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The Communicator



The newsletter of the Scottish Touch Association Coaching Committee

Introduction

This is the first newsletter produced by the Scottish Touch Association Coaching Committee (STA CC). The purpose of this and subsequent newsletters is to keep all touch coaches in Scotland up to date with the work of the committee and to highlight upcoming events that may be of interest.

Development of touch coaches has thus far lagged behind the steps taken with referees but it has been declared as one of the key priorities of the STA and will be addressed with the committee's work, along with the support of the coaches.

The work of the Coaching Committee

The work of the STA CC is wide ranging but in the immediate future will be concentrated in the following areas:

- Co-ordination of coach training;
- To encourage more volunteers into coaching;
- To provide a support network for coaches across Scotland;
- To co-ordinate coach provision;
- To develop links and partnerships with other associations.

Coach Register

One of the key enablers for the STA CC to achieve its aims is to build up a register of those in Scotland coaching touch, those considering doing some coaching and those who are interested in coaching matters in general. If this applies to you then please send an e-mail to coaching@scottishtouch.org.uk and you'll be added to the list.

Meet the committee

The coaching committee comprises of:

Iain Craik (Aberdeen), Peter Robertson (East Lothian), Jenny Cochran, Fionna Morton, David Short, John White, Shane Wilson, Adrian Wishart (all Edinburgh).

Each newsletter we'll be telling you all a bit more about one of the coaching committee members, and it seems sensible to start with the director, Iain Craik...I am 34 years old and resident in Aberdeen, married with a six month old son. I have been playing touch since 1999 and most of the years since then have been spent coaching and growing the Guerillas Touch Rugby Club, which currently stands at around 50 members. I have been fortunate enough to represent Scotland as a player at the last two European Championships and this year's World Cup. I was appointed as STA Director of Coaching in July of this year.



International Scene

The two foremost touch countries, Australia and New Zealand, have established touch coaching structures that have been working for a number of years. These give a progression for those who wish to develop their touch coaching skills. We are somewhat starting from scratch in Scotland.

There has been a decision taken at European level to adopt the Touch Football Australia (TFA) coaching structure. There is ongoing discussion on bringing a TFA representative(s) across to Europe to give presentations on their coaching structure and coaching courses and to assist in setting up a similar structure in the European nations.

At present the most likely time for the TFA visit looks like spring 2008. After the visit the STA CC will be putting plans in place to roll out the new coaching qualifications with courses throughout Scotland.

Coaching in Action...Activitymix Decathlon Events



As part of a sponsorship agreement the STA has over the course of the summer provided coaching resources to corporate teams taking part in the activitymix decathlon touch events in Aberdeen, Edinburgh and Glasgow. In all over 50 touch teams attended the events with up to 70 players at each coaching session.

Feedback surveys gave a high approval rating of the coaching and over 90% of respondents said that the touch events had encouraged them to try the sport again. The broad appeal of the sport was underlined by a 95% rating on 'choice of activity'.



Tips Corner

Looking for some fun warm-up games / ice breakers for a session? www.funandgames.org/games.html has lots of ideas. Great for kids...and the slightly bigger 'kids' will enjoy them as well....

Focus on Sports Coach UK coaching courses

Sports Coach UK (scUK) is the leading agency for development of the UK Coaching System. scUK provides resources for coaches, such as workshops and literature.



The workshops are administered in Scotland through **sportscotland** with courses being facilitated by regional bodies, such as Edinburgh Leisure, Active Glasgow and Grampian Coaching; you can find your local body at the sportscotland website.

A series of workshops have been developed that cover a broad range of topics. These are designed to be non sport specific; the list of topics is given in the table below.

Each region has its own program of courses but where there is sufficient interest a specific course can be run on request. It is the intention of the STA CC to arrange such courses for touch coaches. The first of these took place in Edinburgh on 28th October. More will follow; if you are interesting in attending any of these please e-mail Iain at coaching@scottishtouch.org.uk.

Sports Coach U.K. Courses		
Good Practice	Coaching Principles	Coaching Practice
Coaching and the Law	What is Sports Coaching?	How to Coach Sports Effectively
Equity in Your Coaching	How to Coach Sports Safely	An Introduction to Core Stability Training
Good Practice & Child Protection	A Guide to Mentoring Sports Coaches	Developing Power & Speed
The Responsible Sports Coach	Analysing Your Coaching	Field-based Fitness Testing
Understanding Eating Disorders	Coaching Methods & Communication	Fitness & Training
Specific Populations	Goal Setting & Planning	Fuelling Performers
How to Coach Children in Sport	Injury Prevention & Management	Improving Practices & Skill
How to Coach Disabled People in Sport	Performance Profiling	Imagery Training
Coaching Children & Young People		Motivation and Mental Toughness
Coaching Disabled Performers		Observation Analysis & Video

Note: Some of the topics above are under review and therefore not currently available.