

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)

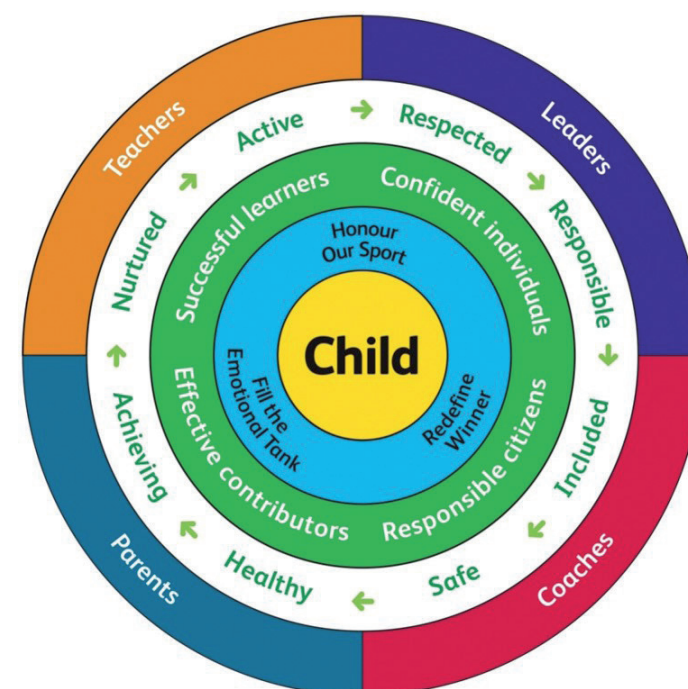
True winning comes from giving maximum effort, continually improving by learning and dealing with mistakes.

- 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

Sportscotland
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. Andrews Community Sport Hub is working with a range of local clubs and organisations to create a range of quality sport and physical activity opportunities within the Coatbridge 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](https://twitter.com/NLLschoolsports)

Coatbridge Active Schools Programme 2015-16



supported by



North
Lanarkshire
Council



sportscotland
the national agency for sport



Coatbridge Active Schools Programme 2015 - 2016

Calendar *all dates and times subject to change

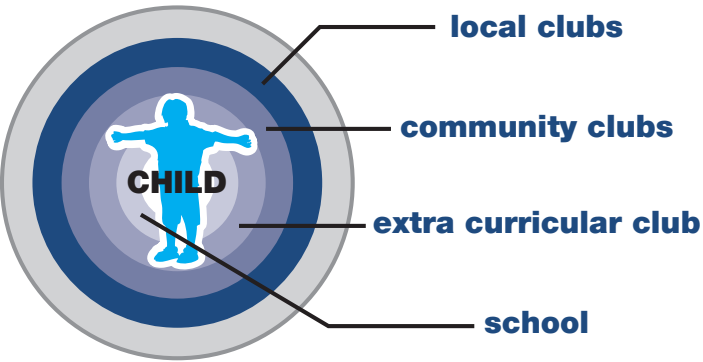
Staff training
Active Schools festival/event
Finals

Coatbridge Club links



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.



Coatbridge Active Schools Team

Michael McChord Ailsa MacLeod Susan Wright Vikki Sadler

Combined Coatbridge Cluster
Cambroe
Glenboig
Greenhill
Sikeside
Townhead
OL & St Joseph's
St Monica's

Active Schools Base
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Coatbridge High School Cluster
Coatbridge HS
Kirkshaws
Langloan
Old Monkland
Shawhead

Active Schools Base
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St Andrew's High School Cluster
St Andrew's
Corpus Christi
St Bernard's
St Mary's
St Patrick's
St Stephen's
St Timothy's

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St Ambrose High School Cluster
St Ambrose
St Augustine's
St Bartholomew
St Kevin's
Bargeddie

