



# Coach Education & runningsports

October 2008

Issue: 14

## 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 performer's 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.

**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.

**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.

**TO NOTE:**

The following courses are under review & not being delivered at present:

**Injury Prevention and Management:**

**Observation, Analysis and Video**

**Coaching & the Law**

**Creating a Safe Coaching Environment**

## runningsports

runningsports 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 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](mailto:clare.heydon@scw.org.uk)



Great Coaches...Great Sport



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](mailto:nicola.mahoney@scw.org.uk)



## WORKSHOPS – FROM OCTOBER 2008

|  |                                |                |                  |
|--|--------------------------------|----------------|------------------|
| <b>BANGOR</b> 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                                   | 16 <sup>th</sup> October 2008  | 6.30-8.30pm    | scUK             |
| How to Coach Disabled People in Sport                            | 23 <sup>rd</sup> October 2008  | 6.30-8.30pm    | scUK             |
| Safeguarding & Protecting Children                               | 6 <sup>th</sup> November 2008  | 6.30-9.30pm    | scUK             |
| Coaching Children & Young People                                 | 27 <sup>th</sup> November 2008 | 6.30-9.30pm    | scUK             |
| Coaching Disabled Performers                                     | 19 <sup>th</sup> March 2009    | 6.30-9.30pm    | scUK             |
| <b>BLAENAU GWENT</b> Contact: Cath Hares: 01495 355654           |                                |                |                  |
| <u>Ebbw Vale Sports Centre</u>                                   | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| Safeguarding & Protecting Children                               | 4 <sup>th</sup> November 2008  | 6.30-9.30pm    | scUK             |
| Coaching Disabled Performers                                     | 18 <sup>th</sup> November 2008 | 6.30-9.30pm    | scUK             |
| A Guide to Mentoring Sports Coaches                              | 2 <sup>nd</sup> December 2008  | 6.30-9.30pm    | scUK             |
| Analysing your Coaching  | 13 <sup>th</sup> January 2009  | 6.30-9.30pm    | scUK             |
| An Introduction to Core Stability                                | 27 <sup>th</sup> January 2009  | 6.30-9.30pm    | scUK             |
| Developing Power & Speed   | 10 <sup>th</sup> February 2009 | 6.30-9.30pm    | scUK             |
| Field Based Fitness Training                                     | 17 <sup>th</sup> March 2009    | 6.30-9.30pm    | scUK             |
| Planning and Periodisation<br>(Goal-setting and Planning)        | 28 <sup>th</sup> April 2009    | 6.30-9.30pm    | scUK             |
| <b>CARDIFF</b> Contact: Eleanor Walker: 02920 873927             |                                |                |                  |
| <u>UWIC</u>  | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| Safeguarding & Protecting Children                               | 20 <sup>th</sup> October 2008  | 6.30-9.30pm    | scUK             |
| Coaching Children & Young Performers                             | 29 <sup>th</sup> October 2008  | 6.30-9.30pm    | scUK             |
| Coaching Disabled Performers                                     | 3 <sup>rd</sup> November 2008  | 6.30-9.30pm    | scUK             |
| Fitness & Training   | 5 <sup>th</sup> November 2008  | 6.30-9.30pm    | scUK             |
| A Guide to Mentoring Sports Coaches                              | 10 <sup>th</sup> November 2008 | 6.30-9.30pm    | scUK             |
| Safeguarding & Protecting Children                               | 12 <sup>th</sup> November 2008 | 6.30-9.30pm    | scUK             |
| Coaching Disabled Performers                                     | 28 <sup>th</sup> January 2009  | 6.30-9.30pm    | scUK             |
| Safeguarding & Protecting Children                               | 2 <sup>nd</sup> February 2009  | 6.30-9.30pm    | scUK             |
| Developing Power & Speed   | 4 <sup>th</sup> February 2009  | 6.30-9.30pm    | scUK             |
| Coaching Children & Young Performers                             | 9 <sup>th</sup> February 2009  | 6.30-9.30pm    | scUK             |
| An Introduction to Core Stability Training                       | 11 <sup>th</sup> February 2009 | 6.30-9.30pm    | scUK             |
| Physiology & Performance<br>(Fitness & Training)                 | 30 <sup>th</sup> March 2009    | 6.30-9.30pm    | scUK             |
| Safeguarding & Protecting Children                               | 1 <sup>st</sup> April 2009     | 6.30-9.30pm    | scUK             |
| <b>CARMARTHENSHIRE</b> Contact: Hilary Jones: 01554 747536       |                                |                |                  |
| <u>Dinefwr Indoor Bowls Centre,</u>                              | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| <u>Ammanford</u>   |                                |                |                  |
| Safeguarding & Protecting Children                               | 17 <sup>th</sup> November 2008 | 6-9pm          | scUK             |
| <b>CEREDIGION</b> Contact: Steve Jones: 01970 633587             |                                |                |                  |
| <u>Canolfan Hammden Tregaron</u>                                 | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| What is Sports Coaching?   | 27 <sup>th</sup> October 2008  | 6.30-9.30pm    | scUK             |
| <u>Canolfan Hammden Llambod</u>                                  | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| Safeguarding & Protecting Children                               | 11 <sup>th</sup> November 2008 | 6.30-9.30pm    | scUK             |
| <b>CONWY</b> Contact: Caroline Jones/Alun Evans: 01492 575566/57 |                                |                |                  |
| <u>Coleg Llandrillo</u>  | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| Safeguarding & Protecting Children                               | 7 <sup>th</sup> October 2008   | 6.30-9.30pm    | scUK             |
| Safeguarding & Protecting Children                               | 2 <sup>nd</sup> December 2008  | 6.30-9.30pm    | scUK             |
| How to Coach Disabled People in Sport                            | 13 <sup>th</sup> January 2009  | 6.30-9.30pm    | scUK             |
| Coaching Disabled Performers                                     | 27 <sup>th</sup> January 2009  | 6.30-9.30pm    | scUK             |
| Safeguarding & Protecting Children                               | 24 <sup>th</sup> March 2009    | 6.30-9.30pm    | scUK             |
| <b>MONMOUTHSHIRE</b> Contact: Steve Watkins: 01633 644553        |                                |                |                  |
| <u>Croesyceiliog CC</u>  | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| Safeguarding & Protecting Children                               | 6 <sup>th</sup> October 2008   | 6.30-9.30pm    | scUK             |
| <u>Tondu CC</u>  | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| Safeguarding & Protecting Children                               | 17 <sup>th</sup> November 2008 | 6.30 - 9.30 pm | scUK             |
| <u>Croesyceiliog CC</u>  | <u>Date</u>                    | <u>Time</u>    | <u>Programme</u> |
| Safeguarding & Protecting Children                               | 9 <sup>th</sup> March 2009     | 6.30 - 9.30 pm | scUK             |

