

Summer 2015 Newsletter

Welcome to our Summer 'Coaching Chronicle' with information regarding our courses, workshops and the latest updates and announcements from Scottish Rugby's Coach Development Department.

2014/15 in Review

During the 2014/15 season 423 coaches achieved the UK Coaching Certificate (UKCC) Level 1: Coaching Children Rugby Union qualification – this was a 30% increase from the previous season. From August 2014 this qualification became the minimum standard for all mini rugby coaches, where 77% of all mini rugby teams across Scotland now have at least one UKCC Level 1 qualified coach.

212 coaches also achieved the UKCC Level 2: Coaching Youth & Adult Rugby Union qualification – a 5% increase from the previous year.

Former Scotland internationalists Chris Paterson, Mike Blair, Phil Godman, Nikki Walker and Ben Cairns were among the 27 coaches that achieved the UKCC Level 3: Advanced Coaching Youth & Adult Rugby qualification – a 113% increase from 2013/14. Also in this group was Scotland 7s head coach Calum MacRae, Glasgow Warriors props Mike Cusack and Jon Welsh and former Scotland 7s and Scotland A centre John Houston. Another 24 coaches will undertake the course this season including Scotland 7s internationalists Scott Wight and Scott Riddell as well as former Scotland props Gavin Kerr and George Graham.



Kenny Murray delivering at the AttackReady workshop

Approximately 4,200 coaches have benefited from CPD workshops this season – a 40% increase from 2013/14. A highlight for coaches was the launch of the Ready Workshops: ScrumReady, DefenceReady, AttackReady, and BreakdownReady. LineoutReady will be piloted in August 2015. These were introduced to further coaches understanding of the core areas of the game and offered them the opportunity to hear from expert coaches in their given field. This included Glasgow Warriors assistant coach Kenny Murray (AttackReady), BT Sport Academy skills coach / Scotland under-20 coach Iain Monaghan (DefenceReady), national specialist skills coach / Scotland under-18 head coach Eddie Pollock and assistant national coach Jonathan Humphries (BreakdownReady). Last season also saw the introduction of three World Rugby courses in Coaching 7s, Strength & Conditioning and First



World Rugby S&C Level 1 Course at Aberdeen Sports Village

Aid in Rugby. 125 coaches achieved the World Rugby Strength & Conditioning Level 1, 148 achieved the World Rugby First Aid in Rugby Level 1 qualification and 172 coaches completed the World Rugby Coaching 7s Level 1.

With the appointment of Coach Development Officer Peter Jericevich, we have also introduced two CPD Workshops specifically in Strength & Conditioning for both mini rugby and pre-season training.

Level 4 UK Coaching Certificate Programme

The UKCC Level 4 qualification will be delivered for the first time in Scotland, in conjunction with a postgraduate diploma (PGDip) at Edinburgh Napier University. Approved by sportscoachUK this new programme is set to begin in July 2015 with eight coaches in attendance. The aim of the course is to accelerate the development of Scotland's top coaches, providing them with the skills and knowledge required to coach at the top of the game, and become leaders in their field.



National Coaches Conference

On Sunday 17 May 2015, over 130 Youth and Adult coaches from across Scotland attended the annual National Coaches Conference. The focus of the event was to launch the new Long Term Player Development Level 4 & 5 Coaching Resource: Developing & Optimising Performance. The conference was led by a number of Scotland's top coaches from the professional game including Vern Cotter, Kenny Murray, Matt Taylor, Chris Paterson, Jared Deacon and Chris Leck, amongst others. Glasgow Warriors assistant coach, Kenny Murray, was the first of the key note speakers presenting on his personal coaching journey, from grassroots rugby to the professional game. This was followed by four practical workshops with Vern Cotter (Breakdown), Chris Paterson (Kicking), Scott Lawson (Lineout throwing) and Matt Taylor (Defence), all of which took place on the BT Murrayfield main pitch.



Kenny Murray presenting at the National Coaches Conference

The second key note speaker, Ian Stafford from the University of Sunderland led a session on 'Developing Decision Makers'. The afternoon's practical workshops then centred on strength & conditioning and were led by Scottish Rugby's BT Sport Academy Coaches – Jared Deacon, Chris Leck, Phil Greenwood and Mike Leggett. These sessions focused on speed development, field based conditioning, conditioned games and weight lifting.



Vern Cotter delivering at the National Coaches Conference

LTPD Level 4 & 5 Resource: Developing & Optimising Performance

Following the launch of Scottish Rugby's Long Term Player Development (LTPD) Strategy and subsequent production of the LTPD Guide for Clubs and Schools, Coaching Tag & Mini Rugby (LTPD stage 1 and 2), and Coaching Rugby (LTPD stage 3) resource, Scottish Rugby has produced the Developing & Optimising Performance resource to support coaches and teachers who are working with players in the fourth and fifth LTPD stages.

This resource has been compiled by some of the most prominent youth and adult coaches in Scotland and contains guidance to help enable coaches to fully develop every player in their squad taking into consideration factors such as:

- Principles of play
- Attack
- Defence
- Transition
- Set piece
- Mental skills

The LTPD 4 & 5 is focused on developing players over a prolonged period and that a coach's planning, content and delivery should reflect this.

Players should be competent in the basics of each area before progressing to more advanced activities.

