

THE LENZIE BOWLING CLUB

Youth Coaching Programme

2010-2013

Lenzie Bowling Club Youth members 2004



From Youths to Champions



Gavin Ansari
Youth Member 1999
Junior County Champion 2009
Club Champion 2009



Drew Cunningham
Youth Member 1999
SBA Junior Singles Bronze 2006
Club Champion 2007/8

1. Club Membership

1.1. Rule 2.2.3 of the formal rules of the Bowling Club states:

“Membership of the Club shall be open to anyone interested in the sport of Bowling on application regardless of sex, age, disability, ethnicity, nationality, sexual orientation, religion or other beliefs subject to the limitation of membership according to the available facilities. Such limitation shall be non-discriminatory.”

2. Objectives

2.1. The principal objective of the Youth Coaching Programme is to generate significant community benefit for juveniles of either sex by participating in the worthwhile sporting activity of outdoor bowling. The Programme will be implemented through working in partnership with the six primary and secondary schools in the local cluster, the three Active Sports Coordinators who work with the schools cluster and the governing bodies of the sport through their senior coaching staff. There is substantial support from the Head Teachers, the Active Schools Coordinators and Senior Coaches in the governing Bowling Associations.

2.2. Important spin-off benefits to the club include subsequent individual youth bowling club memberships (later to be automatically eligible for Full Member status), long term family involvement and valuable community collaboration with local schools.

3. Background

3.1. The club has a regular coaching programme for individual new adult members and also for the youth section, currently consisting of six boys below age 18. This pathway has been successful in the past, with youths graduating to full adult membership and performing well. Recent examples include Gavin Ansari (club champion and Dumbartonshire County Junior champion 2009, Drew Cunningham (club champion 2007/8, bronze medallist at the national finals in 2006), Scott Cunningham (representing Dumbartonshire in County matches). However, the supply of youths who are children of current bowlers is rapidly diminishing, common to most bowling clubs.

3.2. Youth members of the club, subject to the satisfaction of the Youth Leader and rink reservation, may, as shown in the Rules (4.4.4), have casual access to the green normally on Mondays-Fridays 1630-1800 and all of the weekend. This access is in addition to the arrangements made specifically for the Coaching Programme.

3.3. There is no current systematic youth programme aimed at the participation of local schools. Partnership with the local cluster is a logical extension of 3.1.

3.4. For season 2009 the club had 6 SBA certified coaches (5 Club and 1 Advanced). They are part of the National set-up which includes National, Regional and Area coaches of the Scottish Bowling Association and Scottish Womens Bowling Association (these governing bodies are planned to be unified soon).

4. Target participation

- 4.1. The major uptake is expected to come from Primary 5, 6 and 7 pupils from among the four local Primary schools; Lenzie, Millersneuk, Lenzie Moss and Holy Family. through the 'Get on the Green' programme which has aroused strong interest. Campsie Glen special needs school, which has also expressed interest, would require additional support resources which will prove more difficult to satisfy.
- 4.2. A second group will come from interested students from Lenzie Academy the local secondary school, which has also expressed a strong interest in participating. Students will be invited individually to 'Come and Try' sessions through collaboration with the school Active Sports Coordinator using appropriate publications distributed in the Academy.

