

BMC Coaching Symposium
24 – 25 March 2012, Calshot Activities Centre
Supported by **Sport England**

SATURDAY 24 March 2012

- 9.00 **Welcome and Introductions**
- 9.15 **Working as a climbing coach – Neil Gresham**
A personal view of climbing coaching, past, present and future.
- 10.30 **TEA BREAK**
- 10.55 **SPLIT INTO THREE SMALLER GROUPS FOR THREE 1.5 HOUR SESSIONS**
- More than just looking? – Martin Chester**
The observational and analytical skills of a coach. How understanding what you want to see and how to get the evidence you need is a set of skills you can work on and improve.
- and
- Performance Club Training Year – Ian Dunn**
Theory behind periodised training plans and their application to a performance club.
- and
- Route Setting – Simon Rawlinson**
Setting routes for children. Good practice and common pitfalls.
- 12.30 **LUNCH**
- 13.30 **Groups rotate to second session**
- 14.00 – 14.15 **Groups rotate to third session**
- 16.45 **TEA BREAK**
- 17.00 **Mountain Leader Training's Coaching Scheme – Steve Long**
Mountain Leader Training's progress in developing a climbing coaching scheme.
- 17.45 **FINISH**
- 19.00 **Dinner**

SUNDAY 25 March 2012

9.15 **SPLIT INTO THREE SMALLER GROUPS FOR THREE 1.5 HOUR SESSIONS**

Psychology of Performance – Dr Ross Roberts

The use of anxiety control strategies for the coach and their integration into training.

and

Drills and System Boards – Paul Walters

The use of drills and system board methodology for training technique.

and

What to say and how to say it – Tom Greenhall

Ways and methods of giving feedback and constructive criticism.

10.45 – 11.00 **Groups rotate to second session**

12.30 **LUNCH**

13.30 **Groups rotate to third session**

15.00 **Injury Avoidance – Danny Brown**

Implications for coaches of a young climber's physical development. Good practice and common pitfalls when training children.

16.00 **TEA BREAK**

16.15 **The Talent Pathway – Jon Garside**

The BMC's role in supporting young climbers from grass roots to the GB Team.

17.00 **Open Forum – All Presenters**

Q&A session on issues raised during symposium.

17.30 **FINISH**