

scottishathletics



# COACH EDUCATION & DEVELOPMENT PROGRAMMES 2013-2015

MARCH 2013 v 1



BRITISH  
ATHLETICS





The role of the coach at all levels of our sport remains crucial at whatever age and stage you coach. Your contribution to the development of athletics and the opportunities you provide is inspiring, whether you are stimulating aspiring young athletes achieve their goals or you are working with talented performers in their pursuit of excellence your support to athletics in Scotland is invaluable.

If our national-level athletes are to contend for success on the international stage then coaches must have the support of a well-structured, resourced and effective coaching system within the best environment possible. This can only be achieved by developing and providing a clearly structured programme of ongoing development for coaches, whether this is through the qualifications pathway or a comprehensive CPD programme.

As part of our ongoing improvement of the coach development pathway and support programmes we have established clear priorities within the coaching system. The National Coaching Framework for Athletics in Scotland provides a clear overview of the direction in which the sport is moving and this document provides specific programme detail with planned dates through to 2015.

Ultimately, we must ensure that we have skilled coaches at every stage of the athlete pathway and the programmes detailed within this booklet will attempt to address some key gaps in the current provision for Scottish coaches.





## National Development Programme for Coaches (CPD)

**scottishathletics** will provide a clearly structured programme of continued coach development that will be appropriate to the level and experience of the coach.

The CPD programme will consist of the following components;

1. Coaches working with talented teenagers and performance athletes
2. National Coaching Weekends/Days (all coaches)
3. Event Specific Development Days
4. Coaching Masterclasses (invitation)
5. Event Specific & Event Group Club Coaching Sessions
6. International Festival of Athletics Coaching
7. Under 12 (Multi-Events) Club Coach Workshops
8. Highlands & Islands Coaching Weekend

### 1. Coaches working with talented teenagers and performance athletes:

**scottishathletics** will provide support to coaches working with performance athletes and talented junior level athletes through the implementation of the National Performance Plan. The programme will provide a clearly structured and resourced programme of support to athletes and their coaches. The coach will be supported based on the individual requirements identified and will also be provided with a national or international mentor depending on where the athlete sits on the pathway and the coach's experience.

### 2. National Coaching Weekends (Cost - Free)

The National Coaching Weekends/Days form a core part of the annual coach development programme and will be incorporated with event specific programmes. National and international coaches will deliver a number of practical workshops and seminars focusing on the key areas of planning, technical development and conditioning of athletes across specific events and event groups. The weekends are scheduled with a focus on either the winter or summer seasons and it is imperative that coaches attend these sessions.

Reference	Date(s)	Venue
NCW01	23 & 24 March 2013	Emirates Arena, Glasgow
NCW02	14 September 2013	Emirates Arena, Glasgow
NCW03	22 March 2014	Emirates Arena, Glasgow
NCW05	20 September 2014	Emirates Arena, Glasgow
NCW06	21 March 2015	Emirates Arena, Glasgow

Free to Coach Members of **scottishathletics**





3:

## Event Specific Programmes - National Coaching Days (Cost - Free)

**scottish**athletics are implementing national event specific programmes across a number of events including; Endurance, Hurdles, Vertical Jumps (separated HJ & PV), Horizontal Jumps, Javelin, Shot & Discus, Hammer and Relays & Speed. National event leads and guest coaches will deliver a number of practical workshops and seminars focusing on the key areas around specific planning, technical development and conditioning of athletes for each event. The days are scheduled with a focus on either the winter or summer seasons and will provide fantastic opportunities for event specialist coaches to gain valuable information and learning.

