



Scottish Karate Governing Body Ltd

SUPPORTED BY: **SPORTSCOTLAND**
Widening opportunities Developing potential. Achieving excellence.

S.K.G.B Ltd

Business and

Performance Plan

2005 to 2009

Looking to the future

The Scottish Karate Governing Body is a private company limited by guarantee. Company number SC270068

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EUROPEAN KARATE FEDERATION
FEDERATION EUROPÉENNE DE KARATÉ
MEMBER OF THE WORLD KARATE FEDERATION (WKF)



B.K.F.



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Executive Summary

Description of the Company

- The S.K.G.B. Ltd is a private limited company by guarantee with no share capital.

- The S.K.G.B. operates its business in accordance with its articles and memorandum.
- The S.K.G.B. is the official governing body for Traditional and Sport karate in Scotland.

The S.K.G.B. objectives are to foster, encourage, promote and develop Traditional and Sport karate in Scotland. The S.K.G.B. are committed to the visions of the National strategy document *Sport 21*.

Structure of The Scottish Karate Governing Body Ltd

- The S.K.G.B consists of 32 member associations.
- These associations consist of member clubs.
- These member clubs consist of individuals participating in karate.

Over the next four years the S.K.G.B. plan to:

- Develop a structure to standardise karate coaching in Scotland with a guidance to create a safe environment for children and adults to participate in karate.
- To implement U.K. Coaching Certificate requirements.
- Aim to unify Karate in Scotland.
- To develop Scottish Karate as a force within the European and World Stage.

Mission Statement

- Grow steadily over the next four years.
- Be recognised as the Scottish governing body for sport for all karate in Scotland.
- To develop Scottish Karate as a force within the European and World Stage, participating in and achieving results in all areas and at all levels.
- Enabling access to all members by participation in Youth development programmes and skills enhancement activities.

Goals

- Aim to unify karate
- Increase membership to 40 associations
- Develop an improved Coaching programme.
- Increase rankings at E.K.F. and W.K.F. championships.
- Improve the standard of Referees and officials.
- To make the S.K.G.B. an effective professional governing body
 - Generate income
 - Establish and implement Policies.
- Have a safe environment for members training, competing and leading the organisation.

Strategy to achieve goals

- Develop Coaching Programme with Sports Coach U.K.
- Implementation of child protection policies.
- Performance Planning.
- Training of officials and volunteers.
- Sustaining and expanding membership levels.
- Player improvement.
- Establishing Sub groups (Sports Committee etc.)
- To develop a centre of excellence.

Coaching: Developing Potential and Widening Opportunities.

The S.K.G.B. has developed coaching programme for Traditional and Sport karate coaches. This programme aims to improve the standards of coaching. This will ensure that children and adults have a reasonable standard of tuition, expertise and an enjoyable quality experience.

S.K.G.B. Coaching Licence

The S.K.G.B. has developed a coaches Licence system that requires a coach on the first year to attend the following workshops.

- Good Practise and Child Protection
- Coaching Young Performers
- Physiology and Performance.

The Coaching Licence also involves obtaining an Enhanced Scottish Criminal Records Office check from Disclosure Scotland. This Licence will be re-validated on a two yearly bases with a further Disclosure Check. After qualification coaches must attend further Sports Coach U.K. workshops to maintain their qualification.

Karate has been selected for the second phase of the U.K. Coaching certificate and the S.K.G.B. will be looking to merge the U.K. Coaching Certificate requirements with our own coaching system and education program.

The Following is an example criteria to obtain a level 3 Coaching award and Licence.

1. Hold a level 2 S.K.G.B. award, or satisfy all the requirements.
2. Be at least 30 years of age or over.
3. Have attended a first aid course provided or approved by the applicants own association, and the course to be a minimum of 4 hours.
4. Hold a black belt 4th Dan or over ratified by the S.K.G.B.
5. Must have attended the above Sportscotland / Sports Coach U.K. approved courses
6. Have completed a coach registration form and supplied all relevant information.
7. Hold a current association licence and have professional indemnity insurance cover of at least 2M
8. Agree to comply with any new courses that the S.K.G.B. may implement through the Coach Development program.
9. Agree to observe the Memorandum and Article and rules of the S.K.G.B.
10. **Apply to the S.K.G.B. to have an Enhanced Scottish Criminal Records Office check carried out every two years.**

Child Protection

To ensure the S.K.G.B. Ltd has only licensed coaches teaching children and vulnerable adults. The S.K.G.B. adopted a child protection policy on 2003.

