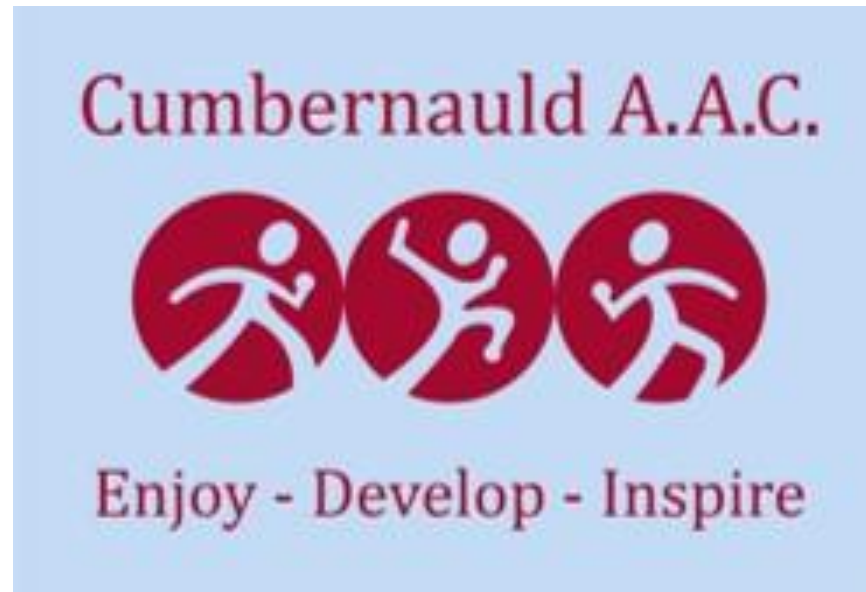


Our Collective Club Footprint

Stephen Wallace, Head Coach



“Provide an inclusive fun environment where athletes are part of one club that gives them a pathway to develop and grow into the best athlete they can be”

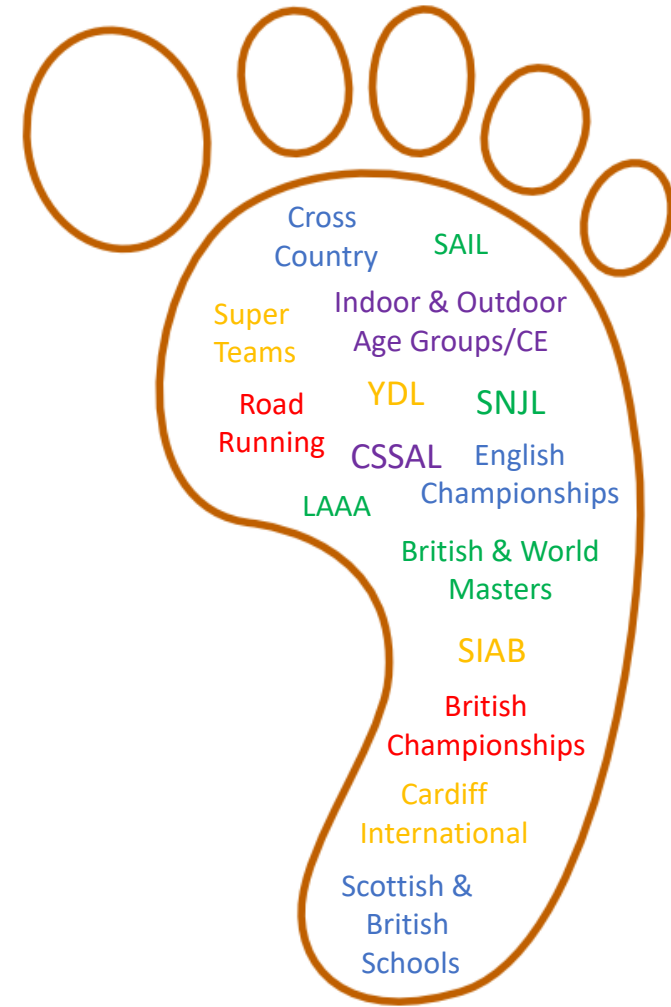
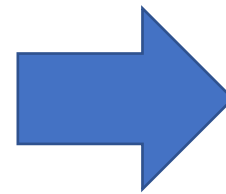
Agenda