Event/Reference	Date(s)	Venue
Endurance W1	15 September 2013	Stirling University
Endurance W2	8 December 2013	Stirling University
Endurance W3	23 March 2014	Stirling University
Endurance W4	21 September 2014	Stirling University
Endurance W5	7 December 2014	Stirling University
Endurance W6	22 March 2015	Stirling University
Hurdles W1	15 September 2013	Pitreavie, Dunfermline
Hurdles W2	8 December 2013	Pitreavie, Dunfermline
Hurdles W3	23 March 2014	Pitreavie, Dunfermline
Hurdles W4	21 September 2014	Pitreavie, Dunfermline
Hurdles W5	7 December 2014	Pitreavie, Dunfermline
Hurdles W6	22 March 2015	Pitreavie, Dunfermline
Vertical Jumps W1	15 September 2013	Emirates Arena, Glasgow
Vertical Jumps W2	8 December 2013	Emirates Arena, Glasgow
Vertical Jumps W3	23 March 2014	Emirates Arena, Glasgow
Vertical Jumps W4	21 September 2014	Emirates Arena, Glasgow (tbc)
Vertical Jumps W5	7 December 2014	Emirates Arena, Glasgow
Vertical Jumps W6	22 March 2015	Emirates Arena, Glasgow
Horizontal Jumps W1	15 September 2013	Emirates Arena, Glasgow
Horizontal Jumps W2	8 December 2013	Emirates Arena, Glasgow
Horizontal Jumps W3	23 March 2014	Emirates Arena, Glasgow
Horizontal Jumps W4	21 September 2014	Emirates Arena, Glasgow (tbc)
Horizontal Jumps W5	7 December 2014	Emirates Arena, Glasgow
Horizontal Jumps W6	22 March 2015	Emirates Arena, Glasgow
Javelin W1	15 September 2013	Ayrshire Athletics Arena, Kilmarnock
Javelin W2	8 December 2013	Ayrshire Athletics Arena, Kilmarnock
Javelin W3	23 March 2014	Ayrshire Athletics Arena, Kilmarnock
Javelin W4	21 September 2014	Ayrshire Athletics Arena, Kilmarnock

**\*Please note that** some events may also provide additional coach development days at their discretion and these will be promoted through the website and bulletins in due course. Also, there will be a specific programme for Paralympic programmes and these will be developed on a needs basis with further information to be provided.



3.

## Event Specific Programmes - National Coaching Days (Cost - Free)

Event/Reference	Date(s)	Venue
Javelin W5	7 December 2014	Ayrshire Athletics Arena, Kilmarnock
Javelin W6	22 March 2015	Ayrshire Athletics Arena, Kilmarnock
Shot & Discus W1	15 September 2013	Grangemouth Stadium
Shot & Discus W2	8 December 2013	Grangemouth Stadium
Shot & Discus W3	23 March 2014	Grangemouth Stadium
Shot & Discus W4	21 September 2014	Grangemouth Stadium
Shot & Discus W5	7 December 2014	Grangemouth Stadium
Shot & Discus W6	22 March 2015	Grangemouth Stadium
Hammer W1	15 September 2013	Grangemouth Stadium
Hammer W2	8 December 2013	Grangemouth Stadium
Hammer W3	23 March 2014	Grangemouth Stadium
Hammer W4	21 September 2014	Grangemouth Stadium
Hammer W5	7 December 2014	Grangemouth Stadium
Hammer W6	22 March 2015	Grangemouth Stadium
Speed & Relays W1	15 September 2013	Emirates Arena, Glasgow
Speed & Relays W2	8 December 2013	Emirates Arena, Glasgow
Speed & Relays W3	23 March 2014	Emirates Arena, Glasgow
Speed & Relays W4	21 September 2014	Emirates Arena, Glasgow (tbc)
Speed & Relays W5	7 December 2014	Emirates Arena, Glasgow
Speed & Relays W6	22 March 2015	Emirates Arena, Glasgow

**\*Please note that** some events may also provide additional coach development days at their discretion and these will be promoted through the website and bulletins in due course. Also, there will be a specific programme for Paralympic programmes and these will be developed on a needs basis with further information to be provided.





## 4. Coaching Masterclass (Invitation)

In conjunction with the Glasgow Indoor International and the Edinburgh Cross Country International, **scottishathletics** will host a number of Masterclass workshops for coach development, where guest coaches will deliver practical workshops and seminars focusing on the key areas around specific technical development and conditioning of athletes.

## 5. Local Club Coaching Sessions - Event Specific & Event Group Stages (Cost - Free)

**scottishathletics** National Event Leads will provide support to coaches working with athletes at the event group and event specific stages (13+) in local clubs free of charge. National Event Leads will work with a group of coaches and their athletes across any event group or specific event as required. Local coaches will identify the areas where support is required, however, a focus should remain on the technical development, conditioning and planning of their athletes' training programmes.