All 32 associations must agree to comply with this policy.

The S.K.G.B. has also had two legal documents drawn up by its solicitors. The 1st agreement is between the S.K.G.B. and its member association's chairperson agreeing that only licensed and vetted coaches are teaching within their association.

The 2nd agreement is for the associations to use with their club coaches who must sign the agreement confirming to the association chairman that it will be only licensed and vetted coaches teaching within the club and that the association and association clubs will implement the S.K.G.B. Child Protection Policy.

The S.K.G.B. have formed a child protection committee which will meet every three months to discuss any complaints or incidents that have happened within a club or its association, and to constantly update the S.K.G.B. on any updates on child protection laws.

The S.K.G.B. Childs Protection Policy was created by the S.K.G.B. with the help of SportsScotland and Children 1st. The Policy is for the protection of children, vulnerable adults within the S.K.G.B. member associations and its member association clubs, and has been agreed to be implemented by every association within the S.K.G.B.

Performance Planning: Achieving Excellence

See Appendix 1

Training of Officials and Volunteers: Developing Potential and Widening Opportunities.

The S.K.G.B. have over thirty qualified officials and intend to bring in qualified E.K.F. or W.K.F. officials to use their expertise to tutor S.K.G.B. officials to a level where they will be able to attend E.K.F. Referees courses and qualify.

S.K.G.B. Membership:

The membership of the S.K.G.B. consists of 32 member associations with over 10,000 members. Over the next four years the S.K.G.B. will be looking to increase its association membership to 40

Player Improvement: Achieving Excellence Developing Potential and Widening

Opportunities

To develop player improvement members participate at two Scottish Championships, Scottish Open Championships and British Championships and a calendar of events has been drawn up. It is intended to consider how to improve the pathway for karate Competitors.

Club Development: Developing Potential and Widening Opportunities.

Within the S.K.G.B. Associations comprise clubs of varying sizes. To allow the S.K.G.B. to keep coaches and clubs up to date with the changes within Karate, Child Protection, Coach education, Championships etc, the S.K.G.B. will improve its communications with clubs. It is intended that the S.K.G.B. will communicate directly with the clubs and is considering setting up a club related e-mail system or regular newsletter.

Schools: Developing Potential Widening opportunities.

Although karate is not on the school curriculum there are numerous karate clubs that rent school premises for the running of their clubs, and therefore it stands to reason that a reasonable percentage of the public will attend these classes.

To ensure that the relevant education authorities has S.K.G.B. licensed and vetted coaches leasing their premises, the S.K.G.B. will be informing Education authorities of the criteria required to be a licensed coach and the Coach Education programme the S.K.G.B. operates along with Sportscotland and Sports Coach U.K.

Organisation Development: Developing Potential and Widening Opportunities

The S.K.G.B. have employed a part time Executive Administrator to enable the S.K.G.B. to deliver Coaches Licenses, the processing of Disclosure checks for coaches and volunteers, signing of all legal documentation, consulting with S.K.G.B. solicitors, processing all financial transactions, dealing with S.K.G.B. accountants, arranging venues for meetings, producing of agendas and minutes, organising coach education programme, issuing all certification, to keep the S.K.G.B. up to date with changes in the child protection laws and requirements, to supply an efficient service to the S.K.G.B. membership, to deal with all enquires and the processing of all mail, to guide the S.K.G.B. in the compliance with the fit for purpose audit carried out and to be the main contact person with Sportscotland.

Services

The S.K.G.B. have their office and Executive Administrator registered with Disclosure Scotland for processing Enhanced Scottish Criminal Records Office checks for all its coaches and also supplies a service to its membership for the vetting of volunteers.

The S.K.G.B. issues black belt certification and ratification with over 700 being registered and issued. Coaches Licences and certification are also issued with over 220 Licences and certification issued and all coaches vetted. With a renewal of licensing and vetting every two years.

The S.K.G.B. organises coach development workshops through Sportscotland and Sports Coach U.K.

An electronic means of communications has been set up keeping all association members up to date with competitions, child protection laws and legislation, courses, issuing of agendas and minutes of meetings etc.

The S.K.G.B. also supply the following policies to its membership.

