



# Summary Annual Report

## 2005-06

### **Background**

Coaching Highland was incorporated as a Company Limited by Guarantee on 4<sup>th</sup> February 2006 by Companies House: Registered in Scotland No: SC279419.

The Company was founded from the voluntary organisation 'Gael Force Ten' which began in May 1995 and after independent review and discussion, decided to rebrand/organise itself by transferring all assets to a new company which could better meet the needs of an increasing budget and support for more than the ten core sports they had always worked with.

During 2005-06, five Directors led the organisation along with 3 members of staff (who are employed by the Highland Council and seconded to run Coaching Highland) plus 3 advisers who represent the three main funding partners: the Highland Council, **sport**scotland and Highlands & Islands Enterprise.

### The Directors:

Angus Dick	Chair
Hugh MacKay	Vice Chair
Tom Jackson	Finance
Dougie MacDonald	Sport/Coaching Development
Peter Bowen	Marketing & Communication

### The Staff:

Alan Hoseason	Coaching Development Officer
Vince Walker	NOF Coaching Project Co-ordinator
Elissa Steven	Sports Coaching Administrator

Coaching Highland exists to support the development of coaches and coaching throughout the Highland Council area and this report has been written to identify how we do this and the results of some of our work. More information about our programmes and support services can be found online at our website: [www.CoachingHighland.co.uk](http://www.CoachingHighland.co.uk)

### **New Website Launched**

The new website ([www.CoachingHighland.co.uk](http://www.CoachingHighland.co.uk)) was launched on 21<sup>st</sup> November 2005 and provides coaches with extensive support and resources including access to funding, coach education courses, discussion forums, events calendar and many other useful downloads / tools. It is also a membership based system which is free of charge but allows us to keep in contact with coaches as they are required to register their e-mail address on the site as well as some basic coaching information about themselves. This way we are able to identify coaches from different sports, at different levels and in different parts of the Highlands. As at 31<sup>st</sup> March 2006, the site recorded 36,000 page views and 22,000 hits (individual sessions).

### **Finance**

The 2005-06 annual accounts are attached to the end of this report which details the sources and amounts of our project fund grants but the key figures are:

Income	£88,736
Expenditure	£69,978
Total Reserves	£28,914

These accounts and figures relate only to the finances help by our Accounts (Ritsons) in the Royal Bank of Scotland and represent our core programme budget. In addition to this, we had Highland Council held budgets of:

- £63,000 for core salaries, office and administration.
- £43,000 for the SCALP Project (Big Lottery Fund - BLF).

## Sports & Co-ordinators

We cater for ten core sports: Athletics, Badminton, Canoeing, Cricket, Curling, Golf, Gymnastics (inc. Trampolining), Orienteering, Sailing and Shinty. We appoint a co-ordinator for each who liaises with all the clubs and between us and together, we strategically plan how our scholarship funds will be spent. To do this we write a Coach Action Plan for each sport.

## Scholarships

Our Coach Scholarship Programme is for volunteer coaches living in the Highlands from our ten core sports and we allocate each sport with a maximum spend of £2,000 per year. The way this is distributed is based on identifying the needs of the sport throughout the area and spending on these priorities to ensure a good spread of coaches at all levels. We write a Coach Action Plan for each sport to demonstrate the way this was worked out and where the areas of need are. The figures below highlight the number of coaches and the amount spent on Coach Scholarships for 2005-06:

<b>Sport</b>	<b>Number of Coaches</b>	<b>Scholarships Awarded</b>
Athletics	38	£1,645.88
Badminton	32	£1,321.27
Canoeing	19	£2,202.50
Cricket	4	£294.35
Curling	24	£1,153.80
Golf	19	£2,405.60
Gymnastics (inc. Trampolining)	26	£2,396.90
Orienteering	17	£997.40
Sailing	9	£500
Shinty	86	£3,337.40
<b>TOTALS</b>	<b>275</b>	<b>£16,321.81</b>

## Coach Education Grants

With funding from **sportscotland** and Highlands & Islands Enterprise, we were able to open up funding for coach education courses for coaches outwith our 10 core sports. This new grant was to help the volunteer sports coaches gain coaching qualifications to assist them in their coaching. Applicants are asked to apply to their local sports council first before seeking the balance from Coaching Highland. Grants are limited to a maximum of £250 per person and include funding for travel and accommodation where required. The outcome of the 2005-06 grants are summarised below:

<b>Sport</b>	<b>Number of Coaches</b>	<b>Grants Awarded</b>
American Football	2	£159
Athletics	2	£130
Cycling	1	£90
Football	29	£814.45
Hockey	1	£38.50
Martial Arts	2	£100
Mountain Biking	4	£265.60
Nordic Walking	2	£150
Rowing	1	£250
Sub Aqua Diving	2	£500
Swimming	2	£440
Tennis	1	£120
Ten Pin Bowling	1	£150
Trampolining	1	£80
<b>TOTALS</b>	<b>51</b>	<b>£3,288</b>

### **Active School Co-ordinator Courses**

The Active Schools Manager asked us to run a £7,000 project to run free coach education courses for the new 26 full time Primary Active School Co-ordinators (ASCs), the 26 part time Secondary ASCs and PE staff to support community and afterschool sport sessions for pupils. These posts, many of which are in the most rural parts of the Highlands, have found little in the way of voluntary coach support and so this grant is being used to train parents, helpers, senior school pupils, volunteers and local club members to get coaching qualifications in order to provide more coaching activity for local communities. During 2005-06, the following courses and newly qualified coaches resulted:

