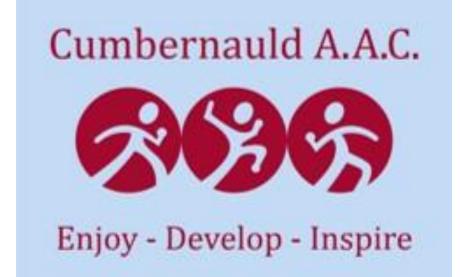
## **Our Collective Club Footprint**

Stephen Wallace, Head Coach



### 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



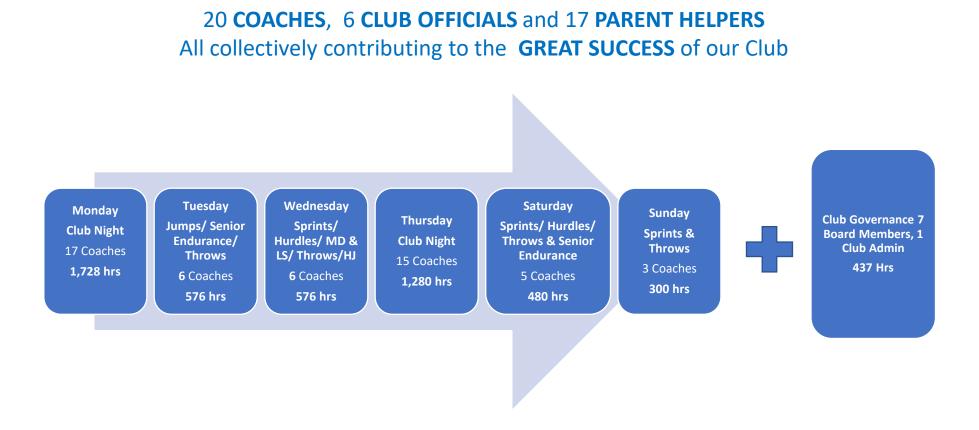
Our Collective Club Footprint

### Our Collective Club Footprint – 2022/ 2023





### Our Collective Club Footprint – 2022/ 2023



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

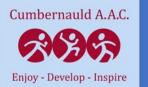


### Where it all began

### Abronhill High School (1983 - 1987)



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



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.



Where our Club started to grow

### Our Lady's High School (2012-2017)

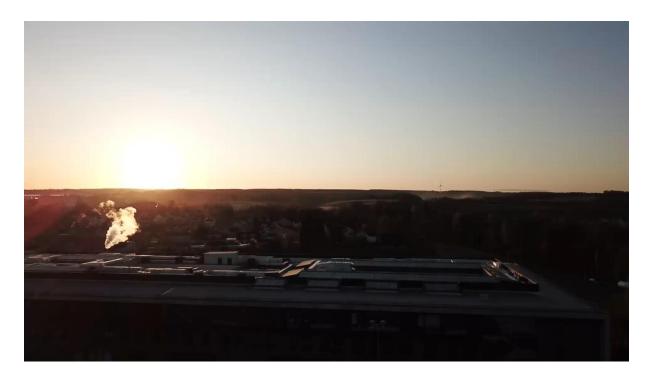


- ~130 Members.
- **12** Coaches & Admin Team of **2**.
- **5** Club Training Sessions per week.
- **Facilities**: 4 x Gym Halls, 2x Ash Football Pitches & Local Trails.
- Event Focus: Track & Field, XC, RR and Trail.

