

# **BMC Coaching Symposium**

## **24 – 25 March 2012, Calshot Activities Centre**

### **Speaker Biographies**

#### **Danny Brown**



#### **BSc (Hons) Physiotherapy, MIA**

Climber (and paddler) for 20 years Danny has worked and climbed throughout the UK and abroad including stints at both national centres in Wales and running his own business specialising in adventurous activities for disabled people and their families. He worked in sports development for the BCU where he contributed to the development of quality coaching within youth slalom and building grass roots support for promoting competition. His experience of working with clubs led him to voluntarily set up Sheffield's first climbing youth academy in 2006 leading to six regional winners and national finalists in 2008.

An interest in movement and physiology led Danny to become a physiotherapist and he spent eighteen months in hospitals before joining an established private practice in Sheffield where he predominately treats climbers and athletes with performance related injuries. He also works with Sheffield United Football Academy treating elite youth players; working with them on *pre* and *re-hab* sessions, setting exercise programmes, monitoring injury recovery and screening physiological benchmarks.

He has written many articles for the Association of Mountaineering Instructors advising their members on injury avoidance and rehabilitation as well as advising on occupational health matters.

He now divides his time between his clinic and teaching climbing as well as leading expeditions of young people abroad.

#### **Dr Ross Roberts (CPsychol)**



#### **Lecturer in Sport & Exercise Science, Bangor University**

Ross is a chartered psychologist and a lecturer in Sport and Exercise Psychology at Bangor University.

A member of the Institute for the Psychology of Elite Performance (IPEP), Ross's research interests lie in the area of performance psychology with a particular focus on how personality and psychological skills impact high level performance.

For the past 9 years Ross has worked with athletes and coaches from a number of different sports including canoe slalom, climbing, sailing, freediving, and golf, and is currently involved in a project aimed at improving the standards of elite coaching across Wales via increasing coach understanding and confidence to teach psychological skills. Ross is a keen climber although concedes that his two young children already have better techniques than he does.

## **Martin Chester**



### **BA (Hons), British Mountain Guide, Mountaineering Instructor Certificate, British Canoe Union Level 5 Coach, Plas y Brenin Director of Training**

As a true sporting all-rounder, Martin was first exposed to high level coaching whilst racing slalom kayaks as a teenager (as a member of the South England squad, he won a medal in the 1988 British Open Youth Championships).

He has since dedicated his career to the translation of coaching knowledge from the competitive to recreational pursuit of excellence (for kayakers, climbers and skiers). As an International (IFMGA) Mountain and Ski Guide, a Mountaineering Instructor, as well as a Level 5 kayak coach, he has a particular interest in the transfer of coaching knowledge across many sporting disciplines.

Martin is a British Canoe Union provider for their Coaching Processes courses, and has been instrumental in adapting this material for Climbing and Mountaineering coaches. He is a member of the BMC Training and Youth Committee, and the National Source Group, the Technical Committee for the development of coaching in climbing. Martin has delivered key sessions on coaching and coach education for Mountain Leader Training, the Institute of Outdoor Learning, the Association of Mountaineering Instructors, and the National Indoor Climbing Achievement Scheme; has represented the sport of mountaineering at Sports Coach UK; and been delivering and developing the coaching content in the full range of National Governing Body awards, up to and including the British Mountain Guides training and assessment. Now the Director of Training at Plas y Brenin, he is responsible for the delivery and development of coach education at the National Mountain Centre.

## **Steve Long**



### **BA (Hons), British Mountain Guide, Mountaineering Instructor Certificate, PGCE Outdoor Education, Mountain Leader Training Technical Officer**

Steve is the Technical Officer for Mountain Leader Training and project manager for the ongoing development of coaching qualifications. He is President of the UIAA Training Standards Working Group and also the author of numerous climbing-related magazine articles and books, including the best-sellers 'hillwalking' and 'The Climber's Handbook' as well as a self-coaching DVD on improvised rescue skills. Steve has coached and mentored climbers and instructors for more than 20 years, including 13 years as a Senior Instructor at Plas y Brenin. An IFMGA Mountain Guide and Mountaineering Instructor, Steve is an active climber and enjoys trad, sport, and winter climbing as well as ski mountaineering.

Steve is currently heavily involved in the development and implementation of coaching education, working in partnership with representatives from throughout the UK and Ireland to develop a coaching qualifications pathway.

## Jon Garside

## BSc (Hons), MSc, MIC



Jon has been the BMC / MLTE Training Officer for over seven years. His work split between the quality assurance of national qualifications such as the CWA, ML and SPA, and BMC good practice publications and events. Prior to joining the BMC, Jon worked at Plas y Brenin for a number of years.

Jon manages a range of BMC work programmes related to coaching and talent development, including the FUNdamentals workshops, the Coaching Symposiums and the National Academies.

Jon is one of five other speakers at this year's symposium who are members of MLTUK's Coaching Technical Group, who are designing a national coaching scheme.

