

INVERNESS BLITZ

Academy of American Football



DEVELOPMENT PLAN

2006-2011

FORWARD



It is the intention of this document to give the Inverness Blitz a focus for the next five years of its development and to give others an insight into the organisations plans and activities over that period of time. This long-term plan will form the basis of all developments for the Inverness Blitz. For this reason this document is not exhaustive and nor is it intended to be. It is hoped that all major areas of development are covered and that there is room for adaptation should additional elements be identified at a later date. So it is therefore clear that this document will be an evolving one. It should be changed and updated to suit the current needs of the organisation and it's members.

Yours,

Robbie Paulin

Robbie Paulin
Development Officer



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INTRODUCTION

The Inverness Blitz Academy of American Football started, in July 1999, as a small American Flag Football squad. As interest began to grow more flag squads were set up. As more funds came in it was possible to have kitted American Football squads. The Inverness Blitz was becoming a much larger organisation and in September 2001 reached academy status and became the Inverness Blitz Academy of American Football.

The Inverness Blitz now has many teams covering the different disciplines of American Football and all age groups. This allows the smooth transition for athletes from a young age to progress through American Football to reach their full potential. The Blitz develops teams and pulls them together into a larger and more powerful sporting organisation ensuring quality, sharing resources, providing support and a development structure that will benefit all those involved.

A Management Committee, consisting of a President, Vice-President, Treasurer, Secretary, Child Protection Officer, Registration Secretary, Media Liaison Officer, Development Officer and two General Committee Members, is elected at the Annual General Meeting by the members of the organisation to manage the Inverness Blitz.

The Inverness Blitz currently has one cadet, one junior and one youth flag football team competing the Scottish Flag Football Association in the Inverness Area. In the Glenurquhart area (also part of the Inverness Blitz) are two junior flag football teams and one cadet. The Blitz also has one youth flag football team in the Lossiemouth area. Added to the flag football teams are the Highland Wildcats (Junior Kitted) and the Moray Firth Dolphins (Youth Kitted). These are fully kitted American Football teams under the Inverness Blitz. This accounts for the Blitz's (approximately) 140 members.

The Blitz currently runs from a facility next to Queens Park Stadium (Bught Park). At the practice ground there are two portocabins (used for meetings, video review, registrations and changing); two metal storage containers (used for housing the helmets and shoulder pads, footballs, field equipment, etc). Space is fast running out in the storage containers and the portocabins are fast becoming insufficient for meetings due to growing numbers. The only electricity supply to these structures is a portable generator. There is a practice field located nearby, behind the Queens Park Stadium and all games are played at the 'Gridiron', located at the Bught Park.

The Blitz is a charitable organisation (Scottish Charity No. SC037377) and is established to further the following objectives:

- ❑ To advance public participation in sport through the use of American Football
- ❑ To advance citizenship and community development through the use of American Football

To achieve these objectives the Blitz carries out the following activities:

- ❑ Gaining membership to appropriate leagues and governing bodies for the purpose of establishing regular competitive play for the organisations representative teams
- ❑ The provision of training and playing facilities for members.
- ❑ Promoting and maintaining the highest standards of technical competence and safety in the sport.
- ❑ Upholding the rules of the sport.
- ❑ Providing equal opportunities for successful participation in the sport by all sections of the community.
- ❑ The promotion of the sport.
- ❑ Promoting a healthy and active lifestyle by educating members on healthy eating and providing Fitness and Conditioning sessions.
- ❑ Providing schools with PE sessions and after school programmes in the form of American Football.
- ❑ Encourage parents and other family members to participate as committee members, coaches, cheerleaders, flag bearers or players.
- ❑ Provide sporting opportunities that are that are less traditional to encourage people not normally involved with sport to take up a more active lifestyle

ORGANISATIONAL TARGETS FOR END OF YEAR 1

Year 1 will run from August 2006 – August 2007

Teams

1. Number of performance level cadet flag teams in the inner city and Culloden area competing in SFFA league in 2007 increased to 6 (+4 on previous year)
2. Number of performance level junior flag teams in the inner city and Culloden area competing in SFFA league in 2007 increased to 2 (+1 on previous year)
3. Have one senior flag team competing in SFFA in 2007
4. Increase Moray Firth Dolphins squad size to over 25 regular participants
5. Have coaching staff in place for Kitted Senior Team (Manager, Head Coach and two Assistants) and core of 15 players and have at least two scrimmages arranged

