

Positive Coaching Scotland

What is Positive Coaching Scotland (PCS)?

The Positive Coaching Scotland (PCS) programme is about creating a positive environment in youth sport - one which focuses on encouraging effort and learning, improving performance and fostering competition.

This focus helps young people to understand the importance of effort rather than winning at all costs.

What are the key PCS principles?

There are three key principles at the heart of Positive Coaching Scotland.

These are critical to becoming an effective positive role model and ensuring that young people develop important life skills.



1. Honour our sport (ROOTS)

The first principle teaches young people how to honour their sport through teaching respect for rules, opponents, officials, team mates and self.

- R** Rules Always play by the rules
- O** Opponents Always respect your opponents
- O** Officials Always respect the officials
- T** Team mates Always respect your team mates
- S** Self Always respect yourself

2. Redefine 'winner' (ELM)

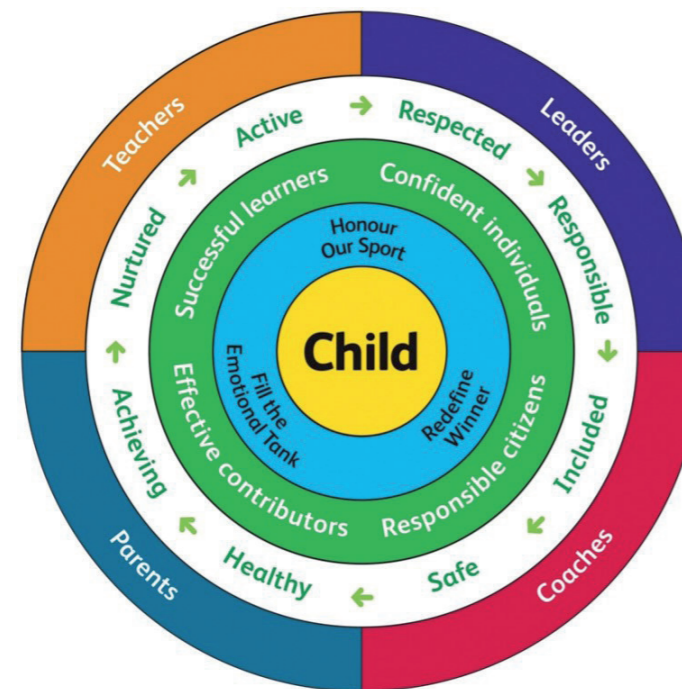
True winning comes from giving maximum effort, continually improving by learning and dealing with mistakes.

- E** Encourage effort, irrespective of outcome, helps player try harder the next time.
- L** Every experience should be a learning opportunity. Young people don't learn when their only definition of success is winning on the scoreboard.
- M** Parents who embrace the Positive Sport Parent ethos recognise the importance of utilising mistakes as learning experiences.

3. Fill the emotional tank (ETANK)

Young people need to feel appreciated no matter their ability. It is crucial that we encourage, teach, appreciate, provide non-verbal support and know how to praise.

- E** Encouragement - Encourage children by using verbal and non-verbal communication.
- T** Teachable moments - Sport is a fantastic way of teaching life lessons. We should utilise teachable moments.
- A** Appreciate effort - Praise effort regardless of outcome. Pay special attention to effort goals.
- N** Non-verbal support - Encourage and build confidence with positive body language.
- K** Know how to praise - Use praise to develop mutual trust by giving truthful and specific feedback.



sportscotland SCHOOL SPORT AWARD SportsScotland School Sport Award

The sportscotland School Sport Award is a national initiative designed to encourage schools to continuously improve the quality and quantity of physical education and school sport opportunities, within and outwith the curriculum. They also will also encourage strengthened sporting links between schools and the communities around them.

The gold award will formally recognise a school's achievement in putting quality physical education and school sport at the heart of their planning, practice and ethos. The awards will also highlight and celebrate successful physical education and school sport models across Scotland.



