothing & Equipment; Planning & Preparation; Access Rights & Responsibilities; Leadership; Fitness, Fuel & Hydration; Trailside Repairs & Bike Set-Up; Hazards & Risk Management; Weather; Legal Issues & Liability.

Course	Venue	Date	Time	Tutor	Cost
Trail Cycle Leader Training	Gartmorn Dam	9th - 11th May 2012	Various	Drew Michie	£130
Trail Cycle Leader Training	Gartmorn Dam	18th - 20th May 2012	Various	Drew Michie	£130

## Trail Cycle Leader Assessments

Prequalification for the following courses is completion of the Trail Cycle Leader (see above).

Course	Venue	Date	Time	Tutor	Cost
Trail Cycle Leader Assessment	Gartmorn Dam	15th June 2012	9am - 5.30pm	Drew Michie	£75
Trail Cycle Leader Assessment	Gartmorn Dam	24th June 2012	9am - 5.30pm	Drew Michie	£75

## Night Biking Module Training and Assessment

Those who hold the Trail Cycle Leader award are limited to daylight hours only. In 2006 a new module was introduced to extend the scope of the Trail Cycle Leader to work in conditions outside the "day time only" remit of the award.

Course	Venue	Date	Time	Tutor	Cost
Night Biking Module Training	Gartmorn Dam & Devilla Forest	25th Oct & 1st Nov 2011	Evening	Drew Michie	£130
Night Biking Module Assessment	Gartmorn Dam & Devilla Forest	22nd February 2012	Evening	Drew Michie	£75

## Central Sporting Partnership

Central Sporting Partnership consists of Clackmannanshire, Falkirk and Stirling Councils, Active Stirling, Central Scotland Institute of Sport, Stirling University and selected Scottish Governing Bodies of Sport. The partnership is also supported by and works closely with sportscotland. The aim of Central Sporting Partnership is to strengthen the sporting infrastructure and allow the delivery of a co-ordinated sports specific development pathway.

To book any of these courses contact Central Sporting Partnership on **01324 590720**.

There are further courses run within Forth Valley. For these details please contact the Central Sporting Partnership Regional Managers whose numbers can be found in the contact section of this booklet.

### Golf Training PGA Level 1 Course

The Level 1 Golf Coach qualification is ideal for parents, volunteers, golfers, sports leaders and school teachers. This is the first qualification of the golf coaching pathway in Scotland and will enable you to deliver the Stage 1 clubgolf coaching programme.

Course	Venue	Date	Time	Tutor	Cost
Golf Training PGA Level 1	Forthview Driving Range, Airth	25th & 26th Feb 2012	9am - 5pm	PGA Tutor	TBC
Golf Training PGA Level 1	Kingsfield Driving Range, Linlithgow	24th & 25th March 2012	9am - 5pm	PGA Tutor	TBC
Golf Training PGA Level 1	Forthview Driving Range, Airth	12th & 13th May 2012	9am - 5pm	PGA Tutor	TBC

For more information and to request an application pack please contact Mandy Martin, Clubgolf Regional Manager on 01324 590720.

## Athletics - Officials Training

This training is designed to provide staff, coaches and any people interested in officiating athletics the skills required to coach the correct techniques and rules for competing in an athletics event. Ideal for coaches, school teachers, PE teachers and anyone with an interest.

Course	Venue	Date	Time	Tutor	Cost
Athletics - Officials Training	Grangemouth Stadium	5th Nov 2011	9.30am - 5pm	Scottish Athletics Tutor	£10

## Athletics - The Leaders Course

This is the first step onto the Athletics Coaching pathway, this course is aimed at those aged 16 years and over. This course will introduce individuals to a range of athletics activities to develop the run, jump and throw skills of athletes in the fundamentals and foundation stages of development. It is designed to equip helpers in athletics with a basic understanding of these key principles.

Course	Venue	Date	Time	Tutor	Cost
Athletics - The Leader Award	Grangemouth Stadium	3rd Dec 2011	9am - 5pm	Scottish Athletics Tutor	£90

For more information and to request an application pack please contact Ashley Oswald, Athletics Development Manager for Tayside & Fife and Central, on 07557 430 966.

## Football In-Service

Tailored sessions are co-ordinated throughout the year to suit local clubs and coaches. Details of these are available online at [www.sportcentral.org.uk](http://www.sportcentral.org.uk) or from Alan Morgan, Football Development Manager. Additional courses can be found in the SFA Central Coach Development brochure on the SFA website [www.scottishfa.co.uk](http://www.scottishfa.co.uk)

Course	Venue	Date	Time	Tutor	Cost
Football In-Service Training	Recreation Park, Alloa	4th Nov 2011	TBC	SFA Tutor	TBC

## Disability Sport, Coach Education and Training

### Coaching Swimmers with a Disability

This seminar aims to provide coaches with a better understanding of coaching swimmers with disabilities. You will learn adapted practices which will ensure disabled swimmers receive optimum training.

