

Scottish Borders

COACHING CONFERENCE

09

SUN 29TH MAR
09:30 - 16:15
PEEBLES HYDRO

ATHLETICS | CRICKET | SWIMMING | FOOTBALL | HOCKEY | RUGBY | CYCLING



BIOGRAPHIES

CRAIG BROWN CBE

Craig Brown is the former Scotland National Football Team Coach. He led Scotland to the 1998 World Cup and European Championship's in 1996. In recognition of his outstanding contribution to the game, Craig was honoured with a CBE in the Queen's Birthday honours list before stepping down as Scotland's Manager in October 2001. The charismatic and driven Scot is now highly sought after as a motivational speaker for his wealth of experience and impressive career in the professional game.

DAVE CLARK

Dave Clark has been Head of Strength and Conditioning at the Scottish Institute of Sport for almost a decade. Dave is responsible for an ever growing network of professionals who help Scotland's athletes ensure they are in the best physical shape for competition. Dave has an MSc in Exercise Science and is an accredited Strength and Conditioning Coach. His previous roles include National Fitness Coach to the South African and the Welsh rugby teams. His career highlights include coaching Sir Chris Hoy when he won Olympic Gold in the kilo and Campbell Walsh when he won Silver in the canoe slalom.

DOUG FROST

Doug Frost is the Head Coach of the new British Swimming Intensive Training Centre (ITC) in Stirling. Frost is counted as one of the top coaches in World Swimming after being given the World Swimming Coaches Association TERAQ Award. In his career he has coached countless elite Australian swimmers including Olympic medallists Ian Thorpe and Kirsten Thomson. Frost coached Thorpe from 1997 to his triple Gold Medal Performance at the 2000 Sydney Olympic Games.

JARED DEACON

Jared Deacon is a former 400m athlete competing internationally for 10 years. He has competed at the Commonwealth Games, European Championships, World Championships and the Olympic Games. His career highlights are running in the Olympic 4x400 relay final in Sydney 2000 and Gold Medals for the 4x400m in the 2002 Commonwealth Games and European Championships. He is a level 4 UKA Coach and has a Masters Degree in Sport & Exercise Science. His coaching in athletics won him the 2007 the UK Athletics Coach of the year Award.

ANDY TENNANT

Andy Tennant is Head of Performance for Cricket Scotland. He won 23 caps for Scotland between 1994 & 2001. He coached the National Team at World Twenty 20 in 2007 and currently coaches Scotland Lions Development Squad. Andy became the first cricket coach in Scotland to acquire a Level 4 Coaching Qualification, after a course which lasted over two years. Now in charge of all aspects of Cricket Scotland's ambitious development programme, he has passed the final assessment of the England and Wales Elite Coaching Programme, currently the highest coaching qualification in world cricket.

COLLEEN REID

Colleen Reid is the Coach Education Manager for Scottish Hockey Union (SHU). Colleen looks after coaching matters within the sport from running courses that lead to qualifications to developing programmes aimed at raising the standards of coaching in Scotland.

LEE MAKEL

Lee Makel is a professional footballer who has played for various clubs including Newcastle United, Blackburn, Hearts and Livingston. He is a qualified SFA Coach with a "UEFA B" Licence and is currently co-ordinating the SFA Borders Development Squad Programme. Lee has just returned to the country after a spell in Sweden as a player coach with Östersunds FK.

IAN.G.MILLAR

Ian G Millar is the Youth Development Officer for Gala Rugby. He started the post in Feb 2006. He provides a rugby programme to 11 Primary Schools within the Galashiels area, on average coaching over 200 children each week. He also coaches the S3 team at Galashiels Academy and has already coached 2 teams to the Bell Lawrie Scottish under 15 finals. Ian is also the Scottish Borders Women's Rugby Coordinator, Strength and Conditioning Coach with the Borders College, UKCC tutor and a Scottish Rugby Union Pathways coach.

WORKSHOPS

ATHLETICS

Olympian Jared Deacon will deliver a session based on Fundamental Athletics Skills. This will include some theoretical background mixed with discussion and demonstration. One of Jared's athletes will accompany him to demonstrate the techniques and practice at the workshop.

CRICKET

Lecture from Andy Tennant Head of Community and Performance for Cricket Scotland on the most recent developments in the UK Coaching Framework and the implications for the development of coaching as a recognised profession.

SWIMMING

Doug Frost and Alex Jordan will deliver a practical swimming session with Swim Team Borders at Peebles Swimming Pool. This will give an insight into how top coaches work with elite swimmers.

FOOTBALL

Former Scotland Manager Craig Brown will deliver a session on 'Passing, Possession, Shaping a 4-4-2 Formation'. Lee Makel, former Blackburn Rovers and Hearts FC player and UEFA B Licence holder, will deliver a session on "Crossing and Finishing".

HOCKEY

Coaches from the SHU will deliver a theoretical discussion group and practical session in relation to various skills and tactical concepts. The theoretical element will consist of a discussion about coaching session planning and delivery while the practical will focus on moving with the ball, goal scoring and defensive practices.

RUGBY

Ian.G.Millar the Youth Development Officer for Gala RFC will deliver a session on 'the tackle and ball presentation' which is a national theme set out by the SRU. It will cover 2 key parts of the game; the tackle making sure that the tackle is made on the tackler's terms and done safely and ball presentation keeping the ball available for supporting players in the tackled situation. This Coaching Workshop is suitable for all coaches working with any age group from minis right up to seniors.

CYCLING

Jon Kelly, Scottish Cycling's Coach Education Manager and Dave Winton SC Regional Development Coach for the East of Scotland will speak on, 'Coaches' Role in supporting riders from 'Playground to Podium'. They will explain how Go-Ride supports the performance pyramid and give practical examples of how coaches can use their sessions to best support their rider's development towards achieving their potential.



**COACHING
CONFERENCE
2009**

WORKING WITH TALENTED ATHLETES | THE ROLE OF THE COACH

0930-0945

REGISTRATION, TEA/COFFEE & BACON ROLLS

WELCOME

GENERIC SPEAKERS

1000-1045

KEYNOTE PRESENTATION | DAVE CLARK

1045-1130

KEYNOTE PRESENTATION | DOUG FROST

1130-1215

KEYNOTE PRESENTATION | CRAIG BROWN CBE

1215-1300

LUNCH BREAK: SOUP & SANDWICHES

1300-1315

DISPERSE FOR AFTERNOON WORKSHOPS

1315-1515

SPORT SPECIFIC WORKSHOPS

ATHLETICS | THE GYTES LEISURE CENTRE

FOOTBALL | WHITESTONE PARK

RUGBY | THE GYTES

CRICKET | PEEBLES HYDRO HOTEL

SWIMMING | PEEBLES SWIMMING POOL

HOCKEY | GYTES LEISURE CENTRE ASTRO-TURF

CYCLING | THE GYTES LEISURE CENTRE

1515-1530

TEA/COFFEE & AFTERNOON PASTRIES

1530-1600

Q&A WITH GUEST COACHES

1600-1610

CONFERENCE SUMMARY AND CLOSING REMARKS

**COACHING
CONFERENCE
2009**



PARTNERS

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SCOTTISH BORDERS COUNCIL**

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