

# Coaching Director Annual Report 2008

## Carlos Amaral

### Development Project

#### Aim

Develop coaches and players to improve the standard of English Roller Hockey and close the gap between us and the top Countries in the world.

#### Objectives

##### Coaching Courses

By the beginning of 2009 every club is required to have at least one level 3 coaches within its organisation. This is an instruction from the British Roller Skating Federation (BRSF).

I have sent an email to all clubs regarding this requirement and the clubs will either contact me or I will make contact with them. Initially I will assess the coaches and then decide what level course will be run at club or regional level.

A Criminal Records Bureau (CRB) check is an essential part of the course. A coach will only be issued a coaching certificate once a CRB certificate has been seen by the National Child Protection Officer and I have been notified accordingly.

I intend to found a National Coaching Association (NCA) and each coach will have to hold a card showing a NCA registration number, the coaching level gained, a photo and the CRB certificate number with an agreed expiry date and authorised signatures.

##### Develop Referees

Organise courses, to be run by international qualified referees, who will improve the quality of English refereeing and to increase the quantity of referees around the country.

Motivate more people to become referees, especially from amongst the older players.

##### Club Development

Run training sessions at regular intervals at clubs requests for coaches and players.

##### Regional Development

To organise and run regional training sessions for coaches, players and referees, to increase coverage of the development plan.

##### National Development

Carry on the successful monthly National Training weekends.

Encourage club coaches and referees to become more involved in the National Training weekends.

Prepare National teams for International competitions.

##### Trips Abroad

In the last two years trips have been organised to Portugal and Spain for all levels, which include the National Final squads.

Each trip consists of 8 training sessions and 4 games that have greatly improved the confidence of all players. I intend to work with and improve on this format taking on board the experiences obtained from each trip undertaken

## Projects

Develop squads for all players under 15 years old, by organising trips abroad to boost confidence and improve techniques.

### *Project 2010*

In 2005 I started this project for players born in 1993 and 1994, with the purpose of developing them for the European Schoolboys Championships in 2009 and 2010.

### *Projects 95/96, 97/98 and 99/00*

These new projects are for players born in different years with the purpose of developing them for the European Schoolboys Championships following 2010.

### *Ladies Development Project*

Includes ladies of any age not included in the Seniors team, with the purpose of developing them to play in future Senior teams for England.

## Funding

I intend to affirm old relations and make new contacts to organise obtaining grants to help club finance their development.

## Actions

### National Teams

#### Preparation Plans

Preparation plan dates have now been published for all National Teams which includes extra sessions and trips abroad for final preparation for Schoolboys and Juniors. These have been published in my website and have also been issued to all the players.

#### Squads

### **Seniors**

The final squad has been announced following the St Omer tournament on 21<sup>st</sup> and 22<sup>nd</sup> June. At the moment the team is:

Ian Morrison (GK), Ian Smith (GK), James Taylor (Capt), John Jones, Marc Rutland, Michael Ableson, Grant Zaccarias, Marc Waddington, Karl Smith and Russell Lloyd.

Manager – Ron Barker

Coach – Carlos Amaral

### **Juniors**

The reduced squad, of 9 outfield players and 2 goalkeepers was announced after June National Training weekend. The final squad will be announced after the trip to Portugal in August.

Manager – Val Conroy

Coach – Carlos Amaral

### **Schoolboys**

The reduced squad, of 9 outfield players and 2 goalkeepers was announced after June National Training weekend. The final squad will be announced after the trip to Portugal in August.

Manager – Keith Allen

Coach – Carlos Amaral

Assistant Coach – Arthur Corr

## **Ladies Seniors**

The Final squad is:

Rachel Joy (GK), Emma Russell (GK), Kirtsy Ingham (Capt), Anna Russell, Ruth Russell, Lucy Rivers, Rebecca Laurence, Emily Sheppard, Bethany Cook and Emily Rawlinson.

Manager – David Fothergill

Coach – Carlos Amaral

## **Ladies Under 19's**

I am now starting preparation for the Europeans, the players will be selected from Ladies Development and some of the seniors.

