

Level 2 Coaching **Certificate in Shinty**



Candidate Manual

SECTION 2



2.1 Camanachd Association Contacts



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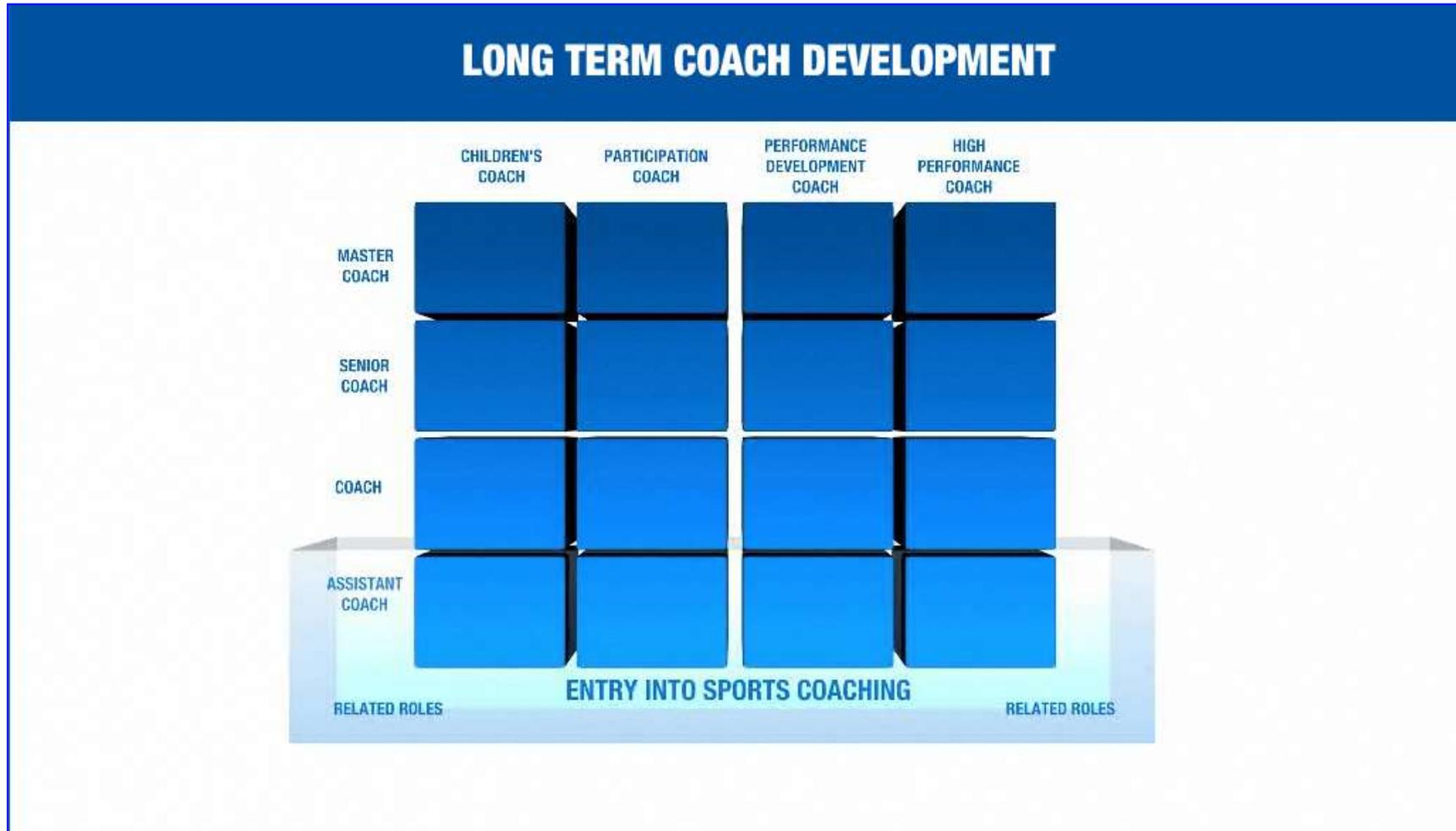
Website Address www.shinty.com

