



# Falkirk Victoria Harriers

## Coaching Plan

### Coaching Plan Aim

The aim of the plan is to create a clear pathway for athletes to progress through the club by providing age related training along the way which will allow them to eventually become Senior athletes. Also for each athlete to achieve their own maximum potential. The plan will also support coaches at all stages of their development.

### Coaching Structure - general

The coaching structure will be administered by Age Group Coordinators for each of the following age groups. Age 9 – 12, Age 12 – 15, Age 15+. They will be supported by the Club Together Officer.

Full details of their role can be found on their job descriptors, the main priorities for the Coordinators are

- Ensure athletes pass between age groups at the relevant times.
- Ensure appropriate training related to age & stage of development
- Encourage all their Age Group Coaches in continual self-improvement.
- Identifying any lack of coaching provision within their age group.

An individual may coach across a maximum of two consecutive age groups. However consideration must be given to welfare ratios and that any coaching is relevant to that age group. After discussion with Age Group Coordinators/CTO it will be up to the individual coach as to which coaching system they wish to adopt. Note Cross Country/Endurance is part of the multi-event approach in all age groups including 9 -12 Age Group

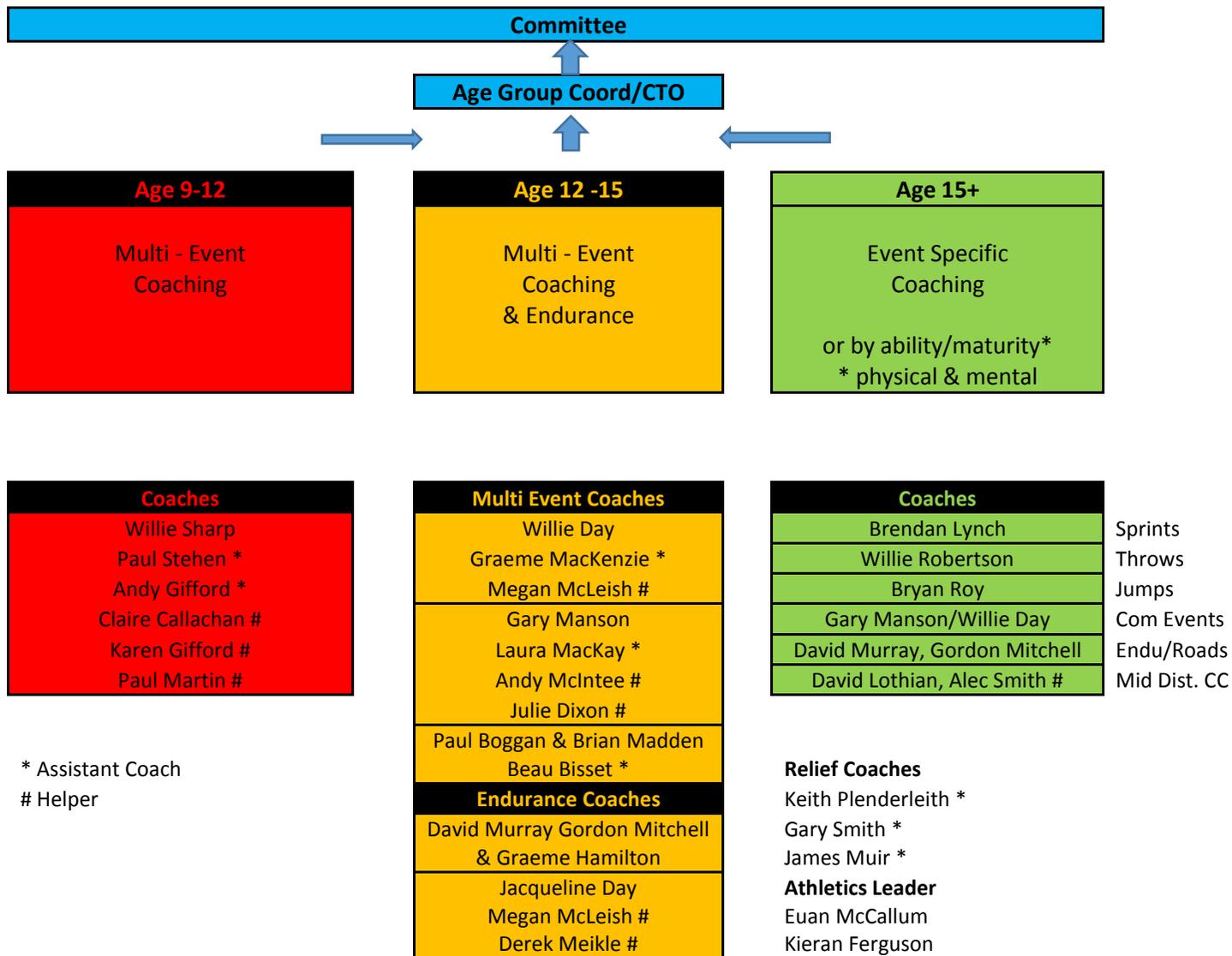
### Committee

- Will have overall control of the plan and any key changes must be ratified by them.
- Source any funding to develop coaches and athletes in line with any funding criteria at that time.
- Endeavour to source coaches for any lack of event provision.



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## Coaching Specific





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## Coach Mentoring & Support

### Assistant Coaches

Will be mentored by at least a L2/Athletics Coach. The mentor along with the CTO/Coach Coordinators will be responsible for encouraging future CPD and identify/signpost to relevant courses.

**Assistants who wish to progress to Athletics Coach will be encouraged in the following programme.**

- A personal development plan to be created for each individual Assistant Coach.
- Guided by their mentor in multi discipline events (if possible)
- If their mentor does not have Multi Disciplines on their licence, or for more focused event mentoring, blocks of tuition will be arranged with Event Specific Coaches. The Assistant would bring some of their 'older' athletes and the Assistant would be helped to coach them.