### Championships

European Seniors in Oviedo – Spain, 21<sup>st</sup> July – 26th July

European Schoolboys in Bassano del Grappa - Italy, 8<sup>th</sup> September to 13<sup>th</sup> September

European Juniors in Herringen – Germany, 29<sup>th</sup> September to 4<sup>th</sup> October

World Ladies in Akita – Japan, 5<sup>th</sup> October to 12<sup>th</sup> October

European Under 19 Ladies in Cestas – France, 30<sup>th</sup> October to 1<sup>st</sup> November

### Development Squads

#### Development Plans

I have now written Development Plans for the following:

Project Ladies Development – development of girls for Seniors level

Project 2010 – players born in 1994 in preparation for the European Schoolboys 2010 which will be held in England.

Project 95/96 – preparation for European Schoolboys 2011/2012

Project 97/98 – preparation for European Schoolboys 2013/2014

Project 99/00 – preparation for European Schoolboys 2015/2016

I will soon name the projects as the final year that they can play schoolboys, so the player's aim will be to be at the top of his game at this point.

These projects have been sent to all players who attend the National Training weekends and a majority of the Players/Parents have accepted to participate in the projects.

#### Trips Abroad

Continuing the success of trips abroad, this month we went to Ponte de Lima in Portugal with 2 teams, one U11 and one U13. We have just signed a new protocol with Ponte de Lima.

I am very pleased with the quality of training and games from our selected U11 and Minors teams. Both teams showed talent and the potential for a bright future for England in the following years after 2010.

I received thanks from all most all of the parents, who saw the improvements in their kids and the benefit of this trip.

### Club Assessments

I have sent registered letters to all the clubs for them to contact me and arrange an assessment. Although I was only contacted by 50% of the clubs, I have decided to visit all the clubs to explain the objectives of my full time job, development of the players and coaches. I have visited the following clubs so far:

Middlesbrough  
Kings Lynn  
Ely  
Bury  
Farnham  
Peterborough  
East Grinstead  
Herne Bay  
HBU  
Norwich  
Cottenham  
Tamar (Plymouth)  
Plymouth  
Halifax

### National Training Weekends

Due to a high attendance for the last 5 months, I have had to extend both days from 09:30 to 18:30 to 09:00 to 20:00.

The last two months I have changed the format of the training twice. This is to ensure we can develop players to the best of their ability.

On Saturdays there will now be 4 sessions. The objective of naming the sessions 1 to 4 is to take into account each players ability as well their age. Therefore the sessions will be mainly shown as below

Session 1	U9 & U11
Session 2	U9, U11 & U13
Session 3	U13 & U15
Session 4	U15

It will be my decision which session each player attends. Parents will be informed initially, by email, which sessions their child should attend and then they should continue to attend these sessions until further notice.

Session 4 will be mainly for U15 as part of project 2010, which is the preparation for the Schoolboys European Championships that will be held in England in 2010 and players who have not been selected for the reduced squads.

Due to the high attendance at the Ladies session and preparation for the Ladies World Championships, which will be held in Akita - Japan in October, on Sundays I have decided to split the Senior Ladies from the Development Ladies.

I have met the General Manager for Bushfields sports centre, James Fenton and the Development Officer from Peterborough Council and it was agreed to keep the current price per hour up to September. I am still in negotiations to get the best price from September to ensure I do not have to increase the cost to the players.

### Regional Development

It is my objective to have regional sessions for U15 and younger so that we can filter from here to National Training. I have been talking to Dan Messenger and Paul Colton who presented to the President a project to run these regional sessions as an Academy.

Keith and I will arrange a meeting with the representatives from the North to move on with this project, with a view to testing this idea in the North and then if this is successful we will start in the other regions.

I have left this with the President to explain this in more detail at the AGM.

## Coaching Courses

I have run the following coaching courses Level 1 which have been done at club level:

<b>Club</b>	<b>Coaches</b>	<b>Comments</b>
Bury	8	Complete
Farnham	3	Complete
Ely	14	Complete
Cottenham	4	Complete
Peterborough	5	Complete
Herne Bay	4	Complete
Norwich	7	Complete
Halifax	4	Complete
Plymouth	4	Complete
Middlesbrough	1	Complete
Kings Lynn	14	Ongoing
<b>Total</b>	<b>68</b>	

## Referee Courses

I have run a Grade 1 course at Halifax on 7<sup>th</sup> June.