1. Our Collective Club Footprint
2. Look back to move forward
3. Becoming a Charity
4. Community Disability Initiatives
5. NEW Coach, Athlete & Parent Development Initiative
6. Some Final Thoughts



Our Collective Club Footprint

Our Collective Club Footprint – 2022/ 2023



Our Collective Club Footprint – 2022/ 2023

20 COACHES, 6 CLUB OFFICIALS and **17 PARENT HELPERS**
All collectively contributing to the **GREAT SUCCESS** of our Club



2022/2023 in Numbers: 6 Days/ Week, 5,377 hrs/ Year – ALL VOLUNTARY

Look back to move forward

Look back to move forward

Where it all began

Abrons Hill High School (1983 - 1987)



- Club Formed in **1983**.
- ~**50** Members and **1** admin.
- **6** Coaches.
- **3** Club Training Sessions per week.
- **Facilities:** Gym Hall, Ash Football Pitch & Local Trails.
- **Event focus:** Track & Field, XC and RR.



Look back to move forward

Where we stayed the longest

Cumbernauld High School (1987 - 2012)



- 100 -> **25** ->80 Members.
- **8** Coaches & **1** Admin.
- **4** Club Training Sessions per week.
- **Facilities:** 2x Gym Halls, 2x Ash Football Pitch, Grass Pitch & Local Trails.
- **Event Focus:** Track & Field, XC and RR.



Look back to move forward

Where our Club started to grow

Our Lady's High School (2012- 2017)



- **~130** Members.
- **12** Coaches & Admin Team of **2**.
- **5** Club Training Sessions per week.
- **Facilities:** 4 x Gym Halls, 2x Ash Football Pitches & Local Trails.
- **Event Focus:** Track & Field, XC, RR and Trail.



Look back to move forward

Our New home 😊

Greenfaulds High School (2017 to date)

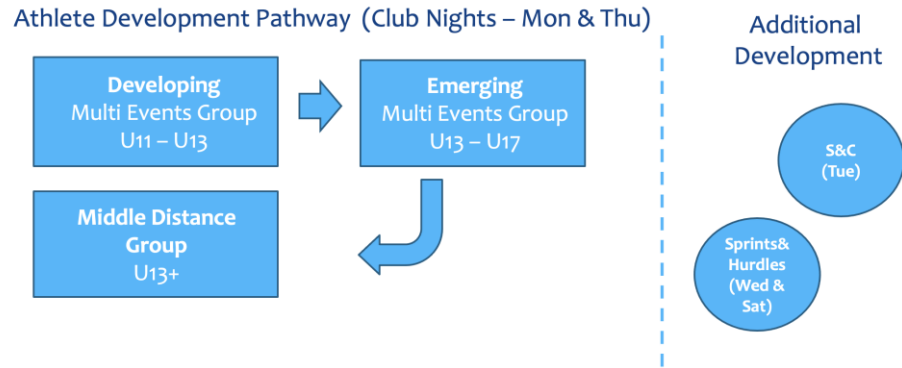


- **244** Members (currently **59** on waiting list).
- **20** Coaches with an Admin Team of **3**.
- **6** x Club Training Sessions per week.
- **Facilities:** 8 Lane All Weather Track, with Jump and Throw facilities, Double Garage for Storage and access to 3 Gym Halls
- **Event Focus:** Track & Field, XC and RR.
- Currently Finalising UKA Track Mark

