

## 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.

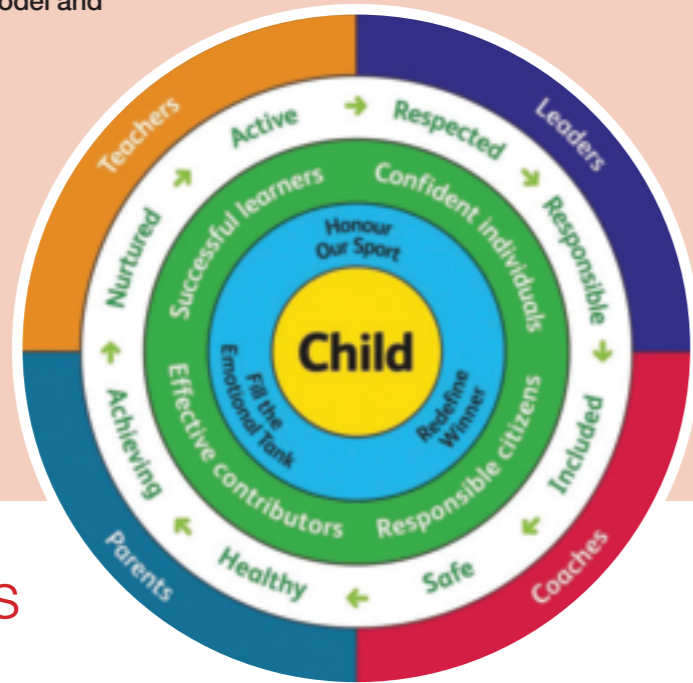
This focus helps young people to understand the importance of effort rather than winning at all costs.

### 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.

For further information or to arrange a PCS workshop for your school 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 proactive and sustainable clubs.



## SportsScotland School Sport Award

The SportsScotland 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 will also encourage strengthened sporting links between schools and the communities around them.

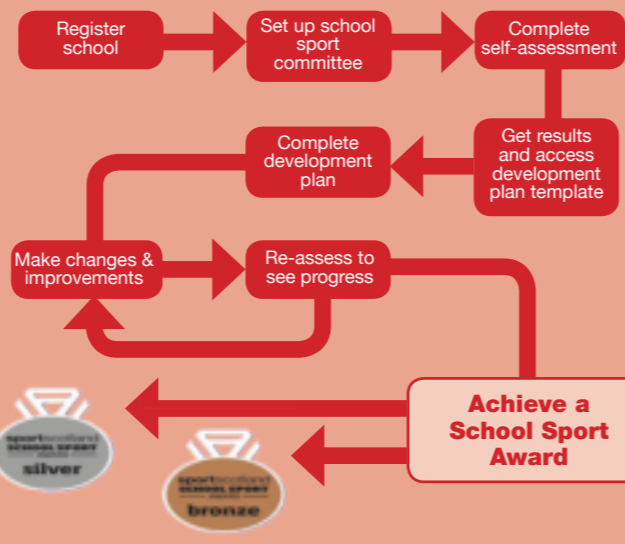
The gold award will formally recognise a school's achievement in putting quality physical education and school sport at the heart of their planning, practice and ethos. The awards will also highlight and celebrate successful physical education and school sport models across Scotland.



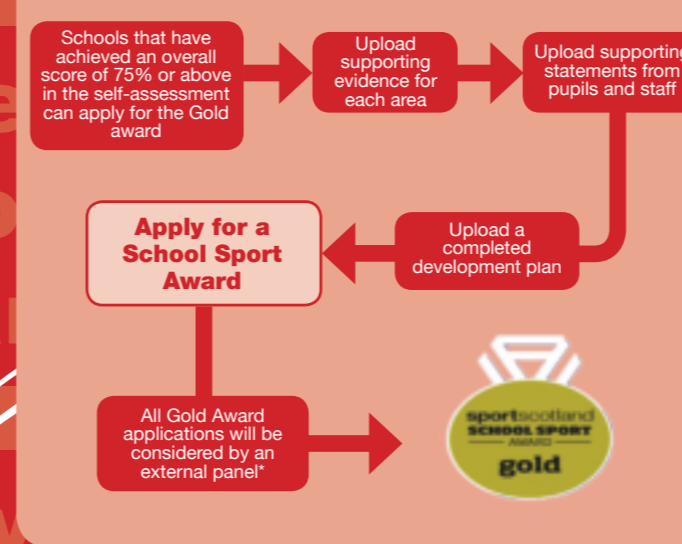
For more information and to apply for the school sport award please contact your Active Schools Coordinator

# Cumbernauld, Chryston & Kilsyth Active Schools Programme 2017-18

### USING THE SELF-ASSESSMENT TOOL



### APPLYING FOR THE GOLD AWARD



For Information regarding ASN activities, clubs and events, please contact your ASN coordinator below.