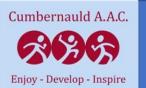


### Our New home 🙂

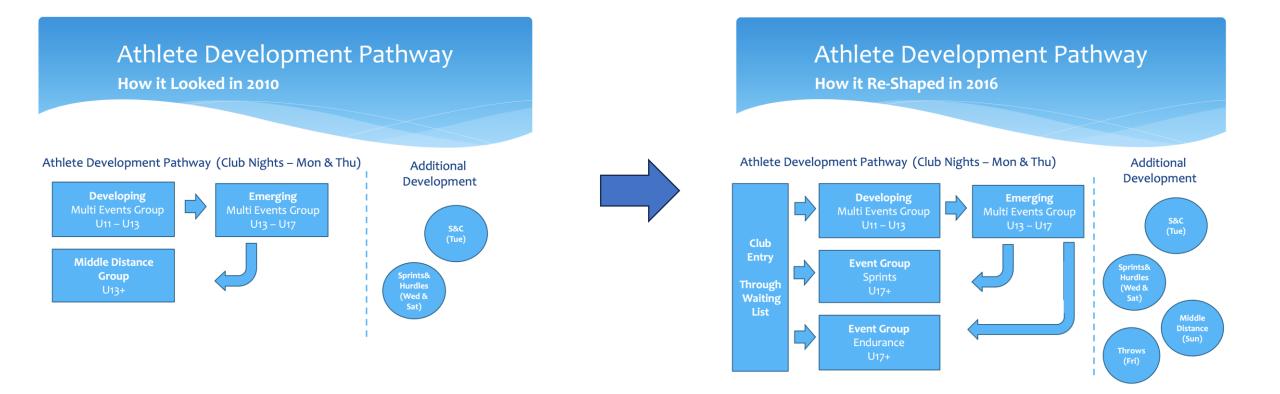
### Greenfaulds High School (2017 to date)



