



Coach Education & Running Sport

Oct 2007

Issue: 8

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 experienced coach but want more knowledge in a particular coaching issue.

So what courses are available and what are they about?

COACHING ESSENTIALS – INTRODUCTORY WORKSHOPS

What is Sports Coaching?:

This workshop clearly defines coaching and introduces the basic components of coaching sessions. Including sections in the roles, responsibilities and qualities of a coach, it is an ideal introduction for new and existing coaches. The emphasis is to outline safe and ethical coaching practice with specific focus on the Code of Conduct for Sports Coaches.

How to Coach Sports Safely:

Focusing on safe practice in sport, this workshop clearly outlines the health and safety issues associated with coaching. Includes sections on managing risk and manual handling. Essential guidance for every coach, the emphasis is on promoting safe practice as a coach.

How to Coach Sports Effectively:

This workshop includes practical tips to help develop coaching skills and allow participants to get the most benefit from your sessions. Also includes sections on planning, organising and delivering sessions. Featuring everything you need to know to be an effective coach, the emphasis is on detailing the fundamental components of the coaching process – Plan, Deliver, Evaluate.

How to coach children in sport:

Aimed at anyone working with children in sport, this workshop presents the basic principles of good practice and introduces the concept of long-term athlete development.

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.

DEVELOPING YOUR COACHING WORKSHOPS

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.

An Introduction to Core Stability: This interactive workshop raises awareness of the importance of building a strong foundation which is vital to optimising sports performance, playing longevity and reducing the risk of injury. The emphasis is on outlining the basic core stability exercises and can be integrated into training to improve the potential for power generation and efficiency from each muscular effort.

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 Methods and Communication:

Unlock and develop your communication skills to build and maintain a positive and effective coach/performer relationship. Learn the principles of good communication and coaching styles and how to use them to meet the needs of your performers.

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 performers needs.

Developing Power and Speed: This interactive workshop includes practical tips for coaches of multiple sprint sports such as rugby, tennis and netball. The focus will be on various methods to develop explosive power, straight line and lateral sport-specific speed, acceleration and agility. The emphasis is on outlining how general and sport-specific conditioning can be used to assist the performer to develop an essential component of their game.

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.

Field-based Fitness Training: Find out how to identify suitable field based tests, conduct them in the correct way and at the right times to provide meaningful information to assess the effectiveness of future training programmes.

Fitness and Training:

Develop your understanding of the components of fitness and how each area can affect the performance of your performers. Learn how to devise and implement appropriate training sessions to meet the fitness demands of your sport.

Fuelling Performers:

Enhance your knowledge to advise your performers on diet, promote health and ensure adequate energy intake for optimum performance. Raise your awareness surrounding eating and drinking for sport.

Goal-setting and Planning: Help your performers set targets and learn how to plan a training programme to meet their needs.

Imagery Training: Discover how to develop and use this powerful mental technique to help improve sports skills, build confidence, improve concentration and handle pressure. Find out how to use it effectively in training and competition to produce better results.

Improving Practices and Skills:

Find out how skills are acquired, developed and retained so you can structure your practice in the most effective way.

Injury Prevention and Management:

Learn more about why injuries occur and how to prevent them. Find out the best way to deal with them if they do happen and how to help performers return to training quickly but safely.

Motivation and Mental Toughness:

Find out more about your performers and positive ways to help them commit to training and perform better in competition. Learn how to set goals effectively and build confidence and concentration training.

Observation, Analysis and Video:

Develop your coaching eye through a greater understanding of how to observe and select appropriate methods to analyse your athlete's performance. Find out the power of video analysis and how you can use it effectively in your coaching into your everyday practice.

Performance Profiling: Learn how to use this technique to find out what your performers really think is important in helping them achieve their sporting goals. Work closely with them to prioritise their needs, plan and set goals, monitor their progress and jointly prepare an action plan for change. You can use this tool to make your own coaching more successful.

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.

The Responsible Sports Coach:

This workshop will enable you to develop an appropriate working relationship with performers based on mutual trust and respect that is rewarding for both of you.