- Child Protection Policy and Guidelines
- Risk Management
- Health and Safety
- Code of Conduct for Coaches
- Code of Conduct for Athletes and Officials.

Members also have benefit of accessing funds through the awards for all programme.

Challenges

The long-term challenges for the S.K.G.B. is to offer a service that is attractive to groups and clubs out with the S.K.G.B. encouraging them into membership and standardising their qualifications.

Publicity and Communications

The S.K.G.B. will look to improve its communications with members, clubs and associations by developing a new web site. The website will be the focal point for the S.K.G.B. Ltd. This will give greater opportunities to publicise S.K.G.B. business aims and visions not only to the karate membership but also to partner organisations and external organisations, such as local authorities.

Partners

The S.K.G.B. works in close partnership with the following bodies.

- Sportscotland
- Children 1st
- Glasgow University Sports Science/Medicine Dept

Sub groups

The S.K.G.B. have appointed the following sub groups to assist with achieving our goals.

- Sports Committee

- Child Protection Committee
- Refereeing Council

Accounts

The S.K.G.B. financial year runs from the 1st April to 31st March. The S.K.G.B. engages the services of chartered accountants Gilchrist and company for the processing of yearly accounts to be adopted and approved at the A.G.M.

At Present the S.K.G.B. keeps hand written records of all transactions and will be adding sage accounting to its system in 2005.

The accounts are available on request for inspection by its membership and are made Available at the Annual General Meeting (normally held in May). There are three cheque signatures to the account.

Financing

S.K.G.B. income is generated from the following:

- Annual association membership
- Sportscotland investment
- Dan Ratification
- Coaches Licences

History

The S.K.G.B. unincorporated started trading as the Scottish Karate Board of Control from 1973 to 1990.

It changed its name to Scottish Karate Board from 1990 to 2001 and then changed its trading name to Scottish Karate Governing Body in 2001 to 2004.

The Scottish Karate Governing Body was established as a Limited Company by Guarantee on 30th June 2004 and started trading as The Scottish Karate Governing Body Limited on 3rd September 2004 Company Number SC270068

Management Team

Chairman

Mr Terry Connell 6th Dan thirty-two years experience in karate.
Parent association Shitokai Scotland

Company Secretary and Executive Administrator:

Mr James A Miller 7th Dan Thirty eight years experience in karate.
Parent Association: Scottish Karate Association (founder member of the Scottish Karate Board of Control)

Director:

Mr Donald MacInnes 7th Dan Thirty-six years experience in karate.
Parent Association: Scottish Karate Association (founder member of the Scottish Karate Board of Control)

The S.K.G.B. intend to increase their Board of Directors to at least five.

Estimated Income and Expenditure for four-year plan

2005 – 2006 As per projected budget 2005 / 2006

2006 – 2007 Increase of 5 %

2007 – 2008 Increase of 7.5 %

2008 – 2009 Increase of 10 %

Appendix 1

SCOTTISH KARATE GOVERNING BODY LTD

Performance Plan 2005 – 2009

Mission Statement

To develop Scottish Karate as a force within the European and World Stage, participating in and achieving results in all areas and at all levels. Allowing access to all members by participation in Youth development programmes and skills enhancement activities.

Goals

1. To develop an environment within the sport that allows access to all members regardless of age, gender or ability.
2. To encourage participation in the ongoing youth development programme
3. To progress the coaching skills of all instructors within the organisation and enable them access to all development programmes and courses
4. To develop the Scottish Squad, Youth and Adult on the international scene, achieving medal status at most major events.
5. To recreate the elite status that Scottish karate once held on the world stage.

History

Scottish Karate has always encouraged participation by all members at every level of the sport. It had achieved an elite status on the world stage in the 1970's and 80's, taking many individual and team awards. Over the years the sport developed rapidly in other parts of the world and unfortunately Scotland did not keep up with these changes in the international scene. Due to these factors it lost its position as one of the top countries in the sport, but in recent years work has been done to address this issue and Scotland is again, gradually developing and achieving medal status. The following development plan is to show how we, as an organisation, intend to further this goal, (see appendix 1 indicators for further history) and is being prepared by the Sports Development Group (see appendix 2 organisation overview)

Four Year Plan

Performance Planning Group

This group has been set up to further the above goals of the organisation. It will take responsibility for oversight of the four-year plan in relation to the development of the sports participation in forthcoming competitions, development of an activity plan for members and programmes of skills enhancement.