**Nicola Joergensen**  
m: 07984291607  
e: joergensen@northlan.gov.uk

**Kathleen MacKay**  
m: 07506187088  
e: mackay@northlan.gov.uk

For further information on other Active Schools activities throughout North Lanarkshire, please contact your Active Schools Coordinator or visit: [www.northlanarkshire.gov.uk](http://www.northlanarkshire.gov.uk)

@NLActiveSchools NLActiveschools



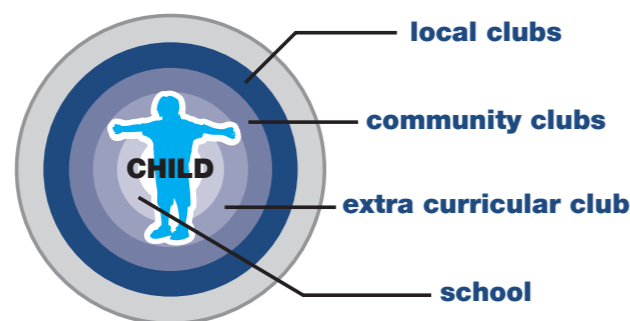


Active Schools aims to provide more and higher quality opportunities to take part in sport and physical activity before school, during lunchtime and after school, and to develop effective pathways between schools and sports clubs in the local community.

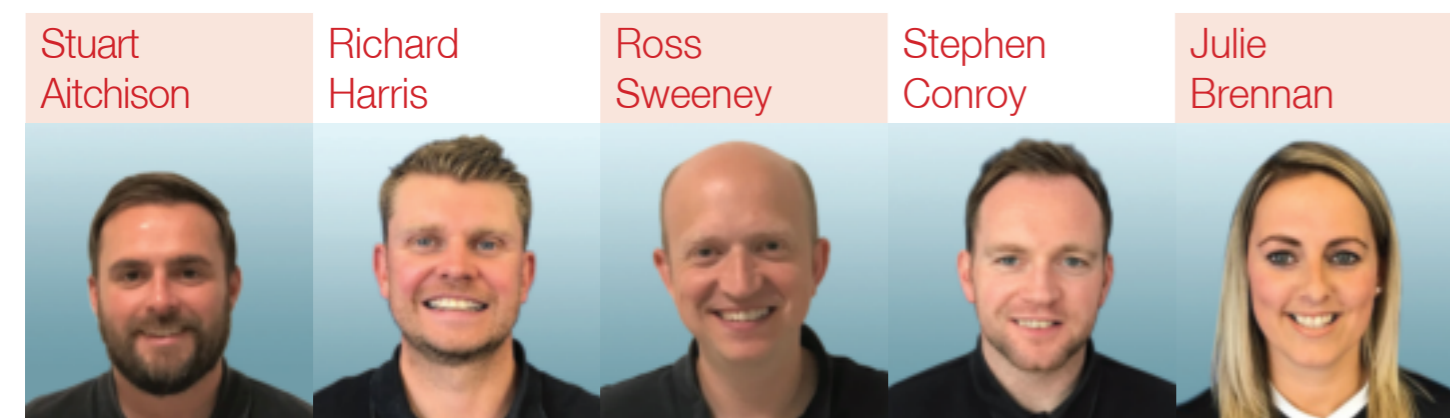
How we will do this

- Building a sustainable volunteer network and providing an appropriate volunteering infrastructure for Active Schools within the school and wider community.
- Providing opportunities for all children and young people to participate in physical activity & sport and enabling the creation of pathways from the school to the wider community.

- Embedding the effective integration, planning, management and delivery of Active Schools within local authorities.
- Increasing participation amongst "hard to reach groups" by adopting a targeted approach towards: girls and young women, children and young people with a disability, children and young people in areas of socio-economic disadvantage (SIMD areas), children and young people not currently involved in physical activity and sport.



