



COACHING AS A GLOBAL ENDEAVOUR

UKCC LEVEL 4 CONFERENCE
PROGRAMME



CONFERENCE INFORMATION

Dates

8–9 March 2016

Conference Venue

Playfair Library Hall

Old College

South Bridge

Edinburgh EH8 9YL

www.edinburghfirst.co.uk/venues/playfair-library-hall/

Evening Dinner

Radisson Blu

80 High Street

The Royal Mile

Edinburgh EH1 1TH

www.radissonblu.com/en/hotel-edinburgh

Accommodation

For those booking the full package, accommodation will be at:

77 South Bridge

Edinburgh EH1 1HN

www.ibis.com/gb/hotel-8484-ibis-edinburgh-centre-south-bridge/index.shtml

Accommodation

There is limited parking available at the university and hotel, although the conference venue, hotel and venue for the evening meal are all within close walking distance. There are excellent transport links to and from Edinburgh Airport and Edinburgh's train stations.

Dress Code

Day: Casual

Evening: Smart casual (no jeans)



INTRODUCTION

We are delighted to welcome you to Scotland and the University of Edinburgh.

Globally speaking, coaching is in its most dynamic era in history. Coaches work with increasingly diverse populations and face heightened demands from athletes, athletes' parents, sports, coaching organisations and fans. Twenty-first century technology provides greater accessibility to information, and visibility to a global community. In this environment, coaches have a responsibility to improve and expand their own capabilities to fully meet the needs of their athletes. We are indeed, as a colleague said to me recently, in the 'cult of the coach'.

This conference is celebrating the global nature of coaching and sharing good practice from a number of countries and sports. As 2016 is an Olympic year, there will be more emphasis on high-performing athletes and coaches, as countries from around the world head to Rio hoping to be the best. We have some truly international speakers and we hope you benefit from their insights.

The University of Edinburgh has considerable history in sport and coaching, and their facilities are second to none.

The university's position in the centre of Edinburgh will allow you to explore the old city. From the castle to the palace, the places to eat, the drinking establishments and the street entertainment, Edinburgh caters for every taste.

We hope you have a fabulous two days of learning and development, as well as some rest and relaxation in this historic city.



Sarah Collings
sports coach UK



Dr Christine Nash
University of Edinburgh

AGENDA

Day 1

Time	Title	Led by
9.30–10.00	Arrival and Registration	
10.00–10.30	Welcome	Dr Christine Nash and Sarah Collings
10.30–11.30	Keynote Speaker	Judy Murray
11.30–12.30	Workshop Session 1 1. Fish Don't Know They Are in Water: Working Within Interdisciplinary Teams 2. The Coaching Toolbox 3. A Dual Approach to Mentoring 4. Lost in the Familiar: Two Ways to Break Free from Underperforming Reflective Practices 5. Creating the 'Right' Environment for Athletes and Coaches	Russell Earnshaw Dr Alan McPherson and Murray Craig Dr Christine Nash and Jon Woodward Professor Tony Ghaye and Dr Sarah Lee Dr Justine Allen
12.30–1.30	Lunch	
1.30–2.15	Keynote Speaker Coaching and Coach Education in the US	Dr Kristen Dieffenbach
2.15–3.15	Workshop Session 2 1. Fish Don't Know They Are in Water: Working Within Interdisciplinary Teams 2. The Coaching Toolbox 3. A Dual Approach to Mentoring 4. Lost in the Familiar: Two Ways to Break Free from Underperforming Reflective Practices 5. Creating the 'Right' Environment for Athletes and Coaches	Russell Earnshaw Dr Alan McPherson and Murray Craig Dr Christine Nash and Jon Woodward Professor Tony Ghaye and Dr Sarah Lee Dr Justine Allen
3.30–4.30	Seminar Shared International Perspectives on Coach Development: A Case Study of Recognition of Prior Learning Across Borders	Andrew Abraham and Christoph Dolch
4.30–5.00	Close and Depart/Check In to Hotel	
7.00	Arrival Drinks and Evening Meal	
9.00	Keynote Speaker	Professor John Lyle

Day 2

Time	Title	Led by
9.30–9.45	Arrival	
9.45–10.45	Keynote Speaker Talent Development in German Football: Case Study of FC Augsburg	Professor Jurgen Beckmann
10.45–11.45	Keynote Speaker and Programme Launch Olympic Athletes and Their Pathway into Coaching	Joslyn Hoyte-Smith
11.45–12.45	Expert Panel Session (mediated by Dr Kristen Dieffenbach) What is Your Vision of Coach Education in 2021?	Kevin Bowring Doug Bryce Dr Christine Nash Anita Navin
12.45–1.15	Close	
1.15	Depart	

SPEAKER BIOGRAPHIES

Andrew Abraham PhD

Andrew is a Principal Lecturer and Academic Group Leader for Sport Coaching at Leeds Beckett University. He has 17 years' experience in researching, coaching and coach education. He has been involved in writing numerous degrees and postgraduate qualifications in the area of sport coaching and coach education. Most recently he has been engaged in researching and creating a bespoke postgraduate qualification in coach education for the English Football Association.

