

CONFERENCE COST AND FURTHER DELEGATE INFORMATION

CONFERENCE FEE - £50.00

'EARLY BIRD' RATE - £40.00

(Rate applies if you pay before Monday February 22nd 2010)

CONCESSIONARY RATE - £20.00

(For current scholarship coaches, students, retired individuals and disabled)

All of the above to include a workshop programme choice, lunch and refreshments.

PAYMENT METHOD

Cheques to be made payable to **SportTayside & Fife**. Please do not send cash through the post. Advanced payment is required to secure your place. If you wish your organisation to be invoiced, please complete details on the application form.

DATA PROTECTION

The information on this form will be held in accordance with the Data Protection Act 1998 and will be used by **SportTayside & Fife** for administration purposes. The information may be held in both paper and electronic form and we will endeavour to keep your personal data safe and secure. Please note that by signing the application form you are giving your explicit consent for the data collected about you to be recorded and used for those purposes.

PHOTOGRAPHY

Photography will be permitted in line with **SportTayside & Fife's** Child Protection Policy and photographic guidelines. All photographs or other media produced at **SportTayside & Fife** events remain the property of the **SportTayside & Fife**. **SportTayside & Fife** acknowledges that media produced at its events by parents, coaches or others may be used for personal purposes. All media produced at a **SportTayside & Fife** event cannot be distributed for commercial purposes without the express written permission of **SportTayside & Fife**. It will be assumed that all those participating can be included in these photographs unless prior notification to the contrary is made at the time of booking, either by e-mail or in writing.

You can also go to our website and download the application at www.SportTayside-Fife.co.uk. Please complete and return your workshop preference with your payment to: **SportTayside & Fife, Lynch Sports Centre, South Road, Dundee DD2 4SR** or for further information telephone us on 01382 431826.



**Sport
Tayside
& Fife**

Working together for sport

**EFFECTIVE
COACHING
CONFERENCE**

Saturday March 6th 2010

Loch Leven Community Campus, Kinross

www.SportTayside-Fife.co.uk

CONFERENCE KEYNOTE PRESENTATIONS



FRANK DICK OBE

Frank Dick OBE is a world renowned coach and coaching expert.

Frank has a history of excellence through coaching some of the best sporting talent. He is also renowned as one of the country's best inspirational speakers and is listed as one of the top 100 business speakers. He has over 19 years experience speaking to companies across the world. His expertise derives from years of detailed research into individual success and achievement. Frank combines a wealth of knowledge and experience into an informative and motivational approach to achieve long-lasting transformation of both the individual and team performance. Frank has published many books and is a former chair of the British Olympic Coaches Advisory Programme.



SHIRLEY ROBERTSON OBE

Shirley Robertson OBE is one of the greatest female Olympic sailors in sporting history.

Shirley, born in Dundee, started sailing at the age of 7 in a Mirror Miracle on Loch Ard in the Trossachs in Scotland. By the late 1990s she had won silver medals at the 1998, 1999 and 2000 World Championships. Her excellent form continued into the Millennium Olympic Games in Sydney. Following her gold medal success in 2000, Shirley turned her attentions to a new challenge. In 2001 she switched to the new Yngling class and over the next two years the team improved rapidly, finishing third at the 2002 Olympic Test Event and winning the 2003 Pre-Olympic regatta. This new direction was rewarded with Shirley's historical second gold medal at the Athens 2004 Olympics. In 2008, Shirley turned her attention to Extreme 40 European and Asian circuits. Shirley regularly presents on television with CNN and the BBC.



CONFERENCE WORKSHOP PRESENTER INFORMATION

LASZLO NEMETH

Laszlo Nemeth has coached five premier division clubs in five different countries, in the process, winning four national titles. Laszlo has been a full-time professional coach for over 30 years and has also coached three senior national men's teams across the world.

LAURIER PRIMEAU

Laurier Primeau is Scottish Athletics national Coach. He has also coached at University of British Columbia. Laurier's main focus for the next 4 years will be Delhi 2010, London 2012 and the Glasgow Commonwealth Games 2014.