Since moving to Manchester, Jon's climbing focus has shifted from trad to sport climbing and crack climbing, having a real affinity with Indian Creek in Utah.

Having climbed 8a and on-sighted 7c, Jon is keen to on-sight 8a and free-climb Moonlight Buttress.

## Paul Walters

## BSc (Hons) Sports Coaching



Paul has been involved in the coaching process for almost fifteen years, but only during the last six of these has his interest shifted from gymnastics to climbing. Having always struggled to discover continuity among climbing coaches, Paul is very keen to encourage a more methodical development of coaching technique to climbers. These aspirations look at the differences in the approach to coaching, from mainstream sports, in this case gymnastics, to climbing. So through trial and error, lots of research and even more discussions with others, Paul shares his discoveries and hopes to be involved in the development of coaching in the UK.

Paul has heavily influenced the path of climbers of all ages in the area of South Wales, and earlier this year established his own coaching company called Make The Next Move.

Over the years, Paul has provided one to one coaching, run coaching holidays around UK and Europe, as well as having an enthusiastic involvement in youth development.

## Simnon Rawlinson



Simon has been involved in coaching climbers for many years, working as a Mountain Instructor and Kayak coach. But over the past 6 years he has channelled his energies towards 'Performance Coaching' within climbing.

His clients range from young climbers competing for Team GB, to individuals wanting to push their grade past their current boundaries. Currently, Simon is the Centre Manager at 'Dynamic Rock' a climbing centre in Swansea but can be found route setting and coaching all across the South West. He is an all-round climber with significant ascents in most styles. He is equally at home on ice as he is clipping bolts in Spain.

Over 20 years of climbing has led to Simon's climbing CV containing Fr8a onsight's and FAs of many routes up to F8b+. He shares his climbing passion with a love of photography and Surfing.



## **Ian Dunn**



Ian is the current Manager of The GB Lead Climbing Team and has been a Team Coach with the Juniors for the last 5 years. Ian has been climbing for over 35 years and has experience of all climbing disciplines. With over 100 first ascents to his name in the UK, he has also climbed throughout Europe and in the USA. He has participated in and won competitions and considers climbing Revelations 8b at Ravens Tor to be his hardest route. Ian first climbed 8a in 1989 and is hoping to repeat that feat again 22 years later!

Ian established Climb Rochdale in 2003 and has been instrumental in running the coaching sessions there. He has had some success with a number of children making the British Team and coaching Randy Roby to win the Arco Rock Junior and to become the youngest person to make an ascent of an 8a in the UK. Since leaving Climb Rochdale in 2011, Ian has established his own coaching company.

Ian is passionate about coaching, and loves to see young climbers achieving their potential. Ian has taken the Team abroad to many competitions and enjoys working with them through the stresses and strains of competing internationally.

Ian worked for The BMC from 1983-86 as Technical Officer and has served a number of BMC Specialist Committees for many years. As a member of the Training and Youth Committee he was instrumental in establishing the BMC's National Academy's looking at Talented Young Climbers and ran pilot Academy's at Climb Rochdale. He is also part of the Team developing the BMC's FUNDamentals of Climbing Workshops and has been invited to be part of the Mountain Leader Training technical group working on establishing coaching awards. As Team Manager, Ian has been fully behind developing the coach education workshops and the BMC Coaching Symposium was another of his ideas; to share climbing coaching knowledge to hopefully enable coaches to develop talented climbers into winning athletes for the GB Climbing Team. Ian would love to see a system in

## **Tom Greenhall      BSc (Hons) Sport Development with Coaching**



Tom is a Sport Development Officer who specialises in the enhancement of good coaching practice within both curriculum education and out of school learning.

Graduating in 2007 from Sheffield Hallam University where he wrote his undergraduate dissertation on Climbing Coaching, Tom has spent the last 3 years developing high quality sports coaching in Sheffield based schools. Linking to many other National Governing Bodies his current role facilitates the sharing of good practice in nurturing good fundamental movement and multi-sport skills.

Drawing from his knowledge of other sports, Tom is full of new ideas and approaches that can enhance teaching and learning within climbing. Specifically spending a lot of time developing the coaching process, Tom applies his trade at the Sheffield Climbing Works where he has worked for the last 3 years as a bouldering coach.

Tom also manages to get out every so often climbing up to French 7c, trad E6 and Font 7c.

## Neil Gresham



Neil Gresham has over fifteen years of coaching experience and has also climbed 8b+ sport and E10 trad. He currently writes the popular 'Masterclass' column for Climber magazine and 'Ask the Coach' for Rock & Ice in the USA.

Neil's 1:1 and group sessions have helped climbers of all levels and ages to improve their standard both in the UK and overseas. Neil has worked with many of Britain's best climbers such as John Dunne, James Pearson, Leah Crane and Kitty Wallace.