



sportscoach UK & Running Sport



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

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.

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.

Good Practice and Child Protection:

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.

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

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.

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 and Promoting Your Club:

Find out how to raise the funds your club needs, and how to promote your club effectively. Every sports club could use more money, and better publicity, which can attract both funding and members. This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. It will also help you identify how you can promote your club more effectively. 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
- assess the promotional opportunities and requirements for your club
- select a range of techniques and tools to help you promote your club

Sports Development Planning:

All you need to know to produce an effective development plan for your club.

This workshop will help you to create a plan for your club to progress and grow. By the end of the workshop you will understand:

- The principles of sports development and performance pathways - so your performers can keep improving
- the principles of a planning process - so you know where to start and what to do next
- how to apply the principles of planning to sports development - so that it is relevant to your situation
- how to write a sports development plan for your own club - so your club knows where it is going and how to get there

Sports Facility Development:

How to prepare for a sports facility building project

This workshop will help you through the early stages of planning a building project for your club. The main aims of the workshops are to enable you to:

- stand back to gain a broad overview of your proposed building project and make sure the major decisions are right for your organisation. explore what is involved in project planning, from sports development to a design brief and a business plan.
- identify the areas you will be able to manage yourselves and those in which you will need expert help and advice.
- action plan realistically to implement the project.

Volunteer Management:

Volunteers are the lifeblood of all sports organisations. This workshop will help you to

manage effectively the volunteers that are essential to the current and future success of your club.

WHO DO I CONTACT?

FOR ENQUIRIES REGARDING SPORTS COACH UK COURSES CONTACT:

Joanne Heuze – scUK Coaching Officer
Tel: (029) 20338224 Fax: (029) 20300617
Email: joanne.heuze@scw.co.uk



FOR ENQUIRIES REGARDING RUNNING SPORT CONTACT:

Sarah Narramore – Running Sport Officer
Tel : (029) 20338233 Fax : (029) 20300617
Email: sarah.narramore@scw.co.uk



TO ORGANISE ANY OF THE COURSES LISTED CONTACT:

Nicola Mahoney – Administrative Officer
Tel :(029)20338213 Ex: 431 Fax: (029) 20300617
Email: nicola.mahoney@scw.co.uk