Dr Justine Allen

Justine is Programme Director for Postgraduate Programmes in Coaching at the University of Stirling. These sports coach UK endorsed programmes, including the British Canoeing UKCC Level 4 programme, seek to extend and support experienced coaches' learning and practice through engagement with current literature, research and critical reflection. Justine has a PhD in sport psychology and has expertise in conducting research related to coaching and sport participation. She is also currently coaching in Scottish Hockey's Talent Development Pathway as Head Coach for the Scotland U18 Girls' squad.

Professor Jurgen Beckmann

Jurgen currently works at the Technical University of Munich in Bavaria, Germany. He was part of the Olympic medal-winning German ski team as both a performer and coach.

Kevin Bowring

Kevin is a member of the sports coach UK Board and is currently employed as Head of Professional Coach Development for the Rugby Football Union (RFU). He is responsible for the continuous personal development and ongoing learning of professional rugby coaches operating in the elite game in England.

His background as an elite coach is based not only on his experience of playing rugby, but on a solid foundation of physical education. Kevin taught PE for 17 years, including nine years as Director of PE and Head of Games at Clifton College, Bristol.

Sarah Collings

Sarah is a Coach Education Advisor at sports coach UK, with the responsibility for driving and developing the UKCC Level 4. A former GB swimmer, Sarah has won medals at Commonwealth, European and world level, and is a current GB and European Masters record holder across the 400m front crawl (FC), 800m FC and 4 x 200m relay.

Murray Craig

Murray is a Bicentennial Fellow at the University of Edinburgh and is studying the use of digital technology within sport. Murray has an extensive background in rugby union, having been a professional player in Scotland. He has also coached rugby union at various age groups, as well as being a Coach Educator. Murray holds Level 5 Accreditation from the International Society for Performance Analysis of Sport (ISPAS) and has used this skill extensively within rugby union.

Dr Kristen Dieffenbach

Kristen is President of the National Council for the Accreditation of Coaching Education (NCACE) and the coaching science representative on the National Association of Sport and Physical Education (NASPE) Sport Steering Committee in the USA.

She also serves on the Research committee for the International Council on Coaching Excellence (ICCE). Kristen has a PhD in exercise science with an emphasis in exercise and sport psychology from the University of North Carolina. Kristen's current areas of education, research and consultation include coaching education, performance enhancement, professional issues in coaching, ethics in coaching, athlete talent development, and understanding and preventing under recovery. She has worked on numerous grants, projects and consultations in these areas for the United States Olympic Committee, US Anti-Doping Agency, United States Tennis Association, USA Cycling, USA Hockey, USA Triathlon, US Paralympics, USA Water Polo, Peaks Coaching Group, and Carmichael Training Systems.

Christoph Dolch

Christoph has been Scientific Associate at The Coaches Academy Cologne of the German Olympic Sports Confederation (Trainerakademie) since 2004. His main field is the conception and development of new media learning solutions. Christoph also works on the further development of the Diploma course at the Trainerakademie.

Russell Earnshaw

Russell is a former professional rugby union player for Bath, England Sevens and Rotherham, and has coached the England Sevens and England under-18s. He has coached at world and Commonwealth level. Russell led the England under-18s women's team to the European Championship, as well as coaching GB Students to the World University Games title in 2012.

Professor Tony Ghaye

Tony is Founder and Director of a social enterprise called Reflective Learning-International in the UK, a Professor in applied positive psychology, and a Visiting Principal Lecturer (Research) at Hartpury University Centre, Hartpury College. His work focuses on building positivity and the utilisation of strengths in sport and other high-performance environments. He has published 16 books and over 130 articles and chapters on using strength-based reflective practices to build better-performing individuals, organisations and communities. Tony sits on a number of journal editorial boards and loves playing cricket and squash. He is currently working on 'Developing the Intelligent Youth Athlete' and is leading, with Hartpury colleagues, the first 20-hour intervention programme in the UK that builds athletes' and coaches' emotional competence.

Joslyn Hoyte-Smith

An Olympic and Commonwealth medallist, Joslyn has been involved in high-performance sport for over 15 years and has competed in two Olympic Games. Joslyn won a bronze medal as part of the 4 x 400m relay team at The Moscow 1980 Olympic Games and is now Chair of the Olympians. She currently works as Performance Operations Manager for the English Institute of Sport. She is Chair of the Coaching Standards Group and a Board member of sports coach UK.

Dr Sarah Lee

Sarah is Head of Department for Sport at Hartpury University Centre, Hartpury College. She is currently completing her Professional Doctorate in Elite Performance, investigating the impact of positive psychology in high-performance sports environments. Sarah has co-edited three books on elite sports development and published many journal articles on improving performance through the application of positive reflective practices and performance psychology. She is Co-editor of the May 2016 special issue of the *International Journal of Appreciative Inquiry* called 'Bettering sport through appreciative lenses and practices'. She has been involved in elite netball for many years as a player, coach, in talent identification and development.