Coaching Shinty: You Tube <https://www.youtube.com/user/CoachingShinty>

igameplanner website: <http://www.igameplanner.com/en/sports/shinty/shinty.html>

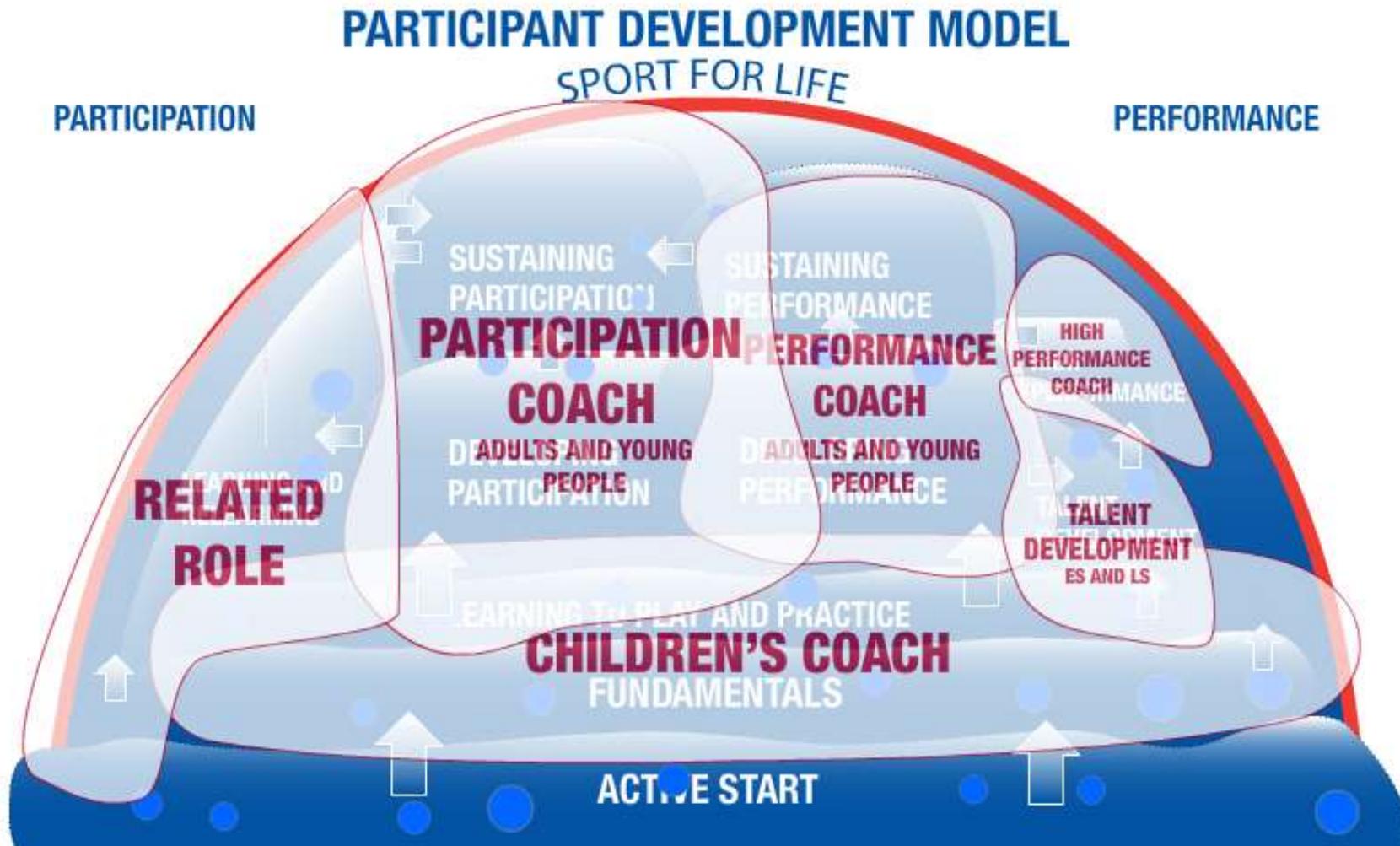
2.2 Camanachd Association: Long Term Coach Development