For more information and to apply for the school sport award please contact your Active Schools Coordinator

Community Sport Hubs

St. Maurice's Community Sport Hub and Chryston Community Sport Hub are both working with a range of local clubs and organisations to create a range of quality sport and physical activity opportunities within the Cumbernauld, Chryston and Kilsyth area. These clubs are working closely with Active Schools and Community Sport Hub Officers to ensure that they provide quality coaching and welcoming environments to provide the best possible experience for young people. These clubs will receive preferential promotion in schools in partnership with Active Schools Coordinators to ensure that children are directed to the most pro-active and sustainable clubs.



For further information on other Active Schools activities throughout North Lanarkshire, please contact your Active Schools Coordinator or visit:

Web: www.nlleisure.co.uk
 @NLLschoolsports



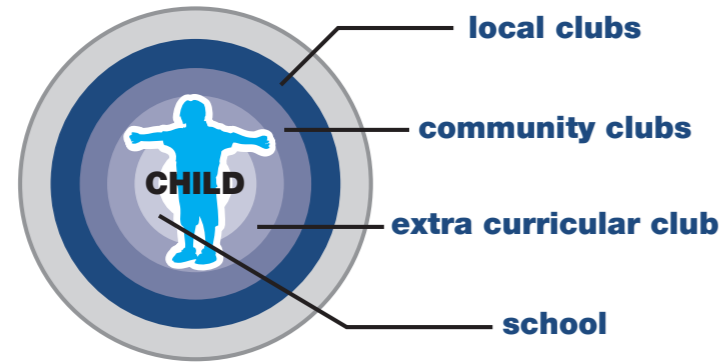
Cumbernauld, Chryston & Kilsyth Active Schools Programme 2015-16



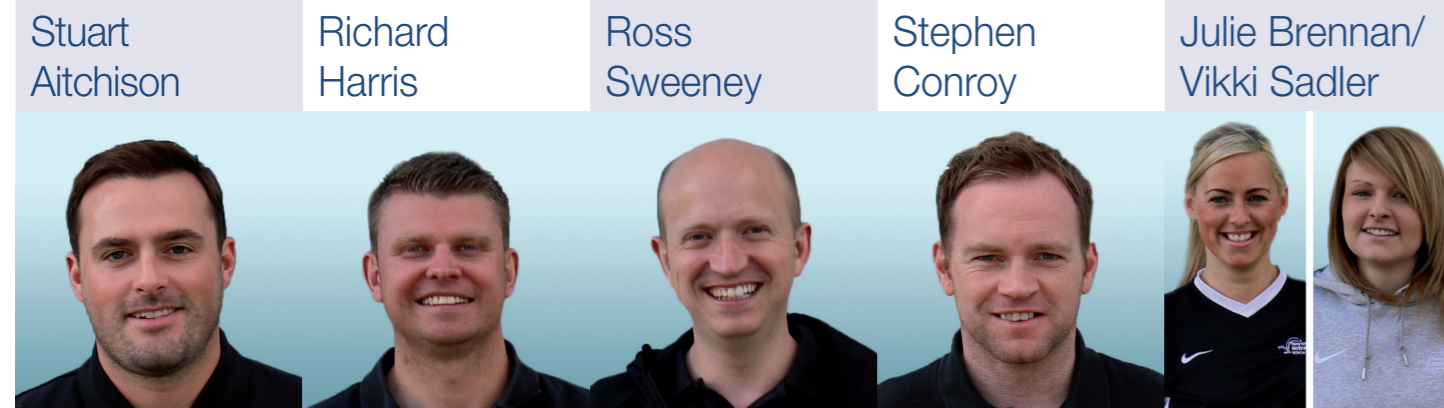


The Active Schools Network is a team of professional people working within schools and the wider community throughout Scotland.

Our goal is to increase the number of opportunities for ALL CHILDREN to engage in physical activity and sport. We aim to create links with local sports clubs and other community organisations, giving pupils a 'pathway' to continue their participation in sport beyond the school gates.