Professor John Lyle

John is Professor of Sports Coaching at Leeds Beckett University. Prior to this he was Dean of the School of Psychology and Sport Sciences at Northumbria University. He established the first professional Diploma in sports coaching and the first Masters degree in coaching studies in the UK at the University of Edinburgh. He has played a significant role in the development of sports coaching as an academic field of study, and is the author of three influential textbooks, including *Sports Coaching Concepts*.

John combines his academic work with a role as a research consultant, collaborating with a number of universities and national sports agencies. John's academic experience is complemented by considerable personal experience as a coach, involvement in the determination of sports coaching policy in the UK, and engagement in the delivery of coach education and development. He has coached and played volleyball at international level, including the European Championships, World University Games and European Club Championships. He was also a professional football player.

Dr Alan McPherson

Alan is Programme Director of the MSc Performance Psychology at the University of Edinburgh. He is interested in optimising the execution of gross motor skills and in the study of the acquisition of decision-making expertise across a spectrum of physical and social settings. Alan's research into rhythmicity has implications for the way performers should be instructed, and how high-performance interventions could be designed to reduce movement variability in self-paced skills, which has shown to be very successful in a number of sports.



Dr Christine Nash

Christine is currently Deputy Head of the Institute for Sport, Physical Education and Health Sciences at the University of Edinburgh. She is also Programme Director for the new online MSc in Sport Coaching and Performance. Christine was a National Swimming Coach in the UK, having also coached in the US. She is involved in coach education in a variety of sports and sits on the Coaching Standards Group – the committee that endorses coach education courses in the UK.

Anita Navin

Anita is currently the Head of School for Sport and Exercise at the University of Gloucestershire, and her main areas of expertise are within sports coaching. Anita completed her professional doctorate investigating coaching expertise across the various participant contexts in netball and has recently supported England Hockey in this field.

In addition, Anita was commissioned by UK Sport to investigate the perceptions of elite female coaches operating within the high-performance coaching system. In 2011, Anita was awarded the UK Coach Educator of the Year and has continued to support the development of coaching at all levels.

Jon Woodward

Jon is a Coach Education Advisor at sports coach UK. He has been involved in coaching and coach education for over 20 years, and is currently undertaking his postgraduate study in sports coaching. As a practising coach educator, Jon is one of the Lead Coach Educators for England Handball, as well as developing and delivering sports coach UK workshops. His current interests focus on creativity and innovation in coaching and coach education.

WORKSHOP SYNOPSES

Creating the 'Right' Environment for Athletes and Coaches

This interactive workshop will explore the concepts of motivational climate, mindset and individuals' psychological needs as a framework for coaches and coach developers to examine the nature of the environment they create for athletes/learners, and how they might create an environment that facilitates learning, development and performance. These ideas will be extended to how organisational environments might support coaches in their work with athletes.

Fish Don't Know They Are in Water: Working Within Interdisciplinary Teams

This interactive workshop will focus on working in interdisciplinary teams. Areas to be covered will include:

- Connections in Teams
- Courageous Conversations
- Coaching Language
- Who-ness vs. What-ness
- Coaching Lessons
- Impactful Meetings
- Bringing Creativity to Life.

The Coaching Toolbox

The Coaching Toolbox has been designed to deepen the knowledge of practitioners by structuring tools around three key aims:

- Making the content as personally relevant to individuals as possible
- Promoting understanding, especially to achieve long-term aims
- For rapid short-term gains, make the sessions mentally easier; for long-term gains, make the sessions harder.

This workshop aims to introduce coaches to the principles of the Coaching Toolbox and provide examples and scenarios for practice.

A Dual Approach to Mentoring

Within the sport coaching environment, mentoring can be a valuable tool for the coach, as the mentor can facilitate coach learning by contextualising abstract theory into actual coaching environments. Mentors can also be an asset by introducing mentees into the wider community of coaching, enabling social interaction and networking opportunities.

Given sports coaches need to be operating at a high level, there are often issues finding an appropriate mentor. This workshop looks at a dual approach, with two mentors supporting one coach, and the increasing use of technology to support e-mentoring.

Lost in the Familiar: Two Ways to Break Free from Underperforming Reflective Practices

The underlying issue explored in this workshop is: How can we create coaching cultures where the best examples of ourselves find expression every day?

The central question is: What role do the practices of reflection play in this?

The critical challenge to be addressed is: How can coaches break free from being lost in the familiar, reading about and using borrowed, outdated models, and arguably inappropriate reflective questions, in order to create such cultures?

The two promising practices to be discussed will be:

- the power of the positive question
- the role of the appreciative lens.

The questions and challenges will be illustrated from the presenter's current work in netball and cricket. Participants will have ample opportunity to discuss, share, create and take something practical away from the workshop.

Seminar: Shared International Perspectives on Coach Development: A Case Study of Recognition of Prior Learning Across Borders

The seminar will deliver an overview of our respective approaches to understanding coaching, and therefore our approaches to coach development. The recognised prior learning (RPL) process that we engaged in to allow Trainerakademie Diploma coaches to access the MSc at Leeds Beckett University with advanced standing will be discussed. This will emphasise the need for well-defined programmes and outcomes that are captured in comprehensive paperwork.



For information about sports coach UK, and further support and training available, contact:

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