

# ***COACHING SUPPLEMENT***

## **ACTIVE SURREY COACHES DEVELOPMENT PROGRAMME**

### Biomechanics & Physiology

Fundamentals (£22/£10\*) NESOCOT, Ewell, 4 May 7-10pm

### Coaching Style Workshops

Guide to Mentoring Sports Coaches (£22/£10\*) - Civic Offices, Staines, 24 Feb 7-10pm

Children & Young People (£22/£10\*) - Council Offices, Camberley, 14 Mar 7-10pm

### Disability Awareness

Coaching Disabled Performers (£22/£10\*) - YMCA, Redhill, 26 Apr 7-10pm

How to coach disabled people in sport (£15/£5\*) - Camberley, 23 Feb - Civic Offices, Addlestone, 14 Apr - Univ of Surrey, Guildford, 21 Apr - Woking Leisure Centre, 16 May (All from 7:30 - 9:30pm).

### Ensuring Safety

Emergency First Aid for Sport (£40/(£20\*) - Town Hall, Epsom, 10 & 22 Feb - YMCA, Redhill 10 & 17 Mar - Civic Centre, Esher 23 Apr 10am-5pm - Camberley, 11 & 18 May (All, except Esher from 7-10pm).

Good Practice & Child Protection (£22/£10\*) - Red Cross Centre, Oxted, 21 Feb - Civic Offices, Staines, 8 Mar (Both from 7-10pm).

### Equity Awareness

Equity In Your Coaching (£22/£5\*) - Town Hall, Epsom, 1 Mar - Council Offices, Staines, 13 Apr - CAB, Godalming, 17 May (All from 7-10pm).

\* Discounted prices are available to the following:

- Active Surrey Inducted Coaches
- Clubs registered with AAA and Active Surrey as working towards Clubmark accreditation.
- Anyone receiving Income Support/Benefits.
- Students in full-time education.

### Athletics (Specific)

Children in Athletics (£19) - Hinchley Wood Sec. School, 14 Feb 9am-5pm.

Level 1 Assistant Coach (£50) - Spectrum, Guildford, 12 Mar 9am-5pm. Contact: Spencer Barden 01509 236652.

Level 2 Club Coach Award (£120) - Broadbridge LC, Horsham, 12 & 13 Feb 9am - 5pm. Contact Spencer Barden.

Event Specific Workshops (£10) - Middle Distance & Endurance, 13 Feb - Javelin, 27 Feb (Both at TVAC, Eton from 10am-3pm). Contact: Bruce Judd 01483 273069

Contact for all the above (unless indicated otherwise) is Sarah Williams, Active Surrey Development Officer. Tele: 01483 518944. E-mail: sarah.williams@surreycc.gov.uk.

E-mail for Spencer Barden is sbarden@ukathletics.org.uk.

## ***COACHING SUPPLEMENT***

### **COACH EDUCATION PROGRAMME – London/East – 2005**

<b>Course Date</b>	<b>Code</b>	<b>Venue</b>	<b>Time</b>	<b>Availability</b>
<b>LEVEL 1</b>				
Sa 5 Feb 05	L048	Enfield	0900-1700	5 places
Su 6 Feb 05	L045	Kingston College	0900-1700	19 places
Sa 12 Feb 05	EA047	Barstable school,Basildon	0900-1700	20 Places
Su 20 Feb 05	EA049	Norwich	0900-1700	20 places
?Mar 05	EA044	Royston, Hertfordshire	0900-1700	20 places
Sa 9 Apr 05	EA050	Ipswich	0900-1700	20 places
Su 10 Apr 05	L044	Haringey	0900-1700	20 places
Su 12 Jun 05	L046	Eltham	0900-1700	20 places
Sa 6 Aug 05	L047	Hackney	0900-1700	20 places
Sa 13 Aug 05	EA051	Bury St Edmunds	0900-1700	20 places
Sa 8 Oct 05	L049	Sutton	0900-1700	20 places
Su 9 Oct 05	EA052	Kings Lynn	0900-1700	20 places
Su 16 Oct 05	L050	Crystal Palace	0900-1700	20 places
Sa 12 Nov 05	EA053	Bedford	0900-1700	20 places

NOTE. If you have 12 applicants, a specific course could be organised for them.

