



# COACHING BULLETIN

January 2006

Happy New Year to you!

I am confident that 2006 will begin to realise many good news stories about coaching. Many of these items should be initiated by the various offers of support towards coach education coordinators, community coaches, coaching positions and other recruiting projects that are being put into place. We need to demonstrate that these schemes are going well in order to at least carry on funding but more positively make a good case for enhanced support. I know that the formula of a good coaching set up be it in a club, region or at Wales level will mean that more and better activity will take place. So please send through your 'newsy' items of how early progress is being made and in future editions we will share these around. Some early items of progress are:

- The Welsh Hockey Union has trebled its youth award number of courses
- As you will see below rugby and cricket are doing well with UKCC
- Gymnastics is getting its database working for Welsh Gymnastics!
- Badminton has appointed most of its community coaches and got them underway

If you have a good news item please feed it into [mark.frost@scw.co.uk](mailto:mark.frost@scw.co.uk)

Mark Frost January 2006

## 1. COACHING OFFICERS

The two Senior Coaching Officers - Clare Heydon (02920 338329 or [clare.heydon@scw.co.uk](mailto:clare.heydon@scw.co.uk) ) and Jo Heuze (02920 338224 or [joanne.heuze@scw.co.uk](mailto:joanne.heuze@scw.co.uk) ) have now started their new positions and will initially be assisting sports in the creation of wide ranging Coaching Action Plans incorporating improved recruitment, development and thereby the retention of coaches (see end for sport specific responsibilities). They should be contacting you (if not already) with dates to begin this process. Please consider the driving forces behind you coaching plan e.g. club gap analysis needs or competition shortfall requirements. We are aware that this is also happening at UK/England levels of liaison with scUK.

## 2. COACHING E-NEWSLETTERS

E- Newsletters are an easy and excellent way to keep coaches in touch and informed, as well as a medium to promote all the good coaching work that you are doing – several sports are already producing them and finding them very useful and we recommend that all sports consider this. For those sports that do produce a regular update could you please add us to your mailing list? Experience across the UK has shown these e-newsletters to be very valuable in making coaches feel valued and engaged with the NGB.

In addition to this we would be very grateful if all Governing Bodies would also carry the [www.coachingwales.com](http://www.coachingwales.com) advert if possible within their newsletters e-news or any other relevant publications. Below is a copy of the advert that will be used in future publicity so feel free to copy and paste it into any of your future newsletters!

### The ideal website for sports coaches, both existing & would-be



- Have you thought about helping with your child's sport but need some advice & training and don't know where to get information or access a course?
- Or do you just want to find out more about coaching sports?

To get more involved a website has been set up just for you to help you find a course in all sports and it is found at [www.coachingwales.com](http://www.coachingwales.com).

It has two purposes:-

1) to encourage and help **you** to find a course appropriate to **your** needs quickly, be it a leaders (real starter course) or level 1 qualification;

2) to act as a source of information for coaches in Wales. Everything from insurance to sports science and research to the Olympics 2012 is covered so why not have a look?

Now log on to [www.coachingwales.com](http://www.coachingwales.com)!

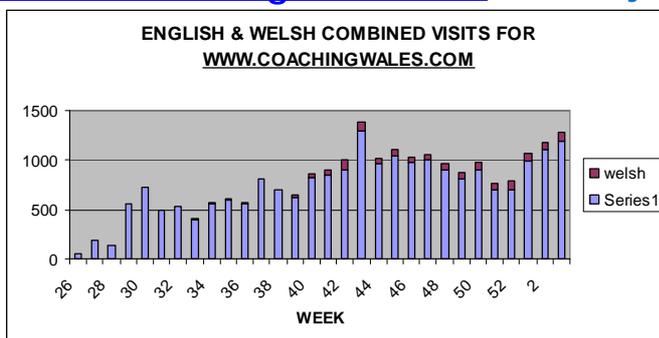


## 3. WEBSITES

No we haven't forgotten about this one! Thanks to all those that have been working hard to improve their sites over the past few months. NGB and Local Authority websites are improving which is excellent news. If you are enhancing your site please let us know and we can share good practice with others. For example, hockey has recently updated its coaching section and has a good resource link– take a look at <http://www.coachinghockey.com/> .

As you are aware our Coaching Wales site has been Live for six months – please see below a quick update on usage figures and referral sites:

### [WWW.coachingwales.com](http://www.coachingwales.com) Visits by Month



In the last 3 months, the average number of successful visits (not hits) per month has been over 4000.

