



LOVAT SHINTY CLUB

WELCOME PACK

JANUARY 2016

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LOVAT SHINTY CLUB

1.0 INTRODUCTION

Lovat Shinty Club have been working to a development plan which sets out the clubs vision and ways to improve various aspects to make the vision a reality.

One of the biggest factors in the clubs success will be the promotion and development of youth shinty in the area.

This welcome pack aims to provide you with some information about the club, its history and the new aims for development. We would like to thank you for taking the time to read this welcome pack.

We would like to also promote the club website, which has further information about the club, teams, results etc.

www.lovatshintyclub.co.uk

2.0 ABOUT THE CLUB

History

The club was founded in 1888, and has a long history in the sport and indeed in the area. In 1953, and now in 2015, the club won the sports most prestigious competition, the Camanachd Cup. Recently, the clubs senior team have won the MacTavish Cup on two consecutive years. Balgate Park, Kiltarlity has long been home to the Lovat team.

Traditionally competing in the north area leagues over the years, Lovat have since progressed into the top flight premier league. The reserve mens team compete in North Division 1, and is a great arena for the younger players to blossom. Youth shinty has always been an important aspect to the club and we currently have U14's and U17's.

In 2012 the club saw the introduction of a new Ladies section, who now compete in the ladies development league and development cup.

The club draws a weekly lottery for fundraising and holds various events throughout the year.

Development Plan

The club has been working to a development plan which sets out the clubs vision and action plan for development to facilities, youth shinty and training.

Of the aims, improvements to the youth structure were highlighted as being critical to the long term success and security of the club.

The development plan is available for you to read, please contact info@lovatshintyclub.co.uk if you would like a copy.

3.0 YOUTH SHINTY STRUCTURE

The club currently has two youth teams, the Under 14's and the Under 17's. We also are aiming to strengthen links with our two local primary schools, Tomnacross and Kirkhill. Lastly, the ladies team have a number of youth players and is proving to be very popular.

We do not currently have any other youth shinty but, part of our development plan is to introduce new U12 coaching sessions within the club meaning that we can support the local primary schools with coaching and their entry into schools competition.

Attached to this welcome pack is the clubs **Long Term Player Development** pathway which demonstrates how players can progress with age and experience.

Under 14's

The Under 14 team compete as a 12-a-side team in the North of Scotland area league for the first phase of the year (March to June approximately). The final standing in this league will determine our position in the second phase. The second phase groups teams at similar ability levels together in the North of Scotland League 2nd phase. Matches tend to be played on a Tuesday or Thursday evening during the playing season.

The 12-a-side cup competition for our U14 team is called the MacMaster Cup.

The U14's also get the chance to compete in a number of 6-a-side competitions throughout the year.

Currently, children (boys and girls) who are under 14 on the 1st of July 2016 are eligible to play in the above competitions in 2016.

Under 17's

The Under 17 team will compete as a 9-a-side team in the development league, which is an area league comprising local teams of varying ability. Matches tend to be played on a Thursday evening during the playing season.

Also, there are a number of 6-a-side competitions throughout the year.

Currently, children (boys and girls) who are under 17 on the 1st of January 2016 are eligible to play in the above competitions.

School Shinty

In 2016 our local primary schools, Tomnacross and Kirkhill will be competing in Camanachd Association Schools competitions. To supplement this Lovat will enter one-day U12 competitions such as the Phimister Trophy and Kirkhill Gala etc. More detail will be provided on these competitions during the year.

Progression

Involvement with Lovat Shinty Club doesn't end with youth shinty. We have two adult mens teams and a ladies team, which offer progression for youngsters and pathways into a higher level of competition into adulthood.

Attached to this welcome pack is the clubs **Long Term Player Development** pathway which demonstrates how players can progress with age and experience.

Many of the volunteers and supporters at the club have been involved with the club for many years and so membership with the club can be a lifelong experience. Others are new to the club, and even to the sport!

4.0 U12 COACHING PROJECT

Coaching Sessions

The club have decided to start new youth coaching sessions on Friday evenings in Kiltarlity, which allows for various volunteers and also encourages the parents to get involved.

Our Friday evening sessions will provide coaching and games for children from Primary School age (Nursery – P7). The children will be grouped in age brackets, and by ability. We aim to start at 5:30 pm and run through til 8:30pm.