Coaches

6. Have one qualified BAFCA kitted instructor in Inverness area
7. Number of volunteer coaches actively coaching at performance level increased to 20 (with at least 6 of these being kitted coaches)
8. Number of sessional coaches/officers working in schools averaging two hours a week increased to 5
9. Number of Flag Football Leaders Qualified during year 1 will be 60+
10. Number of Flag Football Level 1 coaches qualified during year 1 will be 20+
11. Have 10+ BACFA Kitted Level 1 coaches qualified by the end of year 1

Membership

12. Stabilise membership of Inverness Blitz at 200 members
13. Number users will be 2200 (indicators registers of school groups, youth groups, taster sessions, college classes, etc)

General

14. At least 25 athletes are active in Strength and Conditioning
15. Secured funding for development officer and development team for the coming year
16. Build on partnership with Inverness College (secure temporary office space for use in year 1 and possible continuation for year 2, deliver flag intermediate 1 and 2 course to NQ students in year 1 and secure use of fitness suite for year 1 and continuation into year 2)

YEAR 1 ACTION PLAN

August 2006 – August 2007

| TASKS (RELATED TARGETS) | HOW | WHEN |
|--|---|--|
| Introduce American Football as a new activity in primary schools. (t1, 8, 12, 13) | <ul style="list-style-type: none"> <input type="checkbox"/> Conduct 5 week block programmes in primary school PE in at least 3 primary schools every 8-10 weeks <input type="checkbox"/> Liase with Active School co-ordinators <input type="checkbox"/> Employ additional coaches where necessary to help deliver sessions. | <p>August – March (for teams proposed for 2007)</p> <p>April – August (For teams proposed for 2008)</p> |
| Provide exit routes for players to continue with the sport out with school. (t1, 12) | <ul style="list-style-type: none"> <input type="checkbox"/> Conduct after school sessions at least one for every 3 schools (i.e. one session at the secondary school for the three primary schools to feed into). <input type="checkbox"/> Hold at least 2 primary school tournaments for participating schools. | <p>October – March (for teams proposed for 2007)</p> <p>Beginning of year 2 (For teams proposed for 2008)</p> |
| Increase activity of American Football participants (t14) | <ul style="list-style-type: none"> <input type="checkbox"/> Run Fitness and conditioning sessions for Blitz members and family at least 2-3 times a week <input type="checkbox"/> Work with Blitz and HND/HNC coaches to train up new strength and conditioning coaches <input type="checkbox"/> Obtain use of facilities with free weight equipment <input type="checkbox"/> Design appropriate varied training programmes for Blitz athletes | On going throughout the year |
| Promote healthy lifestyle | <ul style="list-style-type: none"> <input type="checkbox"/> Educate participants in the benefits of healthy eating and proper hydration <input type="checkbox"/> Advise on healthy eating plans | On going throughout the year |
| Hold Events | <ul style="list-style-type: none"> <input type="checkbox"/> BLITZ AWARDS 2006 <input type="checkbox"/> Bid for the SFFA Finals 2006 <input type="checkbox"/> Run the SFFA Finals 2006 if bid is successful <input type="checkbox"/> Run tournaments as above | On going throughout the year |
| Increase number of coaches and quality of coaching (t5, 7, 8, 9, 10, 11, 14, 16) | <ul style="list-style-type: none"> <input type="checkbox"/> Run coaching NGB qualification courses in the Highlands (3 leaders awards, 1 kitted level 1 and 1 flag level 1) <input type="checkbox"/> Work closely with the HNC/HND coaches in the Inverness College to get local coaches involved in coaching American Football <input type="checkbox"/> Obtain funding to pay these coaches <input type="checkbox"/> Mentor and find placements for these coaches to develop | <p>First contact made with HNC sports coaches in September (development throughout year)</p> <p>Funding application already sent off for year 1. Year 2 application in by June 2007.</p> |

