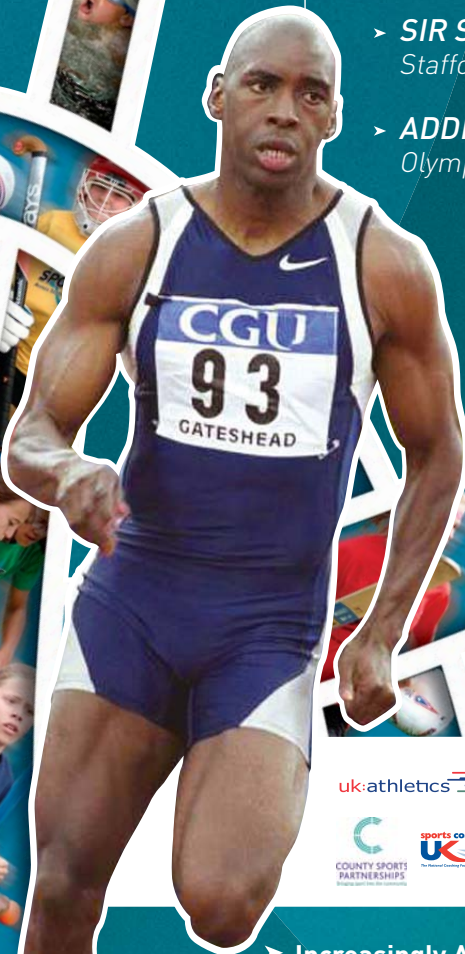


# COACHES CONFERENCE

**SUNDAY 12 OCTOBER 08**

- *SIR STANLEY MATTHEWS SPORTS CENTRE*  
*Staffordshire University | Stoke-on-Trent*
- *ADDRESS BY MARK RICHARDSON*  
*Olympic Silver Medalist*



West Midland



➤ **Increasingly Active, Healthy and Successful Communities**

# CONFERENCE TIMETABLE

- & 9:00am ➤ *Arrival*
- & 9:30am ➤ *Address by Mark Richardson  
Olympic Silver Medalist*
- & 10:00am ➤ *Morning Workshop*
- & 12:30pm ➤ *Buffet Lunch*
- & 13:30pm ➤ *Afternoon Workshop*
- & 16:30pm ➤ *Departure*

**COST** ➤ **£30** *(Inclusive of Lunch)*

**CONCESSIONS:**

**£15** *For existing Coach Database members*

**£15** *For those who submit an application to  
join the coach database by the 30 Sept.*

**To register to the database please visit:  
[www.sportacrossstaffordshire.co.uk](http://www.sportacrossstaffordshire.co.uk)**





# COACHING CONFERENCE 2008

## WELCOME

This all day event will contribute to greater recognition of the work of voluntary and paid coaches across Staffordshire and will add another tier of structured personal development opportunities for coaches in line with the aspirations of the Partnership coaching strategy.

The conference will provide an opportunity for both experienced and newly qualified coaches to develop their skills. Delegates will be able to choose both a morning and afternoon workshop from a comprehensive lists of workshops provided by Sportscoach Uk, Staffordshire University, Staffordshire County Council and National Governing Bodies of Sport. Many of the workshops are certificated, for those courses that are certificated please look for the  coding.

## CHOOSING A WORKSHOP

When selecting the workshops of your choice please use the SASSOT guide below which indicates the appropriate coach level of experience for that particular workshop.

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### Level One **Coaching Essentials**

Designed for people who have an interest in, or have limited experience of coaching and want to know more about what good, safe and effective coaching is.

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### Level Two **Develop your Coaching**

Coaches who want to further develop their coaching skills and knowledge to provide high quality coaching sessions.

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### Level Three **High Performance Coaching**

Development opportunities for coaches to gain the latest knowledge, hear the latest research implications and learn new skills for the High Performance Coach.

# MORNING WORKSHOPS

## Sports Psychology [SP] Effective Mental Preparation For Athletes Level 2/3



This workshop is aimed at relatively advanced level coaches (L2/L3). The workshop will provide an insight into pre-competition routines, strategies and techniques that are designed to enable the athlete to perform to their full potential once competition commences.

## Introduction To Core Stability [CS] Level 3



Many athletes suffer from a weakness in basic posture and stability and as a result run higher risk of injury and reduced playing longevity. This interactive workshop raises awareness of the importance of core stability, with an emphasis on outlining how postural and core stability assessments can help raise awareness of potential problems relating to power generation. This workshop will enable you to identify good posture, recognise the value of basic assessment and stability exercises, apply hip extension exercises and identify the need for athlete referral. **C**

## Analyse Your Coaching [AYC] Level 3



So much time is spent analysing your performers, it is difficult to turn a critical eye inwards. This workshop will enable you to analyse their own performance against a checklist to identify strength and weakness as well as recognise the different behaviours you exhibit whilst coaching. You will be able to devise and implement a behavioural change action plan and monitor any improvements in your coaching practice. **C**