MURRAY CRAIG

Murray Craig is a former Scotland 'A' rugby player, BEd (Hons) in Physical Education and Course Team Leader at Telford College, Edinburgh. Murray has been video analyst for the Scotland Rugby U17 and U18 squads for the last five years, working to improve individual and team performance at major competitions. Murray played professional rugby in Scotland and England.

THOMAS DOWENS

Thomas Dowens is a Coach Educator and Development Manager. Thomas has worked extensively with INPP Scotland to develop Bilateral Integration: A Gateway to Achievement. This work explains the importance of balance, co-ordination and how they relate to learning potential.

CONFERENCE WORKSHOP PROGRAMME BRIEFING

LASZLO NEMETH COACHING THROUGH GAMES

This workshop will provide innovative approaches to coach education, harnessing the immense power of play to create challenges and learning situations for young athletes and players.

LAURIER PRIMEAU PERFORMANCE & DEVELOPMENT PHYSIOLOGY

This workshop will provide coaches with an insight into aerobic and anaerobic of young athletes through to elite level.

MURRAY CRAIG PLAYER & TEAM ANALYSIS

This workshop will provide coaches with demonstrations of player and team analysis, through a particular software package. The workshop will also reflect the different methods used to improve teams, players, technical and tactical areas of sports.

THOMAS DOWENS FUNDAMENTAL MOVEMENT SKILLS

This workshop will promote good practice in the following areas: Agility, Balance and Co-ordination. The workshop will assist coaches to improve the agility of players through dynamic stability methods, using starting and stopping techniques to increase momentum, through acceleration and rhythm. This workshop will also explore athletic balance, establishing a stable core and static stability, looking at central gravity and support. The workshop will also cover co-ordination factors, allowing coaches to improve explosive actions through running, jumping, throwing and striking/kicking techniques.

EFFECTIVE COACHING CONFERENCE

SATURDAY MARCH 6th 2010

PROVISIONAL PROGRAMME

9:00AM - REGISTRATION & REFRESHMENTS

9:30 - 9.40 - INTRODUCTION

9:40 - 10:00 - SETTING THE SCENE FOR COACHING IN SCOTLAND

10:00 - 11:00 - KEYNOTE PRESENTATION - FRANK DICK OBE

11:00 - 11:15 - REFRESHMENTS

11:15 - 13:15 - WORKSHOP CHOICES

13:15 - 14:00 - LUNCH

14:00 - 15:00 - AFTERNOON WORKSHOP CHOICE

15:00 - 15:15 - REFRESHMENTS

15:15 - 16:15 - KEYNOTE PRESENTATION - SHIRLEY ROBERTSON OBE

16:30 - APPROXIMATE CLOSE

Please note: These times are approximate. Certain areas of the conference schedule could run over their allotted time allocation. SportTayside & Fife will do everything they can to adhere to the above schedule.

The Effective Coaching Conference Application Form
Please choose your workshop sessions for the day by ticking the boxes below.

Name.....

Address.....

Signed.....

E-mail.....Tel.....

Invoice details and address

CONFERENCE WORKSHOP CHOICE

Please tick your preference of morning or afternoon session for a particular workshop AND prioritise your choice from 1-4 (1 being your strongest choice).

EARLY BIRD £40.00 FULL RATE £50.00 CONCESSION RATE £20.00

→ **COACHING THROUGH GAMES**
 MORNING AFTERNOON

→ **PLAYER & TEAM ANALYSIS**
 MORNING AFTERNOON

→ **FUNDAMENTAL MOVEMENT SKILLS**
 MORNING ONLY

→ **PERFORMANCE & DEVELOPMENT
PHYSIOLOGY**
 MORNING AFTERNOON

Please note: Please wear appropriate clothing. Indoor training shoes **MUST** be worn for workshops. If you have any dietary requirement, please let us know!



sportscotland

PLEASE RETURN THIS APPLICATION FORM TO:

By Post: SportTayside & Fife, Lynch Sports Centre, South Road, Dundee DD2 4SR

By E-mail: SportTayside-Fife@dundeeccity.gov.uk

More Information: By telephone on 01382 431852 or by e-mail at SportTayside-Fife@dundeeccity.gov.uk