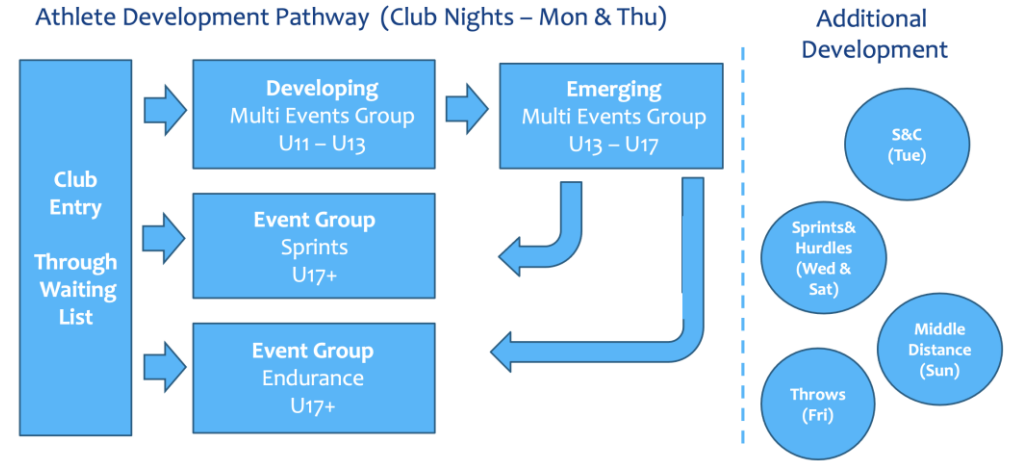


Athlete Development Pathway – Evolves with the Shape of our Membership

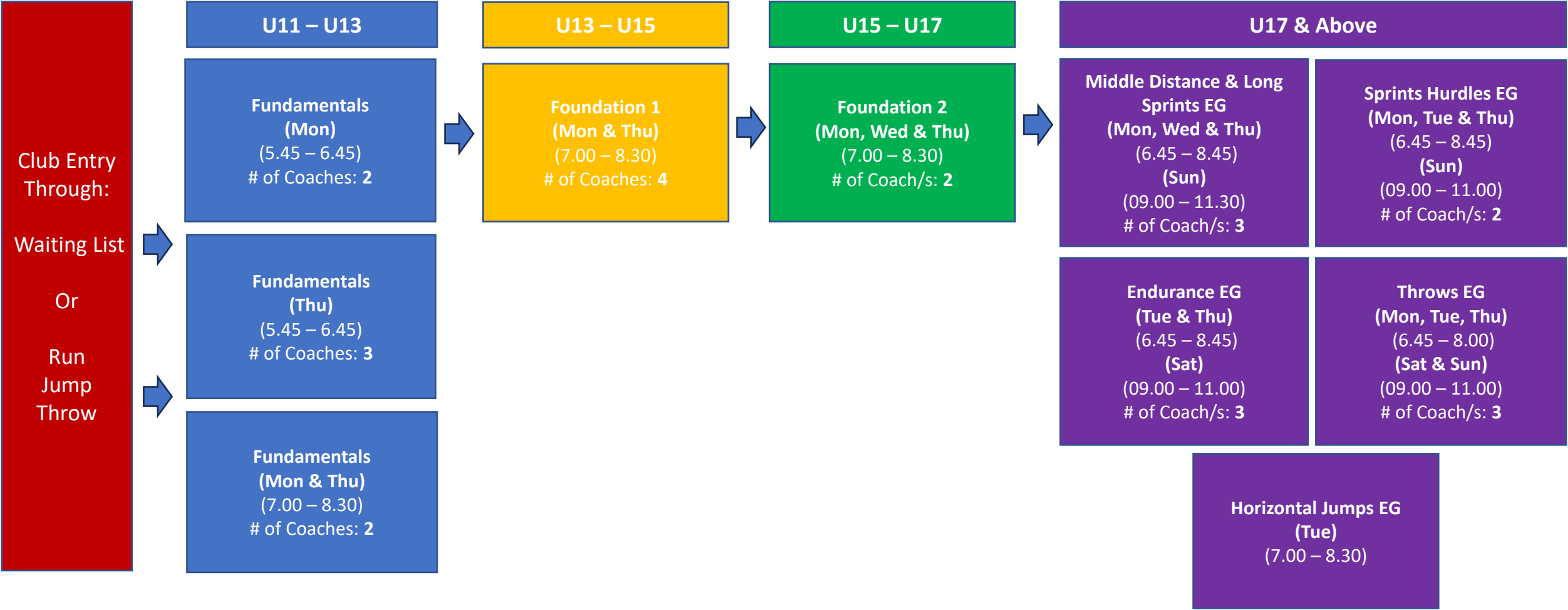
Athlete Development Pathway How it Looked in 2010



