



Live Active Coaching Coaching & Development

Live Active Coaching, driven by the partnership of Live Active Leisure, Perth and Kinross Council and the Gannochy Trust, is committed to developing sport throughout Perth and Kinross. As such, Live Active Coaching is keen to develop the quantity and quality of dedicated coaches to further enhance the experiences and performances of the sporting population of Perth and Kinross.



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The Live Active Coaching and Development Vision

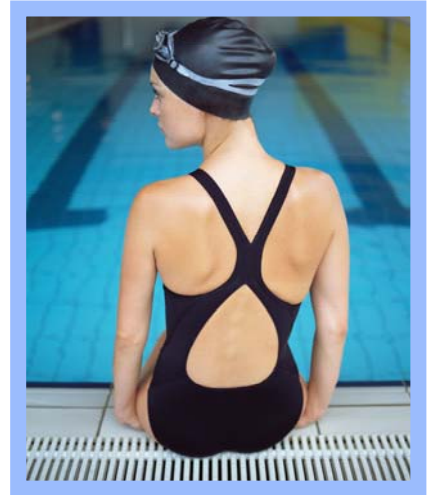
- *'Perth and Kinross where sports coaching is more widely available to all, encouraging people to get started in sport...*
- *Perth and Kinross supporting sports coaches, nurturing talent and encouraging people to stay active and develop in sport...*
- *'Perth and Kinross with world class coaching services providing opportunities for all to reach their desired level of achievement'.*

The Live Active Coaching & Development Scholarships are one part of the overall support provided by the Live Active Coaching programme and PKC Sports Development. The scholarships are available for both new and current coaches to assist with education, training and development. Funding is derived from Live Active Leisure and the Gannochy Trust.

The Scholarship Programme Levels

- Level 1:** **Creating Coaches: Creating Players** (get qualified and get started)
Funding for a National Sports /Outdoor Education Governing Body qualification or relevant workshop/development opportunity for all relevant ages.
- Level 2:** **Continuing Coach Development** (developing the current coach)
Funding for an annual plan of development opportunities/qualification or relevant workshop/development opportunity designed in conjunction with a governing body representative and/or relevant sporting partners.
- Level 3:** **High Performance Scholarship** (supporting those working with the Tayside & Fife Institute or equivalent National Governing Body athletes)
Funding for an annual plan of development opportunities/qualifications or relevant workshop/development opportunity designed in conjunction with the Tayside & Fife Institute of Sport and/or relevant sporting partners.

At each of the three levels of the scholarship programme, a nomination process is used to identify individuals for inclusion in the programme. The nominated coaches will then be assisted in identifying areas of need and supported to plan and complete the necessary education and training. The scholarships are awarded across the broad spectrum of coaches, from those coaching a few hours per week as a volunteer to full time career coaches. The guidance, financial assistance and personal support of the programme are designed to assist those demonstrating a high level of commitment to their sport through their coaching.

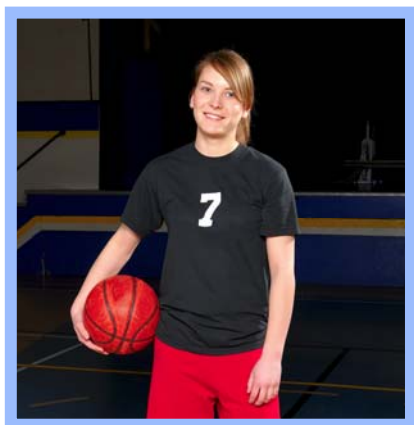


The Selection Criteria

The scholarship funds are for those who:

- Want to participate in sports coaching within Perth and Kinross
- Have the support of a suitable nominating person
- Are keen to undertake a coaching qualification or further develop their coaching skills
- Are currently coaching and/or looking to coach throughout Perth and Kinross with recognised clubs/organisations

Level 1: Creating Coaches: Creating Players



This level of assistance is primarily to help coaches through their early Governing Body qualifications or introductory coaching qualifications, facilitating their ability to coach in Perth and Kinross. The aim of the level 1 scholarships is to qualify coaches and provide, where possible, opportunities for people to deliver coaching programmes independently.