For more information on the Club Coaching Programme please contact:  
Darren Ritchie (Performance Team) at [darren.ritchie@scottishathletics.org.uk](mailto:darren.ritchie@scottishathletics.org.uk) or call 07825 507 425.  
To arrange a National Event Leads booking for your club please contact Mary Anderson at [mary.anderson@scottishathletics.org.uk](mailto:mary.anderson@scottishathletics.org.uk) or call 0131 476 7330.

## 6. International Festival of Athletics Coaching (IFAC)

IFAC is organised by **scottishathletics** in association with the EACA and European Athletics. There is always a world class line up of experts generating input to raising the bar of coaching from personal to national to European level. The programme will seek to emphasise the practical art of coaching, while synthesising the science of coaching. We aim then to equip coaches for getting their decision making right in leading the process of elevating athlete performance, whether as a beginner coach or those working at international level, there is something for everyone.

Event/Reference	Date(s)	Venue
IFAC 2013	Friday 25 - Sunday 27 October 2013	Emirates Arena, Glasgow
IFAC 2014	Friday 24 - Sunday 26 October 2014	Emirates Arena, Glasgow

For more information please visit the website at [www.ifacscotland.co.uk](http://www.ifacscotland.co.uk)

**Please note that** the date for 2014 is yet to be confirmed and this is a provisional date at this stage.

## 7. Under 12's (Multi Events) Club Coach Workshops (Cost - Free)

This new programme is being offered to all clubs in Scotland to benefit coaches working with athletes at 12 years and under. The programme focuses very much on a multi-events approach as well as the importance of technical and conditioning development of the young athlete.

Under the scheme, coaches visit local clubs to work directly with club coaches and assist with the development of their athletes in a practical coaching environment as well as providing free resources to support their development.

For more information or to book a coaching visit to your club please contact Jim Goldie (Education & Training Manager) at [jim.goldie@scottishathletics.org.uk](mailto:jim.goldie@scottishathletics.org.uk) or telephone 07739 506 733.



8.

## Highlands & Islands Coaching Weekend (Cost - Free)

In recognition of the uniqueness of geography of the Highlands & Islands region, **scottishathletics** will deliver a two-day coaching weekend on an annual basis. National coaches (and UK coaches where appropriate) will deliver a number of practical workshops and seminars focusing on the key areas of planning, technical development and conditioning of athletes across specific events and event groups.

Reference	Date(s)	Venue
HICW13	20 & 21 April 2013	Queens Park, Inverness
HICW14	19 & 20 April 2014	Queens Park, Inverness

For more information please contact:

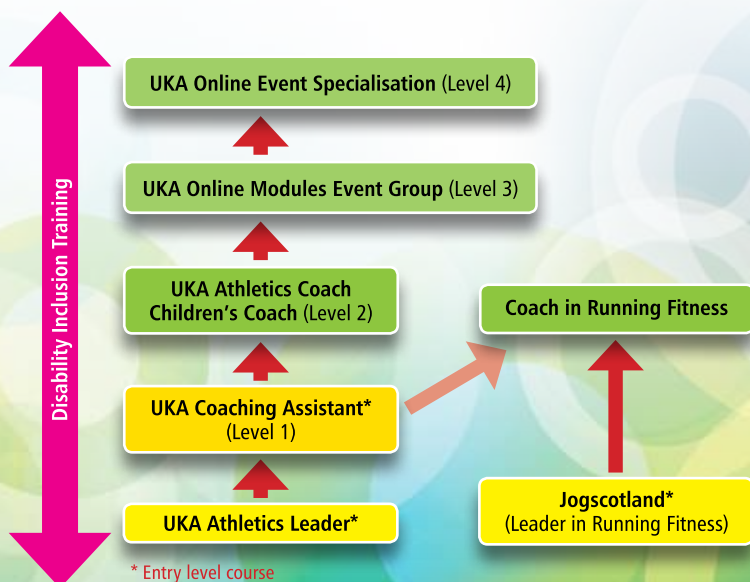
Julie Wyatt (Regional Manager) at [julie.wyatt@scottishathletics.org.uk](mailto:julie.wyatt@scottishathletics.org.uk) or telephone 07818 592 639.

## National Coaching Qualifications Pathway & Programmes 2013-2015

**scottishathletics** have five tiers of qualification for coaches delivering athletics in clubs.

These qualifications are licensed by UK Athletics, catering for entry level coaches through to coaches working with performance athletes.

