

## **WHITEMOSS AAC COACHES & OFFICIALS CONTINUING PERSONAL DEVELOPMENT (CPD) - 2013**

WAAC's Continuing Personal Development (CPD) programme for coaches and officials was re-established in 2011. Our aim is to

- **To encourage and enable our coaches and officials to provide our athletes with the coaching they need in order to enjoy, have fun, develop (as athletes and as individuals) and realise their potential.**

Specifically, the programme has been put in place to support our existing and future volunteer coaches and officials to maintain and improve their knowledge, skills and interest by enabling them to undertake a range of education, training and development activities, as well as access the education resources (365 manual) and athletic equipment they need.

From the viewpoint of the WAAC, it ensures that the volunteer workforce maintains their level of knowledge and keeps up to date with current best practise, including any safety / child protection issues. This is critical to the ongoing success and future development of the club.

Since 2011 a host of coaches, officials and parent helpers have undertaken training and development opportunities provided by Scottish Athletics, including formal qualifications and CPD.

To ensure an ongoing planned, coordinated and financially supported programme for our coaches and officials, WAAC have adopted Scottish Athletics CPD template. See attached.

Existing and new coaches will be asked to complete the template below on an annual basis and submit this to the Coach Coordinator. This will allow the coach coordinator and club committee to source any necessary funding to support coach / official training and development or indeed any resources or equipment the coach / official has identified as a need.

**When planning your personal development plan, coaches and officials may find the following links / information helpful:**

- SAL** : <http://www.scottishathletics.org.uk/index.php?p=26>  
: <http://www.scottishathletics.org.uk/index.php?p=153>  
: <http://www.scottishathletics.org.uk/index.php?p=452>

**UK Athletics** : <http://ucoach.com/>

- This will provide details on: [Coaching](#) (including Athlete Development), [Qualifications](#), [Resources](#) (including videos, coaching manuals etc), [Events](#) (including master-classes).
- British Athletics : <http://www.britishathletics.org.uk/competitions/officials/>

Coaches / officials are encouraged to submit requests for attendance at CPD activities and/or for the purchase of educational resources and athletics equipment to enable them to continue to develop our athletes ([finances permitting](#)).

## **sports coach UK**

- There is an increasing volume of resources available here. You can access some of them through free membership; others are available with a paid for membership.
- Have you read the blog about 'Right brain, left brain'?

<http://www.sportscoachuk.org/blog/develop-your-right-brain-coaching-7-top-tips-narrative-coaching>

- App available for mobile devices from Apple Store and Google Play:
  1. Coaching Edge magazine - the UK's leading magazine dedicated to sports coaching (free downloads for sports coach UK members)
  2. Free special editions - including a bumper edition containing two inspirational videos of coaches sharing their experiences and philosophies, and some great advice on how to plan for success
  3. Free articles - selected articles from the Coaching Edge archive will be available to view
  4. A free eBook - download The Coach's Book; within its pages, you'll find inspirational tales of some great coaches
  5. Coaching quick guides - informative guides answer questions on key aspects of coaching (free downloads for sports coach UK members).

## **Drugs in Sport**

- Are you up to date with the 'drug regulations'? You can enhance your knowledge through a couple of online resources

<http://www.britishathletics.org.uk/anti-doping/#>

<http://isc.realwinner.org/>

<http://www.asada.gov.au/education/index.html>

- sports coach UK have an interactive e-learning programme "Coach Clean", which costs £25.00. The club will be happy to consider purchasing this if coaches believe this will assist athlete development.

## **A coach's week**

- Coaching isn't just about turning up at a session and then going home again an hour or so later. Research has shown that for every hour a coach spends coaching they will also spend:
  - 20 minutes in preparation
  - 16 minutes reviewing
  - 13 minutes with administration
  - 18 minutes travelling

<http://www.sportscoachuk.org/blog/coach%E2%80%99s-week>

When you look at it like this it starts to throw up some interesting questions. For example, if the club asks someone to do an extra hour coaching each week will they also have to find another 67 minutes for everything that accompanies the session? Or alternatively, if WAAC can reduce administration and travel times can we free up more time for coaching? (which is what we really want to do!)

- Ultimately what this shows is that workforce planning needs to consider not only what happens in a session but everything else a coach has to do in their week.
- To help with assessing the value of the coaching workforce to the sport we need consider having someone in the club attend a sports coach UK workshop entitled: [“Supporting coaches: A Guide to Recruiting, Developing and Retaining Your Coaches”](#)

This workshop lasts three hours and, unlike many sports coach UK workshops, is tailored to the needs of the delegates.

**WHITEMOSS AMATEUR ATHLETICS CLUB**  
**COACH / OFFICIAL PERSONAL DEVELOPMENT PLAN**

<b>Name</b>		<b>Group</b>		<b>Current Qualification</b>	
<b>Contact Details</b>	<b>Address &amp; Post Code</b>		<b>Telephone</b>	<b>Email</b>	<b>SAL No.</b>

<b>Long term Goal?</b>	<b>Short term Goal?</b>	<b>What action do I need to take to achieve my Short term Goal?</b>	<b>What support do I need?</b>	<b>By When?</b>	<b>How will I know when this has been achieved?</b>	

## EXAMPLE - Personal Development Plan (SAL)

<b>Name</b>	A.N. Other	<b>Where are you currently coaching?</b>	Athletics Club xx		<b>Date</b>	11/11/11
<b>Sport</b>	Athletics	<b>Preferred contact Details</b>	<b>Email</b>		<b>Phone</b>	
<b>Long Term Coaching Goal</b>	<b>Short Term Coaching Goals (areas for development identified from the TNA)</b>	<b>What actions are you going to take to achieve the Short term Goal?</b>	<b>What support do you need?</b>	<b>By when?</b>	<b>How will you know when this has been achieved?</b>	
To be qualified and confident to lead a run jump throw session for the under 9's at my local community Athletics club by September 2012	1. Gain a UKA Coaching Assistant qualification	1. Identify courses available in my area and book a place	Course information	Dec 2011	Course identified and place booked	
		2. Identify funding available for the course	Information on bursaries/funding	Nov 2011	Funding identified and secured	
		3. Attend a course and use the knowledge to develop ideas/activities	Useful websites/resources for activities	Jan 2012	Attended the course and using the information in own session	
	2. Preparation planning and reflection	1. Assisted by my Coach mentor (Athletics coach), produce session plans for 6 weeks	Lesson plan template	Aug 2012	Session plan written and agreed with Coach mentor	
		2. Take time to reflect on the session at the end	Questions to help reflect, meet with Coach mentor	Aug 2012	Using the questions and taking time to reflect	
		3. Amend session plan regularly to improve activity	Further ideas and activities	Ongoing	Session plans amended	
	3. Knowledge of physical capabilities of 8/9 year old children	1. Identify LTAD workshop dates	Course information	May 2012	Course identified and place booked	
		2. Attend the LTAD workshop and further develop my knowledge	Useful websites and resources to look at	July 2012	Attended the course and using the information in own session	
		3. Speak to other coaches in the club who work with this age group	Co-coaching to gain experience of this age group	Aug 2012	Co-coaching sessions taken place	