## Top Referrer sites:

1	<a href="http://www.sports-council-wales.co.uk">http://www.sports-council-wales.co.uk</a>	5.67%	16	<a href="http://www.seventwentyfour.com">www.seventwentyfour.com</a>	33	0.17 %
2	<a href="http://www.welshathletics.org">http://www.welshathletics.org</a>	1.61%	17	<a href="http://www.whois.sc">http://www.whois.sc</a>	31	0.16 %
3	<a href="http://www.welshnetball.co.uk">http://www.welshnetball.co.uk</a>	1.53%	18	<a href="http://www.powys.gov.uk">http://www.powys.gov.uk</a>	25	0.13 %
4	<a href="http://www.welshasa.co.uk">http://www.welshasa.co.uk</a>	1.03%	19	<a href="http://www.sportscoachuk.org">http://www.sportscoachuk.org</a>	22	0.12 %
5	<a href="http://www.wru.co.uk">http://www.wru.co.uk</a>	0.68%	20	<a href="http://www.learnirect-advice.co.uk">http://www.learnirect-advice.co.uk</a>	22	0.12 %
6	<a href="http://www.welsh-hockey.co.uk">http://www.welsh-hockey.co.uk</a>	0.66%	21	<a href="http://www.squashwales.co.uk">http://www.squashwales.co.uk</a>	20	0.11%
7	<a href="http://www.fawtrust.org.uk">http://www.fawtrust.org.uk</a>	0.56%	22	<a href="http://myweb.tiscali.co.uk">http://myweb.tiscali.co.uk</a>	20	0.11 %
8	<a href="http://www.welshgymnastics.org">http://www.welshgymnastics.org</a>	0.38%	23	<a href="http://www.swansea.gov.uk">http://www.swansea.gov.uk</a>	20	0.11 %
9	<a href="http://www.welsh-canoeing.org.uk">http://www.welsh-canoeing.org.uk</a>	0.35%	24	<a href="http://www.bbc.co.uk">http://www.bbc.co.uk</a>	20	0.11 %
10	<a href="http://www.welshcyclingunion.com">http://www.welshcyclingunion.com</a>	0.32%	25	<a href="http://www.careerswales.com">http://www.careerswales.com</a>	20	0.11%
11	<a href="http://www.brianmac.demon.co.uk">http://www.brianmac.demon.co.uk</a>	0.28%	26	<a href="http://www.wfaa-archery.co.uk">http://www.wfaa-archery.co.uk</a>	19	0.10%
12	<a href="http://cbw.cricketarchive.com">http://cbw.cricketarchive.com</a>	0.26%	27	<a href="http://www.welshfencing.org">http://www.welshfencing.org</a>	17	0.09%
13	<a href="http://www.skillsactive.com">http://www.skillsactive.com</a>	0.26%	28	<a href="http://pagead2.googleadsyndication.com">http://pagead2.googleadsyndication.com</a>	17	0.09%
14	<a href="http://www.cyclewales.org.uk">http://www.cyclewales.org.uk</a>	0.24%	29	<a href="http://www.welshgolf.org">http://www.welshgolf.org</a>	15	0.08%
15	<a href="http://www.welshjudo.com">http://www.welshjudo.com</a>	0.19%	30	<a href="http://www.dragonsport.co.uk">http://www.dragonsport.co.uk</a>	14	0.07 %

## 4. MEDIA CAMPAIGN

Following on from the previous two sections we would like to notify you that a newspapers media campaign will hopefully take place encouraging members of the public to access [www.coachingwales.com](http://www.coachingwales.com) and thereby find your site. It is anticipated that take place in February sometime so that's the challenge to ensure your website is ready for all types of enquirer!

## 5. DO YOU HAVE COACHING FORUMS?

If so please let Jo & Clare know as we would like to have the opportunity to contribute to them with you.

## 6. UK COACHING CERTIFICATE

### Funding

In order to secure funding, ELWa has stated that the Sector Skills Agreements must show coaching as a high priority both within the sector and compared to other sectors. Skillsactive will be making the case for all contributors at a showcasing event in Cardiff on February 2<sup>nd</sup> 2006.

### Delivery

Rugby & Cricket have both successfully begun delivering UKCC courses at level 1 in Wales.

### Levels 4 & 5

It may be that some local (Wales) collaboration could be useful here, please contact us if you feel that would help.

### Workforce development

You will remember some time ago when you were asked to submit your delivery plans you were requested to identify the numbers of tutors, assessors, verifiers etc that were needed in your sport. We are keen to 'tot up' the progress made towards these targets so please let Jo and Clare know. It may be that these targets have changed since you have got underway with developing the UKCC – whatever your situation please get in touch.

