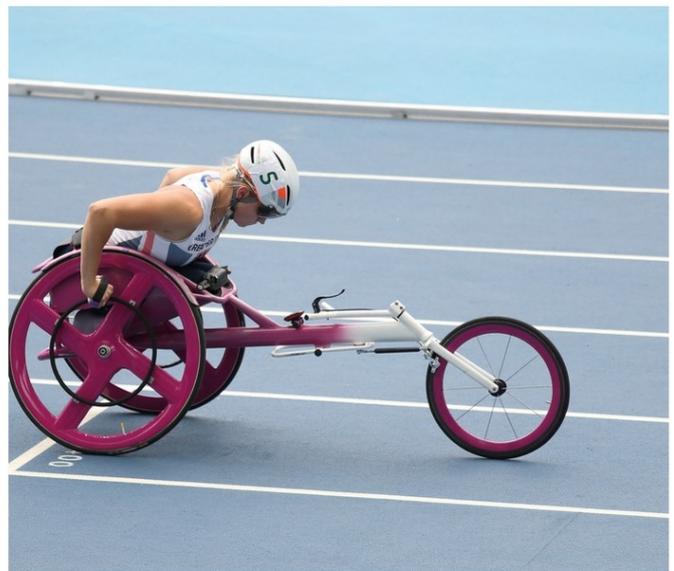


development coach conference

reflections on rio

29 January 2017
Stirling Court Hotel
University of Stirling FK9 4LA



sportscotland
the national agency for sport


SCOTTISH DISABILITY
SPORT

welcome

We would like to welcome you to the sixth Scottish Disability Sport Coaches' Conference. After a brief break, SDS is delighted to be able to bring to coaches a packed programme for 2017 around the theme of *Reflections on Rio* and we hope there will be something for everyone.

2016 has been a fantastic, exciting year for disability sport. ParalympicsGB returned from Rio with 64 gold medals and came second in the medal table. From a Scottish perspective, 33 Scottish athletes and players competed for ParalympicsGB across 12 sports, all of whom made a significant contribution to the overall success of the team, ensuring that the GB team are among the world's elite in para sport.

Scottish athletes and players on ParalympicsGB can be immensely proud of their contribution as they returned home with a total of seventeen medals which were won by eleven athletes across five sports. Notably 33% of Scots on ParalympicsGB reached the podium! The medal haul includes five gold, eight silver and four bronze medals, accounting for 11.5% of ParalympicsGB medals. This is the highest medal tally for Scots at a Paralympic Games since Sydney 2000. It will be fascinating to listen to two of the keynote speakers, Nik Diaper and Matt Hammond, share their thoughts on Rio.

The conference is hosting six workshops covering a variety of topics, many of which have been identified by coaches here today as areas they would like to learn more about - we do try and listen and respond! We would like to thank all the workshop presenters for their efforts in designing and delivering their sessions. SDS is indeed privileged to have such a high calibre of presenter leading the sessions.

We are delighted that athletes, players and coaches from Rio are with us to share their stories and will be responding to your questions in the panel discussion, so please think about what you would like to ask them.

It is also a real pleasure that Mike Whittingham, Director of High Performance, **sport**scotland Institute of Sport, is with us today to provide the closing address and it would be remiss not to acknowledge the support provided by **sport**scotland in staging the conference.

All that remains is to wish you an enjoyable day sharing good practice and learning lessons from each other, and please do remember to let us know what you liked and, of equal importance, what you did not like. This all helps for future developments.

All the best for successful coaching in 2017 and beyond—you do make a difference.

09.30-10.00

*Registration, refreshments
and hot filled rolls*

10.00-10.50

*Conference welcome,
opening remarks and
keynote addresses*

Nik Diaper, EIS Head of Sport Science and Sport Medicine (Paralympic Sports), provides an overview into Rio 2016 and an insight into future planning for Tokyo 2020

Matt Hammond, GB Boccia Performance Manager, reflects on Rio 2016 from the sport's perspective

10.50-12.20

Choice of workshops

1. Transition Tolerance and Toughness
2. Leadership and Mentoring
3. Nutrition and Hydration
4. Developing an Adapted Programme
5. Communication: the use of AAC
6. Planning and Preparation for a Major Event

12.20-13.00

Lunch and networking

13.00-14.30

Workshops repeated

14.30-14.50

Coaches' and Athletes' Panel

A panel of athletes and coaches discuss topical issues and future aspirations, and respond to questions from the floor.

14.50-15.15

Looking Forward

Mike Whittingham, sportscotland Director of High Performance

15.15

Concluding remarks, Thanks and Summary

15.30

Close

Nik Diaper

Nik Diaper has been working in Paralympic sport for almost 15 years and for 12 of those years has been employed by the English Institute of Sport. During this period he has held various Paralympic positions and worked with coaches, athletes and practitioners from variety of different Paralympic sports and has attended 5 Paralympic Games. Nik is currently the EIS Head of Sport Science and Sports Medicine for Paralympic Sports, a position which he has held since 2011 and also fulfilled the role of Performance Services Manager for the British Paralympic Association at the recently concluded Paralympic Games in Rio.