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|---|---|
| Increase the choice of sport offered in secondary PE sessions and/or NQ Physical Education courses and increase participation in American Football (t4, 13, 16) | <ul style="list-style-type: none"> <input type="checkbox"/> Implement new flag football SQA courses in at least 1 secondary school/Inverness College <input type="checkbox"/> Liase with secondary active-schools co-ordinator | <p>SQA units will tie in with NQ semesters (September – January; February – June)</p> <p>Active Schools – throughout year</p> |
| Increase participation in secondary school pupils (t2, 4, 13) | <ul style="list-style-type: none"> <input type="checkbox"/> Run lunch time American Football sessions/presentation/American Football related activities for 6 week blocks in at least 2 secondary schools every 6-8 weeks <input type="checkbox"/> Conduct presentations in assemblies promoting American Football as a non traditional sport that may get people that are currently not involved with sport more active | On going throughout the year |
| Further Blitz's new facility project | <ul style="list-style-type: none"> <input type="checkbox"/> Liase with Highland Council <input type="checkbox"/> Attend meetings on Inverness Blitz behalf <input type="checkbox"/> Look into sources of funding | On going throughout the year |
| Increase participation in American Football in general (t1, 2, 3, 5, 12, 13) | <ul style="list-style-type: none"> <input type="checkbox"/> Actively develop and promote American Football in youth groups and work places to provide sporting activity for ALL ages and ALL sections of society | On going throughout the year |
| Provide activity for children and young people during school holidays | <ul style="list-style-type: none"> <input type="checkbox"/> Working with Highland Council on holiday schemes (Summer Programme) <input type="checkbox"/> Run extra fitness and conditioning sessions | <p>Planning and promotion: May-June</p> <p>Contact: July-August</p> |
| Further integration of special needs performers in American Football (t12, 13) | <ul style="list-style-type: none"> <input type="checkbox"/> Work with governing body to produce safe guidelines <input type="checkbox"/> Work with Disability Sport (Highland Council) | On going throughout the year |
| Look into possible funding for year 2 and 3 of the development officer project (t15) | <ul style="list-style-type: none"> <input type="checkbox"/> Meet with Highlands and Islands Enterprise (keep up to date) <input type="checkbox"/> Liaise with Highland Council <input type="checkbox"/> Big Lottery Fund <input type="checkbox"/> Further sponsorship from Lifescan <input type="checkbox"/> Continue reports to Lifescan (see sponsorship terms and conditions) <input type="checkbox"/> Sportsmatch | <p>Initial contact made with HIE early in year 1</p> <p>On going throughout the year</p> |
| Develop Senior Kitted Team (t5, 12) | <ul style="list-style-type: none"> <input type="checkbox"/> Develop and recruit for Senior flag for entry into SFFA 2007 <input type="checkbox"/> Recruit and mentor potential coaching staff (specific job descriptions) <input type="checkbox"/> Promotion and Publicity in forces and work places | <p>August – December 2006</p> <p>On going throughout the year</p> |

ORGANISATIONAL TARGETS FOR END OF YEAR 2

Year 1 will run from August 2007 – August 2008

Teams

1. Number of performance level cadet flag teams in the inner city and Culloden area competing in SFFA league in 2008 increased to 8 (+2 on previous year)
2. Number of performance level junior flag teams in the inner city and Culloden area competing in SFFA league in 2008 increased to 3 (+1 on previous year)
3. Have two senior (or one more youth) flag teams competing in SFFA in 2008 (+1 on previous year)
4. Moray Firth Dolphins competing in BYAFA youth league in 2008
5. Senior Kitted team competing in BAFL in 2008

Coaches

6. Have two UKSCA (Strength and Conditioning) certified instructors with 2 assistant instructors being associate members of the UKSCA (being mentored by certified instructors) by end of year 2
7. Number of volunteer coaches actively coaching at performance level increased to 28 (+8 on previous year) with at least 10 of these being kitted coaches.
8. Sustain 8 (+ 3 on previous year) sessional coaches/officers working in schools averaging two hours a week
9. Number of Flag Football Leaders Qualified during year 2 will be 50+
10. Number of Flag Football Level 1 coaches qualified during year 2 will be 15+
11. Number of Flag Football Level 2 coaches qualified during year 2 will be 10+
12. Number of BAFCA Kitted Level 1 coaches qualified in year 2 will be 5+
13. Number of BAFCA Kitted Level 2 coaches qualified in year 2 will be 5+

Membership

14. Stabilise membership of Inverness Blitz at 250 members
15. Number users will be 2400 (indicators registers of school groups, youth groups, taster sessions, college classes, etc)

General

16. At least 30 athletes are active in Strength and Conditioning
17. Secured funding for development officer and development team for the coming year
18. Insure continued partnership with Inverness College