Members of the above group will include the following: At a national level:

The National Kumite Coach

2 Assistant National Kumite Coaches

Team Manager

National Kata Coach

Sports Science and Nutrition Coach

Representative from the Referee Committee
 Representative from current national squad
 Representative from the SKGB Executive Committee

Coaching Deployment

Over the course of this development plan the coaching team will play an important role. Area coaches will be kept informed of all developments and will encourage members to participate in all programmes.

Overall responsibility for the furtherance of the plan will lie with the National Coach who will be supported in this task by 2 senior assistant national coaches, who will at all time have the backing and support of the Sports Development Group. The Senior Coaches main task is the development of the elite athletes, “The National Squad”. Area coaches will be responsible for the training and development of athletes not yet having achieved “A” squad or elite status.

Area coaches will be encouraged to participate in the Youth Development Programme thereby giving their members access to all local and national competitions.

Training and Competition Programme

All members are encouraged to participate in regular club training sessions. These sessions are under the auspices of club coaches. All areas hold regular local competitions to give members experience. Through this development plan it has been agreed that all areas will hold monthly junior squad training sessions, which are under the auspices of local area coaches, with a view to allowing students showing potential to progress to national squad training sessions. Area coaches are responsible for identifying talented students and notifying the national coach. Sessions are provided in such a way that they have become very popular and are seen as safe, fun events by all participants. These training sessions have been structured to allow an easy progression for the student into the Youth Development Programme.

Youth Development Programme

A Youth Development Programme has been established to enhance and progress the achievement of young participants in the sport. This plan will further the above programme in the following ways:

YDP Goals and Activities

- The establishment of a training plan for all youth in the sport. The following table shows the set up and categories for these training events.

Youth Development Programme – Junior and squad Training Plan			
Age	Category	Coaching Level	Frequency
5 – 12 Years	Open	Club & Area Coaches	1 per month
12 – 15 Years	Open	Area Coaches	1 per month
16 – 17 Years	Cadet	Area coaches	1 per month
16 – 17 Years	Cadet Elite	National and National Assistant Coaches	1 per month
18 – 21 Years	Junior Level	Area Coaches	1 per month
18 – 21 Years	Junior Elite	National and National Assistant Coaches	1 per month
21 Years +	Senior	Area Coaches	1 per month
21 Years +	Senior	National and National Assistant Coaches	1 per month

- A Squad Training – Talented Athletes Programme has been established to further and enhance the Junior and Squad training plan to allow talented athletes access to advanced and more intense training activities. This plan takes the following form and at present is activated in the run up to major international competitions. The training that takes place at these events is over and above the normal training schedule set out in the categories above:

Competition Training Plan – Talented Athletes Programme						
Timing and frequency of these events will vary			Frequency	Type	Venue	
Age	Category	Coaching Level				
16 – 17 Years	Cadet Elite	National and Assistant Coaches	National	3 times a week	Technique and tactical training	Meadowbank Sports Centre, Edinburgh or John Wright Sports Centre, East Kilbride
16 – 17 Years	Cadet Elite	National and Assistant Coaches	National	Once a month	Sports Science and Nutrition	Glasgow University, Dr. Neil McFarlane
16 – 17 Years	Cadet Elite	National and Assistant Coaches	National	*Weekend Training Camp (3 days)	See below for activity table	Inverclyde Training Centre
18 – 21 Years	Junior Elite	National and Assistant Coaches	National	3 times a week	Technique and tactical training	Meadowbank Sports Centre, Edinburgh or John Wright Sports Centre, East Kilbride
18 – 21 Years	Junior Elite	National and Assistant Coaches	National	Once a month	Sports Science and Nutrition	Glasgow University, Dr. Neil McFarlane
18 – 21 Years	Junior Elite	National and Assistant Coaches	National	*Weekend Training Camp (3 days)	See below for activity table	Inverclyde Training Centre
21 Years +	Senior Elite	National and Assistant Coaches	National	3 times a week	Technique and tactical training	Meadowbank Sports Centre, Edinburgh or John Wright Sports Centre, East Kilbride
21 Years +	Senior Elite	National and Assistant Coaches	National	Once a month	Sports Science and Nutrition	Glasgow University, Dr. Neil McFarlane
21 Years +	Senior Elite	National and Assistant Coaches	National	*Weekend Training Camp (3 days)	See below for activity table	Inverclyde Training Centre

