



Scottish Borders

COACHING CONFERENCE 2011

ATHLETICS
BADMINTON
CRICKET
CYCLING
FOOTBALL
GOLF
HOCKEY
RUGBY
SWIMMING
TENNIS

20th March 2011
Borders College
Netherdale, Galashiels
9.30am-4.15pm
Cost -£20

SPORT
BORDERS

INTRODUCTION

We are delighted to host the 2011 Scottish Borders Coaching Conference from Borders College, Netherdale, Galashiels. The conference is aimed at delivering informative content to coaches, teachers and volunteers working within all levels of sport. Within certain SGBs and

education departments this event is recognised as a CPD opportunity. We are extremely fortunate this year to have a host of very knowledgeable and experienced coaches delivering each of our sport specific workshops. We are also delighted to welcome Duncan Goodhew, MBE, to the Scottish

Borders as our keynote speaker. Please be aware that spaces at the conference are limited so we advise you to book your place early. We look forward to seeing you on the day.



KEY NOTE SPEAKERS

**DUNCAN
GOODHEW**
MBE



Duncan Goodhew was an Olympic swimmer for Great Britain and won Olympic gold and bronze medals at the 1980 Summer Olympics in Moscow. He was appointed an MBE by Queen Elizabeth II for his services to sport. In his book, Sink or Swim, Duncan draws on the events of his own life and the long and arduous grind of training for competitive swimming. Duncan will give an insight into what is required to become an Olympic Champion.

**BRIAN
WHITTLE**
CHAIRMAN, ATHLETICS
COACHES SCOTLAND



Brian Whittle is a former athlete who represented Great Britain on 48 occasions. His highlights include winning a gold medal in the 4 x 400metres relay at the 1986 European Championships and competing at the Seoul Olympics in 1988. He is famed for running the third leg of the 1986 European Championships relay final with one shoe. Brian also competed with distinction in two Commonwealth Games and is currently Chairman of Athletics Coaches Scotland. Brian will give a presentation on 'Effective Coaching'.

ATHLETICS

Brian Whittle, Chairman,
Athletics Coaches Scotland

Brian Whittle is a former athlete who represented Great Britain on 48 occasions. His highlights include winning a gold medal in the 4 x 400metres relay at the 1986 European Championships and competing at the Seoul Olympics in 1988. Besides coaching with his own talented squad, Brian also works with the Scottish Sprinters Development Squad as well as other athletes including Premiership football, rugby, basketball and hockey players.

BADMINTON

Dan Travers, Scottish Institute of
Sport High Performance Coach

Dan Travers is SIS 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.

CRICKET

Tony Robson, ECB CA Regional
Training Manager

Tony Robson is the ECB Training Manager, prior to that he was the Cricket Development Officer for Newcastle City Council. Now one of four Regional Training Manager's for the ECB CA he is responsible for developing and supporting those who train new coaches. Tony's career as both coach and tutor has gained him a world-wide reputation for his approach to coaching the youngest cricketers and developing games for first time cricketers. Tony will be delivering a workshop on Teaching Games for Understanding. This will include some of his legendary and exceptionally simple but effective small-sided games.

CYCLING

Keith Stocker, Scottish Cycling
Regional Development Coach

Keith Stocker worked at British Cycling before moving north to join the ranks at Scottish Cycling. During this time he has qualified as a British Cycling Coach Tutor and now trains level 2 coaches. More recently he became the first tutor in Scotland for the Mountain Bike Specific Unit. Keith is the manager of the Scottish Cycling team of regional coaches.

FOOTBALL

John Owens, Liverpool FC,
Youth Academy Manager

John Owens is the Liverpool FC Academy Manager and has an extensive background in coaching. During his career he has worked with Liverpool legends such as Robbie Fowler and Steve McManaman at Liverpool Boys. He also coached England U15s before he enjoyed a period as manager of the England semi-pro side - all while looking after Liverpool's youngsters at Melwood on a part-time basis. He eventually took over the Liverpool U19 side that went on to win back-to-back Youth cups. Steve Heighway's departure in 2007 saw John become the Liverpool Academy manager. John will be delivering a practical workshop focusing on developing technique in passing, first touch and finishing.

GOLF

John Mulgrew and Graeme
McDowall, Professional Golf
Association

John Mulgrew is a PGA Master Professional which is the highest status and honour a PGA professional can achieve. John was awarded this title due to his outstanding contribution to the game of golf. Graeme McDowall with over 15 years of experience as a golf professional is currently a Lecturer in Performance Golf at Elmwood College in Fife. He is also a 3rd year PhD student at the University of Birmingham and a PGA Tutor. The PGA Volunteer Coach Development Workshop will focus on two topics, 'Troubleshooting and Mentoring' and 'Teaching Games for Understanding'.