YEAR 2 ACTION PLAN

August 2007 – August 2008

| TASKS (RELATED TARGETS) | HOW | WHEN |
|--|---|---|
| Introduce American Football as a new activity in primary schools. (t1, 8, 14, 15) | <ul style="list-style-type: none"> <input type="checkbox"/> Revisit schools where exiting players used to attend (provide PE sessions and after school sessions) <input type="checkbox"/> Ensure at least one new school is visited every 2-3 months (provide PE sessions and after school sessions) | <p>August – March (for teams proposed for 2008)</p> <p>April – August (For teams proposed for 2009)</p> |
| Provide exit routes for players to continue with the sport out with school. (t1, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Conduct after school sessions at least one for every 3 schools (i.e. one session at the secondary school for the three primary schools to feed into). <input type="checkbox"/> Hold at least 2 primary school tournaments for participating schools. | <p>October – March (for teams proposed for 2008)</p> <p>Beginning of year 3 (For teams proposed for 2009)</p> |
| Increase activity of American Football participants (t6, 16) | <ul style="list-style-type: none"> <input type="checkbox"/> Run Fitness and conditioning sessions for Blitz members and family at least 2-3 times a week <input type="checkbox"/> Work with Blitz and HND/HNC coaches to train up new strength and conditioning coaches <input type="checkbox"/> Obtain use of facilities with free weight equipment <input type="checkbox"/> Design appropriate varied training programmes for Blitz athletes | On going throughout the year |
| Promote healthy lifestyle | <ul style="list-style-type: none"> <input type="checkbox"/> Educate participants in the benefits of healthy eating and proper hydration <input type="checkbox"/> Advise on healthy eating plans | On going throughout the year |
| Hold Events | <ul style="list-style-type: none"> <input type="checkbox"/> BLITZ AWARDS 2007 <input type="checkbox"/> Bid for Home Internationals 2007 (Flag/Kitted) <input type="checkbox"/> Run the Home Internationals if bid is successful <input type="checkbox"/> Run tournaments as above | On going throughout the year |
| Increase number of coaches and quality of coaching (t6, 7, 8, 9, 10, 11, 12, 15, 18) | <ul style="list-style-type: none"> <input type="checkbox"/> Run coaching NGB qualification courses in the Highlands (3 leaders awards, 1 kitted level 1, 1 flag level 1 and 1 flag level 2) <input type="checkbox"/> Work closely with the HNC/HND coaches in the Inverness College to get local coaches involved in coaching American Football <input type="checkbox"/> Obtain funding to pay these coaches <input type="checkbox"/> Mentor and find placements for these coaches to develop | <p>First contact made with HNC sports coaches in September (development throughout year)</p> <p>Year 3 application in by June 2008.</p> |

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|--|---|
| Increase the choice of sport offered in secondary PE sessions and/or NQ Physical Education courses and increase participation in American Football (t4, 14, 15, 18) | <ul style="list-style-type: none"> <input type="checkbox"/> Implement flag football SQA courses in at least 1 secondary school/Inverness College <input type="checkbox"/> Liase with secondary active-schools co-ordinator | <p>SQA units will tie in with NQ semesters (September – January; February – June)</p> <p>Active Schools – throughout year</p> |
| Increase participation in secondary school pupils (t2, 4, 8, 14, 15) | <ul style="list-style-type: none"> <input type="checkbox"/> Run lunch time American Football sessions/presentation/American Football related activities for 6 week blocks in at least 2 secondary schools every 6-8 weeks <input type="checkbox"/> Conduct presentations in assemblies promoting American Football as a non traditional sport that may get people that are currently not involved with sport more active | On going throughout the year |
| Further Blitz's new facility project | <ul style="list-style-type: none"> <input type="checkbox"/> Liase with Highland Council <input type="checkbox"/> Attend meetings on Inverness Blitz behalf <input type="checkbox"/> Look into sources of funding | On going throughout the year |
| Increase participation in American Football in general (t1, 2, 3, 4, 5, 14, 15) | <ul style="list-style-type: none"> <input type="checkbox"/> Actively develop and promote American Football in youth groups and work places to provide sporting activity for ALL ages and ALL sections of society | On going throughout the year |
| Provide activity for children and young people during school holidays | <ul style="list-style-type: none"> <input type="checkbox"/> Working with Highland Council on holiday schemes (Summer Programme) <input type="checkbox"/> Run extra fitness and conditioning sessions | <p>Planning and promotion: May-June</p> <p>Contact: July-August</p> |
| Further integration of special needs performers in American Football (t14, 15) | <ul style="list-style-type: none"> <input type="checkbox"/> Work with governing body to produce safe guidelines <input type="checkbox"/> Work with Disability Sport (Highland Council) | On going throughout the year |
| Look into further sustainability of the development officer project (t17) | <ul style="list-style-type: none"> <input type="checkbox"/> Meet with Highlands and Islands Enterprise (keep up to date) <input type="checkbox"/> Liase with Highland Council <input type="checkbox"/> Big Lottery Fund <input type="checkbox"/> Further sponsorship from Lifescan | On going throughout the year |
| Develop Senior Kitted Team (t5, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Recruit and mentor potential coaching staff (specific job descriptions) <input type="checkbox"/> Promotion and Publicity in forces and work places | <p>August – December 2007</p> <p>On going throughout the year</p> |

