



WHAT MAKES AN ATHLETE

Sports Development Weekend

16th & 17th April 2016

THURSO HIGH SCHOOL

&

North Highland College UHI
(ETEC BUILDING)



*What makes a successful sports person? Thurso Community Sport Hub has brought together a range of industry experts to help coaches, club helpers, parents and athletes explore this question. Also for our next generation of coaches we have a **Go Lead** course running which will provide candidates with their first step on the coaching ladder. Thurso Community Sport Hub invites you to join them in a weekend of people development.*



sportscotland
the national agency for sport



Thurso Community Sports Hub provides an innovative approach to the development of sport in the Thurso area. Our aim is to provide an opportunity for people of all ages to participate in one, or as many sports as they like.

local sport working together

This is intended for all people in our community, including those who are living here permanently or temporarily and even those who are just here for a short visit.



Saturday 16th April

GO LEAD

Go Lead is a practical based introduction to the world of activity leadership for people aged 16 and above. The Award covers the main aspects of leadership.

Go Lead is (for most learners) a first step onto the leadership pathway and will help to equip with the skills needed to work effectively with other people. Learners will take part in a range of practical activities to help them appreciate and understand the importance of Effective communication, Organisation, Motivation, Team work, Improvising, Inclusion and Confidence to lead others.

Learners will be given the opportunity to lead others throughout the course. Through this they will see how they can transfer what they learn from the games and activities into practical leadership skills.

Where: Thurso High School **Times:** 10:00 – 16:00

Cost: Free

How To Book: Contact Kenny Russell; Kenny.Russell@highlifehighland.com or 01847 895782

Sunday 17th April

WHAT MAKES AN ATHLETE

09:30 – 10:00	Registration
10:00 – 10:45	Sarah Henderson – Commonwealth Games: Who plays a part in success
10:45 – 11:45	Sarah Dunnett – Sports and Psychology Lecturer: The Art of prehab; theory & practise
11:45 – 12:00	Networking & Coffee
12:00 – 12:45	Chris Hildrey - Sportscotland: Lifestyles & transitions in sport
12:45 – 13:30	Lunch
13:30 -14:15	Scott Simon – Sportscotland: What is a Coach
14:15 -15:00	Shona Mackay – Badminton, Island Games: The role of the family
15:00 – 15:30	All Presenters – Question & Answer Session

Where: North Highland College UHI, ETEC Building, Thurso

Cost: £11.74 (Adult), £6.47 (Student/Full Time Education)

Book through Eventbrite Or contact Sophie Dunnet; sophied2010@hotmail.co.uk or 07756298913



Our Speakers

Sarah Henderson
Commonwealth Games Sharp Shooter



Glasgow 2014 & Who plays a part in Success

Sarah will be talking about her shooting career, charting her journey from school sports to the commonwealth games. She'll be discussing the factors that contributed to her success including coaching, lifestyle and whether 'talent' has a role in making a successful athlete.

Sarah Dunnett
Sports & Psychology Lecturer/ Sports Massage Therapist



The art of prehab, theory and practice

What can an athlete be doing prior to and after training sessions to enhance their ability to recover? Is there a need for extensive, costly equipment? How are these recovery aids used in order to aid optimal recovery in between training session? There will also be time to explore this practice from a practical standpoint.

Chris Hildrey
Institute Network Manager, sportscotland



Lifestyles and Transitions

Identifying and managing key transitions. In this session we will explore how lifestyle choices can impact on training and competition and more importantly, how to deal with them.





Our Speakers Continued...

Scott Simon

Sport & S&C Coach & Educator



What is a coach

Presenting an overview of the essential components of a coach and how they engage with athletes, parents and support service staff. Focussing on some critical self-evaluation methods that help ensure you are delivering the best you can for the athlete.

Shona Mackay

Team Shetland, Badminton, Island Games



The Role of the Family

How to get to success at the Natwest Island Games 2015? The discussion will focus around the influence family can have on sporting success from the introduction of badminton in my life from my parents to winning a silver medal with my dad at the Island Games.

local sport
working
together

<http://www.thursosports.co.uk/>