UK COACHING FRAMEWORK MODEL



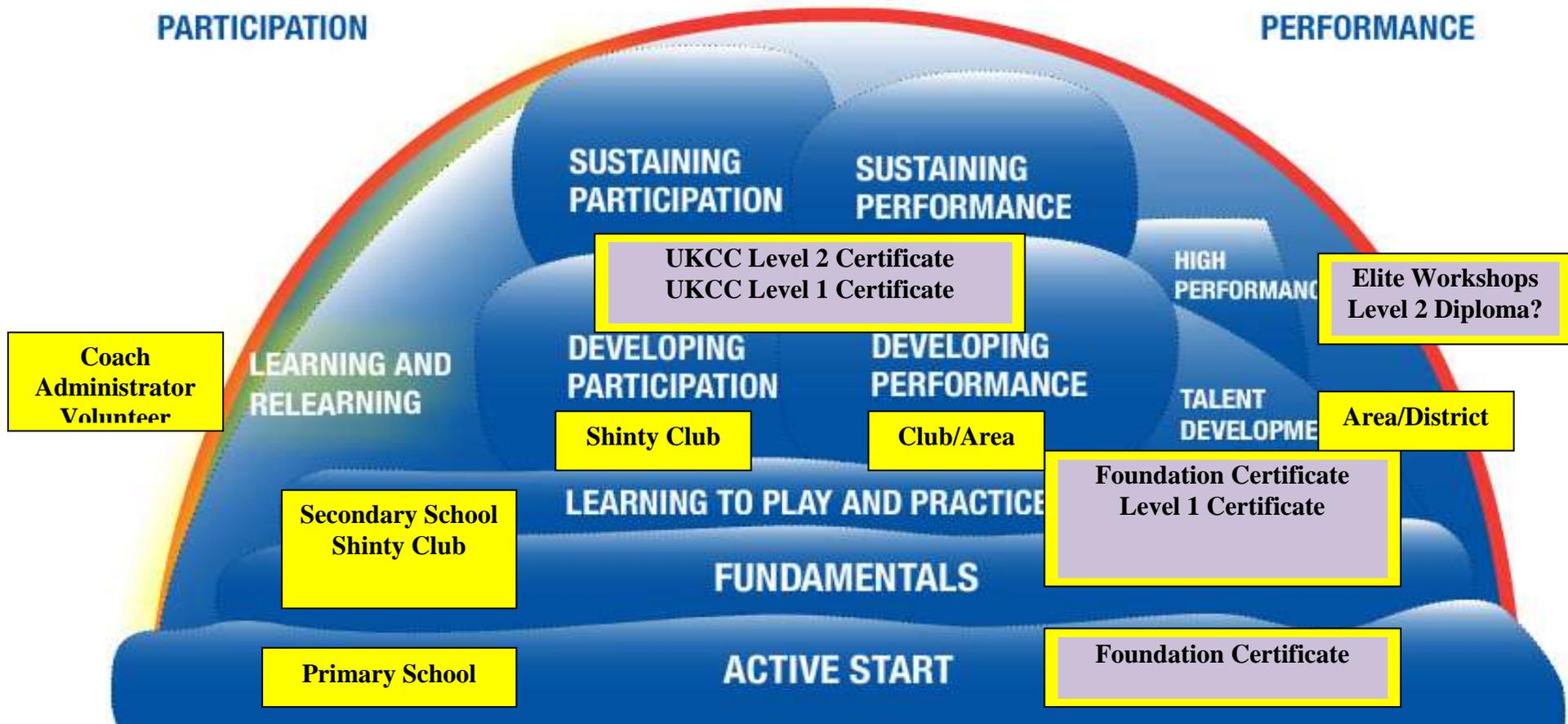
The Camanachd Association Long Term Coach Development programme is based on the UK model

COACHING TYPES



Camanachd Association: Coaching Qualifications

PARTICIPANT DEVELOPMENT MODEL



THE CAMANACHD ASSOCIATION

In Gaelic *Comunn na Camanachd* - is the ruling body of the ancient and unique stick sport of shinty in its modern dynamic form.