The qualifications pathway, outlined below, allows all volunteers to gain a licence and/or certificate to show that they have met and exceeded the expertise to be a coach at that level. Although an important part of being a coach, this is only one measure of a coach and should always be combined with ongoing coach development learning.







## National Coaching Qualifications Pathway & Programmes 2013-2015

Qualifications by course and date

### UKA Event Group Coach - Online Modules & Mentoring Days (Level 3) (Cost - Free)

Whilst this Level 3 equivalent qualification is essentially based around a modular system of online learning, **scottishathletics** through the Performance Team staff and National Event Leads will be mentoring coaches throughout this programme by providing mentoring days/sessions as well as offering individual support.

Reference	Date(s)	Venue	Course
13NEGC01	13 September 2013	Emirates Arena, Glasgow	Training, Organisation & Decision Making
13NEGC02	14 December 2013	Emirates Arena, Glasgow	Technical Content
13NEGC03	21 March 2014	Emirates Arena, Glasgow	Physical Preparation
13NEGC04	31 May 2014	Emirates Arena, Glasgow	Accreditation Day
14NEGC01	19 September 2014	Emirates Arena, Glasgow	Training, Organisation & Decision Making
14NEGC02	6 December 2014	Emirates Arena, Glasgow	Technical Content
14NEGC03	20 March 2015	Emirates Arena, Glasgow	Physical Preparation
14NEGC04	30 May 2015	Emirates Arena, Glasgow	Accreditation Day

### Athletics Coach Award - 3 Days plus Assessment Day (Cost - £350) - 50% Subsidy available\*

Reference	Date(s)	Venue	Course
13WC001	19/20 October 2013	St Peter the Apostle, Clydebank	Athletics Coach
13GC001	23/24 November 2013	Aberdeen SV	Athletics Coach
13WC001/3	30 November 2013	St Peter the Apostle, Clydebank	Athletics Coach Day 3
13CA001	30 Nov/1 December 2013	Grangemouth Stadium	Athletics Coach
13GC001/3	18 January 2014	Aberdeen SV	Athletics Coach Day 3
13CCA001/3	25 January 2014	Grangemouth Stadium	Athletics Coach Day 3
14EC001	22/23 February 2014	Meadowbank Stadium	Athletics Coach
14TC001	15/ 16 March 2014	Perth	Athletics Coach
14WC001	29/30 March 2014	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach
14EC001/3	5 April 2014	Meadowbank Stadium	Athletics Coach Day 3
14TC001/3	3 May 2014	Perth	Athletics Coach Day 3
14WC001/3	10 May 2014	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach Day 3



## National Coaching Qualifications Pathway & Programmes 2013-2015

Qualifications by course and date

### Athletics Coach Award - cont'd

Reference	Date(s)	Venue	Course
14EC001	20/21 September 2014	Craigswood SC, Livingston	Athletics Coach
14WC002	1/2 November 2014	Emirates Arena, Glasgow	Athletics Coach
14CC001	13/14 December 2014	Grangemouth Stadium	Athletics Coach
14CC001/3	31 January 2015	Grangemouth Stadium	Athletics Coach Day 3
15GC001	30/31 January 2015	Aberdeen SV	Athletics Coach
15WC002/3	21 February 2015	Emirates Arena	Athletics Coach Day 3
15WC001	14/15 March 2015	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach
15GC001/3	14 March 2015	Aberdeen SV	Athletics Coach Day 3
15TC001	21/22 March 2015	Perth	Athletics Coach
15WC001/3	24 April 2015	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach Day 3
15TC001/3	2 May 2015	Perth	Athletics Coach Day 3

\* A 50% subsidy is available to coaches who meet the criteria set out by [scottishathletics](#)

### Coach in Running Fitness - 3 Days plus Assessment Day (Cost - £350) - 50% Subsidy available\*

Reference	Date(s)	Venue	Course
13WR001	23/24 November 2013	West Bridgend Hall, Dumbarton	CiRF
13TR001	14/ 15 December 2013	Dundee	CiRF
13WR001/3	1 February 2014	West Bridgend Hall, Dumbarton	CiRF Day 3
13TR001/3	8 February 2014	Dundee	CiRF Day 3
14ER001	29/30 March 2014	Meadowmill, East Lothian	CiRF
14ER001/3	17 May 2014	Meadowmill, East Lothian	CiRF Day 3
14GR001	22/23 November 2014	Elgin	CiRF
14WR001	6/7 December 2014	St Peter the Apostle, Clydebank	CiRF
14GR001/3	9 January 2015	Elgin	CiRF Day 3
14WR001/3	24 January 2015	St Peter the Apostle, Clydebank	CiRF Day 3
15TR001	14/15 February 2015	Dundee	CiRF
15TR001/3	4 April 2015	Dundee	CiRF Day 3