## How To Coach Sport Effectively [CSE] Level 1



This workshop is an opportunity to learn from like-minded coaches and experienced tutors within a workshop environment. Practical tips allow you to easily apply your knowledge in your coaching sessions. In this workshop you will learn how to assess participants and tailor sessions according to their needs, using a participant-centred approach. Explaining how people learn will help you to understand how best to guide and support learning through effective planning, communication, assessment and evaluation. **C**



## Education Awareness [EA] Level 2/3



This support workshop is for coaches who are working with schools and aims to raise awareness of best practice and identify some of the key issues associated with coaching delivery within the school setting. At the end of the workshop coaches will be able to identify what is an appropriate level of support to provide to and expect from schools, identify the benefits of working in schools, recognise standards that are expectable for coaching delivery in the school setting and recognise the national frameworks within which schools operate i.e the National Curriculum

## Strength and Conditioning for Athletes [SCA] Level All



Strength and conditioning is core to all athletes to ensure they maximize their athletic potential. This workshop aims to look at the basic principles of the strength and conditioning theory as well as the practical applications for athletes and their coaches.




## Mini Basketball [MBA] Level All

Mini-Basketball is for children of 12 years and younger. It is a simplified game for boys and girls with lower goals, smaller balls and all must play. This Mini Basketball Awareness training will provide an introduction to the principles and practices of the game.

## National Plan for Teaching Swimming Level 1/2 Teachers and Coaches



This CPD seminar is recommended to as a Swimming Teachers, Level 2 (or equivalent) and will provide a clear understanding of how the NPTS programme has been developed. This workshop is designed to equip Swimming Teachers with ideas, which will facilitate their understanding and so acting as a pre-requisite to viewing the NPTS resources. This workshop will also include FUNdamentals. It will provide teachers with the basics of LTAD and the use of FUNdamentals and games to deliver FUN and innovative swimming lessons. 

# AFTERNOON WORKSHOPS

## Sports Nutrition [SN] Level 2/3



This workshop is aimed at relatively advanced level coaches (L2/L3). The workshop will provide an overview of what constitutes healthy nutrition to allow young athletes to perform at their optimum.

## Developing Power and Speed [DPS] Level 3



This interactive workshop includes tips to develop power, straight line and lateral sport-specific speed, acceleration and agility for coaches of multiple sprint sports such as rugby, tennis and netball. 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. **C**

## An Introduction To The Fundamentals of Movement [FM] Level 2/3



At the heart of a successful athlete's performance lies an innate grasp of FUNDamental movement skills, which are general to all sports and which provide the foundations on which advanced sport specific skills can be built. This practical workshop explores the concepts of Agility, Balance, Coordination and Speed. This workshop will help you to observe, analyse and coach good movement patterns within your sessions, whether these are multi-skill or sport specific. **C**

## Managing Behaviour [MB] Level 2/3




This workshop aims to increase coaches' awareness of the behaviour of young people, and the impact of the coach on the behaviour of others. The intention is to help coaches create a supportive coaching environment that will promote positive behaviour and find appropriate solutions to deal with unwanted and challenging behaviour. The workshop is primarily designed for coaches who will work with young people, and the scenarios, DVD footage and role plays are set in this context. **C**



## How To Coach Disabled Persons [CDP] Level 1




You do not necessarily need special training to work with disabled people in sport. What you do need is sport-specific knowledge and skills, coupled with the confidence and understanding to modify the ways you already work in your own sport. This workshop will provide all the basic knowledge you need to develop confidence and become a good coach for every participant. This workshop aims to answer all the commonly asked questions about disabled participants in sport and how to set up a coaching session to suit their needs. 

### PLEASE NOTE:

All courses are correct at the time of print and are subject to change .

## COACH DATABASE



 In conjunction with NGBs, Local Authorities and Education partners, Sport Across Staffordshire and Stoke-on-Trent are working towards the introduction of the Staffordshire Coach Database. This will be open to all coaches, living or working in the Staffordshire area, who have met a set of minimum operating criteria. We anticipate that this database will help to raise the profile and standards of coaching in this area.

Details of registered coaches will be held on an on-line database which will be searchable by registered schools and Local Authority Sports Development Officers, to help them fill coaching vacancies within their organisations. As well as the benefit of enhanced employment opportunities, registered Coaches will receive advice and improved access to training.

To register to the database please visit [www.sportacrosststaffordshire.co.uk](http://www.sportacrosststaffordshire.co.uk)

# MAP of Staffordshire University

College Rd  
Stoke-on-Trent  
ST4 2DE



**For all bookings please contact:**

**Kam Webster**

tel: 01785 619 695

email: [kwebster@staffordbc.gov.uk](mailto:kwebster@staffordbc.gov.uk)

web: [www.sportacrossstaffordshire.co.uk](http://www.sportacrossstaffordshire.co.uk)



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