## 7. COACH EDUCATION CO-ORDINATORS – FUTURE GATHERINGS!

Thanks to all who attended a gathering of National Governing Body Coach Education Coordinators in December. Here the importance of the Coaching Plan for Wales and the high profile that the Assembly view of coaching development were key points. It was widely recognised that coach retention as well as recruitment was a fundamental area of improvement to be addressed by all

sports. This will be a valuable forum to re-group as and when needed in the future. Please forward your comments for future subjects to [mark.frost@scw.co.uk](mailto:mark.frost@scw.co.uk)

## 8. CONTINUOUS PROFESSIONAL DEVELOPMENT – KICK START

With Coaching Plan support, the CPD Kick Start sessions (GroupXL) have now begun. To date 16 sports have taken this opportunity. Each sport will have a one day session with an experience consultant for their identified high performance coaches (those which they want to support via a CPD programme); the outcome being an individual personal development programme for each coach. The NGB will then support the coach in their personal development – an important target of the Coaching Plan. If you haven't yet taken up this opportunity and would like to please get in touch with Jo or Clare.

## 9. COACH EDUCATION – SPORTS SCIENCE

After consultation with over 20 sports, a draft coach education programme will be put together in January with the aim of upskilling coaches in sports science. A lack of basic sports science knowledge in competitors coming onto the Elite Cymru scheme has been identified along with the fact that there is little coach education in sports science taking place. An increased emphasis on coach education in sports science is aimed at addressing this issue. This will enable sports science support provided to Elite Cymru members to be pitched at a higher level rather than a significant amount of time being spent addressing the basics.

## 10. COACH OF THE YEAR

Thank you to all that supported this years Coach of the Year Awards, with obtaining nominations from your sport and attendance at the Ceremony. It proved very successful with good media coverage helped by the main award winner being Mike Ruddock, who also went on to gain the UK Mussabini Award.

## 11. CHILD PROTECTION & COACHING

The Child Protection Unit Officer Sarah Thomas should be resuming work after a period of medical treatment and will take up office accommodation at the Welsh Institute of Sport in January. This will enhance the service offered to date by networking more closely with NGB staff and SCW coaching officers/NGB liaison staff. Jo & Clare will also be addressing the practical delivery of your Child Welfare action plans especially in terms of training needs (courses running) and CRB throughput.

## 12. WELSH LANGUAGE

Ceri Thomas has some good news too.....*Welsh Sports Association Launches Welsh Website* [chwaraeoncymru.org.uk](http://chwaraeoncymru.org.uk) . In keeping with it's programme to develop sporting opportunities through the Welsh language The Welsh Sports Association the umbrella body for National Governing Bodies of Sport in Wales has just launched a welsh version of it's website.

The website conforms to the requirements usually reserved for statutory bodies here in Wales who are legally obliged to provide a fully bilingual service, and represents a complete commitment to the development of sport through welsh by the Welsh Sports Association

The website holds details of the Welsh Sports Association activities, and developments in the sporting world which are relevant to the National Governing Bodies of sport in Wales. Welsh Language Development Officer Ceri Thomas states:

*'This is a significant step in reaching the aims and objectives of my role, and highlights the association's commitment to provide equal service for everyone in Wales to participate in sport'*

The 7 sports who have so far agreed to be part of the programme include;

Golf, Swimming, Netball, Rugby, Football, Sailing, Canoeing.

The programme will include activities to identify Welsh speaking coaches and leaders, the creation of a support programme for those coaches, increased opportunities for participation through the medium of Welsh, development of Welsh coaching resources, and the training of existing staff. Two other sports have expressed a strong desire to be part of the programme, and discussions will be held with those Hockey and Mountaineering in the New Year, for inclusion on the programme.

## **GUIDELINES FOR BRIEFING DESIGN AGENCIES, PUBLISHERS AND PHOTOGRAPHERS**

The guidance has been determined as a result of complications encountered by NGB's accessing 'copy' of their course material for translating UKCC awards in to Welsh, and controlling their own coach education resource

It is split in to two sections viz;

1. Advice for those NGB's who are entering in to partnerships with their counterparts in England and Scotland to formulate the UKCC awards, which may also be applicable for those who are being led by their GB/UK governing body as well.
2. General Advice for NGB's who are commissioning work independently for UKCC and/or other work they are commissioning.

The advice has been formulated in consultation with 1<sup>st</sup> 4 Sport, the Welsh Sports Association Commercial Department and Sports Council for Wales. Go to [welshsports.org.uk](http://welshsports.org.uk) for more to download the small file.

For more information contact:- [ceri.thomas@welshsports.org.uk](mailto:ceri.thomas@welshsports.org.uk) or visit [www.welshsports.org.uk](http://www.welshsports.org.uk)

### **13. NGB & LOCAL AUTHORITY LIAISON**

The report produced last year has stimulated already a lot of action and one in particular is for NGB's to ensure all Local Authority Sports development team are aware of courses / key contacts in terms of them offering information and guidance at the local level. If anyone is unaware of a particular contact please contact Clare or Jo.