Athlete Development Pathway How it Re-Shaped in 2016

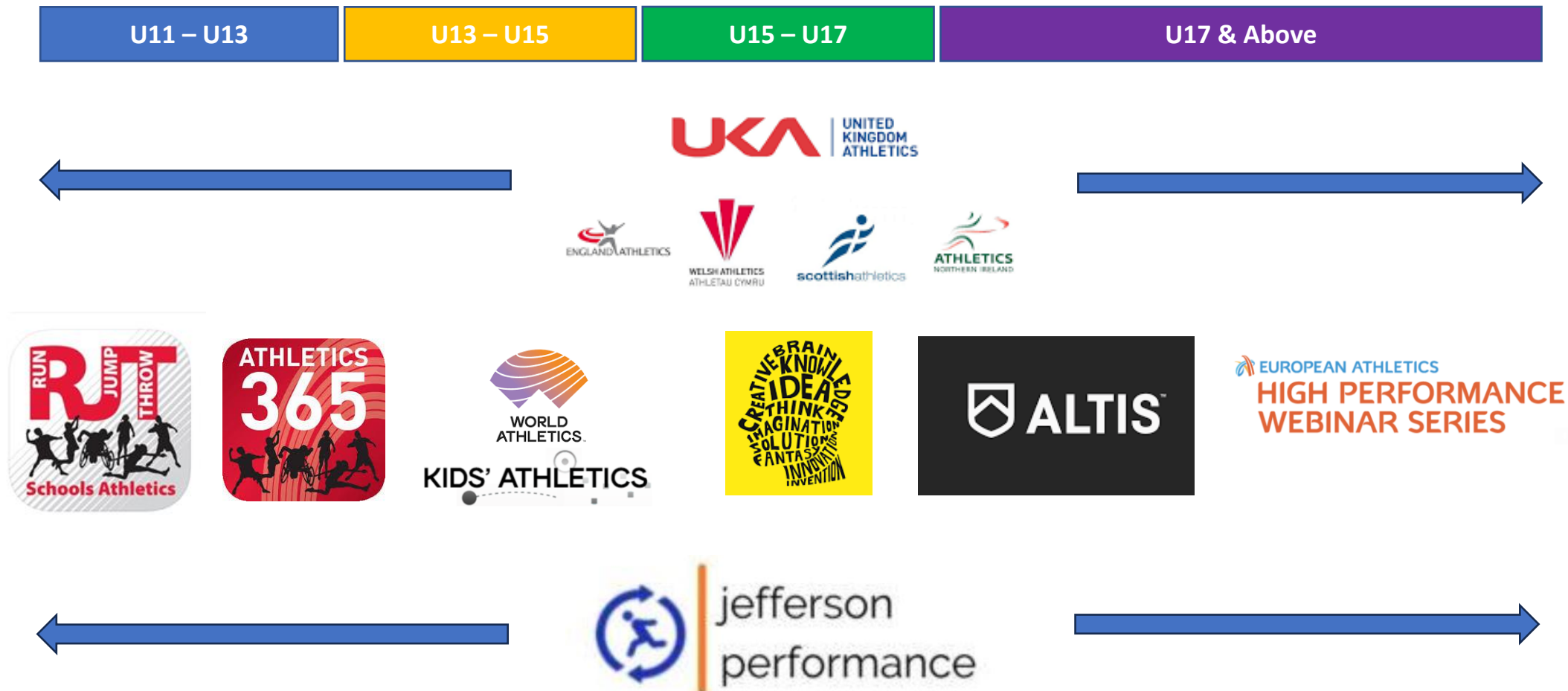


Current Athlete Development Pathway – Evolves with the Shape of our Membership



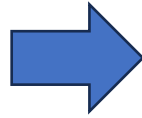
“Provide an inclusive fun environment where athletes are part of one club that gives them a pathway to develop and grow into the best athlete they can be”

Supporting Athlete Development Frameworks & Resources



Becoming a Charity

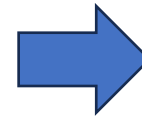
Why?



Funding Scotland



Cumbernauld Amateur Athletic Club will operate as a SCIO (Scottish Charitable Incorporated Organisation) and the principal office will be, and remain, in Scotland



THIS DOCUMENT IS IMPORTANT
PLEASE RETAIN IT FOR YOUR RECORDS
 Please ensure all charity trustees are aware of this document

I am pleased to tell you that your application to become a Scottish Charitable Incorporated Organisation (SCIO) has been successful. The Office of the Scottish Charity Regulator (OSCR) is satisfied that the organisation meets the charity test and the legal requirements for being a SCIO, and has entered it in the Scottish Charity Register. This means it is now an incorporated body having charitable status under the Charities and Trustee Investment (Scotland) Act 2005.