It is played particularly in the areas of Scotland related to the Gaelic population as well as in the cities and the universities of the nation.

The object of the Association is to foster and develop the national game sustaining the recreational traditions of skill, courage and stamina dating back over countless generations to the earliest roots of the Celtic race.

Further details on the subjects contained in this information leaflet can be obtained from the Camanachd Association website or by contacting the Coaching & Performance Development Manager at the office.

*Shinty - more than a game!*TM

Camanachd Association

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**CAMANACHD
ASSOCIATION**
COMANN NA CAMANACHD

**THE GOVERNING
BODY FOR SHINTY**

**Coach
Education and
Development**

Coach Education

The Camanachd Association is committed to providing a Coach Education programme that meets the needs of the Shinty community. Courses are aligned to Coaching Scotland, the United Kingdom Coaching Framework and the United Kingdom Coaching Certificate (UKCC)

Foundation Certificate

A 6 hour Practical/Theory course designed to assist any adult (16 years old or over) to coach at First Shinty level and assist at Youth level. Course Fee: £30

UKCC Level 1 Certificate

A 21 hour course consisting of: a two day Practical/Theory course plus Home Study and a Club assessment. The course is designed to assist Foundation Certificate Coaches and experienced 'Shinty' people to coach at Youth level and assist at senior level. Course Fee £150

Level 2 Certificate:

A 69 hour course consisting of: a three day Practical/Theory course plus Home Study and a Club assessment. For Head Youth and Senior Coaches Fee £240

Funding support available
All Certificates are valid for 4 years.

Coach Development

As well as attending certificate courses coaches will be provided with opportunities for continuous professional development (CPD)

Coach Development Forums: Coaches will be invited to attend and contribute to the development of the sport of Shinty

Coach Development Workshops: Coaches are invited to attend workshops which will focus on Generic sports coaching skills provided by sportscoachUK and Shinty specific coaching skills provided by the Camanachd Association e.g. Analysing your Coaching – Contact Skills – Developing practices.

A Level 2 Diploma is under consideration

Coach Development Experiences: Opportunities are available to coach at Club, Area, District and National levels within different age groups from U-14, U-17 and U-21 to Senior. All coaches are invited to observe representative squad sessions.

Coach recognition:

Good coaching needs to be recognised and to aid this The Camanachd Association have extended the number of awards available.
Coach of the Year: All Senior leagues
Youth - School

Future Developments:

Coach Scholarships
Coach Mentoring





**CAMANACHD
ASSOCIATION**
COMANN NA CAMANACHD

**THE GOVERNING
BODY FOR SHINTY**

2.3 CA LONG TERM PLAYER DEVELOPMENT

"Life Long Activity"



Shinty – more than a game!™

LONG TERM PLAYER DEVELOPMENT

CONTENTS

- 1. Introduction***
- 2. CA LTPD Model***
- 3. CA LTPD Pathway***
- 4. Key Factors***
- 5. Future Progress***

References:

**Long Term Athlete Development – Dr Istvan Balyi
Player Improvement – sportscotland**

LONG TERM PLAYER DEVELOPMENT

1. Introduction

The Camanachd Association (CA) continues to work with sportscotland and Shinty Clubs on developing the concepts of Long Term Player Development (LTPD) through its Development and Performance Plans which have followed out of the CA Strategic Plan

The contents of the "Player Improvement" paper produced by sportscotland, on the introduction of a LTPD pathway, is equally applicable for all Scottish Athletes/Players

"The concept of LTPD recognises that development is a multi staged progression, related to the important biological, psychological and social development periods in a person's life"

The challenge is for clubs to have in place a structure which looks to develop the players in a coordinated and progressive way. "What are the core skills to focus on at each age group?"

Clubs have the opportunity for an annual review of provision.