Cumbernauld, Chryston & Kilsyth Active Schools Team



<p><b>Stuart Aitchison</b></p> <p>Cumbernauld South</p> <p>Cumbernauld Academy Abronhill Primary Carbrain Primary Cumbernauld Primary Kildrum Primary St Andrews Primary St Lucy's Primary Whitelees Primary</p> <p><b>Active Schools Base</b> St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07506186509 e: AitchisonS@northlan.gov.uk</p>	<p><b>Richard Harris</b></p> <p>Cumbernauld North</p> <p>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><b>Active Schools Base</b> St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07506187004 e: HarrisR@northlan.gov.uk</p>	<p><b>Ross Sweeney</b></p> <p>Chryston Cluster</p> <p>Chryston High School Auchinloch Primary Chryston Primary Gartcosh Primary Glenmannon Primary St Barbara's Primary St Joseph's Primary Stepps Primary</p> <p><b>Active Schools Base</b> St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07506186581 e: SweeneyRo@northlan.gov.uk</p>	<p><b>Stephen Conroy</b></p> <p>Cumbernauld Central</p> <p>Greenfaulds High School Our Lady's High School Ravenswood Primary St Margaret of Scotland Primary St Mary's Primary Woodlands Primary</p> <p><b>Active Schools Base</b> St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07939280396 e: ConroyS@northlan.gov.uk</p>	<p><b>Julie Brennan</b></p> <p>Kilsyth Cluster</p> <p>Kilsyth Academy Ballmalloch Primary Banton Primary Chapelgreen Primary Craighead Primary Kilsyth Primary Lennoxton Primary St Patrick's Primary</p> <p><b>Active Schools Base</b> St Barbara's Primary School Elmira Road, Muirhead G69 9ER m: 07908452667 e: BrennanJ@northlan.gov.uk</p>
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Date	Event	Venue	Age Group	Participants	Time
<b>OCTOBER '17</b>					
Wednesday 11th	Football Festival 1	Broadwood	P4-P5 Team (Mixed) P6-P7 Team (Mixed)	Squad of 10 Team of 7	9.30am - 12noon
Thursday 26th	Girls Festival	Tryst Sports Centre	P4	Maximum of 15	Session 1 - 9.30am - 12noon, Session 2 - 12.30pm - 2.30pm
<b>NOVEMBER '17</b>					
Tuesday 28th	Sportshall Athletics Qualifier	Tryst Sports Centre	P6-P7	Maximum of 12 boys & 12 girls	9.30am - 2pm
Wednesday 29th	Sportshall Athletics Qualifier	Tryst Sports Centre	P6-P7	Maximum of 12 boys & 12 girls	9.30am - 2pm
<b>DECEMBER '17</b>					
Thursday 7th	Netball Festival	Tryst Sports Centre	P6-P7	Squad of 10 Team of 7	9.30am - 12noon
<b>JANUARY '18</b>					
Friday 19th	Regional Sportshall Athletics Final	Ravenscraig RSF	P6-P7	Qualification only	10am - 2pm
<b>FEBRUARY '18</b>					
Wednesday 7th	Football Festival 2	Broadwood	P4-P5 Team (Mixed) P6-P7 Team (Mixed)	Squad of 10 Team of 7	9.30am - 12noon
Friday 16th	Cross Country Qualifier	Ravenswood Playing Fields	P5-P7	Unlimited numbers	9.45am - 11am
<b>MARCH '18</b>					
Tuesday 13th	Cross Country Final	Coatbridge Outdoor Centre	P5-P7	Qualification only	10am - 12noon
Thursday 1st	Netball Qualifier	Tryst Sports Centre	P6-P7	Squad of 10 Team of 7	9.30am - 2pm
Wednesday 28th	Dancemania Qualifier	Cumbernauld Academy	P5-P7	Min - 2 pupils Max - 24 pupils	5.30pm - 8pm
Thursday 29th	Dancemania Qualifier	Cumbernauld Academy	P5-P7	Min - 2 pupils Max - 24 pupils	5.30pm - 8pm
<b>APRIL '18</b>					
Friday 20th	New College Lanarkshire Football Cup	Broadwood	P6-P7	Squad of 10 Team of 7	9.30am - 1pm
Wednesday 25th	Dance Final	Airdrie Town Hall	P5-P7	Qualification only	7pm - 8.30pm
<b>MAY '18</b>					
Friday 11th	Netball Final	Tryst Sports Centre	P6-P7	Qualification only	9.30am - 2pm
Tuesday 15th	Fundamentals Festival	Tryst Sports Centre	P2-P3	Maximum of 15	Session 1 - 9.30am - 12noon, Session 2 - 12.30pm - 2.30pm
Thursday 31st	Kildrum United Football Trophy	Cumbernauld Rugby Club (Football Pitches)	P4-P5	Squad of 10 Team of 7	9.30am - 2pm