Cumbernauld, Chryston & Kilsyth Active Schools Team



<p>Stuart Aitchison</p> <p>Cumbernauld South Cumbernauld Academy Abrohill Primary Carbrain Primary Cumbernauld Primary Kildrum Primary St Andrews Primary St Lucy's Primary Whitelees Primary</p> <p>Active Schools Base St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07506186509 e: Stuart.Aitchison@nleisure.com</p>	<p>Richard Harris</p> <p>Cumbernauld North St Maurice's High School Baird Memorial Primary Condorrat Primary Eastfield Primary St Helen's Primary St Michael's Primary Westfield Primary Holy Cross Primary</p> <p>Active Schools Base St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07506187004 e: Richard.Harris@nleisure.com</p>	<p>Ross Sweeney</p> <p>Chryston Cluster Chryston High School Auchinloch Primary Chryston Primary Gartcosh Primary Glenmanner Primary St Barbara's Primary St Joseph's Primary Stepps Primary</p> <p>Active Schools Base St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07506186581 e: Ross.Sweeney@nleisure.com</p>	<p>Stephen Conroy</p> <p>Cumbernauld Central Greenfaulds High School Our Lady's High School Ravenswood Primary St Margaret of Scotland Primary St Mary's Primary Woodlands Primary</p> <p>Active Schools Base St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07939280396 e: Stephen.Conroy@nleisure.com</p>	<p>Julie Brennan/ Vikki Sadler</p> <p>Kilsyth Cluster Kilsyth Academy Ballmalloch Primary Banton Primary Chapelgreen Primary Craighead Primary Kilsyth Primary Lennoxton Primary St Patrick's Primary</p> <p>Active Schools Base St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07908452667 Julie m: 07984291606 Vikki e: Julie.Brennan@nleisure.com e: Vikki.Sadler@nleisure.com</p>
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Date	Event	Location	Age	Time
SEPTEMBER 15				
10th	Fundamentals - P1 - 3 Teachers	Cumbernauld Academy	staff	4pm to 6pm
11th	Celebration of Rugby	Cumbernauld Rugby Club	P4 to 7	10am to 12noon
15th	Handball - P5 - 7 Teachers	Our Lady's High	staff	4pm to 6pm
17th	Bikeability 1 - P5 - 7 Teachers	The Pivot Centre	staff	9am to 12pm or 1pm-4pm
17th	Girls Festival	Tryst	P4	9.30am to 12noon
22nd	Tennis - P5 - 7 Teachers	Greenfaulds High	staff	4pm to 6pm
24th	Cycle Trainer Assistant - P6 - 7 Teachers	Chryston High School	staff	9am to 4pm
30th	Football Festival 1	Broadwood	P4-P5 Team P6-P7 Team P4-P7 Girls	9.30am to 12noon
OCTOBER 15				
8th	Mini Football - P1 - 5 Teachers	St Barbara's Primary (Annexe)	staff	4pm to 6pm
w/c 19th	Cluster Football Fixtures	Various	P6 to 7	4pm to 5:30pm
29th	Junior Jog Training - P1 - 7 Teachers	Cumbernauld Academy	staff	4pm to 6pm
NOVEMBER 15				
12th	Netball - P5 - 7 Teachers	Kilsyth Academy	staff	4pm to 6pm
25th	Sportshall Athletics Qualifier	Tryst	P6 to 7	9.30am to 2pm
DECEMBER 15				
3rd	Fundamentals Festival	Tryst	P2 to 3	9.30am to 12noon
9th	Handball Festival	Tryst	TBC	10.00am to 12noon
10th	Netball Festival	Tryst	P6 to 7	9.30am to 12noon
JANUARY 16				
18th	Rugby- P5 - 7 Teachers	St Maurice's High	staff	4pm to 6pm
22nd	Regional Sportshall Athletics Final	Ravensraig RSF	P6 to 7	10am to 2pm
25th	Basketball- P1 - 7 Teachers	St Maurice's High	staff	4pm to 6pm
FEBRUARY 16				
3rd	Football Festival 2	Broadwood	P4-P5 Team P6-P7 Team P4-P7 Girls	9.30am to 12noon
4th	Handball Regional Competition	Tryst	TBC	TBC
11th	Badminton - P1 - 7 Teachers	Cumbernauld Academy	staff	4pm to 6pm
19th	Cross Country Qualifier	TBC	P5-P7	9.45am-11.00am
22th	Cluster Football Fixtures	Various	P6 to 7	4pm to 5:30pm
29th	Golf - P4 - 7 Teachers	Cumbernauld Academy	staff	4pm to 6pm
MARCH 16				
3rd	PCS - All Teachers	Chryston High	staff	4pm-7pm
17th	Netball Qualifier	Tryst	P6 to 7	9.30am to 12noon
18th	Handball Regional Finals	Ravensraig	P6 to 7	9.30am to 12.30pm
29th or 31st (TBC)	Dancemania Qualifier	Cumbernauld Academy	P6 to 7	9.30am to 12noon
APRIL 16				
27th	Basketball Festival	St Maurice's High	P6 to 7	9.30am to 12noon
MAY 16				
4th	Swimming Gala	Tryst Sports Centre	P4 to P5	9am to 4pm
11th	Football Festival 3	Broadwood	P4-P5 Team P6-P7 Team P4-P7 Girls	9.30am to 12noon
JUNE 16				
9th or 10th	Primary Games	Ravensraig Sports Facility	P4/5	9.30am - 2pm