Understanding Eating Disorders:

Eating disorders are prevalent in sport and can affect any performer, male or female, at any age at any level. Would you be able to recognise the signs and symptoms if a performer in your charge was suffering from an eating disorder? This workshop gives coaches and parents advice on what to look for, what to do and where to go for help in the event of suspecting the existence of an eating disorder.

RUNNING SPORT

Running Sport courses are aimed to improve the knowledge and skills of sports administrators in both voluntary and professional sectors. 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 course 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.

Developing Sporting Partnerships/Developing Junior Clubs:

Helping schools and sports organisations to provide quality opportunities for young people to progress in sport. Young people are the future of sport, and it is important that they are able to move from sport at school to a more adult environment that is safe, effective, attractive to them, and that helps them progress in their chosen sport. This workshop focuses on two key areas in making this transition, and can be tailored to meet the needs of schools and/or sports organisations.

Funding Your Club:

Find out how to raise the funds your club needs. Every sports club could use more money. This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. At the end of the workshop you will be able to:

- assess your club's financial needs so you know how much cash to raise and what it will be used for
- identify a range of fund-raising activities to help you bring in this money, and know which of these are realistic and achievable for your club
- recognise the key ingredients for a successful sponsorship proposal

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 COURSES CONTACT:

Joanne Heuze – scUK Coaching Officer
Direct line: (029) 20338224 Fax: (029) 20338393
Email: joanne.heuze@scw.org.co.uk



FOR ENQUIRIES REGARDING RUNNING SPORT CONTACT:

Sarah Narramore – Running Sport Officer
Direct line: (029) 20338233 Fax: (029) 20338393
Email: sarah.narramore@scw.org.co.uk



TO ORGANISE ANY OF THE COURSES LISTED CONTACT:

Nicola Mahoney – Administrative Officer
Direct line: (029)20338213 Fax: (029) 20338393
Email: nicola.mahoney@scw.org.co.uk



WORKSHOPS – FROM OCTOBER 2007

BANGOR Contact: Iona Williams : 01248 382571			
<u>Maes Glas Sports Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
How to Coach Children in Sport	18 th October 2007	6.30-9.30pm	scUK
How to Coach Disabled People in Sport	25 th October 2007	6.30-9.30pm	scUK
Safeguarding & Protecting Children	8 th November 2007	6.30-9.30pm	scUK
Coaching Children & Young People	29 th November 2007	6.30-9.30pm	scUK
Injury Prevention & Management	21 st February 2008	6.30-9.30pm	scUK
Fitness & Training	6 th March 2008	6.30-9.30pm	scUK
Coaching Disabled Performers	10 th April 2008	6.30-9.30pm	scUK
CAERPHILLY Contact: Paul Taylor: 01443 863225			
<u>St Cenydd Leisure Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Coaching Disabled Performers	13 th November 2007	6pm-9pm	scUK
CARDIFF Contact: Eleanor Walker: 02920 873927			
<u>UWIC</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
A Guide to Mentoring Sports Coaches	22 nd October 2007	6.30-9.30pm	scUK
Coaching Disabled Performers	29 th October 2007	6.30-9.30pm	scUK
Coaching Children & Young People	31 st October 2007	6.30-9.30pm	scUK
Safeguarding & Protecting Children	5 th November 2007	6.30-9.30pm	scUK
Fitness & Training	12 th November 2007	6.30-9.30pm	scUK
Funding your Club	14 th November 2007	6.30-9.30pm	Running Sport
Coaching Disabled Performers	28 th January 2008	6.30-9.30pm	scUK
Safeguarding & Protecting Children	30 th January 2008	6.30-9.30pm	scUK
Coaching Children & Young Performers	4 th February 2008	6.30-9.30pm	scUK
Injury Prevention & Management	11 th February 2008	6.30-9.30pm	scUK
Equity in Your Coaching	3 rd March 2008	6.30-9.30pm	scUK
Safeguarding & Protecting Children	10 th March 2008	6.30-9.30pm	scUK
Coaching Children & Young Performers	12 th March 2008	6.30-9.30pm	scUK
Fitness & Training	17 th March 2008	6.30-9.30pm	scUK
CARMARTHENSHIRE Contact: Hilary Jones: 01554 747536			
<u>Carmarthen</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	12 th November 2007	6-9pm	scUK
<u>Ammanford</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Valuing your Sports Volunteers	18 th February 2008	6-9pm	Running Sport
Safeguarding & Protecting Children	10 th March 2008	6-9pm	scUK
CEREDIGION Contact: Steve Jones: 01970 633587			
<u>Aberystwyth Leisure Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
How to Coach Children in Sport	19 th November 2007	6.30-9.30pm	scUK
CONWY Contact: Caroline Jones: 01492 575563/64 Tracey Evans: 01690 720106 North West Wales Outdoor Partnership (Plas Menai & Plas y Brenin courses)			
<u>Coleg Llandrillo</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Fitness & Training	27 th November 2007	6.30-9.30pm	scUK
Fuelling Performers	4 th December 2007	6.30-9.30pm	scUK
How to Coach Disabled People in Sport	8 th January 2008	6.30-8.30pm	scUK
Coaching Disabled Performers	29 th January 2008	6.30-9.30pm	scUK
Safeguarding & Protecting Children	5 th February 2008	6.30-9.30pm	scUK
<u>Plas Menai</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Valuing your Sports Volunteers	17 th October 2007	6.30-9.30pm	Running Sport
<u>Plas y Brenin</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	28 th November 2007	6.30-9.30pm	scUK
NEWPORT Contact: Victoria Reed: 01633 432933 (Newport Uni) Barrie Swift: 01633 670516 (Velodrome)			
<u>Velodrome, Newport</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	22 nd October 2007	6pm-9pm	scUK
<u>University of Wales, Newport</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
<u>Sports Centre</u>			
Safeguarding & Protecting Children	30 th October 2007	6-9pm	scUK
POWYS Contact: Helen Davies: 01874 612335 (Knighton, Brecon, Builth Wells & Llandrindod courses)			