The details of your charity's entry in the Register are set out below.
 Please check these details and let us know of any errors.

Your SCIO's registered name is:	Cumbernauld Amateur Athletics Club
Your charity number is:	SC048329
Your SCIO was registered on:	23 April 2018
Your SCIO's 'known as' name is:	Cumbernauld AAC

Club Healthcheck - 2016

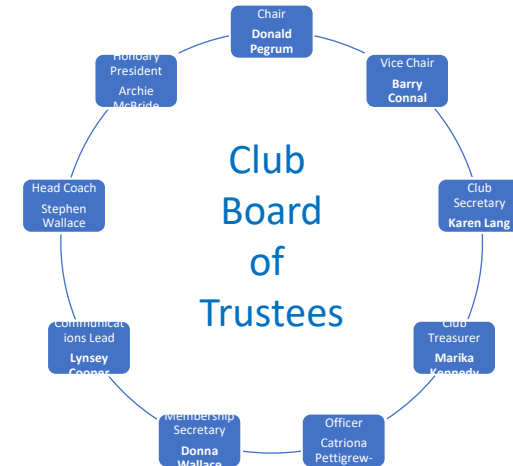
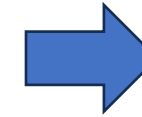
Our Key Focus Areas:

- Governance
- Legal Status
- Finance
- GDPR
- Safeguarding

Club Constitution Re-written

CONTENTS		
GENERAL	type of organisation, Scottish principal office, name, objectives, equalities, powers, liability, general structure	clauses 1 - 11
MEMBERS	qualifications for membership, application, subscription, register of members, withdrawal, transfer, re-registration, expulsion	clauses 12 - 26
DECISION-MAKING BY THE MEMBERS	members' meetings, power to request members' meeting, notice, procedure at members' meetings, voting at members' meetings, written resolutions, minutes	clauses 27 - 52
BOARD (CHARITY TRUSTEES)	number, eligibility, election/retiral/re-election, termination of office, register of charity trustees, office bearers, powers, general duties, code of conduct	clauses 53 - 82
DECISION-MAKING BY THE CHARITY TRUSTEES	notice, procedure at board meetings, minutes	clauses 83 - 99

Fantastic Support from Lindsay McMahon (NCM)



“Provide an inclusive fun environment where athletes are part of one club that gives them a pathway to develop and grow into the best athlete they can be”

Community Disability Initiatives

2022/ 2023 Community Disability Initiatives



New College Lanarkshire

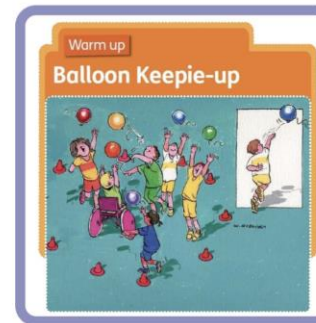
Successfully delivered an
8 Week Athletics program aligned
with the SDS
Athletics Framework for ASN
Students.

Special thanks to both **Callum Ballantyne & Shona McMonagle**

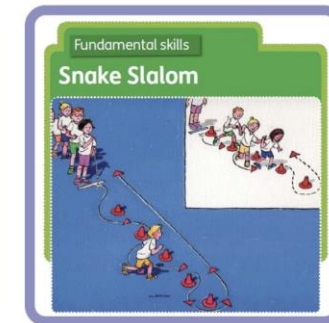
Scottish Disability Sport Coaching Resources