5. The Youth Coaching Programme for 2010

- 5.1. The club outdoor season for 2010 runs from mid April to early October. All coaching and playing on the natural Green will take place within this period.
- 5.2. Clubhouse improvements. The planned clubhouse extension and improvements will not be ready in time for the start of season 2010. In view of this, the coaching programme for 2010 will deliberately be modest in scale for the first experimental trial year. The subsequent 3-year programme will set more ambitious but manageable targets.
- 5.3. May-June: 'Get on the Green' coaching sessions.
The school summer term in 2010 runs from 19th April to 25th June. For primary school classes, an appropriate coaching period would take 6-8 weekly sessions. These sessions would normally take whole classes for one hour per week, with one class per session in 2010. At the conclusion of these coaching sessions, a final special Gala Day will be held with competitions, completion certificates, and prizes. It will be necessary to take a flexible approach however; already one school has requested a single April slot in 2010 as part of their Health Week.
- 5.4. In the event of adverse weather conditions some outdoor sessions may not take place. Alternative indoor activities in the clubhouse may be offered instead, decided jointly by the Coaching contact and Teaching contact, such as video instruction, videos of top players in action, questions and answer sessions on the laws of the game, and indoor carpet bowls.
- 5.5. July-August: 'Summer School of Excellence' coaching sessions. For primary school pupils who completed the 'Get on the Green' coaching sessions, and wish to continue to receive coaching with a view to improving and joining the club, and for secondary school students, there would be a direct invitation to the individual and family to join appropriate coaching sessions during the school holidays July-August. A youth coaching bookable slot on Sundays at 1800 is available.
- 5.6. September-October: casual sessions outwith the coaching sessions. For those players who have successfully completed the Summer School of Excellence coaching, and who have or who intend to join the club as Youth Members it will be

The Lenzie Bowling Club Youth Coaching Programme for 2010-2013.

possible to play without formal supervision from September-October. However, young people without bowling experience from outside the club, who wish to play on the Green on a casual basis, will be first advised to join the normal supervised coaching sessions that are held for new members and progress in this way.

6. The Youth Coaching Programme for 2011-2013 and beyond

6.1. It is intended that the programme should continue year on year for the foreseeable future. As experience is gained, the programme will change, especially in early years. It is intended that all schools will be able to participate over the first three years

6.2. Long term target numbers. If the target numbers given in Table 1 were repeated each year, the Youth Section of the club will develop into a very strong set of Full Members on reaching the age of 18. This will help to ensure the long term health of the Club

Long term benefits. A healthy annual programme would provide long term benefits:

- To all participating individuals living in the locality,
- To the wider community including families who join in as players or helpers,
- To the participating schools in their active involvement in the sport,
- To the club in its desire to strengthen its membership for the long term,
- To the sport of bowling.

6.3. Target Numbers in the Programme

It is planned that complete primary classes will participate in the initial weekly 'Get on the Green' coaching sessions in the school summer term. Numbers for subsequent 'Summer School of Excellence' coaching and outwith coaching sessions will be necessarily smaller. Target numbers are given in Table 1 below.

JUNIOR CATEGORY (U16)	GET ON THE GREEN coaching sessions	SUMMER SCHOOL OF EXCELLENCE ¹ coaching sessions	CASUAL: OUTWITH ² coaching sessions	LB CLUB YOUTH MEMBERSHIP ³ applications
	TARGET NUMBER/week	TARGET NUMBER/week	TARGET NUMBER/week	TARGET NUMBER
From Primary 5/6/7 pupils: school A	30 (whole green)	6	2	4
From Primary 5/6/7 pupils: school B	30 (whole green)	6	2	4
Secondary students: Lenzie Academy	12	6	4	4
TOTALS	72	18	8	12

TABLE 1: TARGET NUMBERS FOR THE 2011 YOUTH PROGRAMME

Note1: Must have completed the 'Get on the Green' coaching sessions. Note 2: Must have completed the 'Summer School of Excellence' coaching sessions. Note 3: Individual application for Youth Membership to Club (automatically qualifies for normal adult Membership when reaching age 18).

The Lenzie Bowling Club Youth Coaching Programme for 2010-2013.

6.4. Access to the Green

The Programme separates into three natural periods, May/June, July/August and September/October. For each full-class coaching session planned, access will be given to the whole Green. A suggested access timetable is shown in Table 2 below. These arrangements can be modified or enlarged to suit individual groups.