ORGANISATIONAL TARGETS FOR END OF YEAR 3

Year 1 will run from August 2008 – August 2009

Teams

1. Number of performance level cadet flag teams in the inner city and Culloden area competing in SFFA league in 2009 increased to 10 (+2 on previous year)
2. Number of performance level junior flag teams in the inner city and Culloden area competing in SFFA league in 2009 increased to 4 (+1 on previous year)
3. Have three youth/senior performance level flag teams competing in the SFFA in 2009 (+1 on previous year)

Coaches

4. Sustain two UKSCA (Strength and Conditioning) certified instructors with 2 assistant instructors being associate members of the UKSCA (being mentored by certified instructors) by end of year 3
5. Number of volunteer coaches actively coaching at performance level increased to 32 (+4 on previous year) with at least 10 of these being kitted coaches
6. Sustain 8 (no change from previous year) sessional coaches/officers working in schools averaging two hours a week
7. Number of Flag Football Leaders Qualified during year 3 will be 50+
8. Number of Flag Football Level 1 coaches qualified during year 3 will be 10+
9. Number of Flag Football Level 2 coaches qualified during year 3 will be 8+
10. Number of BAFCA Kitted Level 1 coaches qualified in Year 3 will 10+
11. Number of BAFCA Kitted Level 2 coaches qualified in Year 3 will be 3+
12. Number of BAFCA Kitted Level 3 coaches qualified in Year 3 will be 3+

Membership

13. Stabilise membership of Inverness Blitz at 280 members
14. Number users will be 2400 (indicators registers of school groups, youth groups, taster sessions, college classes, etc)

General

15. At least 30 athletes are active in Strength and Conditioning
16. Secured funding for development officer and development team for the coming year
17. Insure continued partnership with Inverness College

YEAR 3 ACTION PLAN

August 2008 – August 2009

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|---|---|
| Introduce American Football as a new activity in primary schools. (t1, 6, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Revisit schools where exiting players used to attend (provide PE sessions and after school sessions) <input type="checkbox"/> Ensure at least one new school is visited every 2-3 months (provide PE sessions and after school sessions) | <p>August – March (for teams proposed for 2009)</p> <p>April – August (For teams proposed for 2010)</p> |
| Provide exit routes for players to continue with the sport out with school. (t1, 13) | <ul style="list-style-type: none"> <input type="checkbox"/> Conduct after school sessions at least one for every 3 schools (i.e. one session at the secondary school for the three primary schools to feed into). <input type="checkbox"/> Hold at least 2 primary school tournaments for participating schools. | <p>October – March (for teams proposed for 2009)</p> <p>Beginning of year 4 (For teams proposed for 2010)</p> |
| Increase activity of American Football participants (t13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Run Fitness and conditioning sessions for Blitz members and family at least 2-3 times a week <input type="checkbox"/> Work with Blitz and HND/HNC coaches to train up new strength and conditioning coaches <input type="checkbox"/> Obtain use of facilities with free weight equipment <input type="checkbox"/> Design appropriate varied training programmes for Blitz athletes | On going throughout the year |
| Promote healthy lifestyle | <ul style="list-style-type: none"> <input type="checkbox"/> Educate participants in the benefits of healthy eating and proper hydration <input type="checkbox"/> Advise on healthy eating plans | On going throughout the year |
| Hold Events | <ul style="list-style-type: none"> <input type="checkbox"/> BLITZ AWARDS 2008 <input type="checkbox"/> Organise event for Blitz 10 year anniversary <input type="checkbox"/> Run tournaments as above | On going throughout the year |
| Increase number of coaches and quality of coaching (t5, 6, 7, 8, 9, 10, 11, 12, 14, 17) | <ul style="list-style-type: none"> <input type="checkbox"/> Run coaching NGB qualification courses in the Highlands (3 leaders awards, 1 kitted level 1, 1 flag level 1 and 1 flag level 2) <input type="checkbox"/> Work closely with the HNC/HND coaches in the Inverness College to get local coaches involved in coaching American Football <input type="checkbox"/> Obtain funding to pay these coaches <input type="checkbox"/> Mentor and find placements for these coaches to develop | <p>First contact made with HNC sports coaches in September (development throughout year)</p> <p>Year 4 application in by June 2009.</p> |