<b>Sport</b>	<b>Course Title</b>	<b>Number of New Coaches</b>
Gymnastics	Foundation Award	8
Hockey	Leaders Award	15
Football (1)	Early Touches	13
Football (2)	Early Touches	21
Athletics	Fun In / Sportshall	61
Basketball	Getting Started	8
Athletics	Level 1	21
Netball	Introductory Award	16
Basketball	Level 1	11
Gymnastics	PE Teachers Award	16
Orienteering	Level 1	17
Tennis	Key Stage 2	14
<b>TOTALS</b>	<b>12</b>	<b>221</b>

Based on this success and the benefits demonstrated locally by the Active School Co-ordinators, we submitted a bid to the Big Lottery Fund for £40,000 to extend this programme over an 18 month period from May 2006 and are delighted to report that this has been granted and aims to deliver approximately 40 courses with a maximum 890 coaching qualifications being provided free of charge.

## SCALP – Sports Leaders Awards

The School and Community Activity Leaders Programme was established in August 2003 to deliver the Sports Leader UK awards in sports leadership to 900 people in the Highlands over a 4 year period aged 14 years and upwards. In 2005-06 thirteen courses were delivered qualifying 179 people. These awards provide the core skills to coach including communication skills, first aid, health & safety, running competitions etc. As well as getting a nationally recognised qualification, the candidates also take part in lots of physical activity and provide activity sessions as part of their training to local primary / secondary schools as well as community based sessions thereby adding real value to the awards.

### Level 1 Award - Sports Leadership

Glen Urquhart High School (18)  
Grantown Grammar (9)  
Nairn Academy (9)  
Tain Academy (41)  
Thurso High School (8)  
Tain Royal Academy (21)

**Total 106**

### Level 1 Award - Community Sports Leadership

Inverness College (9)  
Portree High School (28)  
Grantown Grammar (8)  
Kingussie Area (14)  
Millburn Academy (8)

**Total 67**

### Day Certificate in Sports Leadership

Nairn Area (16)

**Total 16**

**Grand Total = 179**

In order to make this all happen we have trained 23 tutors to deliver the awards from all parts of the Highlands during 2005-06.

## Other Coach Support

During the year, Coaching Highland has provided a number of additional support mechanisms for coaches in the Highlands which include:

- Coaching Resource Centres  
Four Coaching Resources Centres have been in operation by Coaching Highland for a number of years at: Wick Library, Alness Library, Inverness College Learning Resource Centre and Glenmore Lodge. The centres consist of coaching books, manuals, journals, videos and other similar resources to aid coaches ongoing learning and act as reference material as and when required. During 2005-06 we spent an additional £328 on topping the centres up with new resources.
- Equipment  
We have a laptop with video analysis software, a data projector and video camera for use by any coach free of charge to assist in their coaching as well as for use by us in delivering coach education courses and the booking diary confirms that this equipment is highly valued as it is frequently out on loan.

- Good Practice & Child Protection Courses  
The Good Practice & Child Protection courses are governed by Sports Coach UK and run as 3 hour certificated long modules. They are designed to protect not only children by ensuring the child's welfare is maintained at all times, but also the coach from allegation by conducting themselves using good practice during coaching. It shows coaches how to cope with all aspects of child protection and what to do if they suspect mistreatment of a child. In many cases, National Governing Bodies of sport stipulate that all qualified coaches must attend this workshop and Coaching Highland ran 9 courses during the year with 134 people attending them. We run them at a reduced cost and all throughout the Highlands to make access as easy as possible.
- 1<sup>st</sup> Aid Courses  
To further assist coaches in their learning, we upon request organise 1<sup>st</sup> Aid Courses which are all certificated and authenticated by the Health & Safety Executive or the British Red Cross. In the year 2005-06 we ran 1 course with 12 coaches gaining a 1<sup>st</sup> Aid Qualification.

### **Public Liability Insurance**

In response to a need by sports clubs who faced increasing insurance premiums, Coaching Highland approached the Highland Council Insurance Service to set up a scheme through Zurich Insurance to reduce the cost for these clubs under a group policy. It has been popular and some clubs have saved in excess of £600 per year which is a lot of money for small and fragile community organisations. During the year, we provided 59 policies totaling £11,945.

### **Summary & Conclusions**

The first year of Coaching Highland has been a wonderful success with literally hundreds of people benefiting from the funding, courses, training and general resources we have provided. Much of this is as a direct result of the work undertaken by Gael Force Ten since May 1995 who handed over a successful and thriving organisation.

We enjoy funding support from some 21 funding partners who we list below and wish to take this opportunity to thank.

The new website, coaching grants for non-core sports and the range of programmes we run, stand us in good stead to go from strength to strength and ensure that we provide the services required by the coaches of the Highlands. To this end, the Board of Coaching Highland have secured funding to independently review the work of the two organisations since 1995 and to plan how Coaching Highland adopts and reacts to the new Coaching Strategy for Scotland (Coaching Scotland) due late 2006/early 2007 and the UK Coaching Certificate which will mark the biggest change to the structure of coaching qualifications in the UK which is anticipated to be fully operational during 2007.