

# Live Active Leisure Coaching & Leadership Grants Programme



Live Active Leisure, Perth and Kinross Council and the Gannochy Trust are committed to supporting the development of sport in Perth and Kinross. LAL and its partners aim to support the creation and longer development of coaches at all levels.



[www.liveactive.co.uk](http://www.liveactive.co.uk)



## Live Active Coaching and Development Vision

- The widening of opportunities to participate in sport and active recreation at all levels across Perth and Kinross
- The development of local people to provide good quality and sustainable clubs and programmes, and to achieve their personal goals in being involved in sport and active recreation
- The development of positive role models in sport at all levels as participants, coaches and official's to inspire future generations

Supporting the development of good quality leaders and coaches is a key commitment by local stakeholders to achieving this vision. The LAL Coaching and Leadership grants are available for both new and current coaches to assist with education, training and development through Level 1, 2 and 3 coaching courses. Funding is derived from LAL and Gannochy Trust.

## The Grant Award Programme Levels

- Level 1:**      **Creating Coaches: Creating Players** (get qualified and get started)  
*Funding for a National Sports/Outdoor Education Governing Body qualification or relevant workshop/development opportunity for all relevant ages.*
- Level 2:**      **Continuing Coach Development** (developing the current coach)  
*Funding for an annual plan of development opportunities/qualification or relevant workshop/development opportunity designed in conjunction with a governing body representative and/or relevant sporting partners.*
- Level 3/4:**    **High Performance Scholarship** (supporting those working with the Tayside & Fife Institute or equivalent National Governing Body athletes).  
*Funding for an annual plan of development opportunities/qualifications or relevant workshop/development opportunity designed in conjunction with the Tayside & Fife Institute of Sport and/or relevant sporting partners.*

## Grant Application Conditions

The table below explains who the support is for and the conditions applied to the application process for each level.

Who can apply?	Nominating Person required?	Development Programme required?	Mentor required?	Level of funding awarded	Monitoring Report
Newcomers to coaching	√	-	-	0-100%	√
Coaches looking to develop their skills	√	√	-	50 – 75%	√
Coaches with significant coaching commitments within P+K	√	√	√	50 – 75%	√

## Criteria for Successful Applicant for Level 1,2 and 3 Courses

Essential	Level		
	1	2	3
Coaching at the appropriate level for the award	√	√	√
Knowledge and experience of your sport	√	√	√
An interest and knowledge in coaching	√	√	√
Willingness to develop coaching skills	√	√	√
Ability to work as an individual or as part of a team	√	√	√
Be self-motivating and able to use own initiative	√	√	√
High level of interpersonal and communication skills	√	√	√
Good at motivating and encouraging others	√	√	√
Attachment to a school/club/coaching opportunities with young people	√	√	
Have a willingness to undertake necessary training		√	√
Knowledge of your sports structures and coaching programmes		√	√
Previous coaching experience		√	√
UKCC Level 1 Governing Body Qualification or equivalent		√	
Proven track record of continued commitment to coaching in Perth and Kinross		√	√
An awareness of good practice and child protection		√	
Career coach / full time coach			√
Part of Tayside and Fife Regional partnership Coaching Scholarship			√
Coach with a significant contact time and/or organisational commitments to coaching in Perth and Kinross			√
Proven track record of commitment to coaching in Perth and Kinross (minimum 3 years)			√
Experience of working with multiple organisations			√
An up to date and comprehensive knowledge and understanding of the structures, directives and coaching status of your sport			√
Minimum of three years coaching experience at Governing Body level 2 qualification or equivalent			√
The required commitment to achieving agreed performance goals and targets throughout the duration of scholarship period			√

## The Process

Applications are considered by the Perth and Kinross Coaching Partnership every 6 weeks.

The nomination by a senior club or squad coach, Sports Development Officer, Active Schools Coordinator or Live Active Leisure manager is the first requirement for all applications. Section 1 of the application form should be completed by the nominating person to verify that the applicant will be given the appropriate opportunities to coach and be mentored.

The applicant is required to complete all of the information in section 2 of the application form to provide evidence that they meet the conditions and criteria for a successful application.

Complete all sections of the form and return it to:

The Sports Initiatives Administrator  
Live Active Leisure  
Caledonia House  
Hay Street  
Perth  
PH1 5HS

Tel: 01738 454600  
Email: [leisure@liveactive.co.uk](mailto:leisure@liveactive.co.uk)  
Web: [www.liveactive.co.uk](http://www.liveactive.co.uk)

You will be notified by letter if you have been successful, and this letter will include a cheque made payable to your course provider.