- Establishment of residential training camps is already in progress and have been viewed as a highly successful way of bring the international squad to together as a cohesive unit. The format of these camps and activities undertaken are included in the plan above and outlined below:

Residential Training Camps – The camp is set up prior to a major competition and held, at present, in the Inverclyde Training Centre, Largs. Planning and the structure of the activities are the responsibility of the National Team Coach and the 2 Assistant National Coaches. Activities are based on physical technique training and tactics and have recently

and will in future, involve a more science based approach to include collaboration with Glasgow University – Sports Science and Nutrition. The following is a typical programme of the three day camp:

Programme:

Day 1: Evening Session – 2 hours – tactic and competition technique (Led by National Coach)

Day 2 : Morning Session – 2 hours – speed and flexibility training (Led by National Coach)

Afternoon Session – 1 1/2 hours – Sports Science and Nutrition (Dr Neil McFarlane)

Evening Session – 2 hours – Speed, tactics, reaction training (Led by Assistant Coach)

Day 3: Morning Session – 2 hours – Aerobic training (Led by 2nd Assistant Coach)

YDP Future: under the youth development programme we hope to establish a Programme of seminars which could be called our Sports Science programme which would be open to all members, with particular areas being focussed at younger practitioners of the sport.

Medal Success:

Over the years karate has achieved success in many international competitions and with the above development plan hope to improve on this over the next four years. A brief table of our medal success over a two year period is give below:

The medals shown below are those taken by elite squad members many more have been taken by junior members involved in the sport over the two years period.

Table Medal Success		
Competition	Category	Medal Achieved
British Championships 2003	Male Individual various weights	3 Gold 1 Silver 1 Bronze
British Championships 2003	Female Individual various weights	1 Gold 2 Silver
European All Styles 2003	Male Junior Individual	1 Gold 1 Bronze
British Championships 2002	Male Individual various	1 Silver

	weights	
British Championships 2002	Female Individual various weights	1 Silver 1 Bronze
European All Styles 2002	Male Junior Individual various weights	1 Bronze
Dutch Open	Male Individual various weights	1 Bronze
Belgian Open	Male Individual various weights	3 Silver

Although the Youth Development Programme has only been established over the last two years it can be seen from the table above that medal success has increased and achievement has been at a higher level.

Performance targets: (Domestic and International Competition Elite Squad)

Table 1: Cadet Competitions 2005 (16 and 17 year olds)

Date	Competition	No Athletes	Targets
February 05	European All Styles	8	Advancement to 2 nd round
April 05	Scottish Open (all Countries)	10	Advancement to Finals
June 05	British All Styles	10	Medal positions – 2 gold, 1 bronze
September 05	British Open	8	Medal positions – 1 silver, 1 bronze
November 2005	World Championships	6	Advancement to 2 nd round

Table 2: Junior Competitions 2005 (18 - Under 21)

Date	Competition	No Athletes	Targets
February 05	European All Styles	4	Advancement to 3 rd round
March 05	Dutch Open	6	Medal positions 2
April 05	Italian Open	6	Medal positions 2
April 05	Scottish Open (all Countries)	10	Advancement to Finals
June 05	British All Styles	10	Medal positions – 3 gold, 2 silver, 1 bronze

September 05	British Open	8	Medal positions – 2 gold, 2 silver, 2 bronze
September 05	German Open	6	Medal Positions 2
November 2005	World Championships	4	Advancement to 2 nd round

Table 3: Senior Competitions 2005 (18 years upwards)

Date	Competition	No Athletes	Targets
March 05	Dutch Open	6	Medal positions
April 05	Italian Open	6	Medal positions
April 05	Scottish Open (all Countries)	10	Advancement to Finals
May 05	European All Styles	8	Advancement to 2 nd round
June 05	British All Styles	10	Medal positions
September 05	British Open	8	Medal positions
September 05	German Open	6	Medal Positions 2

See Appendix 2 for Events Timetable 2006 – 2009 which give performance targets for these years.

Development of Senior Squad Members with Medal Potential

A performance enhancement programme for the senior squad members will be developed over the next four years, the life of this plan. This programme will be closely linked with the Youth Development Programme and the training schedule set out above for all squad members, Junior, Cadets, Senior and Elite Squad. We will link this training with the training of all our potential athletes to use this as a tool to encourage younger competitors to strive to achieve. This will also provide the senior members with the opportunity to pass on their skills and experience.