Who is the support for?

Newcomers to coaching can apply for this scholarship; however an appropriate nominated referee must support every application. Examples include, a sports development officer, a senior club coach or an active

schools coordinator. Live Active Coaching reserve the right to reject an application and may ask for an informal interview.

Level of support available

This is likely to come in the form of a one off payment. A suitable percentage of the total cost (0% - 100%) will be allocated.

Monitoring and Reviewing

A simple evaluation form will be required so as to review the success of the course and the arrangement. Live Active Coaching will also be interested to follow your coaching input and maintain contact thereafter.

Criteria for Successful Applicant

Desirable Criteria

- Knowledge and experience of your sport
- Good interpersonal and communication skills
- Good at motivating and encouraging others
- An interest and knowledge in coaching
- Willingness to develop coaching skills
- Ability to work as an individual or as part of a team
- Be confident, friendly and outgoing
- Be self-motivating and able to use own initiative

Level 2: Continuing Coach Development

This avenue is designed to help the current coach improve and develop. A one-year development plan will be put in place identifying costs and the necessary avenues for development. Live Active Coaching does ask in return that the coach continues coaching in Perth and Kinross for up to one year thereafter.

Who is the support for?

All current coaches looking to develop their skills can apply for this scholarship. The coach should propose an annual development programme, which will require to be supported by an appropriate nominated referee (e.g. a sport development officer). Live Active Coaching reserve the right to reject an application and may ask for an informal interview to discuss the programme and the subsequent benefit to both the coach and Perth and Kinross.

Level of support available

It is likely the payment will come in one/two payments retrospectively. A suitable percentage of the total cost (0% - 100%) will be allocated.

Monitoring and Reviewing

A simple evaluation form will be required so as to review the success of the course and the arrangement. Live Active Coaching will also be interested to follow your coaching input and maintain contact thereafter.

In addition, coaches may be asked to share their experiences in the form of a presentation or a written report.

Criteria for Successful Applicant

Essential Criteria	Desirable Criteria
<ul style="list-style-type: none">• Knowledge and experience of your sport• High level of interpersonal and communication skills• Good at motivating and encouraging others• Attachment to a school / club / coaching opportunities with young people• Previous coaching experience• UKCC Level 1 Governing Body Qualification (or one deemed equivalent too)• Proven track record of continued commitment to coaching in Perth and Kinross• An awareness of good practice and child protection	<ul style="list-style-type: none">• Have a willingness to undertake necessary training• Ability to meet targets and deadlines• Knowledge of your sports structures and coaching programmes

Level 3: High Performance Scholarship

Who is the support for?

Nomination basis only - the select individual will have a proven track record of dedicated service to sports coaching with significant coaching commitments within Perth and Kinross.

Level of support available

This will be dependent on the intensity of the development plan. It is likely the payment will come in retrospective payments. A suitable percentage of the total cost of the development plan (0% - 100%) will be allocated.

Mentoring, Monitoring and Reviewing

A continual monitoring process in the form of informal discussion will be on-going. It is important to note that the mentor's role in this instance is not necessarily as a senior coach/technical mentor, but a neutral person that can help in the process of self-reflection and facilitate the required developmental opportunities. Although flexible, it is likely that the coaching, TFIS representative or sport specific development officers will fulfil this role.

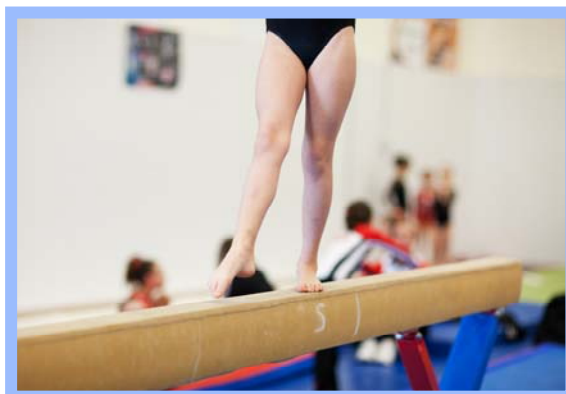
In addition, coaches may be asked to share their experiences in the form of a presentation or a written report with other groups. The review process will include evaluation forms and informal discussions, which will be on-going throughout the three-year duration and up to a two-year period thereafter.