## Conditions

1. You must attend the course that you have received funding for. If the course has been cancelled, please inform Live Active Leisure of the next suitable date . Failure to attend the course may result in Live Active Leisure requesting that the grant cheque be returned.
2. If you have failed the course, please inform Live Active, as we may be able to offer some additional support or advice to help you pass.
3. Once the course has been completed, you must provide Live Active Leisure with a copy of your course certificate.
4. You may be asked to take part in appropriate publicity and promotional events on behalf of Live Active Leisure.
5. It is important that we can evidence the impact that the grants make. You will therefore be required to take part in a survey after you have completed your course. This will be sent out to you both electronically and by post.

# APPLICATION FORM

## Section 1 - Nominating Person

This section of the form needs to be completed by the senior coach, Development Officer or Active Schools Coordinator.

Applicants Name:

### Nominating Person Details

Name:			
Position of Support:			
Address:			Post code:
Telephone number:			
Email:			
Your club or organisation:			
Are you a member of your local Community Sports Partnership?	<input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Don't Know		
Please select the level of the course the applicant wishes to complete			
<input type="checkbox"/> Level 1 Creating Coaches, Creating Players (get qualified and get started)			
<input type="checkbox"/> Level 2 Continuing Coach development (developing the current coach)			
<input type="checkbox"/> Level 3 High Performance Coach (developing those working with Institute Athletes)			

### Further Information

#### Why are you nominating this person? (Tick the outcomes that are relevant)

<input type="checkbox"/>	The widening of opportunities to participate in sport and active recreation at all levels across Perth and Kinross
<input type="checkbox"/>	The development of local people to provide good quality and sustainable clubs and programmes, and to achieve their personal goals in being involved in sport and active recreation
<input type="checkbox"/>	The development of positive role models in sport at all levels as participants, coaches and official's to inspire future generations

#### Regarding the sessions the coach will be delivering, please state:

Locality:		No of sessions per week (approx):	
<input type="checkbox"/> Sport Leisure Venue	<input type="checkbox"/> Club	<input type="checkbox"/> Regional Squad	<input type="checkbox"/> Extracurricular School Sport

#### Regarding the participants of the sessions the coach will be taking, please state:

<input type="checkbox"/> Preschool	<input type="checkbox"/> Primary School	<input type="checkbox"/> Secondary School	<input type="checkbox"/> Adults	
Participation Level:	<input type="checkbox"/> beginner	<input type="checkbox"/> Recreational	<input type="checkbox"/> Age group	<input type="checkbox"/> Regional squads

#### Will the coach receive payment or expenses for their coaching time?

☐ YES ☐ NO ☐ Partly

Signed:

Date:

# APPLICATION FORM

## Section 2 - Individual

This section needs to be completed by the individual who is applying for the grant.



Your Details	
Name:	
Address:	
	Post code:
Telephone number:	
Email:	
Sport:	
Club/Organisations:	

Course Details			
<b>A course flyer or application form from the course organiser must be enclosed</b>			
Name of Course	Course Organiser	Dates	Cost per person
Who should the cheque be made payable to?			

Further Information		
Existing Coaching Qualifications (if any):		
Do you receive payment or expenses for your coaching time? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Partly		
Are you applying for funding towards this course from another source? <input type="checkbox"/> YES <input type="checkbox"/> NO		
Funding Source?	Amount if known?	Sportscotland subsidy?

Please tell us why you want to do this course?		
<input type="checkbox"/> Become employed as a coach	<input type="checkbox"/> Improve confidence	<input type="checkbox"/> Improve knowledge
<input type="checkbox"/> Help others	<input type="checkbox"/> Other, please specify	
<b>Please describe your coaching experience and current coaching commitment, including:</b>		
Hours/weeks (aapprox):	Where:	
Age of participants:	Ability level of participants:	

What are your future aspirations as a coach?		
<input type="checkbox"/> Coach a team or a squad	<input type="checkbox"/> Professional employment	<input type="checkbox"/> Set up a new club
<input type="checkbox"/> Keep doing what I'm doing	<input type="checkbox"/> Other (please specify)	

# APPLICATION FORM

## Section 2 - Individual (continued)



### Supporting Statement

Please use this section to tell us a bit more about your coaching activities and include anything else you feel is relevant to your application.

**Signed (Coach):**

**Date:**

Please send your completed form to:

**The Sports Initiatives Administrator, Live Active Leisure, Caledonia House, Hay Street, Perth, PH1 5HS**