\* A 50% subsidy is available to coaches who meet the criteria set out by [scottishathletics](#)



## National Coaching Qualifications Pathway & Programmes 2013-2015

Qualifications by course and date

### Coaching Assistant - 2 Days / No Assessment (Cost - £150)

Reference	Date(s)	Venue	Course
13EA001	21/22 Sept 2013	Craigswood, Livingston	Coaching Assistant
13WA001	5/6 October 2013	Ayrshire Athletics Arena, Kilmarnock	Coaching Assistant
13GA001	19/20 October 2013	Elgin	Coaching Assistant
13TA001	9/10 November 2013	Pitreavie	Coaching Assistant
13CC001	16/17 November 2013	Grangemouth Stadium	Coaching Assistant
14CA001	8/9 February 2014	Grangemouth Stadium	Coaching Assistant
14WA001	15/16 February 2014	Ravenscraig, Motherwell	Coaching Assistant
14EA001	8/9 March 2014	Meadowbank Stadium	Coaching Assistant
14WA002	4/5 October 2014	Ayrshire Athletics Arena, Kilmarnock	Coaching Assistant
14GA001	18/19 October 2014	Inverurie/ Huntly	Coaching Assistant
14CA002	15/16 November 2014	Grangemouth Stadium	Coaching Assistant
15TA001	17/18 January 2015	Pitreavie, Dunfermline	Coaching Assistant
15WA001	24/25 January 2015	Glasgow	Coaching Assistant
15EA001	7/8 March 2015	Meadowmill, East Lothian	Coaching Assistant
15CA001	18/19 April 2015	Grangemouth Stadium	Coaching Assistant

\* A 50% subsidy is available to coaches who meet the criteria set out by [scottishathletics](#)





## National Coaching Qualifications Pathway & Programmes 2013-2015

Qualifications by course and date

### Assessment Day for Athletics Coach & Coach in Running Fitness

Reference	Date(s)	Venue	Course
13NA002	15 June 2013	Aberdeen SV	National Assessment Day
13NA003	12 October 2013	Grangemouth Stadium	National Assessment Day
13NA001	7 December 2013	Grangemouth Stadium	National Assessment Day
14NA002	8 March 2014	Grangemouth Stadium	National Assessment Day
14NAD01	26 April 2014	TBC	National Assessment Day
14GN001	18 June 2014	Aberdeen SV	National Assessment Day
14WN001	30 June 2014	Ayrshire Athletics Arena, Kilmarnock	National Assessment Day
14NA004	13 September 2014	Pitreavie, Dunfermline	National Assessment Day
15TR001	14/15 February 2015	Dundee	CiRF
15TR001/3	4 April 2015	Dundee	CiRF Day 3
14NA003	11 October 2014	Grangemouth Stadium	National Assessment Day
15NA001	9 May 2015	Meadowbank Stadium	National Assessment Day
15TN001	5 June 2015	Perth	National Assessment Day
15GN001	19 June 2015	Aberdeen SV	National Assessment Day

### Athletics Leader - 1 Day / No Assessment (Cost - £90)

Reference	Date(s)	Venue	Course
13EL001	9 November 2013	Craigswood, Livingston	Athletics Leaders
13TL001	16 November 2013	Pitreavie, Dunfermline	Athletics Leaders
13GL001	7 December 2013	Aberdeenshire	Athletics Leaders
13WL001	14 December	Lanarkshire (venue TBC)	Athletics Leaders
14CL001	12 April 2014	Grangemouth Stadium	Athletics Leaders
14EL002	8 November 2014	Craigswood, Livingston	Athletics Leaders
14TL002	29 November 2014	Perth	Athletics Leaders
15WL001	7 February 2014	Glasgow	Athletics Leaders
15CL001	11 April 2015	Grangemouth Stadium	Athletics Leaders



