



Coach Education Workshops

July 2009

Issue: 21

sports coach UK coaching workshops

sports coach UK courses are for all coaches. The fact that workshops are available at two levels means that there is something for you if you are a beginner or an experienced coach and want to gain more knowledge in a particular coaching topic.

So what courses are available and what are they about?

COACHING ESSENTIALS – INTRODUCTORY WORKSHOPS (NEW COACHES OR LIMITED OR NO EXPERIENCE)

How to Coach Disabled People in Sport:

This workshop tackles all the frequently asked questions posed by sports teachers, coaches and participants about how to work with disabled sports people. This includes a whole spectrum of new ideas for inclusion, the workshop will introduce and offer guidance to any coach involved with disabled people in sport, the emphasis being to introduce coaches to the Inclusion Spectrum and effective practice.

Introduction to Long Term Athlete Development

This workshop is aimed at coaches to enable them to understand the key concepts of the LTAD model and its practical applications. As well as general theory this workshop describes how to identify and develop talented athletes, including maximising a performer's ability, achievements and commitment to sport through integration of the LTAD approach.

An Introduction to the FUNdamentals of Movement

This practical workshop explores the concepts of Agility, Balance, Co-ordination and speed. It compliments other coach education resources, which may focus on the movement skills of running, hopping, skipping etc. This workshop assists coaches to observe, analyse and coach good movement patterns within their sessions, whether multi skill or sport specific.

DEVELOPING YOUR COACHING WORKSHOPS (COACHES TO FURTHER DEVELOP THEIR COACHING SKILLS AND KNOWLEDGE)

A Guide to Mentoring Sports Coaches: Mentoring is a powerful tool in education and development of sports coaches at all levels. This workshop will help you as a mentor to support coaches' learning and focus on how learning occurs.

Analysing your Coaching: Discover methods of analysing your own coaching performance and identify areas for development. Learn how to develop and implement an action plan to enhance your coaching.

Coaching Children and Young People:

Discover the needs and motivation of young performers. Learn how to deliver effective coaching sessions to meet the level of skill, developmental stage and motivation of each young performer.

Coaching Disabled Performers:

Develop your coaching knowledge and skills to coach disabled performers through inclusive and separate coaching sessions. Discover new ways to adapt equipment and identify appropriate safety and medical considerations to meet your performer's needs.

Equity in your Coaching: Everyone should have access to sport, regardless of age, gender, race, ability, faith or sexual orientation. As a coach, you have an important role to play ensuring this happens. The workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants.

Planning and Periodisation (was Goal Setting and Planning):

This workshop will help you, the coach to describe the processes involved in effective planning, gather information on the demands of their sport and the training needs of their performers, explain and apply the adaptation process, divide the year into training phases of different emphasis, integrate all elements of performance into individual training programmes and explain the importance of monitoring and evaluating performance in the context of an overall plan.

Safeguarding & Protecting Children:

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns.

runningsports resources/workshops are for anyone working or volunteering in a sports club or community environment who want to improve their knowledge and skills, this includes individual volunteers, club managers, officials and coordinators. Workshops are divided into three main strands; Governance and Administration, Finance and Funding and Volunteers and Volunteer Management.

If you would like to find out more about a particular subject and are not sure how to go about doing it, then read on..... One of these courses may be just what you are looking for.....

So what courses are available and what are they about?

A Club for All:

Find out how your club can benefit from welcoming all members of the community. You can assess how well you are doing at the moment and what else you could be doing to mark your club more accessible to more people.

Action Planning for Your Club:

A sports development plan will tell outside bodies what you need, when you need it and why you need it
Developing Partnerships with Clubs and Schools - Opportunities to bring more junior members through your doors.

Developing Partnerships with Clubs & Schools:

This workshop focuses on two key areas in making the transition and can be tailored to meet the needs of schools and sports organisations. This workshop will enable schools and sports organisations to analyse the benefits of developing quality partnerships with sports organisations/a junior club, list the key factors in creating a sustainable partnership & identify who to involve in developing a partnership/junior club.

Funding for Your Club:

Every sports club could use more money and better publicity. This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. It will also help you to identify how you can promote your club more effectively.

Making the Most of Your People:

This workshop shows you how to put together a workforce development plan. An effective one will help your club achieve its vision and improve your chances of benefiting from funding for skill building

The Role of the Volunteer Coordinator:

In this workshop, volunteers will learn exactly what this role entails and how they can become an even greater asset to their club by taking it on.

Valuing your Sports Volunteers

How to recruit, retain, recognise and reward your volunteers

This workshop will help you to recruit more volunteers, motivate, retain, reward and manage them even more effectively.

WHO DO I CONTACT?