- 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

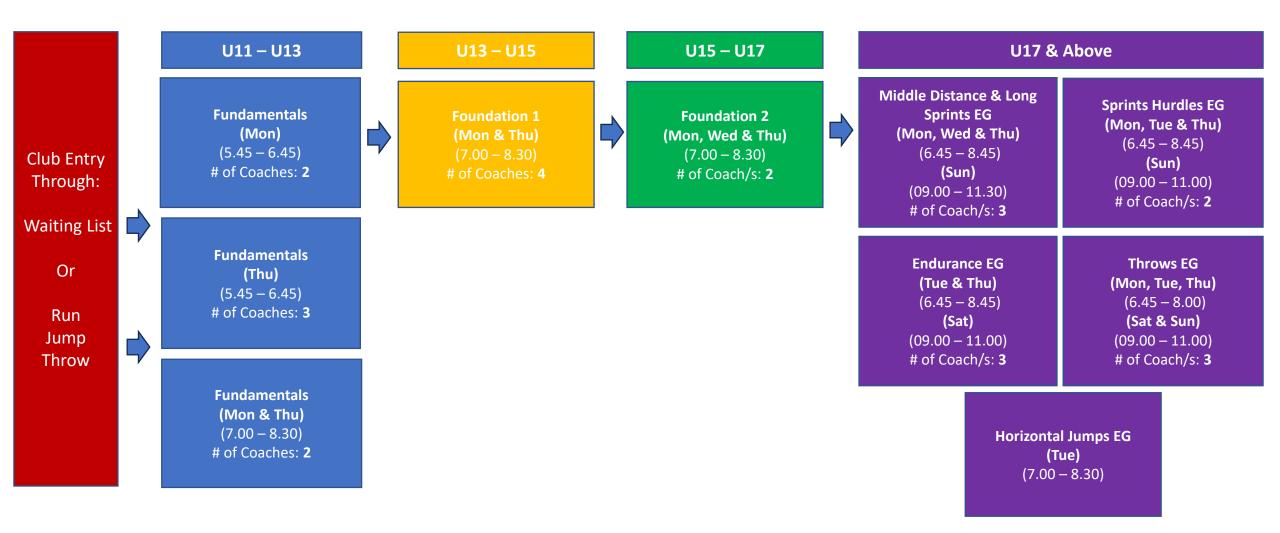


## Athlete Development Pathway – Evolves with the Shape of our Membership



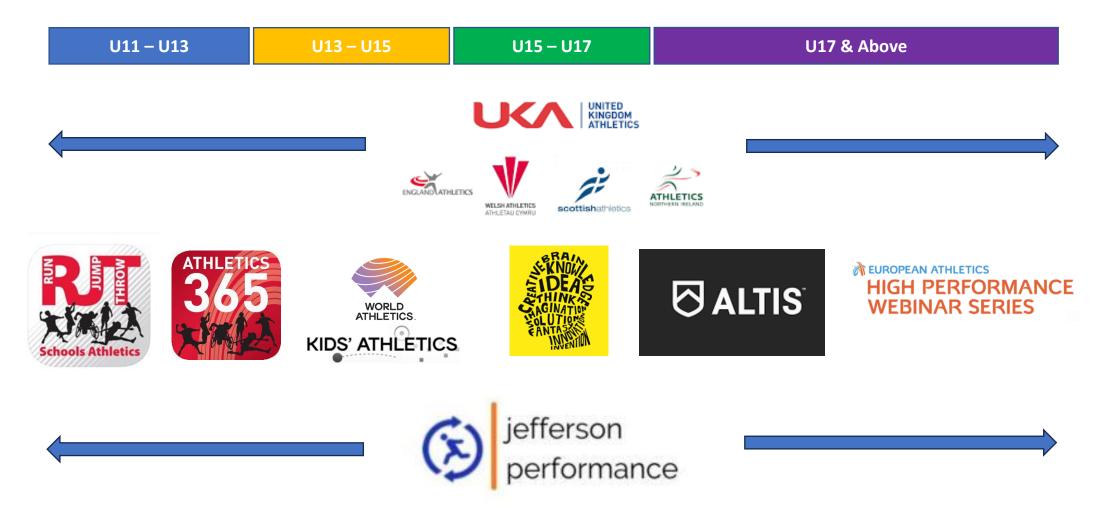


### Current Athlete Development Pathway – Evolves with the Shape of our Membership





## Supporting Athlete Development Frameworks & Resources





Becoming a Charity

## Why?



### Club Healthcheck - 2016

Our Key Focus Areas:

- Governance
- Legal Status
- Finance
- GDPR
- Safeguarding

## 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

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, clauses 83 minutes	

Fantastic Support from Lindsay McMahon (NCM)



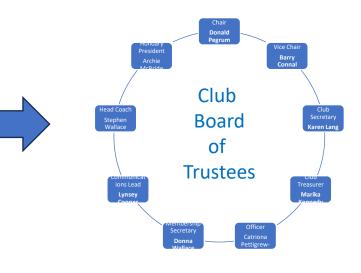
OSCR Scottish Charity Regulator

THIS DOCUMENT IS IMPORTANT Scottish Charity Reg 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 is an incorporated body having charitable status under the Charities and Trustee Investment (Scottand) 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





Enjoy - Develop - Inspire

"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"

Club Constitution Re-written **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**



Net, Court, Wall Games



Striking & Fielding Games

Invasion Games



2022/2023 Community Disability Initiatives

### Disability Sport Clothing Initiative Team NL Proposal

Saturday 25th March 2023 – GHS











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

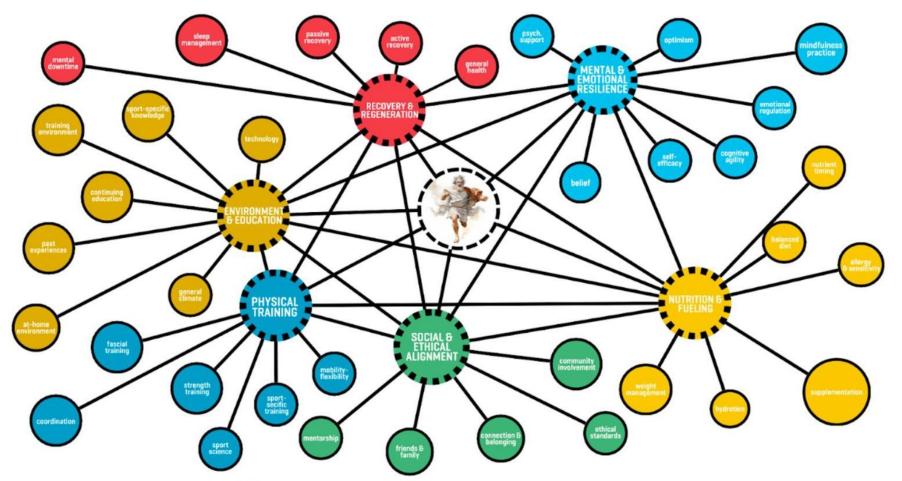
Fantastic Support from Colin Hutchison, Pamela Robson & Lindsay McMahon



## NEW Coach, Athlete & Parent Development Initiative

## Coach, Athlete & Parent Development

The Aspiration – 3 Year Strategy



Cumbernauld A.A.C.