#### LEVEL 2 Core Module

19+20 Mar 05	EA216	Bedford	0900-1700	20 places
9+10 Apr 05	L213	Twickenham	0900-1700	20 places
23+24 Jul 05	L214	Uxbridge	0900-1700	20 places
6+7 Aug 05	EA217	Chelmsford	0900-1700	20 places
27+28 Aug 05	L215	Haringey	0900-1700	20 places
3+4 Sep 05	EA218	Bury St Edmunds	0900-1700	20 places
19+20 Nov 05	L216	Sutton	0900-1700	20 places
26+27 Nov 05	EA219	Bedford	0900-1700	20 places

#### LEVEL 2 Event Modules and Assessments

26 Feb 05	L211SP/TH	Speed or Throws, Twickenham	0900-1700	10 places
27 Feb 05	L211JU/EN	Jumps or Endurance, Twickenham	0900-1700	15 places
23 Apr 05	EA214SP/TH	Speed or Throws, Norwich	0900-1700	10 places
24 Apr 05	EA214JU/EN	Jumps or Endurance, Norwich	0900-1700	15 places
10 Sep 05	EA216JU/EN	Jumps or Endurance, Chelmsford	0900-1700	15 places
11 Sep 05	EA216SP/TH	Speed or Throws, Chelmsford	15 places	10 places
17 Sep 05	L213JU/EN	Jumps or Endurance, Sutton	10 places	15 places
18 Sep 05	L213SP/TH	Speed or Throws, Sutton	15 places	10 places
10 Dec 05	L215SP/TH	Speed or Throws, Uxbridge	15 places	10 places
11 Dec 05	L215JU/EN	Jumps or Endurance, Uxbridge	10 places	15 places
17 Dec 05	EA217SP/TH	Speed or Throws, Bedford	15 places	10 places
18 Dec 05	EA217JU/EN	Jumps or Endurance, Bedford	10 places	15 places

## **COACHING SUPPLEMENT**

### **COACH EDUCATION PROGRAMME – London/East – 2005 (continued)**

#### LEVEL 3 & 4 Core Module

12+13 Mar 05	L3C201	Level 3 Phase 2, Twickenham	0930-1700	9 places
19 Mar 05	L4C101	Level 4 Phase I, Hackney	0930-1700	15 places
19+20 Mar 05	L3C102	Level 3 Phase 1, Hackney	0930-1700	20 places
2 Apr 05	EA4C101	Level 4 Phase 1, Bury St Edmunds	0930-1700	15 places
2+3 Apr 05	EA3C201	Level 3 Phase 2, Chelmsford	0930-1700	20 places
9+10 Apr 05	L4C201	Level 4 Phase 2, Hackney	0930-1700	20 places
16+17 Apr 05	EA3C102	Level 3 Phase 1, Bury St Edmunds	0930-1700	20 places
23+24 Apr 05	EA4C201	Level 4 Phase 2, Bury St Edmunds	0930-1700	20 places
30+1 Apr/May 05	L3C202	Level 3 Phase 2, Twickenham	0930-1700	20 places
5+6 Nov 05	EA3C103	Level 3 Phase 1, Bedford	0930-1700	20 places
12+13 Nov 05	L3C103	Level 3 Phase 1, Twickenham	0930-1700	20 places
13 Nov 05	L4C102	Level 4 Phase 1, Twickenham	0930-1700	15 places