In addition to the training schedule set out in our talented athletes programme, all senior squad members, showing medal potential and with recent achievements in competition, will be encouraged to participate in an enhanced training and fitness programme tailored to meet their needs. Detailed below is the enhanced programme, which will be participated in over and above the schedule set out for all other participants in this performance development plan.

Medal Potential – Enhanced Programme

- **Health, Fitness and Nutrition**
This will be detailed in the Sports Science Programme set down by Dr Neil McFarlane of University of Glasgow. (Appendix 4) We will be working in close collaboration with Dr McFarlane to ensure that all our athletes participating in this programme have a clear and positive understanding of the need for a structured approach to sports science to allow them to achieve their ultimate goal of medal positions at major competitions.
- **Coaching and Training**
All senior coaches will participate in extended training sessions with senior squad members outlined below:

One Month Prior to major competitions – all squad members will attend weekend training sessions covering tactics, competition technique, speed and reaction training.

In addition, particular weekend sessions will be held out with the training schedule outlined in the youth development programme that will be attended by only senior elite squad members. These will be facilitated by the senior coaching team, held in various sports centres and will allow participants to share experience of previous attendance at competitions as well as the usual rigorous physical training.

Over the period of this plan the senior coaching team will maintain a record of squad participants showing potential and achieving medal position in competition. A table of current squad members who fall into this category is detailed in appendix 3. Given the nature of the sport and the goals of this plan, which are to raise the standard of our athletes and encourage their medal potential, those included in this table may vary from year to year. Changes will be given in annual updates.

European and World Championships

The main aim of the governing body, through this performance plan, is to develop, enhance and build on the current success Scottish competitors on the European and World stage. To enable the governing body to do this we must seek funding, sponsorship and support from many areas. Outlined below is a costing and budget for participation in the European and World Championships for 2005 with all training and other relevant expenses included.

Budget European and World Championships 2005

Category	European 2005 Tenerife	World 2005 Cyprus	Budget	Requested from SportScotland
Coaching	£940	£1290	£2230	£2230
Training (Residential)*	£2106	£2106	£4212	£4212
Training (Non	£720	£720	£1440	£1440

Residential)**				
Equipment	£505	£505	£1010	£1010
Internal Travel	£945	£2017	£2962	£2962
International Travel Competitors	£1950#	£2450	£4400	£2650
International Travel Coaches x 3	£670# x 2 coaches	£525	£1195	£1195
Accommodation	#included as total cost of European travel/accom	£3825	£3825	£1575
Subsistence	£1120	£2380	£3500	£2100
Entry Fees	£292	£631	£923	£472
Insurance/Fees	£360	£930	£1290	£690
Totals	£9608	£17379	£26987	£20536

*This is covering three residential training sessions in the year progressing to all championships.

**This is covering two, six week weekend sessions progressing towards both championships. These would be held every Friday, Saturday and Sunday for 2 hours per day.

#The costs for this are calculated on previous charges which were travel and accommodation together.

The overall budget shows the total costs to the governing body of sending individuals named as medal potential, other competitors to allow the progression of this development plan and coaches to a maximum of three. The totals requested from SportScotland only include named medal potential athletes and coaches as required and only for the European and World Championships.

To allow the governing body to achieve the aims of this performance plan we will have to send competitors to many other international competitions to gain experience on the international circuit, monies for this will be sought from other sources and funded through membership fees and sponsorship.

Appendix 1

Performance History and Indicators to Progression and success of Sports Performance Plan

- To develop an environment within the sport that allows access to all members regardless of age, gender or ability.

Increase in numbers attending classes throughout the areas covered by the governing body.
 Increased interest of female fighters to attend major competitions
 At present there are a few disabled participant in the sport, training at local club level – we would want to encourage these participants to further their activity and see the possibilities for achievement through the grading system.

- To encourage participation in the ongoing youth development programme

Squad training sessions are seen as an essential element of health and fitness training by a majority of participants in the sport.

Attendance at junior squad training programmes greatly increased.

Enhancement of fighting techniques attributed to the development programme

Recent and current international squad members introduced as junior coaches to youth development programme

- To progress the coaching skills of all instructors within the organisation and enable them access to all development programmes and courses

Promote and encourages participation in relevant training schemes by all local club coaches – maintenance of records by governing body.