HOCKEY

David Stott, High Performance
Coach East of Scotland Institute

David Stott is the High Performance Hockey Coach for the East Institute of Sport who also leads the coaching team in the East Area. Coaching experiences include lead coach at Junior World Cups, Olympic Youth Games, World Cup Senior and two Commonwealth Games. The practical workshop will include topics such as receiving, driving into space, hook, blind side receipt, tackle mobility, developing one handed strength, developing 2 v 1's, 3 v 2 elimination and goal scoring.

RUGBY

Tony Stanger, Scottish Institute
of Sport Talent Manager

Tony Stanger is a former Scottish international rugby union player and is Scotland's joint record try scorer. Tony scored the winning try in the 1990 Five Nations match against England to seal Scotland's third Grand Slam. Tony was appointed 'Talent Manager' by the Scottish Institute of Sport in 2008. This post will assist in strategically identifying athletes with real potential in the build up to London 2012 and Glasgow 2014. Areas Tony will be looking at within the workshop will include how we define talent in a sporting context and sharing some practical work on how we can become better at identifying and developing talented athletes.

SWIMMING

Duncan Goodhew MBE

Duncan Goodhew was an Olympic champion swimmer for Great Britain at the 1980 Summer Olympics in Moscow. Duncan will deliver a theoretical and practical pool session. He will share the knowledge he has gained from his decades of involvement with competitive swimming and demonstrate some of the methods and ideas that made him an elite Olympic champion.

TENNIS

Mhairi Brown, Head of Junior
Performance at Craiglockhart
Tennis Centre

Mhairi Brown has played tennis internationally for Scotland at junior and senior level. She is currently head of junior performance at Craiglockhart Tennis Centre in Edinburgh. Mhairi works closely with the Scottish National coaching team to develop talented players at a young age. The practical workshop will explain the standards required for 7-9 year olds training at Regional and National level and show coaches how to develop young players to meet those standards.

Please complete and return the form to book a place on the Coaching Conference on Sunday 20th March 2011.

NAME	D.O.B
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ADDRESS

EMAIL

PHONE NUMBER

SPORT

ORGANISATION / CLUB

SPECIAL DIETARY REQUIREMENTS

Please select one workshop you will attend in the afternoon session:

ATHLETICS WORKSHOP <input type="checkbox"/>	BADMINTON WORKSHOP <input type="checkbox"/>
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CYCLING WORKSHOP <input type="checkbox"/>	CRICKET WORKSHOP <input type="checkbox"/>
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HOCKEY WORKSHOP <input type="checkbox"/>	FOOTBALL WORKSHOP <input type="checkbox"/>
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GOLF WORKSHOP LICENCE NO <input type="checkbox"/>	RUGBY WORKSHOP <input type="checkbox"/>
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TENNIS WORKSHOP <input type="checkbox"/>	SWIMMING WORKSHOP <input type="checkbox"/>
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I have enclosed a cheque for £20

I have enclosed a postal order for £20

Payment: please make cheques payable to **'Scottish Borders Council'**.

Payment can be also be made over the phone using Visa/Debit Card by contacting **Mark Forsyth** on **01896 756274**.

Return forms to:

Dougie Anderson
Senior Sports Development Officer
Volunteer Hall
St John Street,
Galashiels,
TD1 3JX

For more info visit
www.sportborders.org.uk or
contact – Dougie Anderson on
01896 759579
DAnderson2@scotborders.gov.uk

CONFERENCE TIMETABLE

09.25-09.45	REGISTRATION TEA/COFFEE & BACON ROLLS
09.45-10.00	INTRODUCTIONS
10.00-10.55	KEYNOTE PRESENTATION – DUNCAN GOODHEW
11.00-11.55	KEYNOTE PRESENTATION – BRIAN WHITTLE
12.00-12.45	LUNCH
12.45-13.00	BUSES/CARS DEPART FOR WORKSHOPS
13.00-15.00	SPORT SPECIFIC WORKSHOPS ATHLETICS / TWEEDBANK RUNNING TRACK BADMINTON / EARLSTON HIGH SCHOOL CRICKET / QUEENS LEISURE CENTRE CYCLING / GLENTRESS (TBC) FOOTBALL / NETHERDALE GOLF / GALA ACADEMY HOCKEY / TWEEDBANK ASTROTURF RUGBY / BORDERS COLLEGE SWIMMING / GALA SWIMMING POOL TENNIS / GALA ACADEMY
15.00-15.15	RETURN TO BORDERS COLLEGE
15.15-15.30	TEA/COFFEE & PASTRIES
15.30-16.00	Q&A WITH GUEST COACHES
16.00-16.10	CONFERENCE SUMMARY & CLOSING REMARKS