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|--|---|
| Increase the choice of sport offered in secondary PE sessions and/or NQ Physical Education courses and increase participation in American Football (t3, 14, 15, 17) | <ul style="list-style-type: none"> <input type="checkbox"/> Implement flag football SQA courses in at least 1 secondary school/Inverness College <input type="checkbox"/> Liase with secondary active-schools co-ordinator | <p>SQA units will tie in with NQ semesters (September – January; February – June)</p> <p>Active Schools – throughout year</p> |
| Increase participation in secondary school pupils (t2, 3, 6, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Run lunch time American Football sessions/presentation/American Football related activities for 6 week blocks in at least 2 secondary schools every 6-8 weeks <input type="checkbox"/> Conduct presentations in assemblies promoting American Football as a non traditional sport that may get people that are currently not involved with sport more active | On going throughout the year |
| Further Blitz's new facility project | <ul style="list-style-type: none"> <input type="checkbox"/> Liase with Highland Council <input type="checkbox"/> Attend meetings on Inverness Blitz behalf <input type="checkbox"/> Look into sources of funding | On going throughout the year |
| Increase participation in American Football in general (t1, 2, 3, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Actively develop and promote American Football in youth groups and work places to provide sporting activity for ALL ages and ALL sections of society | On going throughout the year |
| Provide activity for children and young people during school holidays | <ul style="list-style-type: none"> <input type="checkbox"/> Working with Highland Council on holiday schemes (Summer Programme) <input type="checkbox"/> Run extra fitness and conditioning sessions | <p>Planning and promotion: May-June</p> <p>Contact: July-August</p> |
| Further integration of special needs performers in American Football (t13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Work with governing body to produce safe guidelines <input type="checkbox"/> Work with Disability Sport (Highland Council) | On going throughout the year |
| Look into further sustainability of the development officer project (t16) | <ul style="list-style-type: none"> <input type="checkbox"/> Meet with Highlands and Islands Enterprise (keep up to date) <input type="checkbox"/> Liaise with Highland Council <input type="checkbox"/> Big Lottery Fund <input type="checkbox"/> Further sponsorship from Lifescan | On going throughout the year |

ORGANISATIONAL TARGETS FOR END OF YEAR 4

Year 1 will run from August 2009 – August 2010

Teams

1. Number of performance level cadet flag teams in the inner city and Culloden area competing in SFFA league in 2010 increased to 12 (+2 on previous year)
2. Number of performance level junior flag teams in the inner city and Culloden area competing in SFFA league in 2010 increased to 5 (+1 on previous year)
3. Sustain three youth/senior performance level flag teams competing in the SFFA in 2010

Coaches

4. Sustain two UKSCA (Strength and Conditioning) certified instructors with 2 assistant instructors being associate members of the UKSCA (being mentored by certified instructors) by end of year 4
5. Number of volunteer coaches actively coaching at performance level increased to 34 (+2 on previous year) with at least 12 of these being kitted coaches
6. Sustain 8 (no change from previous year) sessional coaches/officers working in schools averaging two hours a week
7. Number of Flag Football Leaders Qualified during year 4 will be 50+
8. Number of Flag Football Level 1 coaches qualified during year 4 will be 10+
9. Number of Flag Football Level 2 coaches qualified during year 4 will be 8+
10. Number of BAFCA Kitted Level 1 coaches qualified in Year 4 will 10+
11. Number of BAFCA Kitted Level 2 coaches qualified in Year 4 will be 3+
12. Number of BAFCA Kitted Level 3 coaches qualified in Year 4 will be 1+

Membership

13. Stabilise membership of Inverness Blitz at 300 members
14. Number users will be 2400 (indicators registers of school groups, youth groups, taster sessions, college classes, etc)

General

15. At least 30 athletes are active in Strength and Conditioning
16. Secured funding for development officer and development team for the coming year
17. Insure continued partnership with Inverness College

YEAR 4 ACTION PLAN

August 2009 – August 2010

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|---|---|
| Introduce American Football as a new activity in primary schools. (t1, 6, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Revisit schools where exiting players used to attend (provide PE sessions and after school sessions) <input type="checkbox"/> Ensure at least one new school is visited every 2-3 months (provide PE sessions and after school sessions) | <p>August – March (for teams proposed for 2010)</p> <p>April – August (For teams proposed for 2011)</p> |
| Provide exit routes for players to continue with the sport out with school. (t1, 13) | <ul style="list-style-type: none"> <input type="checkbox"/> Conduct after school sessions at least one for every 3 schools (i.e. one session at the secondary school for the three primary schools to feed into). <input type="checkbox"/> Hold at least 2 primary school tournaments for participating schools. | <p>October – March (for teams proposed for 2010)</p> <p>Beginning of year 4 (For teams proposed for 2011)</p> |
| Increase activity of American Football participants (t13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Run Fitness and conditioning sessions for Blitz members and family at least 2-3 times a week <input type="checkbox"/> Work with Blitz and HND/HNC coaches to train up new strength and conditioning coaches <input type="checkbox"/> Obtain use of facilities with free weight equipment <input type="checkbox"/> Design appropriate varied training programmes for Blitz athletes | On going throughout the year |
| Promote healthy lifestyle | <ul style="list-style-type: none"> <input type="checkbox"/> Educate participants in the benefits of healthy eating and proper hydration <input type="checkbox"/> Advise on healthy eating plans | On going throughout the year |
| Hold Events | <ul style="list-style-type: none"> <input type="checkbox"/> BLITZ AWARDS 2009 <input type="checkbox"/> Run tournaments as above | On going throughout the year |
| Increase number of coaches and quality of coaching (t5, 6, 7, 8, 9, 10, 11, 12, 14, 17) | <ul style="list-style-type: none"> <input type="checkbox"/> Run coaching NGB qualification courses in the Highlands (3 leaders awards, 1 kitted level 1, 1 flag level 1 and 1 flag level 2) <input type="checkbox"/> Work closely with the HNC/HND coaches in the Inverness College to get local coaches involved in coaching American Football <input type="checkbox"/> Obtain funding to pay these coaches <input type="checkbox"/> Mentor and find placements for these coaches to develop | <p>First contact made with HNC sports coaches in September (development throughout year)</p> <p>Year 4 application in by June 2010.</p> |