Active Schools Base
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9 Old Monkland Road
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Date	Event	Location	Age	Time
SEPTEMBER 15				
14th	Introduction to Netball Coaching Course - P5 - 7 Teachers	St Andrew's HS	staff	4pm to 5.45pm
OCTOBER 15				
7th	Netball Umpiring - P6 - S2 Teachers	St Andrew'S HS	staff	4pm to 5.45pm
8th	7 a side Football Festival	St Ambrose High School	P5 to 7	10am to 12noon
NOVEMBER 15				
9th	Fundamentals - P1 - 3 Teachers	St Andrew's HS	staff	4pm to 5.45pm
10th	Cross Country Qualifier 1	Coatbridge Outdoor Centre	P5 to 7	10am to 12noon
16th	SFA Early Touches Course - P4 - 7 Teachers	Airdrie Academy	staff	TBC (6 hours)
20th	Sportshall Athletics	Airdrie Leisure Centre	P6 to 7	10am to 12noon and 12.30pm to 2.30pm
27th	Junior Sportshall Athletics	Airdrie Leisure Centre	P4 to 5	10am to 12noon and 12.30pm to 2.30pm
DECEMBER 15				
3rd	Handball	Airdrie Leisure Centre	P6 to 7	10am to 12noon
JANUARY 16				
11th	Dance Workshop - P3+ Teachers	St Andrew's HS	staff	4pm to 5.45pm
18th Jan - 29th Feb	Netball League	Matt Busby Complex	P6 to 7	10am to 12noon
20th	Introduction to Rugby Coaching - All Teachers	Airdrie Academy	staff	4pm to 5.45pm
FEBRUARY 16				
3rd	Active Start - P1 - 3 Teachers	Airdrie Academy	staff	4pm to 5.45pm
4th	Regional Handball Competition	Tryst Sport Centre	P5 to 7	TCB
16th	Cross Country Qualifier 2	Coatbridge Outdoor Centre	P5 to 7	10am to 12noon
MARCH 16				
1st	Orienteering & TOP Outdoors - P3 - 7 Teachers	Airdrie Academy	staff	4pm to 5.45pm
7th	Coatbridge Netball Finals	Matt Busby Centre	P6 to 7	9.45am - 12.15pm 12.30pm - 2.30pm
10th	7 a side Football Festival	St Ambrose High School	P5 to 7	10am to 12noon
15th	Cross Country NL finals	Coatbridge Outdoor Centre	P5 to 7	10am to 12noon
18th	Mini Sportshall Athletics	Airdrie Leisure Centre	P2 to 3	10am to 12noon and 12.30pm to 2.30pm
18th	National Handball Competition	Ravenscraig Regional Facility	P5 to 7	TBC
23rd	Dance Event	St Ambrose High School	P1 to 7	6pm to 8.30pm
31st	Tennis Workshop- P4 - 7 Teachers	Airdrie Academy	staff	4pm to 5.45pm
APRIL 16				
29th	Netball League Finals	Tryst Sports Centre	P6 to 7	10am to 2.30pm
MAY 16				
1th	Junior Cross Country	Coatbridge Outdoor Centre	P3 to P4	10am to 12noon
19th	7 a side Football Festival	St Ambrose High School	P5 to P7	10am to 12noon
24th	Netball Fun 5'z	Coatbridge High School	P4 to P5	10am to 12noon
JUNE 16				
9th & 10th	Primary Games	Ravenscraig RSF	P4 to P5	10am to 2.00pm

Club	Main Contact	Contact Details
Waysiders/Drumpellier Rugby Football Club	Jake Wilson	www.pitchero.com/clubs/wdrfcmidis
Starlettes Dance and Cheer Academy	Michelle McEwan	www.starlettes.com
Kami-Do Sport Karate Academy	Vince Cooney	www.kamido.co.uk
NL Titans Basketball Club	Robyn Tierney	www.nltitans.com
Coatbridge High School Angling Club	Jim Mathew	www.coatbridgehigh.org.uk
St Andrew's Ladies Netball Club	Karen Dunn	www.st-andrewshigh.n-lanark.sch.uk/
Scottish Tumblers Gymnastics Club	Ann McMath	scottishtumblers@hotmail.com
VIP Arts and Sports Academy	Gail Smith	vipass@outlook.com
NL Dance Academy	Tracy Jackson	www.nlleisure.co.uk
NLL Athletics	Kat Heron	www.nlleisure.co.uk
NLL Handball	Mark McLaughlan	www.nlleisure.co.uk
NLL Tennis	Grant Shearer	www.nlleisure.co.uk
NLL Badminton	David Johnston	www.nlleisure.co.uk
Lochview Family Golf Centre	John Kelly	www.nlleisure.co.uk