Increased number of local club coaches attending Sports Coach UK courses and attaining relevant modules

- To develop the Scottish Squad, Youth and Adult on the international scene, achieving medal status at most major events.

Increased use of previous European and World Champions as coaching staff for the squad.

Increased use of Training programme by all National Squad Members

Increased programme of health and fitness training courses

Increased use of Sports Science programme and promotion to all squad members

Maintenance of records of all achievement in relation to appendix 3: Events Programme

Monitor performance targets

- To recreate the elite status that Scottish karate once held on the world stage.

Increased medal performance in international competition

Appendix 2

Events Timetable 2006 – 2009

Table 1: Cadet Competitions 2006

Domestic and International Competition Elite Squad			
Date	Competition	No Athletes	Targets
February 06	European All Styles	8	Advancement to 2 nd round – 1 medal

			position
April 06	Scottish Open (all Countries)	10	Achieve medal position in a least 1 category
June 06	British All Styles	10	Medal positions – 2 gold, 1 bronze
September 06	British Open	8	Medal positions – 1 silver, 1 bronze

Table 2: Junior Competitions 2006

Domestic and International Competition Elite Squad			
Date	Competition	No Athletes	Targets
February 06	European All Styles	6	Advancement to 3 rd round – 1 medal position
March 06	Dutch Open	8	Medal positions 2
April 06	Italian Open	6	Medal positions 2
April 06	Scottish Open (all Countries)	15	Advancement to Finals – medal positions
June 06	British All Styles	15	Medal positions – 3 gold, 2 silver, 1 bronze – maintain current standard
September 06	British Open	10	Medal positions – 2 gold, 2 silver, 2 bronze
September 06	German Open	6	Medal Positions 2

Table 3: Senior Competitions 2006

Domestic and International Competition Elite Squad			
Date	Competition	No Athletes	Targets
March 06	Dutch Open	8	Medal positions
April 06	Italian Open	8	Medal positions
April 06	Scottish Open (all Countries)	20	Advancement to Finals
May 06	European All Styles	8	Advancement to 3 rd round
June 06	British All Styles	12	Medal positions – at least 1 gold
September 06	British Open	10	Medal positions

September 06	German Open	8	Medal Positions 2
November 06	World Championships	8	Advancement to 2 nd /3 rd round

Table 1: Cadet Competitions 2007

Date	Competition	No Athletes	Targets
February 07	European All Styles	8	Advancement to 3 rd round – maintain medal position
April 07	Scottish Open (all Countries)	15	Advancement to Finals – medal positions
June 07	British All Styles	15	Medal positions – 3 gold, 2 silver, 1 bronze – maintain current standard
September 07	British Open	10	Medal positions – Maintain previous standard
November 07	World Championships	6	Advancement to 3 rd round

Table 2: Junior Competitions 2007

Date	Competition	No Athletes	Targets
February 07	European All Styles	8	Advancement to 4 th round – 1 medal position
March 07	Dutch Open	8	Medal positions 2 – 3 fighters in 4 th round
April 07	Italian Open	8	Medal positions 2
April 07	Scottish Open (all Countries)	15	Advancement to Finals – medal positions – raise standard of fighters and achieve at least 1 gold
June 07	British All Styles	15	Medal positions – 3 gold, 2 silver, 1 bronze – maintain current standard – have a fighter from each category aiming for semi

			finals
September 07	British Open	10	Medal positions – 2 gold, 2 silver, 2 bronze – maintain current standard
September 07	German Open	8	Medal Positions 2
November 07	World Championships	6	Advancement to 3 nd round – at least one fighter in fourth round

Table 3: Senior Competitions 2007

Date	Competition	No Athletes	Targets
March 07	Dutch Open	8	Medal positions
April 07	Italian Open	8	Medal positions
April 07	Scottish Open (all Countries)	20	Advancement to Finals – raise standard of fighters and achieve at least 1 gold medal position
May 07	European All Styles	8	Advancement to 4 th round
June 07	British All Styles	15	Medal positions – at least 2 gold – fighters from a least 3 other categories reaching finals and achieving silver medal positions
September 07	British Open	12	Medal positions 2
September 07	German Open	8	Medal Positions 2 – maintain current standard

