



Dear British

Welcome to the July 2019 edition of the Coach Digest.

COACHING NEWS

- UK Coaching's new chair UK Coaching's Board of Directors is delighted to announce Atholl Duncan as the organisation's new chair effective 1 July. Atholl takes over from Gillian Wilmot, who will step down at the end of June. [More info](#)
- Sally Munday MBE has been appointed as the new Chief Executive Officer (CEO) of UK Sport, the nation's high-performance sports agency. Sally joins from England and GB Hockey where she has been CEO for the past 10 years. [More Info](#)
- BF Coach Development Weeks, running in Plymouth and Stratford Upon Avon. Covering courses from the Introduction to Coaching course, Safeguarding, Coaching Fencing (L2) and Weapon Specific L3. [More Information](#) and [Upcoming Courses Page](#)

BF COACHING FRAMEWORK

BF Coaching Framework Content. - How Skills



Fencers work with coaches to help them improve their skills, become stronger, and fence

better. They depend on coaches to observe them during practice and bouts to provide valuable feedback. Coaches, in order to build and lead successful fencers, must be diligent in the observation and analysis.

This skill is an important component of the "How to Coach" skills and introduced in the Introduction to Coaching Fencing Course. (ITCF)

Tips for demonstrations:

- Focus on 1 or 2 key factors at a time
- Observe action from different positions
- Compare actions with your internal template to find matches and mismatches
- Determine action: build on strengths, correct error or do nothing

COACHING ARTICLES

Coaching Key to Helping Young People Choose Life and Ditch the Knife

Blake Richardson visits Heart of Portsmouth Boxing Academy, where Q Shillingford and Gareth Tennant offer unflinching testimony to the power of coaching as an effective tool to tackle crime and knife culture... [Read More](#)

Goal Setting - How to eat your elephant!

How do you eat an elephant? In small chunks, of course! Joking aside, achieving big goals in life is much the same. It has to be handled in small parts. Here, we look at.....[Read More](#)



Coach - Athlete relationship. Professor Sophie Jowett's research on Relational Coaching Environment, where she talks about the Commitment. [More information](#)

Creating a Relational Coaching Environment

2/3

How to build commitment in the coach-athlete relationship by ConnectedCoaches Content Champion Dr Sophia Jowett

Commitment reflects the intentions of coaches and athletes to maintain a **bond** or a connection that is both **close and long-term**. This long-term orientation toward the relationship is considered important as it **takes time** to develop skill and bring about **success**.

- Map out individual developmental plans for each athlete in your team or squad (they need to feel there is a plan for them) - it motivates them to stay and to work hard
- Have a programme of performance based on well-defined and mutually agreed goals
- Ensure athletes are committed to the team's goals
- Create opportunities for development/advancement
- Involve them in the coaching process by:
 - asking them what they need to be more effective
 - asking them what will make them more committed
- Communicate - make effort to continually exchange information
 - Be open; openness is reciprocated
 - Offer information; show you have nothing to hide, don't omit, mask
- Listen and learn from your athletes
- Need to be seen to take action, making changes to improve, prioritising
- Ensure responsibilities (roles and rules or expectations) are clearly defined
- Spell the benefits of staying with you (coach)
- Make sure everyone *knows* is valued and understood
- Commitment and responsibility are associated - it is both the coach and athlete's responsibility to make things better/resolve issues - this can be achieved with continuous dialogue and working hard for improvement



Jowett, S. and Shanmugam, V. (2016) Relational Coaching in Sport: Its psychological underpinnings and practical effectiveness. In R. Schinke, V. & McCannan, B. Smith, (Eds) Routledge International Handbook of Sport Psychology. Routledge.

Read Sophia's full blog about how to create a relational coaching environment at www.connectedcoaches.org

Person-Centred Coaching Key to Improving Mental Health

Passionate runner Charlotte Rudden tells Charlotte Potterton about making the difficult decision of joining... [Read More](#)



Be You, Be Different podcast,

In this edition Sophie talks to Gordon MacLelland about how parents can work with coaches to create a positive environment for the next generation. Listen and share with parents, as this episode is about creating a positive environment for our young people, giving them the support needed to succeed as people with life skills through sport.

- What does a good sports environment look and sound like?
- How can parents can work with coaches to create a positive environment?
- Find out more about the motivation of 'fun' and why early success may not be the key to a lifelong love of sport
- Discover tips on how to cope with disappointment and work to make a plan with your coach
- Hear about how elite athletes and coaches can inspire the next generation



British Fencing - Be You. Be Different.
**Parents in Sports - A Guide to
Enjoying the Journey**

Share



-0:00

COACHING UPDATES



Sport England launch their Talent Plan for England

The plan outlines seven principles for investing in talent and explains how they can help produce the athletes that will star on the international stage in the future. [click here](#)

Athlete Development Programme

British Fencing and The True Athlete Project.

The journey with British Fencing and the True Athlete Project (TAP) continued at the July Athlete Development Programme Camps, hosted by Nottingham University.



Sam Parfitt from TAP worked with the fencers, coaches and staff introducing those involved to the benefits of mindfulness for performance & wellbeing!

To find out more about the True Athlete Project [click here](#)

Please note the opening sequence relates to the tragic events involving Ellie Souter

Fencers Feed Forwards

Also at the July Athlete Development Programme Camp, hosted by the Leon Paul Fencing Centre, London. Georgina Usher (CEO and Epeeist) continued the programme of insight development and understanding of "What you want from your coach? They are not mind readers!"



These workshops were created to understand the fencer perspective at training competitions and camps, and to encourage the fencers to feed forwards what they would like from their coaches. The feedback is being collated and will be shared when complete

Thank You Stuart Haw

In early August Stuart will be leaving British Fencing to undertake a PhD at Northumbria University. We thank him for all his support and help over the last three years and wish him well on the next stage of his career.

SAFEGUARDING

Do you have a concern about a young person in fencing? If so, report it. Safeguarding is everyone's responsibility. [More information here](#)



The Child Protection in Sport Unit is encouraging parents to make the #SportsParents promise. The pledge includes a promise to make sure their children are safe, supported and listened to. You can read more about the promise [here](#).

UPCOMING EVENTS



Upcoming Courses

Introduction to Coaching Fencing Courses

- West Midlands - Stratford Upon Avon - August 2019 (Limited Spaces)
- South West - Plymouth - August 2019
- South East - Egham - November 2019
- South East - Epsom - (TBC)

Coaching Fencing L2

- West Midlands - Stratford Upon Avon - August 2019 (Limited Spaces)
- South West - Plymouth - August 2019

East - Holbrook - August 2019

- South East - Egham - January 2020
- South West - Bristol - (TBC)

Weapon Specific L3

- West Midlands - Stratford Upon Avon - August 2019
- South West - Plymouth - August 2019
- South East - Egham - March 2020

Additional Weapon Courses

- West Midlands - Stratford Upon Avon - August 2019

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