Club	Main Contact	Contact Details
Jump Gymnastics	Debi McPhee	E: jumpgymenquiries@outlook.com T: 01236 263605
Bedlay Community FC	Debbie Horne	E: bedlayfc@gmail.com T: 07901673802
Strathkelvin Judo	Allan Phillip	E: info@strathkelvin-judo.co.uk T: 07902647686
XS Tae Kwon Do	Marie McAneny	E: marie@xstaekwondo.co.uk T: 07770 210705
NL Dance Academy	Tracy Jackson	E: tracy.jackson@nleisure.com T: 01236 341968
Cumbernauld Netball	Vikki Sadler	E: vikkisadler88@gmail.com T: 07728840107
NL Rugby Development	Callum Harris	E: callum.harris@nleisure.com T: 07852380243
Cumbernauld Rugby Club		E: cumbernauldrugbycommittee@gmail.com
Cumbernauld Colts FC	Stuart McKenzie	W: www.cumbernauld-colts.com
Garrell Vale Junior Badminton Club	Beth Penman	E: abgm4pen@aol.com T: 07730248847
Kilsyth Starlets Cheerleaders	Dominique Harkins	E: domstarlets@aol.com T: 07757 891334
Stepps Hockey Club	Craig Leggatt	E: info@stepps-hockey.co.uk T: 07901711235
Clyde Powerchair Football Club	Stuart Aitchison	E: clydepowerchairfc@hotmail.co.uk T: 07732578222
NL Chiefs Basketball	Kevin Coyle	E: kevin@cumbernauldchiefs.com
Crowwood Golf Club	Michael McCormick	T: 0141 779 1943
Palacerigg Golf Club	Frank Anderson	E: frankanderson@blueyonder.co.uk
Mount Ellen Golf Club	Brian Lawler	E: secretary@mountellengolfclub.co.uk T: 01236 872 277
Stepps Tigers Bowling Club	James Dalrymple	E: tigers@steppsbowlingclub.co.uk T: 0141 779 3449
St Maurice's Basketball Club	Lisa Palombo	E: lisapalombo1@yahoo.com T: 07736037727
Cumbernauld Sailing Club	Joe Swierczek	E: cumbernauldsailingclub@gmail.com T: 07763199867
Tryst Lions Wrestling Club	Steven McKeown	T: 07796598023
Tryst 77 Handball Club	Stuart Cullen	E: Cullen336@btinternet.com T: 07773 366245
NLL Outdoor Education	David Wilkinson	E: david.wilkinson@nleisure.com
GTF Abrohill Taekwon-Do	Samantha Stokes	T: 07853255968