It is crucial for Scotland that as many people as possible are encouraged to participate in physical activity. Statistics provided by the Scottish Executive show there are major problems with obesity and heart disease in our country. The Camanachd Association is focused on delivering a player-centred, coach-led system with a clear and achievable pathway to:

"Life Long Activity"

Most parents and carers would like their children to be active throughout their life. Concerns about health have put sport into the political arena.

Shinty is Scotland's indigenous sport and has been played in various forms in many parts of the world since records began but there is concern that the number of youngsters staying in the sport is falling. Therefore we have to work hard on two main fronts:

- Targeting and encouraging more participants
- Developing the next generation of performance athletes

Encouragingly the sport is being developed by the Camanachd Association in partnerships with:

Local Government Authorities in Highland and Argyll & Bute
Woman's Camanachd Association
Camanachd Referee Association
Glasgow Celtic Society
Macaulay Association
Scottish Disability Sport

Major funding and sponsorship is provided by:

Sportscotland
Scottish Hydro
Marine Harvest
Highland Council
Argyll & Bute Council
Scottish Cooperative

There is however much work to be done in developing the sport throughout Scotland

LONG TERM PLAYER DEVELOPMENT

2. CA LTPD Model

1. Focussed on the physiological, psychological, emotional, social and cognitive development of players
2. Set out in 7 main stages.
3. Identifies a Pathway for physical literacy built on strong foundations at childhood which promotes quality regular physical activity in schools and the wider community. Progressive performance levels up to elite standards will be developed on these foundations.
4. Appropriate training, competition and recovery programmes can be identified for individual athletes as they progress through the main stages of the pathway.
5. Appropriate training and education programmes for Coaches and Teachers in the sport of shinty.
6. Will affect the whole shinty community from players to Clubs by providing an integrated partnership structure that aligns with the agreed targets for sportscotland:
Widening Opportunities
Developing Potential
Achieving Excellence
7. Aligns with the Scottish Executive's Health Promoting Policy of a healthy, physically literate nation in which the population participates in lifelong physical activity

3. CA LTPD Pathway

An outline of the 7 main stages is set out below. Further expanded details are available in the sportscotland "Player Improvement" document. Dependant on entry ages players may pass through the stages at different ages and time scales.

Progression through the stages is the same for all players but the ages given are just a guide as maturation timing and periods of optimum trainability can be variable.

| | | |
|-----------------------------------|---|---|
| <i>Active Start</i> | <i>Males and Females 0-6</i> | <i>Learn fundamental movements and link them together into play</i> |
| <i>FUNdamentals</i> | <i>Males 6-9 Females 6-8</i> | <i>Learn all fundamental movement skills and build overall motor skills</i> |
| <i>Learning to Train</i> | <i>Males 9-12 Females 8-11</i> | <i>Learn overall generic sport skills</i> |
| <i>Training to Train</i> | <i>Males 12-16 Females 11-15</i> | <i>Build aerobic base, develop speed and strength, further develop and consolidate sport specific skills</i> |
| <i>Training to Compete</i> | <i>Males 16 + Females 15 +</i> | <i>Intensified: Fitness preparation Sport specific individual & positional skills and performance levels</i> |
| <i>Training to Win</i> | <i>Males 19 + Females 18 +</i> | <i>High Performance Athletes on individual programmes</i> |
| <i>Active for Life</i> | <i>All Ages</i> | <i>Lifelong physical activity & participation in sport.</i> |

HOW DOES THIS COMPARE TO WHAT IS DELIVERED IN YOUR CLUB

4. Key Factors

In the sporting community it is widely accepted that it takes approximately 10,000 hours over 10 years for a player to become proficient at the highest levels of performance. As sports develop the differences in time commitment can become less.

Sport activities and physical education, taught well, can influence the psychological, social and emotional development of all players but can be especially powerful tools in assisting them in developing their self-esteem. First experiences have to be positive and of a high standard to encourage lifelong involvement.

Opportunities to become involved in shinty need to be very well publicised directly with possible players their family/carers, schools and the wider community. Communication routes need to be very clear.

Due to the developing nature of shinty there can, in certain parts of the country, be relatively low numbers of competitors. This leads to challenges in finding the appropriate level and number of competitions. Identifying the appropriate balance between training and competitions is not so difficult but it must not be ignored.