Table 1: Cadet Competitions 2008

Date	Competition	No Athletes	Targets
February 08	European All Styles	8	Achieve at least 1 medal position and three fighters in 4 th round
April 08	Scottish Open (all Countries)	20	Advancement to Finals in at least 3 categories– attain at

			least 1 gold and 2 silvers
June 08	British All Styles	15	Medal positions – 3 gold, 2 silver, 1 bronze – maintain current standard
September 08	British Open	15	Medal positions – attain at least 2 gold medals

Table 2: Junior Competitions 2008

Date	Competition	No Athletes	Targets
February 08	European All Styles	8	Advancement to 4th round – at least 2 fighters in final
March 08	Dutch Open	8	Medal positions 2 with a least 2 other categories attaining semi final positions
April 08	Italian Open	8	Medal positions 3
April 08	Scottish Open (all Countries)	20	3 categories in finals achieving at least 1 gold – fighters from other categories in semi finals
June 08	British All Styles	20	Medal positions – 3 gold, 2 silver, 1 bronze – maintain current standard – have a fighter from each category aiming for semi finals
September 08	British Open	15	Maintain previous achievements in medals and aim for a fighter from each category to be in a semi final position
September 08	German Open	8	Medal Positions 3

Table 3: Senior Competitions 2008

Date	Competition	No Athletes	Targets
March 08	Dutch Open	8	Medal positions
April 08	Italian Open	8	Medal positions

April 08	Scottish Open (all Countries)	20	Advancement to Finals – raise standard of fighters and achieve at least 1 gold medal position
May 08	European All Styles	8	Advancement to 4th round
June 08	British All Styles	15	Medal positions – at least 2 gold – fighters from a least 3 other categories reaching finals and achieving silver medal positions
September 08	British Open	12	Medal positions 2
September 08	German Open	8	Medal Positions 2 – maintain current standard
November 08	World Championships	8	Advancement to 4 th round

The above table of events and performance targets will be monitored and recoded by the sports development group of the governing body. It is hoped that through the current and future training strategies outlined in this document that we will be able to achieve the above and maintain current standards. Another indicator, which will be used to show the success of our training programme and other health and fitness related programmes, will be a reduction in the injury status of our fighters and their attitudes and approach to the pre competition training schedules laid down by the senior coaching team.

Appendix 3

Senior Competitors with Medal Potential

Name	Previous achievements	Championships
Ewan Robb	Bronze Medal	European
	Gold Medal	British
	Bronze	Dutch Open
	Gold	Italian Open
	Team Silver	Belgian Open
Callum Robb	Bronze Medal	British
	Bronze Medal	British Open
Alan Simpson	2 nd Round	World
Steven Rooney	4 th Place	European Under 21
Pamela Robb	Gold Medal –60kg	British
	Silver Medal – open	British
	Third round	European
Lisa Rodgers	4 th Round	European

	Bronze Medal	British
Teri Coultar	Third Round	European
Stephanie Connell	Second Round	European (Kata)

Targets for Potential Medallists

Name	Competition	Target Year 1	Target Year 2	Target Year 3	Target Year 4
Ewan Robb	European	Third Round	Bronze	Bronze	Silver
-75kg	World	Third Round	Third Round	Fourth Round	Medal Position
Callum Robb	European	Third Round	Fourth Round	Medal Position	Medal Position
-80kg	World	Third Round	Fourth Round	Medal Position	Medal Position
Alan Simpson	European	Second Round	Third Round	Fourth Road	Medal Position
+80kg	World	Second Round	Third Round	Fourth Round	Medal Position
Steven Rooney	European	Second Round	Third Round	Fourth Road	Medal Position
-65kg	World	Second Round	Third Round	Fourth Round	Medal Position
Pamela Robb	European	Third Round	Fourth Road	Medal Position	Medal Position
-60kg	World	Second Round	Third Round	Fourth Round	Medal Position
Lisa Rodgers	European	Second Round	Third Round	Fourth Round	Medal Position
-55kg	World	Second Round	Third Round	Fourth Round	Medal Position
Teri Coultar	European	Second Round	Third Round	Fourth Round	Medal Position
+60kg	World	Second Round	Third Round	Fourth Round	Medal Position
Stephanie Connell	European	Second Round	Third Round	Fourth Round	Medal Position
Stephanie Connell	World	Second Round	Third Round	Fourth Round	Medal Position