## National Coaching Qualifications Pathway & Programmes 2013-2015

Qualifications by course and date

### Disability Courses

Reference	Date(s)	Venue	Course
DSSH1	2 October 2013	Forrester HS, Edinburgh	Adapted Sportshall (workshop)
DIT01	5 October 2013	Aberdeen SV	UK Disability Inclusion Training for Athletics
CAWD01	12 October 2013	Scotstoun, Glasgow	Coaching Athletes with a Disability
DIT02	1 February 2014	Dundee	UK Disability Inclusion Training for Athletics
CAWD02	15 February 2014	Grangemouth Stadium	Coaching Athletes with a Disability
CAWD03	11 October 2014	Meadowbank Stadium	Coaching Athletes with a Disability

\*Note that Disability courses can be arranged on demand by contacting Shona Malcolm (Disability Officer), see contacts page.



## KEY CONTACTS

Jim Goldie (Education & Training Manager)

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Stephen Maguire (Director of Coaching)

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Mark Munro (Head of Development)

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Telephone: 07557 433 856

Shona Malcolm (Disability Officer)

Email: [shonamalcolm@scottishathletics.org.uk](mailto:shonamalcolm@scottishathletics.org.uk)

Telephone: 07731 832 567

## USEFUL LINKS

[www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)

[www.ucoach.com](http://www.ucoach.com)

scottishathletics



Caledonia House, South Gyle, Edinburgh, EH12 9DQ  
0131 539 7320





## DIARY OF EVENTS MARCH 2013 - MARCH 2015

### Colour Key -

National Coach Development Event	IFAC	Highlands & Islands Coaching Event
Introductory Coaching Award	Level 1 Coaching Award	Level 2 Coaching Award
Level 3 Coaching Award	Disability	

### Calendar dates - from March 2013 - March 2014

Month	Date(s)	Venue	Course/Event	Ref.
March 2013	23 & 24 March	Emirates Arena, Glasgow	National Coaching Weekend	NCW01
	31 March	Meadowbank Stadium, Edinburgh	Athletics Coach Award - Day 3	13C002/3
April 2013	6 April	Perth	Athletics Coach Award - Day 3	13C003/3
	13 & 14 April	Craigswood SC, Livingston	Coach in Running Fitness - Days 1 & 2	13R001
	13/14 April	St Andrews	Coaching Assistant	13A012
	20/21 April	Queens Park, Inverness	Highlands & Islands Coaching Weekend	HICW13
	20/ 21 April	Glasgow	Athletics Coach Award - Days 1 & 2	13C005
May 2013				
June 2013	1 June	Glasgow	Athletics Coach Award - Day 3	13C005/3
	1 June	Craigswood SC, Livingston	Coach in Running Fitness - Day 3	13C005/3
	15 June	Aberdeen SV	National Assessment Day	13NA002
July 2013				
Aug 2013				
Sept 2013	13 September	Emirates Arena, Glasgow	Event Group Coach Day 1	13NEGC01
	14 September	Emirates Arena, Glasgow	National Coaching Day	NCW02
	15 September	Various Venues (see page 4)	National Event Specific Coaching Days; Endurance - Hurdles - Vertical Jumps Horizontal Jumps - Javelin - Shot & Discus - Hammer - Sprints & Relays	Various (pg4)
	22 September	Craigswood SC, Livingston	Coaching Assistant	13EA001
October 2013	2 October	Forrester HS, Edinburgh	Adapted Sportshall	DSSH1
	5 October	Aberdeen SV	UK Disability Incl. Training for Athletics	DIT01
	5 October	Ayrshire Athletics Arena, Kilmarnock	Coaching Assistant	13WA001
	12 October	Scotstoun, Glasgow	Coaching Athletes with a Disability	CAWD01
	12 October	Grangemouth	National Assessment Day	13NA003
	19/20 October	St Peter the Apostle	Athletics Coach	13WC001
	19 October	Elgin	Coaching Assistant	13GA001
	25 – 27 October	Emirates Arena, Glasgow	IFAC	IFAC2013
Nov 2013	9 November	Pitreavie	Coaching Assistant	13TA001
	9 November	Craigswood	Athletics Leaders	13EL001
	16 November	Grangemouth	Coaching Assistant	13CC001
	16 November	Pitreavie	Athletics Leaders	13TL001
	23/24 November	Aberdeen SV	Athletics Coach	13GC001
	23 November	West Bridgend Hall	CIRF	13WR001
	30 Nov/1 Dec 2013	St Peter the Apostle	Athletics Coach Day 3	13WC001/3
	30 Nov/1 Dec 2013	Grangemouth	Athletics Coach	13CA001