Course	Venue	Date	Time	Tutor	Cost
Coaching Swimmers with a Disability	Stirling University	27th Oct 2011	5.30pm - 9pm	Scottish Swimming Tutor	TBC

### Coaching Footballers with Disabilities

This course is open to all interested parties aged 16 and over, experienced or otherwise, who work with or have an interest in working with footballers with disabilities. Using practical and workshop teaching methods the course is designed to give coaches an insight into how best to deliver coaching sessions to groups of players with a wide range abilities and disabilities.

Course	Venue	Date	Time	Tutor	Cost
Coaching Footballers with Disabilities	The Peak, Stirling	20th Nov 2011	10am - 5pm	SFA National Disabilities Development Officer	£45

### Makaton Sign Level 2+, Sport Specific

The training is suitable to those who work in a sport or leisure environment with pupils/ individuals who use Makaton sign for language development and understanding. The course will cover key signs in relation to colours, activities and everyday use signs.

Course	Venue	Date	Time	Tutor	Cost
Makaton Sign, Sport Specific	TBC	Wed 29th Feb	3.30pm - 5pm	NHS Speech & Language Therapist	FREE

## UK Disability Inclusion Training Course

This is an excellent introductory workshop into disability and sport in Scotland. It provides an opportunity to :-

- Recognise the influence perceptions and experiences have on interactions and our expectations of others
- Identify appropriate disability-specific terminology, etiquette and communication
- Articulate the principles of the Equality Act 2010 and know who to contact for further information
- Outline the barriers which may need to be challenged in order to create opportunity
- Identify the participation opportunities within disability sport
- Recognise how to influence (even change) practices, and facilitate inclusion

Course	Venue	Date	Time	Tutor	Cost
UK Disability Inclusion Training Course	The Peak, Stirling	22nd & 29th Feb 2012	6pm - 9pm	Scottish Disability Sport Tutor	£30

## Introduction to Pool Work

This practical workshop offers an insight into some of the techniques used to support, encourage and offer a practical water experience to people with a variety of differing disabilities. Candidates will be expected to operate in the pool, be both water confident and in reasonable physical health. Part of the session will take part in a lecture room.

Course	Venue	Date	Time	Tutor	Cost
Introduction to Pool Work	Graeme High School, Falkirk	6th March 2012	5.30pm - 9.30pm	Richard Brickley MBE	£30

## Organiser's Contact Details

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Forth Vale Disability Sport  
Co-ordinator  
info@FVDS.org

## Other Contacts

**Kenny Cook**  
Secretary, Clackmannanshire  
Sports Council  
Tel: 01259 452350  
kcook@clacks.gov.uk

## List of Courses by date

Date	Course	Page
12/10/2011	Start to Play	2
24/10/2012	Sports Coach UK Safeguarding and Protecting Children	3
24/10/2011	Positive Coaching Coaches Workshop	11
25/10/2011	Night Biking Module Training	14
26/10/2011	TOPS Gymnastics	2
27/10/2010	Coaching Swimmers with a Disability	17
04/11/2011	Football In-Service Training	16
05/11/2011	Athletics - Officials Training	16
06/11/2011	Urban Rebounding - Adult training	9
10/11/2011	Protecting Vulnerable Groups	4
13/11/2011	Children's/Youth Pathway Level 3 - Coaching in the Game	8
16/11/2011	Emergency First Aid	4
20/11/2012	Coaching Footballers with Disabilities	17
21/11/2011	Positive Coaching Parents Workshop	11
28/11/2011	Hockey Leaders Award	9

Date	Course	Page
03/12/2011	Athletics - The Leader Award	16
11/01/2012	Sports Coach UK Safeguarding and Protecting Children	3
25/01/2012	Junior Jog Scotland Training	5
28/01/2012	Sports First Aid	4
29/01/2012	Alpine Ski Leader Refresher Course	13
08/02/2012	Start to Play	2
11/02/2012	Coaching Assistant	5
14/02/2012	Positive Coaching Teachers Workshop	10
14/02/2012	Zest Leadership programme	12
22/02/2012	Night Biking Module Assessment	14
22/02/2012	UK Disability Inclusion Training Course	18
25/02/2012	Golf Training PGA Level 1	15
26/02/2012	Alpine Ski Leader Refresher Course	13
27/02/2012	Alpine Ski Leader Refresher Course	13
7/03/2012	Alpine Ski Leader	13

## List of Courses by Date continued

Date	Course	Page
07/03/2012	Introduction to Pool Work	18
10/03/2012	Level 1 - Tennis Assistant Course	6
17/03/2012	Badminton ABC 1 & 2 & Fun Games	5
19/03/2012	Sports Coach UK Safeguarding and Protecting Children	3
24/03/2012	Golf Training PGA Level 1	15
10/04/2012	Zest Leadership Camp	12
11/04/2012	Emergency First Aid	4
25/04/2012	In Safe Hands - Children 1st	3
25/04/2012	Aegon Mini Tennis Workshop	6
06/05/2012	Children's Level 1 - Early Touches	7
09/05/2012	Trail Cycle Leader Training	14
10/05/2012	Protecting Vulnerable Groups	4
12/05/2012	Golf Training PGA Level 1	15
16/05/2012	Sports Coach UK Safeguarding and Protecting Children	3
18/05/2012	Trail Cycle Leader Training	14