We hope that you have found this bulleting useful. If you have any feedback or comments please contact below:

<a href="mailto:Mark.frost@scw.co.uk">Mark.frost@scw.co.uk</a>	029 20338225
<a href="mailto:Clare.heydon@scw.co.uk">Clare.heydon@scw.co.uk</a>	029 20338329
<a href="mailto:Joanne.heuze@scw.co.uk">Joanne.heuze@scw.co.uk</a>	029 20338224

We're not finished yet!! Please scroll down for a list of each of the sports Jo and Clare will be working with along with a list of the Coach Education Co-ordinators in Wales.

Jo Heuze		Clare Heydon	
Rugby Union	Pembrokeshire	Athletics	Gwynedd
Swimming	Carmarthenshire	Cricket	Conwy
Triathlon	RCT	Rowing	Ynys Mon
Hockey	Merthyr	Badminton	Flintshire
Judo	Torfaen	Basketball	Wrexham
Netball	Newport	Canoeing	Denbighshire
Rugby League	Caerphilly	Cycling	Powys
Squash	Swansea	Equestrian	Monmouthshire
Table Tennis	Neath Port Talbot	Football	Cardiff
Tennis	Bridgend	Golf	Vale of Glamorgan
Angling	Ceredigion	Gymnastics	Blaenau Gwent
Archery		Bowls	
Dance		Karate	
Orienteering		Mountaineering	
Rounders		Movement	
Volleyball		Sailing	

### Coach Education Coordinators in Wales

Sport	Name	Email
Athletics	Paul Jensen	<a href="mailto:paul.jensen@welshathletics.org">paul.jensen@welshathletics.org</a>
Badminton	Alan Moss 07957 545915	<a href="mailto:amos67447@aol.com">amos67447@aol.com</a>
Basketball	Lucy Power	<a href="mailto:lpower@uwic.ac.uk">lpower@uwic.ac.uk</a>
Bowls	Gareth Humphreys	01446 418124
Canoeing	Sid Sinfield	<a href="mailto:sid.sinfield@virgin.net">sid.sinfield@virgin.net</a>
Cricket	Peter Brett	<a href="mailto:pbrett@powys.gov.uk">pbrett@powys.gov.uk</a>
Cycling	P/T CEC to be appointed	<a href="mailto:petersommers1@yahoo.com">petersommers1@yahoo.com</a>
FDSW		<a href="mailto:jon.morgan@fdsw.org">jon.morgan@fdsw.org</a>
Football	Kevin Moon	<a href="mailto:kevinm@fawtrust.easynet.co.uk">kevinm@fawtrust.easynet.co.uk</a>
Golf	F/T CEC to be appointed	<a href="mailto:brian.davies@welshgolf.org">brian.davies@welshgolf.org</a>
Gymnastics	Graham Davies	<a href="mailto:graham.davies@welshgymnastics.org">graham.davies@welshgymnastics.org</a>
Hockey	Chris Marriot	<a href="mailto:Chris.Marriott@welsh-hockey.co.uk">Chris.Marriott@welsh-hockey.co.uk</a>
Judo	Alan McGuinness	<a href="mailto:allanJMcGuinness@hotmail.com">allanJMcGuinness@hotmail.com</a>
Karate	Paul Scott	<a href="mailto:paulscottwkf@talk21.com">paulscottwkf@talk21.com</a>
Netball	Amy Willis	<a href="mailto:amywillis@welshnetball.com">amywillis@welshnetball.com</a>
Rowing	Sarah Harries	<a href="mailto:sarah.harries@wara.org.uk">sarah.harries@wara.org.uk</a>
Rugby League	Wayne Williams	<a href="mailto:wayne.williams@rfl.uk.com">wayne.williams@rfl.uk.com</a>
Rugby Union	Jason Lewis	<a href="mailto:wrudistrictb@ukonline.co.uk">wrudistrictb@ukonline.co.uk</a>
Sailing	Mike Hart 07720430902	<a href="mailto:mikehart@emailaccount.com">mikehart@emailaccount.com</a>
Squash	Mike Workman	<a href="mailto:mike.workman@squashwales.co.uk">mike.workman@squashwales.co.uk</a>
Swimming	Penny John-Pearse	Commencing Feb 06 <a href="mailto:johnfraser00@aol.com">johnfraser00@aol.com</a> <a href="mailto:john.fraser@ttaw.co.uk">john.fraser@ttaw.co.uk</a>
Table Tennis	John Fraser	<a href="mailto:john.fraser@ttaw.co.uk">john.fraser@ttaw.co.uk</a>
Tennis	Ellie Pedrick	<a href="mailto:Ellie.pedrick@lta.org.uk">Ellie.pedrick@lta.org.uk</a>
Triathlon	x2 Regional Coach Coordinators TBA	<a href="mailto:garethhall@britishtriathlon.org">garethhall@britishtriathlon.org</a>