ScUK AND RUNNING SPORT WORKSHOPS - FROM SEP 2005

ANGLESEY	Contact:	Sian Mai Jones : 01248 752030		
Plas Arthur Leisure Centre	Date	Time	Programme	
How to Coach Disabled People in Sport	5 th October 2005	TBC	scUK	
Coaching Children & Young Performers	Jan 2006	TBC	scUK	
BANGOR	Contact:	Iona Williams : 01248 382571		
Maes Glas Sports Centre	Date	Time	Programme	
How to Coach Disabled People in Sport	17 th October 2005	6.30-9.30pm	scUK	
How to Coach Sports Effectively	8 th November 2005	TBC	scUK	
Coaching Children & Young Performers	29 th November 2005	TBC	scUK	
Good Practice & Child Protection	7 th February 2006	6.30-9.30pm	scUK	
Coaching Disabled Performers	6 th March 2006	6.30-9.30pm	scUK	
BLAENAU GWENT	Contact:	Cath Wood : 01495 355654		
Tredegar Sports Centre	Date	Time	Programme	
Sports Development Planning	19 th October 2005	TBC	Running Sport	
Funding & Promoting Your Club	23 rd January 2006	TBC	Running Sport	
Coaching Disabled Performers	19 th June 2006	TBC	scUK	
Fitness and Training	12 th July 2006	TBC	scUK	
Ebbw Vale Sports Centre	Date	Time	Programme	
Good Practice & Child Protection	15 th November 2005	6.30-9.30pm	scUK	
Fuelling Performers	28 th February 2006	TBC	scUK	
Observation, Analysis & Video	26 th April 2005	TBC	scUK	
Abertillery Sports Centre	Date	Time	Programme	
Injury Prevention & Management	14 th December 2005	TBC	scUK	
Coaching Children & Young Performers	22 nd March 2006	TBC	scUK	
Motivation & Mental Toughness	23 rd May 2006	TBC	scUK	
CARDIFF	Contact:	Clare Heydon : 02920 873927		
Niac (Biomechanics Lab) UWIC, Cyncoed	Date	Time	Programme	
Coaching Disabled Performers	25 th October 2005	6.30-9.30pm	scUK	
Good Practice & Child Protection	27 th October 2005	6.30-9.30pm	scUK	
Good Practice & Child Protection	27 th March 2006	6.30-9.30pm	scUK	
Coaching Disabled Performers	3 rd April 2006	6.30-9.30pm	scUK	
Coaching Children & Performers	4 th April 2006	6.30-9.30pm	scUK	
Field Based Fitness Training	5 th April 2006	6.30-9.30pm	scUK	
Developing Power & Speed	12 th April 2006	6.30-9.30pm	scUK	
Coaching Disabled Performers	19 th June 2006	6.30-9.30pm	scUK	
CARMARTHENSHIRE	Contact:	Hillary Johnson : 01554 747536		
Ammanford	Date	Time	Programme	
Good Practice & Child Protection	7 th February 2006	6-9pm	scUK	
Carmarthen	Date	Time	Programme	
Good Practice & Child Protection	5 th October 2005	6.30-9.30pm	scUK	
Coaching Children & Young Performers	20 th March 2006	6.30-9.30pm	scUK	
Llanelli	Date	Time	Programme	
Coaching Disabled Performers	2 nd November 2005	6-9pm	scUK	
CEREDIGION	Contact:	Steve Watkins : 01970 633695		
Tregaron Leisure Centre	Date	Time	Programme	
The Responsible Sports Coach	7 th November 2006	7-9pm	scUK	
CONWY	Contact:	Paula Roberts : 01492 575360		
Coleg Llandrillo	Date	Time	Programme	
How to Coach Disabled People in Sport	6 th October 2005	6.30-9.30pm	scUK	
Good Practice & Child Protection	30 th November 2005	6.30-9.30pm	scUK	
Coaching Disabled Performers	15 th February 2006	6.30-9.30pm	scUK	
Good Practice & Child Protection	22 nd February 2006	6.30-9.30pm	scUK	
Observation, Analysis & Video	7 th March 2006	6.30-9.30pm	scUK	
DENBIGHSHIRE	Contact:	Caroline Barrow : 01824 712707		
Denbigh Rugby Club	Date	Time	Programme	
Coaching Disabled Performers	27 th October 2005	6.30-9.30pm	scUK	
FLINTSHIRE	Contact:	Jane Hewston : 01352 702463		
Venue - TBC				
Analysing Your Coaching	13 th October 2005	6.30-9.30pm	scUK	
How to Coach Sport Safely	1 st February 2006	6.30-9.30pm	scUK	
Deeside College	Date	Time	Programme	
Analysing Your Coaching	22 nd September 2005	6.30-9.30pm	scUK	
Fitness & Training	12 th April 2006	6.30-9.30pm	scUK	
A Guide to Mentoring Sports Coaches	17 th May 2006	6.30-9.30pm	scUK	
Observation, Analysis & Video	15 th June 2006	6.30-9.30pm	scUK	
GWYNEDD	Contact:	Andrea Goode : 01341 251061		