Date	Course	Page
27/05/2012	Youth Level 1 - Development Activities	7
04/06/2012	Emergency First Aid	4
11/06/2012	Positive Coaching Coaches Workshop	11
15/06/2012	Trail Cycle Leader Assessment	14
24/06/2012	Trail Cycle Leader Assessment	14
08/07/2012	Children Level 2 - Coaching Young Footballers	7
09/07/2012	Sports Leader Level 1	12
09/07/2012	Dance Leader Level 1	12
TBC	Rugby Ready Course - Youth & Adult	8
TBC	Rugby Ready Course - Mini	8
TBC	Pre-Alpine Ski Leader Course	13

## Support for coach education

### Clackmannanshire Sports Council

Formed in 1978, the Sports Council works in partnership with local sports clubs, local and national sporting organisations and Clackmannanshire Council to provide high quality sports provision within Clackmannanshire. The Sports Council is a voluntary organisation and can offer advice and assistance for individuals and clubs, It also operates a grant aid scheme for affiliated members. The Sports Council have now introduced the offer of training courses to affiliated members at a reduced cost or free.

For further details contact the Sports Council Secretary on:  
01259 452 350 or  
e-mail [kcook@clacks.gov.uk](mailto:kcook@clacks.gov.uk)

### Claim your £200 towards learning something new

ILA Scotland is a Scottish Government scheme that helps you pay for learning that you can do at a time, place, pace and in a way to suit you. It's for people who have an income of £22,000 a year or less, or who are on benefits.

If you are 16 or over and living in Scotland, you could get up to £200 towards the cost of learning with a learner account from ILA Scotland.

You can use the whole £200 towards the cost of a single course or you can use it to pay for several short courses during the year.

#### Find out more today

Give ILA Scotland a call and one of their advisers can tell you more about how to apply. For an application pack and to find out more call free on:

0808 100 1090 quoting reference ILAGL

or visit [www.ilascotland.org.uk](http://www.ilascotland.org.uk) or contact Kate Smith at Clackmannan Training & Learning Centre.

Tel. 01259 225191.

## **Booking Information 2011 - 2012**

(For courses run by Sports Development Only)

### **Payment**

Applications must be accompanied by payment and places are allocated on a first come, first served basis. No confirmations will be sent candidates will have been enrolled unless otherwise contacted.

Please send booking form and payment to:

**Sports Development  
4th Floor, Kilcraigs  
Greenside Street  
Alloa  
FK10 1EB**

### **Course Information**

All course information is correct at time of going to print, but may be subject to change.

### **Closing Date**

Applications should be received at least 7 days prior to the start of the course. Late bookings may be accepted in certain circumstances.

### **Cancellations and Refunds**

- Cancellations made within 2 days or non attendance of the course will incur the full course fee.
- Cancellations made outside of the 2 day cancellation period will be refunded in full.

In the unlikely event that Sports Development cancels a course then all candidates will receive a full refund.

### **Course Requirements**

Candidates are responsible to ensure that they meet any pre requisite course requirements.

## Booking Form 2011 - 2012

(For courses run by Sports Development Only)

Name

Address

Postcode

Telephone

Email

Club (if appropriate)

Main Sport

Please reserve me a place on the following courses

Course

Date

Cost

Course

Date

Cost

Course

Date

Cost

Course

Date

Cost

Total

Where appropriate please include a fee payable to Clackmannanshire Council

Please return to Sports Development, 4th Floor, Kilncraigs, Greenside Street, Alloa, FK10 1EB.



CLACKMANNANSHIRE  
**Sports** 2011  
 2012

**Development**  
 Children's and Young  
 Adults Coaching  
 Programme

Clackmannanshire Council

**Clackmannanshire Swim School**

Welcome to the brand new programme for swimming run by Clackmannanshire Council's sports development section.

**At Tulliallan Police College pool!**

Quality programmes for:

- Parent and child
- Scottish Swimming Association Levels 1 to 10 (5 years and over)
- Swim 16 (13 years and over)

Qualified and experienced lifeguards and coaches trained in:

- British Swimming Association
- Scottish Swimming Association
- Child protection
- Water Coaching Certificate

Restricted access to the Tulliallan Police College, booking essential.

**Mondays, Tuesdays, Wednesdays, Thursdays** — various times

Bookings and enquiries: 01251 422200 [swimdevelopment@clack.gov.uk](mailto:swimdevelopment@clack.gov.uk)

Clackmannanshire Council

