

# Continuing Personal Development (CPD)

Update No 3.

September 2012

## Introduction

As part of the introduction of a Continuing Personal Development (CPD) programme in 2011 British Orienteering agreed to produce a series of updates to assist coaches in accumulating points for their CPD.

This is the third such update and once again we are indebted to those who have written to members of Coaching Committee with ideas and suggestions and we would welcome further thoughts and references.

**There is a wealth of good coaching material out there, especially in the increasing number of web sites, so if you come across something that you think would be of interest please let us know.**

## Reminders

Some specific points with respect the Continuing Personal Development:

- For extended coaching periods e.g. away weekends, coaches may record 1 point per hour for each hour of actual preparation and coaching.
- For general sport reading, e.g. CompassSport, time should relate only to articles related to coaching of orienteering. Some indication as to its value should be indicated in the right hand column of the CPD log.

## British Orienteering website

There is information of relevance to coaching at:

[http://www.britishorienteering.org.uk/page/coach\\_support](http://www.britishorienteering.org.uk/page/coach_support)

On this page you will find:

- General coaching information.
- Newsletters.
- Coaching Conference presentations for 2011 and 2012.
- Sports medicine links.
- Sports science links.
- Links to clubs which have coaching information on their websites (and please let us know any updates to this section).
- Email links to your Regional Representative.

It is also worthwhile accessing the Performance section of the website

[http://www.britishorienteering.org.uk/page/improving\\_performance](http://www.britishorienteering.org.uk/page/improving_performance)

There is detailed information about:

- Squad Physio and Medical Support.
- Coaching and Training Advice.

## Hard copy (books & magazines)

When looking through for ideas for coaching sessions, remember the more 'traditional' information sources. A list of many references was in "Continuing Personal Development update - Aug 2011" which is found in the 'Newsletters' section of the Coach Support page mentioned above. If you have found other suitable titles then please let us know.

## Sports coach UK

<http://www.sportscoachuk.org/>

On this website you will find generic information relevant to a variety of coaching activity. Coach Talk is a monthly update that allows you to check out the latest blogs on the sports coach UK website. Some examples from the past few months are:

### *June 2012*

- Education, Learning and Development for Doorstep Sport Coaches: The StreetGames Perspective
- The Talent Equation: Rethinking the Nurture versus Nature Debate
- Communication in Coaching
- Introducing the Participation Curriculum
- So What is Developmentally Appropriate Sport?
- Life Imitating Research

### *July 2012*

- The Talent Equation: Rory McIlroy - A Talent Nurtured
- C is for Confidence
- The Inevitable Surprise
- Coaching Children? Make it Memorable...Think Like a Kid!
- Can You Find a Mentor...Who are They....Where do They Come From?

### *August 2012*

- Coaches Key to Olympic Legacy
- Profile of a Master Coach
- Medals Vs Beliefs
- Technology for the Grassroots Coach
- Inspired by London 2012

### *September 2012*

- Flip Your Coaching
- How do I mentor young coaches, what do they say they need?
- Me? Coaching disabled people?
- What are the ideal characteristics of a coach working with adult recreational participants?
- Medal winners to be offered coaching jobs
- Who are the Participation Coaches?

Clicking on the 'Resource Bank' tab leads you to a series of articles designed to help you become a smarter coach. The Resource Bank is a useful library of videos, guides, blogs and answers for coaches. There is a list of uploaded videos

<http://www.youtube.com/playlist?list=UufCuJ5IptcvOFy9zeqYMbTw&feature=plcp>

One in particular you might wish to view is 'A Journey through Coach Modelling'

[http://www.youtube.com/user/sportscoachuktv?feature=results\\_main](http://www.youtube.com/user/sportscoachuktv?feature=results_main)

Most of the articles are reprints from Coaching Edge so this area is particularly useful for people who are not members of sportscoachUK.

"Identifying Excellent Coaching Practice" is a report which shows the similarities and differences in coaching practice along the pathway. It reinforces lots of the messages about what makes a good coach. Results from research in Scottish Hockey (but still relevant for coaches in other sports) show us what people (coaches, athletes, parents etc.) recognise as good practice in coaching for children, youth, adults, talent development and high performance participants.

## **Other interesting things!**

*Richard Lecky-Thompson* has a blog (<http://223coaching.co.uk/the-blog/>) where he puts interesting articles and reviews of books etc. He would be very happy for others to view it and comment on what is written there.

### *Community of Practice Newsletters*

Jackie Newton ([jnewton@britishorienteering.org.uk](mailto:jnewton@britishorienteering.org.uk)) has been gathering together information and items for discussion for coaches of performance athletes – the Community of Practice Newsletters. It is possible to view an example of the first newsletter (this is a little out of date now as it was leading up to the athletes peaking for major competitions this summer) in CoP#1 ([please insert link to PDF CoP#1](#)) and also the second newsletter in CoP#2 ([please insert a link to PDF CoP#2](#)). If you think that this information would be of use to you in your coaching situation then please email Jackie at the email address above, stating your current coaching experience.

Jackie welcomes contributions as well.

### *Developments in other sports*

Have you thought of accessing relevant material from other sports and applying it to orienteering? Orienteering is a running sport; what resources are there from athletics or fell-running which can help you to develop as a coach?

Triathlon is another sport which springs to mind as they have a wealth of material – BUT remember that it is up to you, as a coach, to sort out the dross from the good!

Finally, please remember to share good ideas with others! This includes resources as well as coaching sessions.