### Coach, Athlete & Parent Nutrition Program 2023/2024



Role of Nutrition for Growth & Development & Fuelling for Training

Athletes will learn how to build а healthy plate, read nutrition labels and make informed food choices

Date: Saturday 25<sup>th</sup> June, 13.30

Location: GHS

Female Athlete Specific

sports bra

Date: Saturday 9th

September 13.30

Location: GHS

2

Deficiency in Menstrual tracking recommendations for female athletes

Sport (RED-S) & how to choose a Concept of relative

> energy deficiency in sport and how it can impact the athletes health and performance

3

Relative

Energy

Date: Saturday 23<sup>rd</sup> September 13.30

Location: GHS

Recovery

4

Importance of proper nutrition for recovery after exercise, including the role of carbohvdrates, protein, and fluids in replenishing energy stores and repairing muscle damage.

Date: Saturday 14<sup>h</sup> October 13.30

Location: GHS

### Competition

Day Nutrition Nutrition considerations for athletes competition day for power/strength/end urance-based events

Date: Saturday 25<sup>th</sup> Date: Saturday 3rd November 13.30 February13.30

Location: GHS Location: GHS

### Nutrition to Support Health & Immunity

Athletes will learn

nutrition, including

micronutrients, can

how proper

support their

of illnesses and

missing training.

6

### Hydration & **Supplements**

Athletes will learn key aspects of Hydration strategies for different conditions as well as immune system and guidance on taking reduce the chances

supplements

April 13.30

Date: Saturday 21st

Program

Review

Review feedback from all sessions to look at ways to improve future sessions.

8

Location: GHS



### Coach CPD 2023: Physical Preparation 2023





The module will begin with discussing the importance of assessment and screening in developing a physical preparation program.

Coaches will learn to thoroughly evaluate each athlete's physical abilities, limitations, and injury history. This will include using the "Athletic ability assessment" to assess the youth athlete's movement competencies across various movements.

Date: Saturday 5<sup>th</sup> August, 13.30

Location: GHS

### Strength & Power Development + Periodization Part 2

This module will cover the principles of strength and power training and how to develop a comprehensive program. Coaches will learn to design exercises targeting the lower body, upper body, and core. Additionally, we will cover different training phases throughout the macrocycle..

Date: Saturday 16<sup>th</sup> September, 13.30

Location: GHS

### Flexibility & Mobility

3

This module will cover the importance of flexibility and mobility for injury prevention and overall athletic performance. Coaches will learn how to develop a program with specific flexibility and mobility exercises.

Date: Saturday 30<sup>th</sup> September, 13.30

Location: GHS

#### ility & Physical Preparation plans put in place by each Training Group for the up and coming

the up and coming and year. tion Date: TBC

Location: GHS

Group Specific

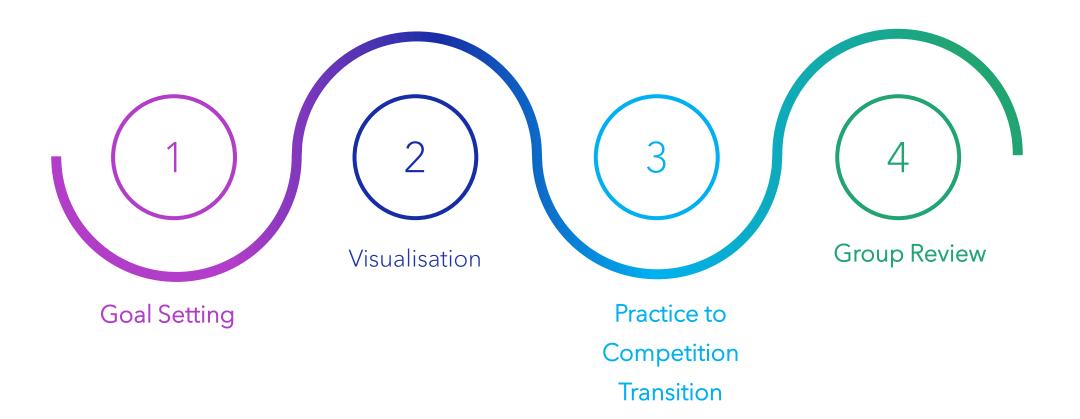
Review

Review proposed

Cumbernauld A.A.C.

## 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

Cumbernauld A.A.C.

Enjoy - Develop - Inspire

## Thank You for Taking the Time to Attend ©



