

Coach Development Day Booking Form

Name:
Address:
Home Tel:
Mobile Tel:
Email Address:
Disability:
Sport:
Club:
Morning Workshop choice	1st) 2nd)
Afternoon Workshop choice	1st) 2nd)

You can also book on this conference by clicking on the following link

[Book Now](#)

Please send a cheque (payable to ' West of England Sport Trust') along with the application form (No later than 10 days prior to the course date) to:

Richard Colman - West of England Sport Trust, c /o The University of the West of England, Coldharbour Lane, Bristol, BS16 1QY

Confirmation of your place and course details will be sent out on receipt of the application form and payment.

This information is available in alternative formats on request.



Coach Development Day 31st January 2010 'Supporting Your Ambition'



Ashton Park Sports Centre

£25

Time Table for the day

09:45 - 10:00 - Welcome

10:00 - 12:30 - Introduction & Morning Workshop

12:30 - 13:00 - Lunch Break

13:00 - 16:00 - Afternoon Workshop

Workshop Descriptions

Children's Coaches

Morning Workshop—An Introduction to the 5 C's

Confidence, Competence, Compassion, Character, Creativity. This introductory workshop will give you an outline of the 5 C's and how these should be incorporated into our coaching at all time to ensure we develop our participants as people and athletes.

Afternoon Workshop—FUNdamentals of Movement

This practical workshop looks at the concepts of Balance, Agility, Coordination and speed. The workshop allows coaches to develop their observational and analytical skills whilst introducing them to good movement patterns within either sport specific or multi skill environment.

Participation Coaches

Morning Workshop—Fun and Interactive Warm-ups

This practical workshop will provide you with ideas to motivate groups of all ages to warm up in a fun and interactive way. This quick fire run through of games and activities will provide you with plenty of ideas for future activities that can be used to warm up a group.

Afternoon Workshop—High Quality Coaching

This workshop will use practical demonstrations to explore the components of quality coaching. These exercises will aim to help you identify areas for you to develop and question yourself in terms of how high quality your sessions are.

Performance Coaches

Morning Workshop—Nutrition

This talk aims to provide information to coaches on appropriate nutrition to support athletic training. Topics covered will include supporting energy demands in training, maximize adaptations to training programs and approved sports supplements use to support performance goals.

Afternoon Workshop—Strength and Conditioning

This workshop will provide the attendees with an introduction to strength and conditioning. A mixture of practical and theory will provide coaches with practices that can be integrated into their training schedules.

Workshop Tutors

Gary Batchelor is an England Squash Level 4 coach who has been delivering coach education for over 22 years both for Squash and for Sports Coach UK. A qualified teacher, tutor trainer and an external verifier for UKCC qualification Gary comes with a wealth of experience of coaching a variety of audiences from beginners to international standard.

Matt Nolan has been coaching for the past 15 years working with a range of ages and abilities across a variety of sports and settings. Recently I have been instrumental in developing the SASP coaching workforce assessing, delivering and managing up to 50 Community Coaches and the programmes that see children having the opportunity to access high quality PE and sport provision.

Matt Donovan has 5 years experience as an inclusion community sports coach. With a vast knowledge of working in challenging environments and with a wide variety of audiences, Matt brings with him a widespread knowledge of motivating groups, thinking on your feet and having an innovative approach to coaching.

Mark Scarth is a level three coach and level one and two senior coach educator for England Hockey. Until September 09 Mark was employed as Regional Manager for the South East for Sports Coach UK and during this period was responsible for the development of a group of workshops entitled "The Impact of Quality Coaching on Learning" and, as UK Lead Officer for mentoring was responsible for the development of a level 3 qualification in mentoring titled "Level 3 Certificate in Mentoring in Sport".

Emma McCrudden is a Sports Nutritionist working with the English Institute of Sport. Emma has delivered Sports Nutrition to GB Bobskeleton in preparation for the upcoming Winter Olympics and British Beach Volleyball. She is currently working with England Netball and Leinster Rugby. of clinical issues.

The tutor for this workshop is still to be confirmed but details will be available shortly