



Corstorphine AC Capacity Building

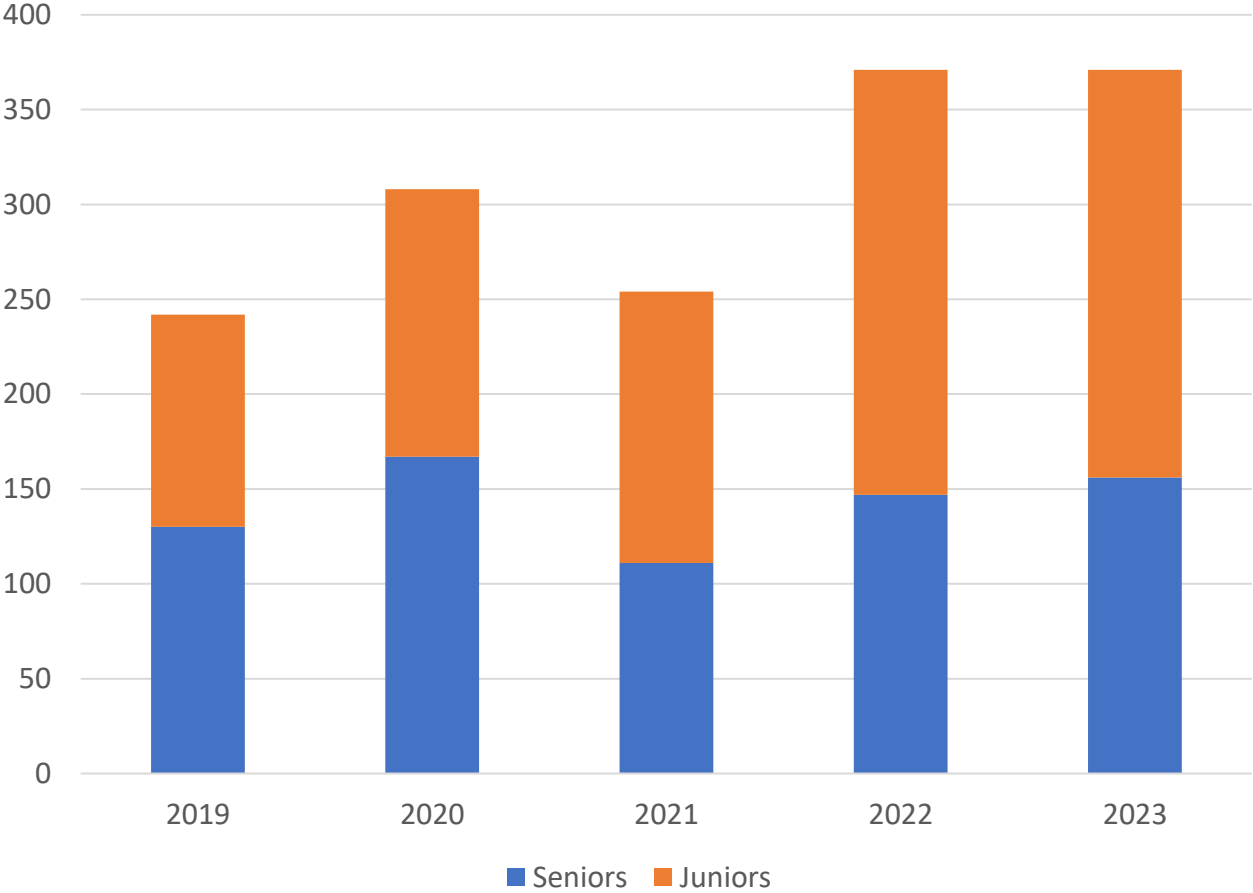
Chris Peggie (Sec) & Graeme Reid VP)

www.caac.org.uk

- Growth
- Foundations
- Development
- What Next



CAAC Growth



Foundations

- There was no clear focus on growth, no magic wand.
- Instead we focused on getting the following basics in place.
 - Policies & Governance
 - Web Content/Other
 - Qualified and Supported Coaches

Policies and governance

- By having the correct policies and governance in place it shows current members, and potential new members, that we are taking due diligence in the running of the club.
- Lockdown was the ideal chance to review and update our policies.
- Work also started to examine what governance vehicle to adopt. (We became a SCIO in Jan 2022)



Web Content & Other

- Web Content Reviewed, Club Leaflet Designed, Web Reviewed Again!
- Competition Guides
- Members Surveys, Virtual Meetings, WhatsApp chat groups
- Equality Subgroup
- Vision Statement
- Inclusion
- Experienced Publicity Officer recruited

Coaching Pre Lockdown

- Club training twice per week
- Our senior set up was pretty good on Roads, Endurance & Sprints (4 coaches and 4 assistants) who also covered Junior Sprints & Endurance
- But even Chris admits the kids structure was not great. With 1 Ath Coach, four Assistants and some parent helpers for 110 kids!
- Very hit and miss on what resource would turn up and most helpers had never been *encouraged* to progress
- Return to training guidance showed small groups, no cross over..... Meaning we simply had to change.

Return to training

- The guidance was explained to the whole club. We stressed that whatever frequency people could commit to would be included in a rota.
- But they were responsible to find a replacement if needed.
- The response was fantastic with NINE coming forward for Ass't Coach and some more as parent helpers.
- This allowed training to be split kids into two sessions (development and intermediate) and working with groups of 10.
- A Saturday morning session was also added.
- Athletes, coaches and parents all commented on the improvement and enjoyability.
- This system still works very well with regular appeals for more to get involved.





Coach Numbers & Development

- At Dev and Int levels we now have six Ath Coach's and fourteen assistants on a semi regular basis.
 - Further help recruited for Junior Sprints and Endurance.
 - All coaches have a mentor.
 - In house training days held away from training. SA workshops.....
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Development

- Active School Link established
 - 4 local Primary Schools
 - Progression into Junior Squads
- The Craic Squad
 - Couch to 5km Squad
- RJT Squad
 - Few opportunities in West Edinburgh
 - Building on CAAC's family focus
- Frame Runners
 - Steady growth in numbers
 - Grant Awards
 - Frame Provision



➤ Communications Subgroup

- Experienced media professional
- Members able to share info through social media channels
- Reviewing our Comms Plan & Processes

➤ Social Subgroup

- Re-establishing Pre-Covid activities
- Club Quiz Night
- Squad Race Trips
- Club Ceilidh
- Squad Christmas Parties

➤ Committed to CAAC

- Competition Participation

Vision Statement

CAAC will strive to ensure our athletes, coaches, officials, volunteers and our community maximise their individual potential in athletics and their daily life. We will ALL work towards OUR vision by creating a fun, safe, friendly, positive, inclusive and supportive environment.

What Next & Q&A

- CAAC's Continuous Review
- Junior throws & jumps groups.
- Community Mapping
- Q&A