Fitness & Training	10 th November 2005	6.30-9.30pm	scUK
NEWPORT	Contact:	Helen Parry, Newport University : 01633 432933	
		Nikki Coghill : 01633 432115 (coaching disabled performers)	
Newport University	Date	Time	Programme
Coaching Children & Young Performers	10 th October 2005	6-9pm	scUK
Coaching Disabled Performers	17 th January 2006	TBC	scUK
Coaching Disabled Performers	24 th January 2006	TBC	scUK
Good Practice & Child Protection	27 th February 2006	6-9pm	scUK
POWYS	Contact:	Kristian Phillips : 01874 612335	
		Tricia Jones : 01685 627971 (Welshpool & Maldwyn)	
Ystradgynlais Sports Centre	Date	Time	Programme
Good Practice & Child Protection	26 th September 2005	TBC	scUK
Flash Leisure Centre – Welshpool			
Good Practice & Child Protection	3 rd October 2005	TBC	scUK
Brecon Leisure Centre			
Fuelling Performers	7 th November 2005	TBC	scUK
Good Practice & Child Protection	30 th January 2006	TBC	scUK
Good Practice & Child Protection	29 th May 2006	TBC	scUK
Maldwyn Leisure Centre			
Injury Prevention & Management	15 th February 2006	TBC	scUK
Good Practice & Child Protection	10 th May 2006	TBC	scUK
RCT	Contact:	Andy Jones : 01685 885630	
	Contact:	Emma Bradshaw : 01443 482681 (Glamorgan Uni)	
Rhondda Fach Sports Centre			
Fitness & Training	19 th September 2005	6.30-9.30pm	scUK
Michael Sobell Sports Centre	Date	Time	Programme
The Responsible Sports Coach	3 rd October 2005	6-9pm	scUK
Glamorgan Uni			
What is Sports Coaching	24 th January 2006	6-9pm	scUK
How to Coach Disabled People in Sport	21 st February 2006	6-9pm	scUK
How to Coach Children in Sport	14 th March 2006	6-9pm	scUK
Good Practice & Child Protection	3 rd April 2006	6-9pm	scUK
Coaching Disabled Performers	5 th April 2006	6-9pm	scUK
Fitness & Training	6 th April 2006	6-9pm	scUK
VALE OF GLAMORGAN	Contact:	Paul Nanji : 01446 704615	
Barry Civic Offices	Date	Time	Programme
Fuelling Young Performers	17 th November 2005	6.30-9.30pm	scUK
Coaching Children & Young Performers	30 th January 2006	6.30-9.30pm	scUK
The Responsible Sports Coach	2 nd February 2006	6.30-9.30pm	scUK
Good Practice & Child Protection	16 th February 2006	6.30-9.30pm	scUK
Goal Setting & Planning	13 th April 2006	6.30-9.30pm	scUK
Coaching Disabled Performers	15 th May 2006	6.30-9.30pm	scUK
WREXHAM	Contact:	Sam White : 01978 297366	
		Nigel Garratt (Newi) : 01978 293455	
Newi	Date	Time	Programme
Good Practice & Child Protection	22 nd September 2005	9.30-12.30pm	scUK
Good Practice & Child Protection	22 nd September 2005	1.30-4.30pm	scUK
What is Sports Coaching	14 th October 2005	9.30-11.30am	scUK
How to Coach Sports Safely	21 st October 2005	9.30-11.30am	scUK
How to Coach Children in Sport	4 th November 2005	9.30-11.30am	scUK
How to Coach Disabled People in Sport	11 th November 2005	9.30-11.30am	scUK
How to Coach Children in Sport	25 th November 2005	9.30-11.30am	scUK
How to Coach Sports Effectively	2 nd December 2005	9.30-11.30am	scUK
How to Coach Sports Safely	9 th December 2005	9.30-11.30am	scUK
Coaching Children & Young Performers	20 th January 2006	9.30-12.30pm	scUK
What is Sports Coaching	27 th January 2006	9.30-11.30am	scUK
Injury Prevention & Management	3 rd February 2006	9.30-12.30pm	scUK
Coaching Disabled Performers	10 th February 2006	9.30-12.30pm	scUK
How to Coach Sports Effectively	17 th February 2006	9.30-11.30am	scUK
Wrexham	Date	Time	Programme
Good Practice & Child Protection	12 th October 2005	TBC	scUK
How to Coach Children in Sport	2 nd November 2005	TBC	scUK
How to Coach Children in Sport	8 th February 2006	TBC	scUK
What is Sports Coaching	8 th March 2006	TBC	scUK
Coaching Children & Young Performers	5 th April 2006	TBC	scUK
How to Coach Children in Sport	24 th May 2006	TBC	scUK