Criteria for Successful Applicant

Essential Criteria	Desirable Criteria
<ul style="list-style-type: none">• Minimum Level 2 Governing Body Qualification (or one deemed equivalent too)• Part of Tayside & Fife Regional Partnership Coaching Scholarship• Proven track record of commitment to coaching in Perth and Kinross (minimum 3 years)• An up to date and comprehensive knowledge and understanding of the structures, directives and coaching status of your sport.• Minimum of three years coaching experience at the Governing Body level '2' qualification (or one deemed equivalent too).• The required commitment to achieving agreed performance goals and targets throughout the duration of scholarship period.	<ul style="list-style-type: none">• Career coach / full time coach.• Coach with significant contact time and / or organisational commitments to coaching in Perth and Kinross.• A flexible approach to numerous coaching duties.• Ability to meet targets and deadlines• Excellent verbal and written communication skills.• Experience of working with multiple organisations.

What should you do now?

1. Review the scholarship options and select the level that best suits your developmental needs (i.e. Level 1, 2 or 3).
2. Ask a senior coach, development officer or sports co-ordinator/ active schools co-ordinator to nominate you by completing the relevant section of the application form. This person will be asked to ensure you are given the appropriate opportunities to coach and be mentored. Once you have completed the remainder of the form please return it to the address below.
3. If your application is successful, you will be asked to:
 - Maintain a commitment to coaching within Perth and Kinross for a minimum of one year thereafter
 - To assist in the delivery of enjoyable and safe sports programmes, providing progressive opportunities for developing the potential of the participants within Perth & Kinross
 - To promote fair play and adhere to the relevant Governing Bodies codes of conduct, ethics and child protection policy at all times
 - To complete all elements of the scholarship programme
 - To maintain a positive interest in continuing professional development



Contact Us

Live Active Leisure

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Fax: 01738 627191

Email: leisure@liveactive.co.uk

Web: www.liveactive.co.uk

Please return the enclosed application forms to the address above

Application Form - Individual



- Level 1 Creating Coaches, Creating Players (get qualified and get started)
- Level 2 Continuing Coach Development (developing the current coach)
- Level 3 High Performance Coach (developing those working with Institute athletes)

If you would like more information on the Scholarship Programme before sending in an application contact us at Tel: 01738 492440 or email: leisure@liveactive.co.uk

Your Details	
Name:	
Address:	
	Postcode
Telephone No:	Home _____ Mobile _____
Email:	
Sport(s):	
Club(s)/Organisation(s):	
Coaching Qualification(s) (if any):	

Further Information	
Qualification/Training you are interested in undertaking: _____	
Approx dates & cost: _____ Location of Course: _____	
Please describe your coaching experience and current coaching commitment (including hours, venues, age and ability of participants): _____	
Do you receive payment or expenses for your coaching time? Yes <input type="checkbox"/> No <input type="checkbox"/> Partly <input type="checkbox"/>	
If your applying for funding towards this course from another source please details below:	
	Signed (Coach:)



Tell us about yourself

Use the space provided to tell us a bit more about yourself.

Application Form – Nominating Person

Nominating Person Details

Name: _____

Position of Support: _____

Address: _____
 _____ Postcode _____

Telephone No: Home _____ Mobile _____

Email: _____

Course Details: A course flyer or application form from the course organiser must be enclosed

Name of Course	Course Organiser	Venue	Date(s)	Cost (per person)
				Total: _____

Further Information

Please detail the coaching experience of the nominated coach:

Existing Qualifications: _____

Previous Coaching Qualifications: _____

Regards the sessions the coaches will be delivering, please state:

Location/Venues: _____ No of Sessions per week: _____

Club/School/Programme: _____ Times: _____

Regards the participants of the sessions the coaches will be taking, please state:

Age of participants: _____ Ability / Performance Stage (beginner, recreational, age group, regional squads): _____

Will the coaches receive payment or expenses for their coaching time? Yes No Partly

Will the coaches be taking players/athletes to competition events? Yes No

Signed: _____ Date: _____ Flyer/Course Info attached