Tricia Turner: 01685 627971 (Flash Leisure Centre & Maldwyn courses)

<u>Maldwyn Leisure Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	15 th November 2007	6-9pm	scUK
Safeguarding & Protecting Children	17 th March 2008	6-9pm	scUK
<u>Brecon</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	19 th November 2007	6.30-9.30pm	scUK
Safeguarding & Protecting Children	14 th January 2008	6.30-9.30pm	scUK
Safeguarding & Protecting Children	10 th March 2008	6.30-9.30pm	scUK
<u>Builth Wells</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Coaching Children & Young Performers	29 th November 2007	6.30-9.30pm	scUK
<u>Llandrindod</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	4 th February 2008	6.30-9.30pm	scUK
SWANSEA Contact:	Natalie Thomas: 01792 635452		
<u>The Guildhall</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Coaching Methods & Communication	24 th October 2007	6-9pm	scUK
Safeguarding & Protecting Children	5 th December 2007	6-9pm	scUK
<u>Bishopston Leisure Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Coaching Disabled Performers	7 th November 2007	6-9pm	scUK
<u>Morrison Leisure Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Analysing Your Coaching	21 st November 2007	6-9pm	scUK
VALE OF GLAMORGAN Contact:	Karen Davies: 01446 704614		
<u>Civic Offices, Barry</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Valuing your Sports Volunteers	13 th November 2007	6-9pm	Running Sport
<u>TBC</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Coaching Children & Young Performers	27 th November 2007	6.30-9.30pm	scUK
Fitness & Training	24 th January 2008	6-9pm	scUK
Goal Setting & Planning	21 st February 2007	6.30-9.30pm	scUK
Sports Development Planning	13 th March 2008	6.30-9.30pm	Running Sport
Coaching Methods & Communication	10 th April 2008	6.30-9.30pm	scUK
Core Stability Training	17 th April 2008	6-9pm	scUK
Improving Practices & Skills	22 nd May 2008	6.30-9.30pm	scUK
Analysing your Coaching	2 nd June 2008	6.30-9.30pm	scUK
Developing Sporting Partnerships	19 th June 2008	6.30-9.30pm	Running Sport
A Club for All	3 rd July 2008	6.30-9.30pm	Running Sport