## DIARY OF EVENTS MARCH 2013 - MARCH 2015

### Colour Key -

National Coach Development Event	IFAC	Highlands & Islands Coaching Event
Introductory Coaching Award	Level 1 Coaching Award	Level 2 Coaching Award
Level 3 Coaching Award	Disability	

### Calendar dates - from March 2013 - March 2014

Month	Date(s)	Venue	Course/Event	Ref.
Dec 2013	7 December	Aberdeenshire	Athletics Leaders	13GL001
	7 December	Grangemouth	National Assessment Day	13NA001
	8 December	Various Venues (see page 4)	National Event Specific Coaching Days; Endurance - Hurdles - Vertical Jumps Horizontal Jumps - Javelin - Shot & Discus - Hammer - Sprints & Relays	Various (pg4)
	14 December	Lanarkshire	Athletics Leaders	13WL001
	14 December	Emirates Arena, Glasgow	Event Group Coach Day 2	13NEGC02
	14 December	Dundee	CIRF	13TR001
Jan 2014	18 January	Aberdeen SV	Athletics Coach Day 3	13GC001/3
	25 January	Grangemouth	Athletics Coach Day 3	13CA001/3
Feb 2014	1 February	West Bridgend Hall, Dumbarton	CIRF Day 3	13WR3001
	1 February	Dundee	UK Disability Incl. Training for Athletics	DIT02
	8 February	Grangemouth	Coaching Assistant	14CA001
	8 February	Dundee	CIRF Day 3	13TR001/3
	15 February	Ravenscraig, Motherwell	Coaching Assistant	14WA001
	15 February	Grangemouth	Coaching Athletes with a Disability	CAWD02
	22/ 23rd February	Meadowbank Stadium, Edinburgh	Athletics Coach	14EC001
March 2014	8 March	Meadowbank Stadium, Edinburgh	Coaching Assistant	14EA001
	8 March	Grangemouth	National Assessment Day	14NI002
	15/16 March	Perth	Athletics Coach	14TC001
	21 March	Emirates Arena, Glasgow	Event Group Coach Day 3	13NEGC03
	22 March	Emirates Arena	National Coaching Day	NCW03
	23 March	Various Venues (see page 4)	National Event Specific Coaching Days; Endurance - Hurdles - Vertical Jumps Horizontal Jumps - Javelin - Shot & Discus - Hammer - Sprints & Relays	Various (pg4)
	29/30 March	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach	14WC001
	29 March	Meadowmill	CIRF	14ER001



## DIARY OF EVENTS MARCH 2013 - MARCH 2015

### Colour Key -

National Coach Development Event	IFAC	Highlands & Islands Coaching Event
Introductory Coaching Award	Level 1 Coaching Award	Level 2 Coaching Award
Level 3 Coaching Award	Disability	