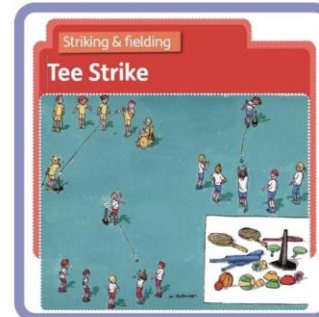
Introduction



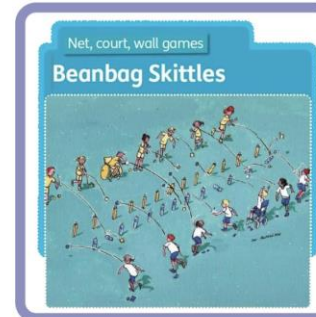
Warm-up



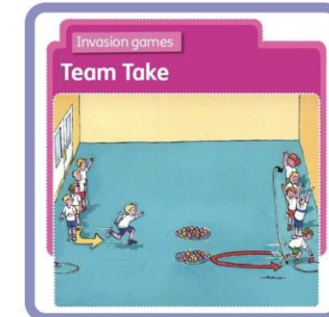
Fundamental Skills



Striking & Fielding Games



Net, Court, Wall Games



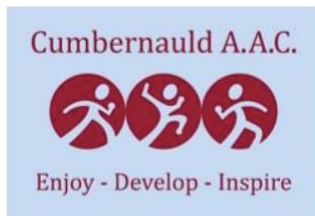
Invasion Games



2022/ 2023 Community Disability Initiatives

Disability Sport Clothing Initiative Team NL Proposal

Saturday 25th March 2023 – GHS



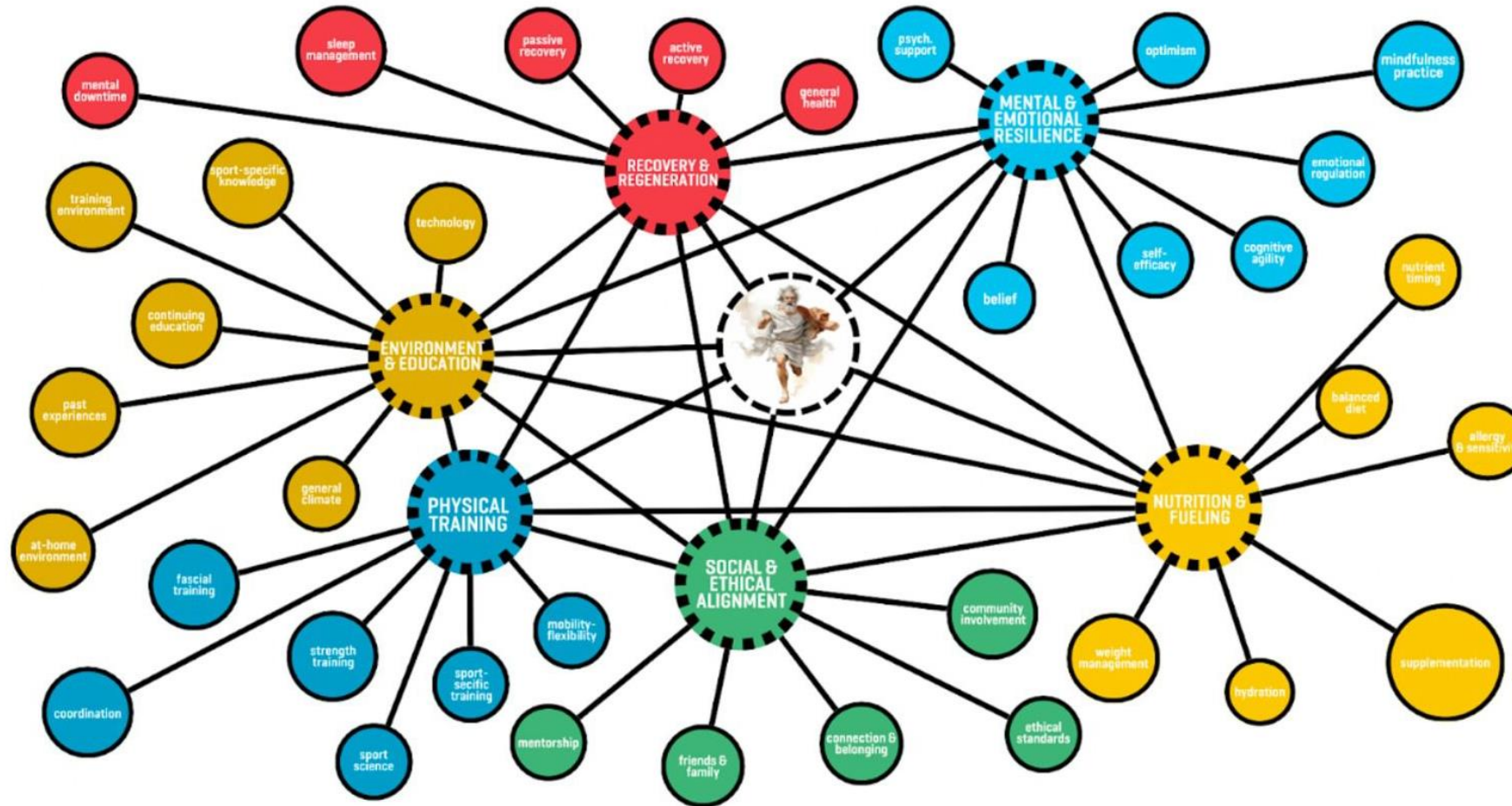
Fantastic Support
from
**Colin Hutchison,
Pamela Robson
&
Lindsay McMahon**