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|--|---|
| Increase the choice of sport offered in secondary PE sessions and/or NQ Physical Education courses and increase participation in American Football (t3, 14, 15, 17) | <ul style="list-style-type: none"> <input type="checkbox"/> Implement flag football SQA courses in at least 1 secondary school/Inverness College <input type="checkbox"/> Liase with secondary active-schools co-ordinator | <p>SQA units will tie in with NQ semesters (September – January; February – June)</p> <p>Active Schools – throughout year</p> |
| Increase participation in secondary school pupils (t2, 3, 6, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Run lunch time American Football sessions/presentation/American Football related activities for 6 week blocks in at least 2 secondary schools every 6-8 weeks <input type="checkbox"/> Conduct presentations in assemblies promoting American Football as a non traditional sport that may get people that are currently not involved with sport more active | On going throughout the year |
| Further Blitz's new facility project | <ul style="list-style-type: none"> <input type="checkbox"/> Liase with Highland Council <input type="checkbox"/> Attend meetings on Inverness Blitz behalf <input type="checkbox"/> Look into sources of funding | On going throughout the year |
| Increase participation in American Football in general (t1, 2, 3, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Actively develop and promote American Football in youth groups and work places to provide sporting activity for ALL ages and ALL sections of society | On going throughout the year |
| Provide activity for children and young people during school holidays | <ul style="list-style-type: none"> <input type="checkbox"/> Working with Highland Council on holiday schemes (Summer Programme) <input type="checkbox"/> Run extra fitness and conditioning sessions | <p>Planning and promotion: May-June</p> <p>Contact: July-August</p> |
| Further integration of special needs performers in American Football (t13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Work with governing body to produce safe guidelines <input type="checkbox"/> Work with Disability Sport (Highland Council) | On going throughout the year |
| Look into further sustainability of the development officer project (t16) | <ul style="list-style-type: none"> <input type="checkbox"/> Meet with Highlands and Islands Enterprise (keep up to date) <input type="checkbox"/> Liaise with Highland Council <input type="checkbox"/> Big Lottery Fund <input type="checkbox"/> Further sponsorship from Lifescan | On going throughout the year |

ORGANISATIONAL TARGETS FOR END OF YEAR 5

Year 1 will run from August 2010 – August 2011

Teams

1. Sustain number of performance level cadet flag teams in the inner city and Culloden area competing in SFFA league in 2011 at 12
2. Sustain number of performance level junior flag teams in the inner city and Culloden area competing in SFFA league in 2011 at 5
3. Sustain three youth/senior performance level flag teams competing in the SFFA in 2011

Coaches

4. Sustain two UKSCA (Strength and Conditioning) certified instructors with 2 assistant instructors being associate members of the UKSCA (being mentored by certified instructors) by end of year 4
5. Number of volunteer coaches actively coaching at performance level increased to 36 (+2 on previous year) with at least 12 of these being kitted coaches
6. Sustain 8 (no change from previous year) sessional coaches/officers working in schools averaging two hours a week
7. Number of Flag Football Leaders Qualified during year 5 will be 50+
8. Number of Flag Football Level 1 coaches qualified during year 5 will be 10+
9. Number of Flag Football Level 2 coaches qualified during year 5 will be 8+
10. Number of BAFCA Kitted Level 1 coaches qualified in Year 5 will 10+
11. Number of BAFCA Kitted Level 2 coaches qualified in Year 5 will be 3+
12. Number of BAFCA Kitted Level 3 coaches qualified in Year 5 will be 1+
13. Number of BAFCA Kitted Level 4 coaches qualified in Year 5 will be 3+