### Calendar dates - from April 2014 - March 2015

Month	Date(s)	Venue	Course/Event	Ref.
April 2014	5 April	Meadowbank	Athletics Coach Day 3	14EC001/3
	12 April	Grangemouth	Athletics Leaders	14CL001
	19 & 20 April	Queens Park, Inverness	Highlands & Islands Coaching Weekend	HICW14
	26 April	TBC	National Assessment Day	14NAD01
May 2014	3 May	Perth	Athletics Coach Day 3	14TC001/3
	10 May	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach Day 3	14WC001/3
	17 May	Meadowmill	CiRF Day 3	14ER001/3
	31 May	Emirates Arena, Glasgow	Event Group Coach Day 4	13NEGC04
June 2014	18 June	Aberdeen SV	National Assessment Day	14GN001
	30 June	Ayrshire Athletics Arena	National Assessment Day	14WN001
July 2014				
August 2014				
Sept 2014	13 September	Pitreavie	National Assessment Day	14NA004
	19 September	Emirates Arena, Glasgow	Event Group Coach Day 1	14NRGC01
	20/21 September	Craigswood	Athletics Coach	14EC001
	20 September	Emirates Arena, Glasgow	National Coaching Day	NCW04
	21 September	Various Venues (see page 4)	National Event Specific Coaching Days; Endurance - Hurdles - Vertical Jumps Horizontal Jumps - Javelin - Shot & Discus - Hammer - Sprints & Relays	Various (pg4)
October 2014	4 October	Ayrshire Athletics Arena, Kilmarnock	Coaching Assistant	14WA002
	11 October	Grangemouth	Coach and CiRF Assessment	14NA003
	11 October	Meadowbank Stadium	Coaching Athletes with a Disability	CAWD03
	18 October	Inverurie/ Huntly	Coaching Assistant	14GA001
	24-25 October	Emirates Arena, Glasgow	IFAC	IFAC2014
Nov 2014	1/2 November	Emirates Arena, Glasgow	Athletics Coach	14WC002
	8 November	Craigswood	Athletics Leaders	14EL002
	15 November	Grangemouth	Coaching Assistant	14CA002
	22/23 November	Elgin	CiRF	14GR001
	29 November	Perth	Athletics Leaders	14TL002
Dec 2014	6/7 December	St Peters the Apostle	CiRF	14WR001
	6 December	Emirates Arena, Glasgow	Event Group Coach Day 3	14NEGC02
	7 December	Various Venues (see page 4)	National Event Specific Coaching Days; Endurance - Hurdles - Vertical Jumps Horizontal Jumps - Javelin - Shot & Discus - Hammer - Sprints & Relays	Various (pg4)
	13/14 December	Grangemouth	Athletics Coach	14CC001



## DIARY OF EVENTS MARCH 2013 - MARCH 2015

### Colour Key -

National Coach Development Event	IFAC	Highlands & Islands Coaching Event
Introductory Coaching Award	Level 1 Coaching Award	Level 2 Coaching Award
Level 3 Coaching Award	Disability	

### Calendar dates - from April 2014 - March 2015

Month	Date(s)	Venue	Course/Event	Ref.
January 2015	9 January	Elgin	CiRF Day 3	14GR001/3
	17 January	Pitreavie	Coaching Assistant	15TA001
	24 January	St Peters the Apostle	CiRF Day 3	14WR001/3
	24 January	Glasgow	Coaching Assistant	15WA001
	31 January	Grangemouth	Athletics Coach Day 3	14CC001/3
	30 & 31 January	Aberdeen	Athletics Coach	15GC001
Feb 2015	7 February	Glasgow	Athletics Leaders	15WL001
	14/15 February	Dundee	CiRF	15TR001
	21 February	Emirates Arena, Glasgow	Athletics Coach Day 3	15WC002/3
March 2015	7 March	Meadowmill	Coaching Assistant	15EA001
	14/15 March	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach	15WC001
	14 March	Aberdeen	Athletics Coach Day 3	15GC001/3
	20 March	Emirates Arena, Glasgow	Event Group Coach Day 1	14NRGC03
	21 March	Perth	Athletics Coach	15TC001
	21 March	Emirates Arena, Glasgow	National Coaching Day	NCW05
	22 March	Various Venues (see page 4)	National Event Specific Coaching Days; Endurance - Hurdles - Vertical Jumps Horizontal Jumps - Javelin - Shot & Discus - Hammer - Sprints & Relays	Various (pg4)





## DIARY OF EVENTS MARCH 2013 - MARCH 2015

### Colour Key -

National Coach Development Event	IFAC	Highlands & Islands Coaching Event
Introductory Coaching Award	Level 1 Coaching Award	Level 2 Coaching Award
Level 3 Coaching Award	Disability	

### Calendar dates - from April 2014 - March 2015

Month	Date(s)	Venue	Course/Event	Ref.
April 2015	4 April	Dundee	CIRF Day 3	15TR001/3
	11 April	Grangemouth	Athletics Leaders	15CL001
	18 April	Grangemouth	Coaching Assistant	15CA001
	24 April	Ayrshire Athletics Arena, Kilmarnock	Athletics Coach Day 3	15WC001/3
	24/26 April	Queens Park, Inverness	HIAG	HIAG2015
May 2015	2 May	Perth	Athletics Coach Day 3	15TC001/3
	9 May	Meadowbank	National Assessment Day	15NA001
	30 May	Emirates Arena	Event Group Coach Day 4	14NEGC04
June 2015	5 June	Perth	National Assessment Day	15TN001
	19 June	Aberdeen	National Assessment Day	15GN001





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