We collectively raised **£1,300** to provide **45 Training Tops** & **45 ¼ Zip tops** for Firpark Secondary School.

NEW Coach, Athlete & Parent Development Initiative

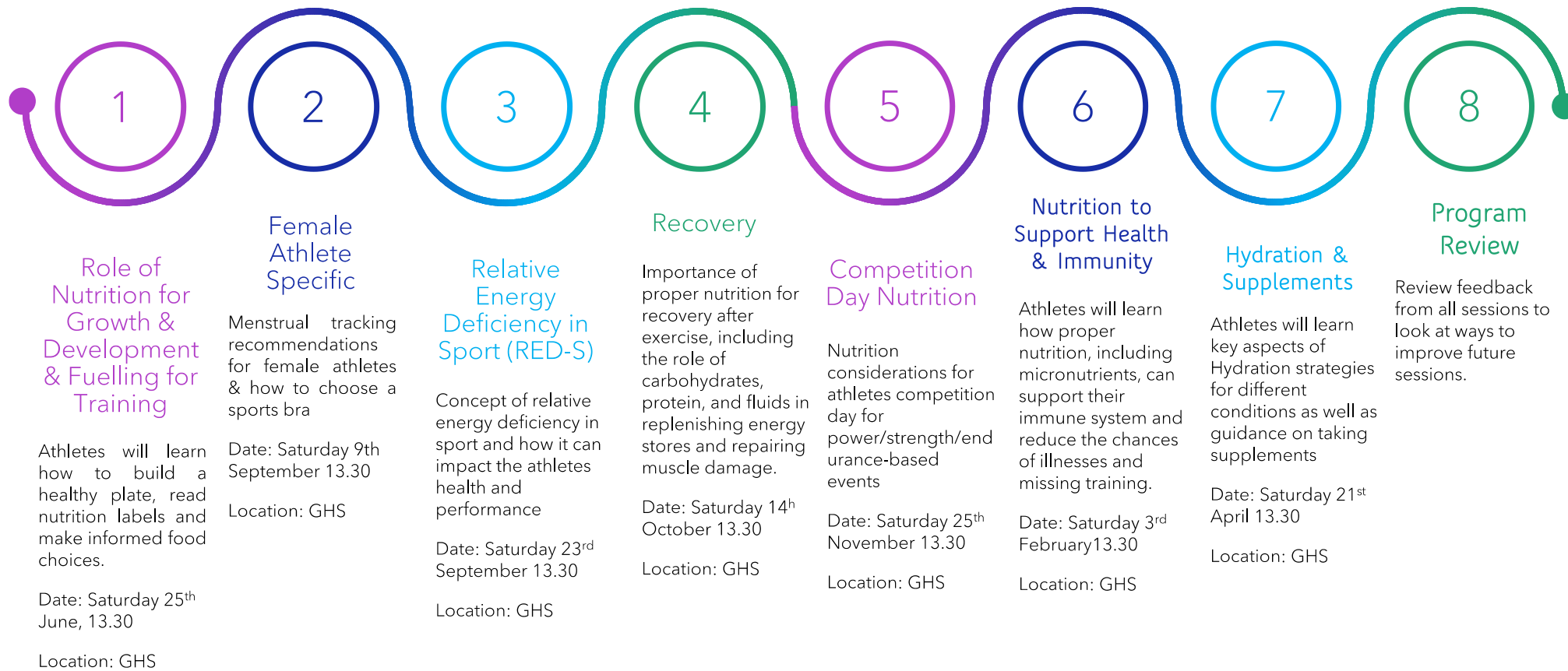
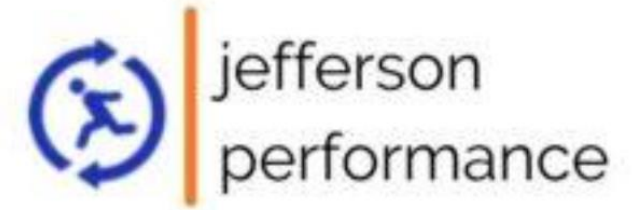
Coach, Athlete & Parent Development