## Schools

### **Desborough School**

I have run one session at Desborough School in Maidenhead on 15<sup>th</sup> June and 2 more sessions have been booked for 5<sup>th</sup> and 19<sup>th</sup> June. However the session on 5<sup>th</sup> June was cancelled due to problems with the floor in the hall.

### **Mount Grace School**

I have been booked to run 2 sessions, in Mount Grace School, Potters Bar, one on 14<sup>th</sup> July and one on 17<sup>th</sup> July. These sessions will be run in conjunction with the PE teacher and are all day sessions involving different classes.

## Council Sports Development Officers

I have sent emails to most of the councils in the Southern Counties and I have met with:

Kent Council on 19<sup>th</sup> June, with Keith Allen and Aileen Barker, where we discussed ways for them to help us and mainly they are prepared to write a plan on how to develop Roller Hockey in the area.

Southampton Council on 3<sup>rd</sup> July, where I met Lee Page, Development Officer. We had a very positive conversation regarding introducing Roller Hockey into schools and sports centres, using taster sessions. Prior to starting this, I will need to send my CV and qualifications.

I am due to visit Test Valley Council on 8<sup>th</sup> July and Fareham Council on a date to be confirmed.

I have decided to try this way as letters have been sent to approximately 150 schools and I have not received any communication from them. Development Officers will give me the way in to Schools and Sports Centres.

## Open Sessions

### **Sudbury**

I have been running an open session at Sudbury Sports Centre on Tuesdays between 19:30 and 20:30 hrs, since the beginning of the year and this is now a permanent slot at the Sports Centre. I currently have on average 12 players turning up each week, most are registered players, however we have 3 consistent new players, who will hopefully sign for a club next season. Also 2 of the new players are attending the summer camp.

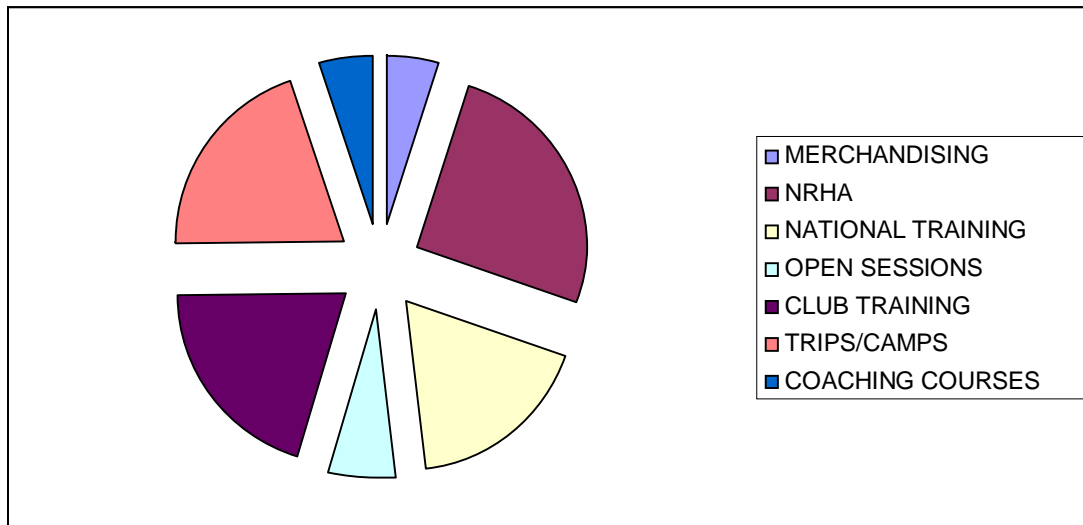
## **Bushfields**

Bushfields gave me a 6 week trial to run an open session every Friday from 16:30 to 17:30. I had on average 10 players each week. Again most of these are registered players, however we had 3 or 4 new players turning up almost every week.

## Moving Forward

To enable me to complete the tasks detailed above I will need to maintain an annual minimum gross earnings of £24,000.00. As previously stated, at the NRHA AGM 2007, I have left full time employment to commit 100% to the sport I love and as a result it now forms my only source of income.

I have placed below a pie chart which I hope will explain the split of the revenue stream I intend to follow to reach this goal.



## Diary

Please visit my website, [www.jcasports.co.uk](http://www.jcasports.co.uk), to see my diary to give an indication of my work.

Carlos Amaral  
07957595565  
carlos6amaral@hotmail.com