



East of Scotland Coaching Conference
Sunday 21 March 2010
Meadowbank Sports Centre, Edinburgh

Booking Form

Name:

Address:

Postcode:

Tel: Home:

Mobile:

E-mail:

Any Dietary requirements:

Please select the workshop choice:



Cost: £30.00 Full Day (inc. Morning snack and Lunch)

Please complete and return the form with the appropriate fee by 12 March 2010 to:
**Coaching Counts 2010, East of Scotland Institute of Sport, Heriot Watt University,
Riccarton Campus, Edinburgh, EH14 4AS**

For enquires: **Tel: 0131 451 8230**

E-mail: esis@hw.ac.uk

Places come on a first come, first serve basis and confirmation will be sent to applicants.

Payment Methods:

- Cheques / Postal orders should be made payable to 'EOSCC'.
- Coaching Counts cannot accept any responsibility for any cash lost in the post.
- Advance payment is required to secure your place.
- Unfortunately **NO** invoice facilities are available.

Scholarship Funding:

Scholarship funding opportunities may be available for local coaches. For further information please contact:

West Lothian Council, *Shirley-Anne Smith* | 01506 774 733

Coaching Edinburgh, *Graham Moodie* | 0131 458 2181

Midlothian Council, *Yvonne Anderson* | 01968 664 083

Scottish Borders Coaching, *Andy Lawrie* | 07899 726 967

East Lothian Council, *Stevie Duff* | 01875 619 068

Aim of Conference

Every year the East of Scotland's Coaching Counts Conference supports coaches by providing practical coaching workshops in partnership with chosen Scottish Governing Bodies (SGB's). Known for working with highly experienced and well known guest speakers, this year the event will run at Meadowbank Sports Centre in Edinburgh.

Coaching Counts is delighted to be able to offer workshops delivered by Scottish National team coaches, helping local coaches to 'reflect on coaching practise'. The conference aims to give local coaches the opportunity to learn from Scotland's best and to have greater understanding of alternative / different coaching practises and styles and how these can benefit our athletes / players and can develop our own coaching skills.

Conference Programme:

Delegates choose a sport specific workshop in the morning followed by the key note speech from legendary Athletics Coach Frank Dick OBE in the afternoon.

9.15am - 9.45am	Registration - Morning snack & Tea / Coffee
10.00am - 12 noon	Morning Session
12 noon - 1.00pm	Lunch
1.00pm - 2.00pm	Keynote Speech - Frank Dick OBE
2.30pm	Conference Finished





Keynote Speaker: **Frank Dick OBE**



Frank has a history of excellence through coaching some of the best sporting talent. He is also renowned as one of the country's best inspirational speakers and is listed as one of the top 100 business speakers. He has over 19 years experience speaking to companies across the world. His expertise derives from years of detailed research into individual success and achievement. Frank combines a wealth of knowledge and experience into an informative and motivational approach to achieve long-lasting transformation of both the individual and team performance. Frank has published many books and is a former chair of the British Olympic Coaches Advisory Programme.

Renowned as one of the country's best and most consistently inspiring motivational speakers, Frank Dick is the current Chair of Scottish Athletics, President of the European Athletics Coaches Association, Member of the IAAF Coaches Commission, as well as Chair (and architect) of the IAAF Academy. From 1974 to 1994 he was the British Athletics Federation's Director of Coaching, where he was widely acknowledged as one of the outstanding sports coaches in the world. In this position Frank coached athletes such as Daley Thompson, Steve Overt and Sebastian Coe to European, Olympic and World honours. He also created training programmes for individuals such as Gerhard Berger and Boris Becker to name but a few.





Athletics: Laurier Primeau



Title: **scottishathletics** Head Coach

Laurier has taken a holistic approach to coaching athletics, working with athletes across all disciplines but with a greater emphasis on the power – speed events. Because he has coached athletes in such a wide variety of events, it has resulted in some creativity in planning and directing practices.

Some of the athletes he has worked with include:

- **Mike Mason**, 2.30 high jump
- **Curtis Moss**, 78.29 javelin
- **Elizabeth Gleadle**, 58.23 javelin
- **Rohan Stewart**, 20.89 200 meters (18 years old)



Badminton: Lyndon Williams



Title: Coach

Lyndon was born in Cardiff, now enjoying life in Edinburgh. Former European Junior Doubles Champion (1983) Senior European Doubles Bronze medallist (1986) and Doubles World Number 11.

Lyndon achieved 62 Caps for Wales and won 14 Senior National titles. He worked for Welsh Badminton for 18 years up until 2007 as National Coach, Performance Manager and finally as Executive Director. After staging the 2005 World Disabled Badminton Championships in Wales in 2005, became heavily involved in the development of the sport. Currently Vice-President of ParaBadminton World Federation, Chairman of the 4 Nations Disability Badminton group and Chairman of Scottish Disability Badminton.

Lyndon is currently working at the Edinburgh Badminton Academy and with a number of local junior players from the Lothian area as well as helping to run the Lothian Disability Badminton Club.



Basketball: **Doug Reilly**



Title: Head Coach, Scotland Men's U18

For the last 8 years Doug has been developing players within the City of Edinburgh Kings successful Cadet and Junior men's programs. From 2005 to 2009 he was the Scotland U16 Men's Head Coach with the team taking the Gold medal at the 2008 FIBA Europe Division C championship and Silver in 2006. He is currently the Scotland U18 Men's Head Coach whose Management Team and squad are preparing for the FIBA Europe Division B Championships in July 2010.

His coaching philosophy is based upon aggressive, physical pressure defence supported by sound fundamental skills.



Gymnastics: **Jim Thomson**



Title: High Performance Coach Artistic Gymnastics

In the last thirty years Jim has coached Artistic Gymnastics at the highest levels including experience as National Squad coach and British Zone Squad coach. He has trained Scottish Champions from under-12 up to and including Senior level.

He had gymnasts competing in the Commonwealth competition in Falkirk in 1987 and also in the Commonwealth Games in New Zealand in 1991. Last year Jim had gymnasts competing in all major B.G. competitions including the North European Championships and the Celtic Cup.



Hockey: Russell Garcia



Title: Coach, Senior Men

Russell is an ex GB great and 1988 gold medallist, he has lead the Scottish senior men since September 2009 with a successful trip to the World Cup Qualifier in Invercargill, New Zealand in November where the team won bronze against the likes of world elite, like China. He has recently been appointed Scotland senior men's coach up until the Glasgow Commonwealth Games 2014.

Russell has coached and played all over Europe and a summary of his many achievements include:

- European Bronze Real Club de Polo 1995
- Spanish Cup Finals 94' 95' 96'
- Dutch Indoor Champions Lieden HC 97'
- WQC Bronze Scotland Senior 2010
- Coached Spanish and German NL
- Coached young players on their way to Olympic bronze silver and gold medals: Spain Kiko Fabrigas, Holland Taekae Taekaema, Germany Philip Witte





★ **Meadowbank Sports Centre** (Tel: 0131 661 5351)

Meadowbank Sports Centre is situated on London Road, Edinburgh. Travelling from the City Bypass, follow signs for the City Centre. Continue straight on along Milton Road, past Duddingston, and take a left when Willowbrae Road meets London Road.



**West Lothian
Council**



East of Scotland Institute of Sport - Tel: 0131 451 8230