## WORKSHOPS – FROM OCTOBER 2008 CONT...

|   |                                |                                     |                  |  |
|---|--------------------------------|-------------------------------------|------------------|--|
| <b>NEWPORT</b>                                    | <b>Contact:</b>                | <b>Laurence Gully: 01633 432933</b> |                  |  |
| <b>University of Wales, Newport Sports Centre</b> | <b>Date</b>                    | <b>Time</b>                         | <b>Programme</b> |  |
| Safeguarding & Protecting Children                | 16 <sup>th</sup> October 2008  | 6-9pm                               | scUK             |  |
| Coaching Disabled Performers                      | 12 <sup>th</sup> January 2009  | 6-9pm                               | scUK             |  |
| Safeguarding & Protecting Children                | 26 <sup>th</sup> February 2009 | 6-9pm                               | scUK             |  |
| <b>POWYS</b>                                      | <b>Contact:</b>                | <b>Helen Davies: 01874 612335</b>   |                  |  |
| <b>Council Offices, Brecon</b>                    | <b>Date</b>                    | <b>Time</b>                         | <b>Programme</b> |  |
| Safeguarding & Protecting Children                | 13 <sup>th</sup> October 2008  | 6pm-9pm                             | scUK             |  |
| Safeguarding & Protecting Children                | 24 <sup>th</sup> November 2008 | 6.30-9.30pm                         | scUK             |  |
| Safeguarding & Protecting Children                | 28 <sup>th</sup> January 2009  | 6.30-9.30pm                         | scUK             |  |
| Safeguarding & Protecting Children                | 25 <sup>th</sup> February 2009 | 6.30-9.30pm                         | scUK             |  |
| Safeguarding & Protecting Children                | 30 <sup>th</sup> March 2009    | 6.30-9.30pm                         | scUK             |  |
| <b>RHONDDA CYNON TAFF</b>                         | <b>Contact:</b>                | <b>Michelle Gibbs: 01443 490247</b> |                  |  |
| <b>Abercwmboi RFC, Aberdare</b>                   | <b>Date</b>                    | <b>Time</b>                         | <b>Programme</b> |  |
| Safeguarding & Protecting Children                | 11 <sup>th</sup> February 2009 | 6-9pm                               | scUK             |  |
| <b>SWANSEA</b>                                    | <b>Contact:</b>                | <b>Nia Davies:</b>                  |                  |  |
| <b>VALE OF GLAMORGAN</b>                          | <b>Contact:</b>                | <b>Karen Davies: 01446 704614</b>   |                  |  |
| <b>Civic Offices, Barry</b>                       | <b>Date</b>                    | <b>Time</b>                         | <b>Programme</b> |  |
| An Introduction to LTAD                           | 21 <sup>st</sup> October 2008  | 6.30-9.30pm                         | scUK             |  |
| Coaching Disabled Performers                      | 2 <sup>nd</sup> December 2008  | 6.30-9.30pm                         | scUK             |  |
| FUNDamentals of Movement                          | 9 <sup>th</sup> December 2008  | 6.30-9.30pm                         | scUK             |  |
| Developing Power & Speed                          | 22 <sup>nd</sup> January 2009  | 6.30-9.30pm                         | scUK             |  |
| Safeguarding & Protecting Children                | 3 <sup>rd</sup> February 2009  | 6.30-9.30pm                         | scUK             |  |
| Performance Profiling                             | 26 <sup>th</sup> March 2009    | 6.30-9.30pm                         | scUK             |  |

## FIRST AID COURSES IN YOUR AREA

|                |                 |  |  |  |
|----------------|-----------------|--|--|--|
| <b>SWANSEA</b> | <b>Contact:</b> | <b>Jon Wallace, Bishopston Sports Centre, The Glebe, Bishopston, Swansea. SA3 3JP Tel 01792 235040</b> |  |  |
|----------------|-----------------|--|--|--|

### 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.

#### Date

#### Times

12<sup>th</sup> October  
2<sup>nd</sup> November  
23<sup>rd</sup> November

All courses are HSE recognised and are 4hrs in duration, courses run from 9.30am-1.30. 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](mailto: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 MORE HARD COPIES OF THIS FLYER

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