This resource is available to download via dropbox at scottishrugby.org/get-involved/coach/resources

WIN CLEAN: Say No to Doping

Scottish Rugby's new anti-doping guidance provides a summary of the key areas within anti-doping. It is designed for use by athletes and athlete support personnel (coaches / managers / medical staff and parents). A downloadable PDF document can be found on our resources page at scottishrugby.org/coaching-rugby

Scottish Sports Concussion Guidance

If in Doubt, Sit Them Out: Scottish Sports Concussion Guidance is intended to provide information on how to recognise sports concussion and on how sports concussion should be managed from the time of injury through to safe return of play. A two page summary card and public report is available to download via our resources page at scottishrugby.org/coaching-rugby

Symptoms of concussion

- Headache
- Confusion
- Nausea or vomiting
- Fatigue
- Pressure in head
- Sensitivity to light or noise
- Dizziness
- Visual problems
- Drowsiness

Questions to ask

- Where are we now?
- What time of day is it?
- How did you get here today?
- Where were you on this day last week?

IF IN DOUBT, SIT THEM OUT.

IF IN DOUBT, SIT THEM OUT.

This card is a summary of the Scottish Sports Concussion Guidance report.
To view the full document visit: sportsScotland.org.uk/concussion

Positive Coaching Scotland Annual Festival

On Sunday 30 May, Positive Coaching Scotland (PCS) accredited clubs from across Scotland came together for the annual festival. A fantastic sunny day saw 400 players, 80 coaches and 150 parents in attendance. The festival was hosted at Cartha Queens Park RFC and Lochinch Sports Grounds in Glasgow. For the first time we invited clubs that are not yet PCS accredited but have started the process. This gave them the opportunity to see their progress and learn lessons from the great examples from the PCS accredited clubs.



Positive Coaching Scotland Annual Festival 2015

All clubs pitched in to help with game coaching, refereeing and in ensuring the sections all ran smoothly. A fantastic effort from all for a very successful PCS festival.

Course Payments 2015/16

All payments must now be made online via Eventbrite by debit/credit card.

As a result of this new process, we are no longer able to invoice clubs/schools or accept payment by cheque. Should a coach be able to claim money back from their club, we are able to provide VAT receipts on request. Payment for up to 10+ coaches at a time can also be made via Eventbrite should a club/school wish to pay for a number of coaches. Again this will have to be made via eventbrite at the time of the application.

Our previous policy on refunds will remain in place, where they will not be offered should a candidate(s) withdraw prior to the start of the course. We will however endeavour to place them on an alternative course at a later date.

Course	Price
World Rugby First Aid in Rugby Level 1	£35 (inc VAT)
UKCC Level 1: Coaching Children Rugby Union	£65 (inc VAT)
World Rugby Strength & Conditioning Level 1	£75 (inc VAT)
UKCC Level 2: Coaching Youth & Adult Rugby	£80 (inc VAT)

Coach Development Contacts

Coach Development Officers (first point of contact)

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Coaching Development on Twitter

We now have over **1,100** followers on twitter and have also started using Vine – a video sharing app. Vine is designed in a way for users to film short or separate instances that can be linked together for 6 seconds. Each video plays in a continuous loop and can be viewed in our twitter timeline. We launched this at the National Coaches Conference filming clips of the coaches practical sessions.

Please ensure your club/school contacts follow our official twitter @scotrugbycoach for all the up-to-date information and announcements on Coach Development at Scottish Rugby.

2015/16 Course Calendar*

July	<ul style="list-style-type: none"> UKCC Level 1: Hawick RFC, RHC Cougars RFC, Penicuik RFC, Morgan Academy FP UKCC Level 2: Hawick RFC World Rugby S&C Level 1: Meadowmill S&C Pre-Season Workshop: Linlithgow RFC, Garioch RFC World Rugby FAIR Level 1: West of Scotland FC, BT Murrayfield UKCC Reassessment Evening: West of Scotland, Marr RFC
Aug	<ul style="list-style-type: none"> UKCC Level 1: Glasgow Hawks RFC, Currie RFC, Linlithgow RFC, Stirling County RFC UKCC Level 2: Falkirk RFC, Glasgow Hawks RFC, Mackie Academy RFC, Currie RFC, Kelso RFC World Rugby FAIR Level 1: Melrose RFC, Musselburgh RFC LineoutReady: Lochinch, Aberdeenshire RFC ScrumReady: Preston Lodge RFC, Kilmarnock RFC, Aberdeenshire RFC BreakdownReady: Meadowmill
Sep	<ul style="list-style-type: none"> ScrumReady: Lochinch BreakdownReady: Dundee HSFP AttackReady: Meadowmill ScrumReady Advanced: Jed Forest RFC
Oct	<ul style="list-style-type: none"> UKCC Level 1: Watsonians FC, Lornshill Academy UKCC Level 2: Edinburgh Accies FC ScrumReady: Stirling County RFC LineoutReady: Stirling County RFC, Currie RFC, Ayr RFC, Meadowmill DefenceReady: Strathallan, Meadowmill, Edinburgh Accies FC, Hawick RFC AttackReady: Lochinch, Strathallan

*courses subject to change, please visit our website before booking online via Eventbrite, eventbrite.co.uk