- Assistant Coaches will be encouraged to attend National Event programmes such as Hurdle Scotland etc.
- Assistant Coaches would be encouraged to attend events to observe how to coach at an event.

### Athletics Coach

Newbies should retain their mentor for at least one year and be encouraged to 'bolt on' Technical Modules that are not covered by the Athletics Coach licence. For this they should also be mentored by an event specific coach. There would also be continuing support from Coaching Coordinator/s & CTO. They can then progress to an Event Specific Coach or specialise in their chosen age group.

### Athletics Coach or L2 Coaches

- A personal development plan to be created for each individual Coach who wishes to progress.
- Coaches with an old style licence will be encouraged to 'bolt on' modules to their licence to expand their coaching knowledge.
- Mentored by an Event Specialist Coach

**All coaches** will be continually be signposted to CPD as and when it arises. They will be supported in all aspects of coaching by the CTO & Coaching Coordinator/s.

### Event Specific Coach or Age Group Specialist

They will be directly mentored by a relevant Event Coach (possibly external) or Age Group coordinator and supported by the CTO



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## Competition

### Leagues

LEAGUE (SUMMER)	ABBREVIATION	GENDER	U11	U13	U15	U17	U20	SEN/MAST
JSB FORTH VALLEY	JSB	M/F						
YOUTH DEVELOPMENT LEAGUE (1)	YDL (1)	M/F						
SCOTTISH WOMEN'S*	SWAL	F						
SCOTTISH ATHLETICS LEAGUE	SAL (MEN'S)	M						
YOUTH DEVELOPMENT LEAGUE* (2)	YDL (2)	M/F						
CSSAL	CSSAL	M/F						

\* COMPETE AS A COMPOSITE TEAM YDL (1) FORMALLY SYAL YDL (2) FORMALLY NJAL

LEAGUE (WINTER)	ABBREVIATION	GENDER	U11	U13	U15	U17	U20	SEN/MAST
EAST DISTRICT CROSS COUNTRY	EAST CC	M/F						
SCOTISH ATHLETICS INDOOR	SAIL	M/F						

**Club Competition-** There are Club Championships for Cross Country, Road Running & Track & Field.

**All plus National Competition** - Fixtures for all are published seasonally/monthly on the club website along with any applicable closing dates. Entries for selected National Championships will be via the SAL club entry system by a volunteer canvassing coaches for athletes to enter.

All members are eligible to apply for financial support for travel/accommodation in line with any funding criteria at that time. The committee will review the competition plan annually.