5. Future Progress

LTPD principles need to be integrated into the structures of shinty in a progressive and systematic way to ensure the most effective and long term implementation.

All partners and stakeholder have to work together and commit fully to the principles if players are to have the opportunity to compete at the elite level of Club and International competition.

Elements that have to be targeted:

- Age Groupings - Players playing in older age groups**
- Amount of competitions - Levels of competitions**
- Rules of competitions**
- Development opportunities - Quality of coaching**

2.4 Shinty Performance Pathways

Players Pathway

First Shinty (Foundation Coaches/ PE Staff)



Primary Shinty (Foundation Coaches/UKCC Level 1/PE Staff)



Under 14 Shinty (Foundation/UKCC Level 1/PE Staff)

| | | |
|------|----------|--------------------|
| Club | District | Area (North/South) |
|------|----------|--------------------|

Under 17 Shinty (UKCC Level 1/PE Staff)

| | | | |
|------|----------|--------------------|--------------------------|
| Club | District | Area (North/South) | Scottish District Select |
|------|----------|--------------------|--------------------------|



Under 21 Shinty (UKCC Level 1/Level 2)

| | | |
|------|--------------------|---------------|
| Club | Area (North/South) | International |
|------|--------------------|---------------|



Senior Shinty (UKCC Level 1/Level 2)

| | | |
|------|--------------------|---------------|
| Club | Area (North/South) | International |
|------|--------------------|---------------|



Coaches Pathway

Foundation Coaching Certificate in Shinty/CPD



Level 1 Coaching Certificate in Shinty/CPD



Level 2 Coaching Certificate in Shinty/CPD



Elite Workshops

Level 2 Diploma (Under consideration)



2.5: Camanachd Association Code of Conduct for the Protection of Children

Always:

- Make **Shinty** fun, enjoyable and promote fair play
- Work in an open environment
- Treat all children equally, with respect and dignity, putting their welfare before winning or achieving goals
- Listen to children and respect their rights, wishes and feelings
- Be an excellent role model
- Give constructive feedback
- Involve parents where possible
- Challenge unacceptable behaviour and language
- Challenge bullying
- Report any allegations or suspicions of abuse
- Follow guidelines for photographing or filming at activities
- Follow guidelines for trips away from home and overnight stays

Avoid:

- Having favourites
- Spending excessive amounts of time alone with a child away from others
- Taking children to your home or in your car where they will be alone with you
- Sleeping in the same room as a child
- Doing things of a personal nature for children that they can do for themselves

Never:

- Allow allegations made by a child to go unrecorded or not acted upon
- Engage in rough, physical or sexually provocative games including horseplay
- Form intimate emotional or physical relationships with children
- Allow or engage in touching a child in a sexually suggestive manner
- Make sexually suggestive comments or gestures to a child, even in fun
- Reduce a child to tears as a form of control

Create a Safe Environment for Adults and Children in Sport

**If a child tells you about abuse:**

1. Stay calm and listen to the child without interrupting
2. Reassure the child that they were right to tell you
3. Do not make promises or guarantee confidentiality
4. Avoid questions: only ask *open* questions to clarify what the child tells you
5. Take what the child says seriously
6. Report immediately to your **Club's** Children's Officer or if unavailable, the police or social work department.
7. Record, sign and date the information and pass immediately to the **Camanachd Association** Children's Officer
8. Seek advice from the police or social work department where the child is at immediate risk

If you suspect abuse or receive an allegation about any adult:

1. Remember that the welfare of the child is paramount
2. Immediately tell the **Club's** Children's Officer or if unavailable the police or social work department
3. Record, sign and date the information and pass immediately to the **Camanachd Association** Children's Officer
4. Try to ensure no-one is placed in a position that may cause further concern or risk

*It is not your duty to investigate. It is your duty to report concerns.
Always seek advice if you are unsure.*

Contacts

Local Social Work Department:

Local Police Office:

Parentline Scotland: 0808 800 2222

Childline Scotland: 0800 1111

Camanachd Association Children's Officer: 01463 715031