#### Stand Alone Modules

Sa 5 Feb 05	Eating Disorders	LE0001	Hackney	15 places
Sa 12 Mar 05	Fitness in Run & Walk	EAFiRW07	Bedford	20 places
Sa 16 Apr 05	Children in Athletics	EACiA10	Norwich	20 places
? Apr 05	Children in Athletics	EACiA11	Herts	20 places
? Jun 05	Mentoring Workshop	EA3M01	TBC	20 places
Sa 4 Jun 05	Children in Athletics	LCiA09	Sutton	20 places
Su 19 Jun 05	Fitness in Run & Walk	EAFiRW08	TBC Southend	20 places
Su 19 Jun 05	Children in Athletics	LCiA11	Eltham	20 places
13+14 Aug 05	Strength & Conditioning	LSC002	Twickenham	20 places
Sa 1 Oct 05	Children in Athletics	EACiA12	Bedford	20 places
Su 2 Oct 05	Fitness in Run & Walk	LFiRW05	Sutton	20 places
Sa 15 Oct 05	Children in Athletics	LCiA10	Crystal Palace	20 places

#### **COST OF COURSES**

(non refundable – unless cancelled by UK Athletics but can be transferred)

Level 1 - £50 per person - 1 day no assessment

Level 2 - £120 per person – 3 days including assessment

Level 2 Additional Event Modules-£30 per person no assessment

Level 3 – Phase 1 - £80 per person – 2 days no assessment

Level 4 – Phase 1 - £80 per person – 1 day (scUK Group Excel)

Children in Athletics - £50 per person – 1 day including assessment

Fitness in Running & Walking - £50 per person - 1 day no assessment

Strength & Conditioning - £100 per person - 2 days no assessment

Mentoring - £80 per person - 2 days optional assessment

Workshops - Eating Disorders etc - £40 per person – ½ day no assessment

# ***COACHING SUPPLEMENT***

## **COACH EDUCATION PROGRAMME – London/East – 2005 (continued)**

### **HOW TO BOOK ON A COURSE**

New Coaches – must complete a Coach Application/Data Form and return it with passport photograph and payment PRIOR to the course. Forms can be downloaded from [www.ukathletics.net](http://www.ukathletics.net) or by contacting your Regional Education & Training Administrator, details below.

Places are allocated on a first paid first served basis and

will proceed provided minimum numbers are met.

Payments - Cheques payable to UK Athletics and sent to the address below or Purchase Orders Faxed to 07092 144 324

Bookings by post close 14 days prior, email bookings close 5 days prior.

### **FOR FURTHER INFORMATION & AN APPLICATION FORM CONTACT**

Chris Bowman

60 Grecian Street, Maidstone, Kent ME14 2TS

Tel 01622 664 835 Fax: 07092 144 324 Mobile: 07970 544 324

Email: [cbowman@ukathletics.org.uk](mailto:cbowman@ukathletics.org.uk)

Note - between the following dates:

10 Feb to 22 Feb 05; 28 Mar to 19 Apr 05; 1 to 28 Sep 05; 9 to 15 Nov 05; 19 Dec 04 to 3 Jan 06; 20 to 27 Feb 06

Email, Call Spanish Mobile No. 00 34 685 400 548 or leave a message on 07092 144 324.

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### **Cash Award for Community Coaches**

Surrey's sporting community is celebrating after £114,000 was recently awarded by the DCMS with another £1/2 million set to follow!

It is the first award for Surrey as part of the national Community Sports Coach Scheme which aims to part-finance 3,000 paid, professional coaches (throughout England), working locally to increase the number and range of high quality coaching opportunities available, mostly for young people. The Scheme will also help enhance the recognition of coaching as a profession, with accredited qualifications and a real career-development structure. Over the next 18 months the Scheme will help to establish around 60 new full- and part-time coaching posts in Surrey that could deliver an additional 30,000 hours of high quality sports coaching a year!

Extracted from Spring 2005 Issue of Surrey Sports Partnership's *Inside track* publication.

Contact Sarah-Jane Sykes (01483 518963) for further details on Athletics involvement in the Scheme.