FOR ENQUIRIES REGARDING sports coach UK & runningsports COURSES CONTACT:

Clare Heydon – People and Programme Development Senior Officer (Coaching)

Direct line: (029) 2033 8329 Fax: (029) 2033 8393

Email: clare.heydon@scw.org.uk



TO ORGANISE ANY OF THE COURSES LISTED CONTACT:

Nicola Mahoney – Administrative Officer

Direct line: (029) 2033 8213 Fax: (029) 2033 8393

Email: nicola.mahoney@scw.org.uk



WORKSHOPS – FROM JULY 2009

CONWY		Contact:	Caroline Jones: 01492 575557	
<u>Coleg Llandrillo</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	6 th October 2009		6.30-9.30pm	scUK
Safeguarding & Protecting Children	1 st December 2009		6.30-9.30pm	scUK
How to Coach Disabled People in Sport	19 th January 2010		6.30-8.30pm	scUK
Coaching Disabled Performers	2 nd March 2010		6.30-9.30pm	scUK
CARMARTHENSHIRE		Contact:	Hilary Jones: 01554 744350	
<u>Carmarthenshire Leisure Centre</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	9 September 2009		6pm-9pm	scUK
Developing Partnerships with Clubs & Schools	8 March 2010		6pm-9pm	runningsports
<u>Parc Y Scarlets</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Valuing your Sports Volunteers	23 September 2009		6pm-9pm	runningsports
Safeguarding & Protecting Children	12 October 2009		6pm-9pm	scUK
<u>Dinefwr Indoor Bowls</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	24 February 2010		6pm-9pm	scUK
CEREDIGION		Contact:	Steve Jones: 01970 633587	
<u>Aberystwyth Leisure Centre</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	9 th September 2009		6.30-9.30pm	scUK
Coaching Disabled Performers	1 st October 2009		6.30-9.30pm	scUK
Improving Practices & Skills	22 nd October 2009		6.30-9.30pm	scUK
Safeguarding & Protecting Children	10 th November 2009		6.30-9.30pm	scUK
POWYS		Contact:	Marion Bufton: 01874 612335 (Brecon)	
<u>Brecon Leisure Centre</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	1 July 2009		6.30-9.30pm	scUK
RHONDDA CYNON TAFF		Contact:	Michelle Gibbs: 01443 490247	
<u>Abercwmboi RFC</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	24 th September 2009		6pm-9pm	scUK
<u>Rhondda Sports Centre</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	3 rd February 2010		6pm-9pm	scUK
<u>Pontypridd YMCA</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
A Guide to Mentoring Sports Coaches	18 th November 2009		6pm-9pm	scUK
<u>Pontypridd YMCA/Uni of Glamorgan</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
<i>(please check venue with Michelle)</i>				
A Guide to Mentoring Sports Coaches	3 rd February 2010		6pm-9pm	scUK
<u>Llantrisant Leisure Centre</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	25 th May 2010		6pm-9pm	scUK
SWANSEA		Contact:	Nia Davies: 01792 635452	
<u>Cefn Hengoed Leisure Centre</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	9 th July 2009		6pm-9pm	scUK
VALE OF GLAMORGAN		Contact:	Julie Morgan: 01446 704754	
<u>Civic Offices</u>	<u>Date</u>		<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	15 th October 2009		6.30-9.30pm	scUK

If you would like to book yourself onto one of these courses listed; please phone the relevant contact for the local authority area

FIRST AID COURSES IN YOUR AREA

CEREDIGION

Contact: Steve Jones: 01970 633587

We run many Sports First Aid Courses in Ceredigion, via Ceredigion County Council every year at a cost price of £15 per person.

Sports First Aid (All 6-10pm)

Lampeter July 15th
Aberystwyth Sept 28th
Cardigan Nov. 24th

Others can be organised to order contact Mr Steven Jones, Secretary Ceredigion Sports Council, 01970 633 587.
stevenj@ceredigion.gov.uk

RHONDDA CYNON TAFF

Contact: Michelle Gibbs: 01443 490247

All are taking place in RT Training, Upperboat, Treforest

Sports Injuries (All 6pm-9pm)

Thursday 17th September 2009
Thursday 28th January 2009
Wednesday 19th May 2009

For more information:

Email: Michelle.Gibbs@rhondda-cynon-taff.gov.uk

SWANSEA

Contact: Jon Wallace, Bishopston Sports Centre, The Glebe, Bishopston, Swansea. SA3 3JP Tel 01792 235040

Bishopston Sports Centre

Fee £35.00- includes tuition, manual, training materials, course handouts, and a certificate valid for 3 years.

The aims of the Immediate Aid Certificate are twofold:

- To enable a candidate to be able to act as an appointed person to take charge of the first aid arrangements, including looking after the equipment and facilities and calling the Emergency Medical Services when required.
- To deal with emergency incidents that may arise whilst coaching or supervising children.

Day: Sundays

Times: 10am-2pm

Sun 26th Jul 2009
Sun 16th Aug 2009
Sun 6th Sept 2009
Sun 18th Oct 2009
Sun 29th Nov 2009

Day: Thursdays

Times: 6pm-10pm

Wed 1st Jul 2009
Wed 29th Jul 2009
Wed 26th Aug 2009
Wed 23rd Sep 2009
Wed 21st Oct 2009
Wed 18th Nov 2009
Wed 16th Dec 2009

All courses are HSE recognised and are 4hrs in duration, courses. Teas and coffee will be provided.

I can also run a course at club or groups venue at to suit you, as well as provide more advanced training should it be required.

HOW TO RECEIVE THIS FLYER BY EMAIL

Our flyer is distributed every quarter and can be found on our website <http://www.sports-council-wales.org.uk/performance-and-excellence/coaching> - there will be a further link on this page in order to take you to the flyer.

For those of you who have received this flyer by post and would prefer it to be sent to you by email, please email coacheducation@scw.co.uk your email will then be added to the distribution list and you will receive monthly and quarterly updates of courses taking place throughout Wales.

HOW TO REQUEST HARD COPIES OF THIS FLYER

If you do not have an email address and wish to request hard copies of this flyer please phone Nicola Mahoney on 029 2033 8213