The Aspiration – 3 Year Strategy



“Provide an inclusive fun environment where athletes are part of one club that gives them a pathway to develop and grow into the best athlete they can be”

Coach, Athlete & Parent Nutrition Program 2023/ 2024

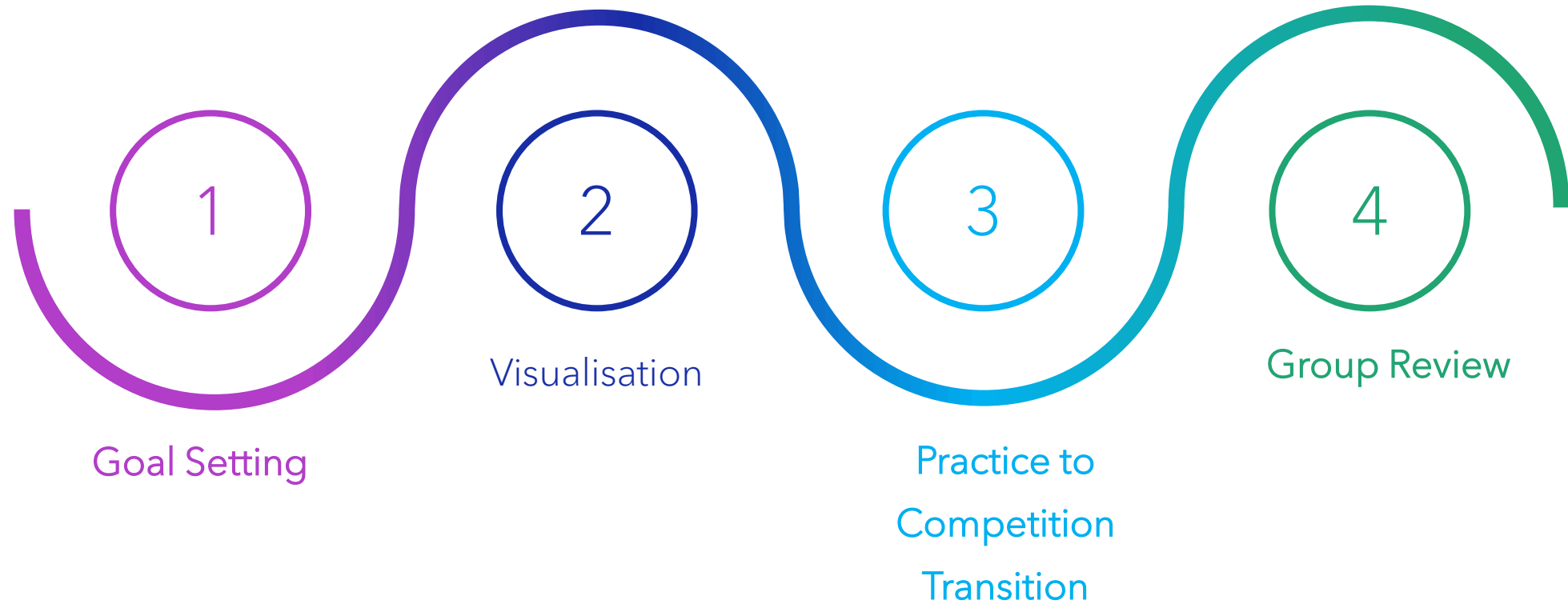


Coach CPD 2023: Physical Preparation 2023



Athlete CPD 2023/ 2024: Emotion & Mental Resilience

Coming Soon



Some final thoughts

Take the time to Understand the Strengths of your Team – Don't Assume



How the eight works

Cox - Voice of the Boat

Stroke - Human Metronome

Seven – Stroke's Lieutenant

Six - Often the Tallest Member

Five - Part of the Engine Room

Four - One of the Powerhouses

Three - Has Less Responsibility

Two - The Back-Up Stroke



Thank You
for
Taking the Time to Attend 😊