Matt Hammond

Professionally trained at Birmingham University gaining a Masters degree in Physical Education majoring in Exercise Physiology. Following university he played squash professionally before becoming one of the National Coaches and then Performance Director overseeing the elite development of the game in England from 1995-2003. In this time, England held every world title at senior and junior level. From having been involved in the sport of Squash for over twenty years, he then moved to the newly formed English Institute of Sport as one of its regional managers, working with all sports in the delivery of support services to elite athletes. In 2009, he moved back to being a Performance Director taking his current role with GB Boccia.

Mike Whittingham

Mike Whittingham is a former Great Britain international 400m hurdler and has been involved in sport since leaving university. Most recently he held the post of Head of Technical Services and Performance Manager at UK Sport where he added to his far-reaching experience of high performance sport. Mike has also worked on a range of consultancy projects for various bodies including UK Sport, UK Athletics, British Swimming, Millennium Dome, British Triathlon and the IAAF as well as development and performance strategies for a range of sports. Mike worked as a consultant to the **sport**scotland institute of sport for over five years providing strategic guidance on various projects. In addition he contributed directly to the London 2012 Legacy Board where he represented the interests of the wider UK, in particular Scotland.



Workshop 1

Transition Tolerance and Toughness

Susie Elms, Head of Performance Lifestyle, sportscotland Institute of Sport

100% of athletes will encounter key transition points through their performance pathway – managing these transition points successfully is crucial. This workshop will explore transition, the factors that influence performance and demonstrate strategies to individualise support.

Susie Elms

Susie has been involved with sport in a variety of capacities as competitor, coach, educator, practitioner and performance manager. She was formally a P.E Teacher, then Lecturer in Sports Coaching and Sports Development in Edinburgh and part of the coaching team for GB Volleyball for the Atlanta Olympic Games.



In 1998, Susie joined the Scottish Institute of Sport, as Athlete Career and Education (ACE) UK Coordinator after completing a Post Grad in Athlete Career and Education Management from the Australian Institute of Sport. She is currently Head of Performance Lifestyle at sportscotland's Institute of Sport (SIS), supporting athletes, coaches and sports with the integration of performance sport, life, health and wellbeing.

During her time at the SIS, she has developed the Performance Lifestyle Programme both strategically and operationally with the development of a team of regionally based PL Advisors and the delivery of applied PL practice to athletes and coaches. Alongside this, Susie has had the opportunity to work in a diversity of roles within the major multi-disciplinary games including Team GB Sydney Paralympics 2000 - Gold Coast Holding Camp; Commonwealth Games Manchester 2002 – ACE Practitioner; Commonwealth Games Melbourne 2006 – Holding Camp Manager; Commonwealth Games Delhi 2010 – Achieve Mentor; and Commonwealth Games Glasgow 2014 – Team Manager for Women's Hockey. Susie has worked closely with many Paralympic Athletes over the years including Maggie McEleney, Kenny Cairns, Jim Anderson, Andrew Lindsay, Pauline Latto and Caroline Innes to name but a few.

Her biggest sporting achievement has and continues to be the privilege of working with athletes, coaches and sports in 6 Commonwealth Games; 5 Summer Olympic/Paralympic Games; and 5 Winter Olympic/Paralympic Games. Roll on the Gold Coast, PyeongChang and Tokyo!

Workshop 2 Leadership and Mentoring

Michael Cavanagh OBE, ex-Chair of CGS and Leadership Trust mentor

Richard Brickley MBE, Mentor

This workshop will explore how leadership can support successful practice.

Workshop outcomes:

- Gain a greater understanding of a coach as a leader
- Increased knowledge of mentoring to support your coaching

Michael Cavanagh OBE



Michael is the Chairman of Commonwealth Games Scotland (CGS) and has been a CGS board member since 2003.

Michael trained as a PE teacher and worked for 18 years in public sector sport and leisure management. He managed the East of Scotland Institute of Sport from its inception in October 2000 to February 2013. He is currently a Lead Manager, Sports Development with **sportscotland**.

Michael was an international athlete, competing for Scotland and Great Britain in wrestling. He has contributed to the sport as a volunteer coach, team manager and board member for both Scotland and Great Britain, which has included involvement in six previous Commonwealth Games.

Richard Brickley MBE

After graduation Richard taught physical education and later took up positions at Langside College and the University of Glasgow before moving to Fife Council as Depute Principal at the Fife Sports Institute.



Richard joined Scottish Disability Sport as a volunteer in 1975 and served the association for over 30 years including chairing the organisation from 1999 to 2006. Richard was involved in seven successive Paralympic Games as a GB coach or international classifier up to Beijing in 2008.

He has classified internationally for over 25 years, being appointed Chief Athletics Classifier for European and World Championships throughout the world.

Over the last three years, he has taken on a mentoring role for SDS, supporting national coaches and athletes transitioning to coaching. He has mentored two young coaches through their sport specific qualifications and start their journey on the coaching pathway.