ACCESS PERIOD/ DAY/TIME	ACCESS PERIOD/ DAY/TIME	ACCESS PERIOD/ DAY/TIME	ACCESS PERIOD/ DAY/TIME
May/June	July/August	September/October	September/October
FRIDAYS: 1000-1200	SUNDAYS: 1800-2000	SUNDAYS: 1800-2000	MON-FRI: 1630-
GET ON THE GREEN coaching sessions (whole Green)	SUMMER SCHOOL OF EXCELLENCE coaching sessions (up to 3 rinks)	CASUAL OUTWITH COACHING for Juniors having completed the coaching courses (up to 2 rinks)	CASUAL OUTWITH COACHING for Juniors having completed the coaching courses (up to 2 rinks)

TABLE 2: ACCESS TO THE GREEN FOR THE 2011 YOUTH PROGRAMME

7. Resources

- 7.1. Green and Rink requirements. A primary class will occupy the whole natural green of 5/6 rinks for the coaching sessions.
- 7.2. Teaching staff and assistants would be expected to be responsible for getting the pupils to and from the Club. During the coaching session the Club Coaches and volunteers would be responsible for the pupils, assisted where necessary by the school/teaching staff.
- 7.3. LBC Coaching staff. A full natural green with 30 or more pupils will require 10 coaches and helpers from the club augmented as necessary by parents, and coaches from SBA, SWBA & other clubs. LBC plans to increase its coaching & helper staff through the formal SBA training programme over the coming winter to gain the club coaching certificate.
- 7.4. The three Active Sports Coordinators from East Dunbartonshire who between them support the six schools listed in the Appendix will act in partnership with LBC to assist in the promotion of the sport and the acquisition of individual new skills.
- 7.5. Equipment. The club currently has a number of coaching bowls which are well used by the junior section. Additionally, a sufficient quantity of junior bowls (smaller than the normal size 00), appropriate shoes and clothing will be required for pupils.

The Lenzie Bowling Club Youth Coaching Programme for 2010-2013.

APPENDIX: CONTACTS

ORGANISATION	CONTACT	email	Tel
The Lenzie Bowling Club	Bob Cole, Secretary	secretary@lenziebowling.org	0141 578 3533
Campsie View School	Carole Bowie, Head Teacher	psmith@campsieview.e-dunbarton.sch.uk	0141 777 6269
Holy Family Primary School	Frances O'Connell, Head Teacher	office@hollyfamily.e-dunbarton.sch.uk	0141 955 2212
Lenzie Academy	Roddy McLelland (Head Teacher), Laura Sutherland Active Schools Coordinator,	office@lenzieacademy.e-dunbarton.sch.uk lsutherland@lenzieacademy.e-dunbarton.sch.uk	0141 776 6118
Lenzie Moss Primary School	Lynn Flower, Head Teacher Elaine Gardiner, Acting Depute	office@lenziemoss.e-dunbarton.sch.uk egardiner@lenziemoss.e-dunbarton.sch.uk	0141 776 4120
Lenzie Primary School	Janice Thomson, Head Teacher	jthomson@lenzie-pri.e-dunbarton.sch.uk office@lenzie-pri.e-dunbarton.sch.uk	0141 776 1361
Millersneuk Primary School	Janice Callaghan, Head Teacher	JCallaghan@millersneuk.e-dunbarton.sch.uk office@millersneuk.e-dunbarton.sch.uk	0141 775 0720
East Dunbarton Active Schools Coordinators	Fiona Brodie (Campsie View) Martin Bell (Lenzie Academy, Primary Schools) Karen McGrouther (Holy Family Primary School)	Fiona.Brodie@eastdunbarton.gov.uk Martin.Bell@eastdunbarton.gov.uk Karen.McGrouther@eastdunbarton.gov.uk	0141 578 0048 0141 761 4803
SBA Regional Supervisor for District 28 (includes Lenzie)	Joyce Miller, 3D Brown Road, Seafar, Cumbernauld G67 1AB	my.boolsnheid@blueyonder.co.uk	01236 726000
SBA Area Coach for District 28 (includes Lenzie)	Anne Stewart Cumbernauld	stewartamr@yahoo.co.uk	01236781 355