Membership

14. Stabilise membership of Inverness Blitz at 310 members
15. Number users will be 2400 (indicators registers of school groups, youth groups, taster sessions, college classes, etc)

General

16. At least 30 athletes are active in Strength and Conditioning
17. Secured funding for development officer and development team for the coming year
18. Insure continued partnership with Inverness College

YEAR 5 ACTION PLAN

August 2010 – August 2011

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|---|---|
| Introduce American Football as a new activity in primary schools. (t1, 6, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Revisit schools where exiting players used to attend (provide PE sessions and after school sessions) <input type="checkbox"/> Ensure at least one new school is visited every 2-3 months (provide PE sessions and after school sessions) | <p>August – March (for teams proposed for 2011)</p> <p>April – August (For teams proposed for 2012)</p> |
| Provide exit routes for players to continue with the sport out with school. (t1, 13) | <ul style="list-style-type: none"> <input type="checkbox"/> Conduct after school sessions at least one for every 3 schools (i.e. one session at the secondary school for the three primary schools to feed into). <input type="checkbox"/> Hold at least 2 primary school tournaments for participating schools. | <p>October – March (for teams proposed for 2011)</p> <p>Beginning of year 4 (For teams proposed for 2012)</p> |
| Increase activity of American Football participants (t13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Run Fitness and conditioning sessions for Blitz members and family at least 2-3 times a week <input type="checkbox"/> Work with Blitz and HND/HNC coaches to train up new strength and conditioning coaches <input type="checkbox"/> Obtain use of facilities with free weight equipment <input type="checkbox"/> Design appropriate varied training programmes for Blitz athletes | On going throughout the year |
| Promote healthy lifestyle | <ul style="list-style-type: none"> <input type="checkbox"/> Educate participants in the benefits of healthy eating and proper hydration <input type="checkbox"/> Advise on healthy eating plans | On going throughout the year |
| Hold Events | <ul style="list-style-type: none"> <input type="checkbox"/> BLITZ AWARDS 2010 <input type="checkbox"/> Run tournaments as above | On going throughout the year |
| Increase number of coaches and quality of coaching (t5, 6, 7, 8, 9, 10, 11, 12, 14, 17) | <ul style="list-style-type: none"> <input type="checkbox"/> Run coaching NGB qualification courses in the Highlands (3 leaders awards, 1 kitted level 1, 1 flag level 1 and 1 flag level 2) <input type="checkbox"/> Work closely with the HNC/HND coaches in the Inverness College to get local coaches involved in coaching American Football <input type="checkbox"/> Obtain funding to pay these coaches <input type="checkbox"/> Mentor and find placements for these coaches to develop | <p>First contact made with HNC sports coaches in September (development throughout year)</p> <p>Year 4 application in by June 2011.</p> |

| TASKS (RELATED TARGETS) | HOW | WHEN |
|---|--|---|
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| Increase participation in secondary school pupils (t2, 3, 6, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Run lunch time American Football sessions/presentation/American Football related activities for 6 week blocks in at least 2 secondary schools every 6-8 weeks <input type="checkbox"/> Conduct presentations in assemblies promoting American Football as a non traditional sport that may get people that are currently not involved with sport more active | On going throughout the year |
| Further Blitz's new facility project | <ul style="list-style-type: none"> <input type="checkbox"/> Liase with Highland Council <input type="checkbox"/> Attend meetings on Inverness Blitz behalf <input type="checkbox"/> Look into sources of funding | On going throughout the year |
| Increase participation in American Football in general (t1, 2, 3, 13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Actively develop and promote American Football in youth groups and work places to provide sporting activity for ALL ages and ALL sections of society | On going throughout the year |
| Provide activity for children and young people during school holidays | <ul style="list-style-type: none"> <input type="checkbox"/> Working with Highland Council on holiday schemes (Summer Programme) <input type="checkbox"/> Run extra fitness and conditioning sessions | <p>Planning and promotion: May-June</p> <p>Contact: July-August</p> |
| Further integration of special needs performers in American Football (t13, 14) | <ul style="list-style-type: none"> <input type="checkbox"/> Work with governing body to produce safe guidelines <input type="checkbox"/> Work with Disability Sport (Highland Council) | On going throughout the year |
| Look into further sustainability of the development officer project (t16) | <ul style="list-style-type: none"> <input type="checkbox"/> Meet with Highlands and Islands Enterprise (keep up to date) <input type="checkbox"/> Liaise with Highland Council <input type="checkbox"/> Big Lottery Fund <input type="checkbox"/> Further sponsorship from Lifescan | On going throughout the year |

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