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Alison Hogdson  
Aberdeenshire Sports Council  
1 Church Street  
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17 December 2008

Dear Alison

### **Grant Aid Application**

Sincere apologies for not submitting our report before now, however, we have been waiting to receive the official certificate, which has not yet been received from Judo Scotland.

As James mentions in his report, this is the first time Judo Scotland have run this Coaching Course and as a result things have not been running entirely to plan.

They assure us that the certificate will be issued in the New Year. I am attaching a copy of correspondence via the post to back up James' attendance on the course.

I am also attaching James' report on the course.

Hope this is all the information that you require for our Grant Aid of £198 to be released.

I look forward to hearing from you.

Yours sincerely

Morag McBeath  
Treasurer

## **ABOYNE JUDO CLUB**

### **UKCC LEVEL I COACHING COURSE**

Under the governing body of the British Judo Association and Judo Scotland, all Club Coaches are required to possess Coaching Certificates which must be re-validated every year. Although I already possessed the relevant Coaching Certificate for a number of years, it was time to update. As a result, I attended and successfully completed the new UKCC Level I Coaching Course through Judo Scotland.

This New UKCC Level 1 course in Judo is the only combat sport to achieve endorsement within the professional industries of coaching, this is now a nationally recognized qualification. I was among a group of 16 other coaches from clubs throughout Scotland who met at the National Judo Academy in Newbridge, Edinburgh. This was the first time this course had been run in Scotland, which was a totally new experience to everyone, including the tutors. The course was run over 2½ days in one weekend in June, with an assessment day in August.

The course was made up of a series of module, practical and theory based practices and written tasks. Over the weekend the course was run in an interactive and informal way. It has been developed to facilitate coaches learning and development through the creation of a relaxed and friendly environment.

The main aims of the course was to empower you to become a better Coach, this was achieved through these various activities and discussions throughout the course and to build upon my current knowledge base, not only learning from the tutor, but gaining vital information from the other coaches on the course.

Within our coaching pack, there was a series of home based study tasks to do, which included health & safety, roles and responsibilities of a coach, child protection, judo rules and regulations. Also within the pack was our main task - developing and demonstrating 4 session plans to which we had to delivery on our assessment day. These mini sessions lasted 20 minutes long and we had to deliver these to the other coaches under our instruction, with the assessors watching and analysing our performance.

I am pleased to say that I have passed my level1, and currently working on the new level 2 course.

James McBeath 2<sup>nd</sup> Dan  
Aboyne Judo Club