The younger children will generally play First Shinty which is ideal for younger (or beginner) players. Sessions for the younger children will be aiming to be as much fun as possible with only a little emphasis on skills required. As the children get older they will progress onto full shinty with a bit more emphasis on skill development, rules and tactics.

We aim to promote fun and friendly competition in a safe environment.

Staff

Club President – John MacRitchie
Secretary – Linda Bell
Treasurer – Mary Ann Henton
Youth Coach – James Gallacher
Youth Coach – Martin Bell
Youth Coach – James White
Youth Coach – Sam Ferguson
Youth Coach – Gemma Bell
Youth Assistant – Sheila Matheson
Child Protection Officer – John MacRitchie

Coaches

There will be a number of coaches assisting on the day, and we aim to operate on a rota basis which keeps the sessions fresh for the children. **All of our coaches are Disclosure checked with the new Protection of Vulnerable Group scheme.**

Several coaches have completed Camanachd Association coaching qualifications, and we encourage all of our coaches to attain these as a matter of course.

Safety/Equipment

All players in Under 17's or below are required by the Camanachd Association to wear helmets (Camanachd Association Byelaw 4.2). The club will provide all the children with helmets as required. *Helmets are not required when playing First Shinty.*

We would ask that children come with football boots (for wet/damp ground) and shin guards. All other equipment will be provided by the club.

There will always be a first aider available.

5.0 MEMBERSHIP

Membership with the club for children is currently £5 per year for children in the U14s and younger, payable at the beginning of the playing season. (The cost of membership to the Camanachd Association is £9 however Lovat Shinty Club only charge £5 per player).

Membership with Lovat Shinty Club gives you membership with the Camanachd Association which has a number of benefits including insurance, free entrance to Camanachd events.

All member players are insured to play shinty under the auspices of the Camanachd Association, and more details can be found at the following web address;

<http://www.shinty.com/membership-and-clubs/insurance/>

In order to become a member, there is inevitably some paper work which we are required to collect. Please find attached three forms which the club require all youth players to provide, completed by a legal guardian.

Taster sessions....

The club is happy to invite potential youth members to come along to their first session as a taster, with no obligation for membership payment.

If you would like to discuss any matters, please contact the youth coach
(Martin Bell 01463 741 645, info@lovatshintyclub.co.uk)

Parent Consent Form

All club sessions involving junior members are run under the guidance of coaches qualified to the appropriate Camanachd Association qualification level.

Please complete the following, sign and return to:

by:(insert deadline date)

Name of Child **Date of Birth**

Parent/ Guardian

Address:

..... **Postcode**

Tel (day): **Tel (evening):**

Mobile: **e-mail:**

Family Doctor **Doctor's Tel No**

Does your child suffer from any medical conditions/allergies that the club/ coach should be aware of (including any current medication)

.....

.....

Please provide details of medication that must be administered:

.....

.....

Emergency contact details: (If different from above)

Name: **Telephone no:**

Relationship to child:

CONSENT (please read carefully)

- ♣ I agree to my son/ daughter taking part in the activities of the club.
- ♣ I confirm to the best of my knowledge that my son/ daughter does not suffer from any medical condition other than those listed above.
- ♣ I consent to my son/ daughter travelling by any form of public transport, minibus or motor vehicle driven by a club coach or any other parent attending, to any event in which the club is participating.
- ♣ I understand that the Club or Organisers accept no responsibility for loss, damage or injury caused by or during attendance on any of the clubs organised activities except where such loss, damage or injury can be shown to result directly from the negligence of the Club or the Organisers.

Signed (Parent/ Guardian)

Date:

PHOTOGRAPHY CONSENT FORM

For the use of Photographs, Film or Video Recordings (please delete as necessary and fill out the form below)

I confirm that Lovat Shinty Club **DOES/DOES NOT** have my approval to photograph, film or video **MY/ MY CHILDS** involvement in shinty for the purpose of performance analysis or for local publicity material (including website). Under -18's will not be named in any publicity.

Signed _____ Date _____

Print Name _____

Counter Signature
(if under 18 years) _____ Date _____

Print Name _____

In the case of a person under the age of 18 years, a parent or authorised guardian must countersign.

Please return form to: Martin Bell