Cumbernauld, Chryston & Kilsyth Club links

Club	Contact Information
Jump Gymnastics	E: jumpgymenquiries@outlook.com T: 01236 263605
Bedlay Community Football Club	E: bedlaycfc@gmail.com T: 07901673802
Strathkelvin Judo	E: info@strathkelvin-judo.co.uk T: 07902647686
XS Tae Kwon Do	E: marie@xstaekwondo.co.uk T: 07770210705
Clyde Powerchair Football Club	E: clydepowerchairfc@hotmail.co.uk T: 07455252753
NL Chiefs Basketball	E: chiefsbasketball@hotmail.com T: 07963237074
St Maurice's Basketball Club	E: lisapalombo1@yahoo.com T: 07736037727
Tryst Lions Wrestling Club	E: mckeown_steven1964@msn.com T: 07796598023
Tryst 77 Handball Club	E: cullen336@btinternet.com
Caroline Jane Dance Academy	E: Carolinebeaton1@hotmail.co.uk T: 07415336401
UK Taekwon Do	T: 01786845060
Cumbernauld Junior Netball Club	E: vikkisadler88@gmail.com E: marianne207@yahoo.com
Stepps Tigers Bowling Club	E: Tigers@steppsbowlingclub.co.uk T: 0141 779 3449
Stepps Tennis Club	E: www.stepptennis.co.uk/contact-us.html
Scotia Dance Academy	E: scotiadance@outlook.com T: 01236 897530
Kildrum United	E: sssrd1988@gmail.com T: 07737275356
The Marvels Cheerleaders	E: headcoachmarvels@gmail.com T: 01236 897530

**All clubs listed above are accredited by North Lanarkshire Council. The criteria for this ensures that clubs are affiliated to their governing body, have appropriate coaching qualifications and PVG's.**

Training and CPD Courses

Date	Course	Time	Venue	CPD Course Code
05/09/17	Sportshall Athletics	4pm - 6pm	Airdrie Academy	ASNL01
06/09/17 & 13/09/17	Cycle Trainer Assistant* - Course reference - CS593910	4pm - 7.30pm	Coltness HS	ASNL02
18/09/17	Cross Country/Junior Jog Scotland	4pm - 6pm	St Andrews HS	ASNL03
20/09/17	Netball	4pm - 6pm	Cambusnethan PS	ASNL04
04/10/17	Basketball	4pm - 6pm	Cambusnethan PS	ASNL05
12/10/17	Mini Football	4pm - 6pm	Airdrie Academy	ASNL06
23/10/17	Fitness	4pm - 6pm	Cumbernauld Academy	ASNL07
25/10/17 & 01/11/17	Cycle Trainer Assistant* - Course reference - CS593912	3.30pm - 7pm	Airdrie Academy	ASNL08
06/11/17	Adapting activities to include all abilities	4pm - 6pm	St Andrews HS	ASNL09
07/11/17	Gymnastics	4pm - 6pm	Greenfaulds HS	ASNL10
13/11/17	Handball	4pm - 6pm	St Andrews HS	ASNL11
18/01/18	Fundamentals	4pm - 6pm	Bellshill Academy	ASNL12
23/01/18	Dance	4pm - 6pm	St Margarets HS	ASNL13
07/02/18	Badminton	4pm - 6pm	Bellshill Academy	ASNL14
14/02/18	Cycle Trainer Assistant* - Course reference - CS59390E	9am - 4.30pm	Chryston HS	ASNL15
15/02/18	Tennis	4pm - 6pm	Bellshill Academy	ASNL16
12/03/18	Rugby	4pm - 6pm	Coatbridge HS	ASNL17
18/04/18	Orienteering	4pm - 6pm	Cumbernauld PS	ASNL18
24/04/18	Golf	4pm - 6pm	Greenfaulds HS	ASNL19

\*Cycle Trainer assistant joining instructions - once you sign up via CPD manager you must also register on the Cycling Scotland website using reference code