Workshop 3 Nutrition and Hydration

Nikos Jakubiak

Performance nutrition for disability athletes is an emerging field in nutrition science. There are many events and classifications in disability sport but what they all share in common is athletes with a desire to perform their best. Understanding the nutritional needs of the athletes, and the barriers to implementing the appropriate plans, are critical steps towards optimising their performance. We want to present some of the principles behind Performance Nutrition in disability sport and discuss examples that highlight the practical challenges faced by athletes in training, competition and travel. We want this workshop to be as interactive as possible.



Nikos Jakubiak

Nikos is a Performance Nutritionist and works for the institute of sport providing support to a wide range of sports. Over the years, Nikos has worked with athletes in a variety of disability sports across various events contested at the Para Olympics and Commonwealth Games.

Workshop 4

Developing an Adapted Programme

Sean Tough

Sean Tough will explore the development of a balanced programme. The outcomes of the workshop are:

- A better understanding of developing a strength and power programme for your athletes
 - Adapting physical prep programmes for athletes with a disability within your coaching session
-



Sean Tough

Sean studied sports coaching and development at the University of Abertay, before doing a post graduate qualification to become a teacher qualified in further education.

After qualifying, he undertook further studies to complete a Masters degree in Strength and Conditioning: Sports Performance at St Mary's University, Twickenham.

Sean then taught at Cumbernauld College before becoming a strength and conditioning coach for sportscotland's Institute of Sport, based at Heriot Watt, where he led the strength and conditioning programme for fencing and table tennis and co-ordinated programmes in swimming and curling in the East of Scotland.

Currently, Sean is Senior Physical Preparation Coach at **sportscotland's** Institute of Sport with a lead role for diving. Over recent years he has worked with several athletes and players with a disability.

Workshop 5

Communication: the use of AAC for ensuring communication is relevant to the needs of adults and children with a variety of disabilities

Professor Annalu Waller OBE, Chair of Human Communication Technologies, University of Dundee

Annalu considers how technology has impacted on communication.

- What is communication?
 - Brainstorm – Issues with communication
 - Augmentative and Alternative Communication
 - AAC in Sport? Practical Solutions
-

Professor Annalu Waller OBE, Chair of Human Communication Technologies, University of Dundee



Annalu Waller is Professor of Human Communication Technologies at the University of Dundee and is a chartered rehabilitation engineer. She has worked in the field of Augmentative and Alternate Communication (AAC) since 1985, designing communication systems for and with nonspeaking individuals.

Her primary research areas are human centred computing, natural language processing, personal narrative and assistive technology. In particular, she focuses on empowering end users, including disabled adults and children, by involving them in the design and use of technology. Annalu is Head of Computing in the School of Science and Engineering and is director of the AAC Research Group (aac.computing.dundee.ac.uk).

She manages a number of interdisciplinary research projects with industry and practitioners from rehabilitation engineering, special education, speech and language therapy, medicine, nursing and dentistry. She is a programme leader of the MSc in AAC with Psychology and delivers modules on Assistive Technology and AAC, Annalu was awarded an OBE for services to people with complex communication needs in the 2016 New Year's Honours List.

Workshop 6

Planning and Preparing for a Major Event: Challenges, Lessons Learnt and Solutions

Ian Mirfin MBE, **scottishathletics** Para Events Lead

Sammi Kinghorn, Rio 2016 Paralympian

Sammi's journey in preparation for the Rio Paralympic Games, supported by the coach Ian Mirfin. In the workshop, consideration will be given to a coach's philosophy and planning for an event.

Ian Mirfin MBE

In 1990 Ian co-founded Red Star Athletic Club, in response to a need for athletics provision for people with a disability in the Glasgow area. The club flourishes today with between 50-60 athletes with a variety of disabilities. Ian was appointed Para Events Lead with **scottishathletics** in 2013, providing support for coaches involved in the 2014 Glasgow Commonwealth Games and the Rio Paralympic Games in 2016 as well as the 2018 Gold Coast Commonwealth Games.



Ian is currently providing coaching for nine wheelchair racers including Sammi Kinghorn, and is writing programmes for seven wheelchair racers including non-Scots. Ian was awarded the BBC Sport Unsung Hero in 2011, the **sportscotland** Disability Coach of the Year in November 2014, and in January 2017 he received an MBE for services to disability sport.

Sammi Kinghorn

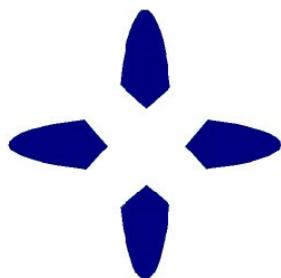
Sammi Kinghorn competed at the Rio 2016 Paralympic Games, making the finals in the 100m, 400m and 800m and setting a European record over 800m. Sammi is the European record holder and the fastest ever British woman over 100m, 200m, 400m and 800m and is the fastest Scot, man or woman, over 10k with a road PB of 22.00 minutes. Sammi is aiming for the 2017 World Championships in London and will make her marathon debut in Chicago in October 2017 with a view to qualifying for that event in the 2018 Commonwealth Games.



notes

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