

Dear Coach/Coaching Derbyshire Partner,

The aim of this newsletter is to inform, encourage, support and inspire you whether you're a volunteer or paid coach, whether you work with community clubs or with performance and elite sports people in the county.

There's information about training and personal development, opportunities for paid coaching, case studies to inspire you to further your coaching, and much more. We would encourage you to have a look and see if there's anything that can take you that next step on your coaching journey.

Coach Database

We can tailor the information we send to, informing you of and voluntary or paid vacancies within the sports that you coach. By identifying the needs of all coaches within Derbyshire, we can constantly strive to endeavour that the courses that you need are available close to where you live and/or coach. To do this we need you to register on the Coaching Derbyshire database – please go to <http://www.derbyshiresport.co.uk/coachdatabase> and make sure you tell us which sport specific and other coach education qualifications you would like to gain. If you have any questions, please contact our dedicated helpdesk – allison.nolan@derby-college.ac.uk.

Coach needed for the Back 2 Netball Programme in South Derbyshire

Hayley Bladon of England Netball is looking to recruit a Level 2 or a competent Level 1 Coach to run a 10 week block of 1 hour sessions starting on Thursday 22nd April 2010.

Remuneration is £150 for the 10 x 1 hour sessions. Please contact Hayley Bladon on 07545 924993 – hayley.bladon@englandnetball.co.uk

Book Voucher Competition

We want to hear your coaching story and we are delighted to announce that **Scarthin Books of Cromford**, "Britain's most enjoyable bookshop" is sponsoring this by donating a national book token to the value of £20. For all your book needs go to www.scarthinbooks.com

Share your story – inspire others and you could be our winner and being rewarded by choosing the book of your choice up to the value of £20.

Please send your story to Allison.nolan@derby-college.ac.uk

What's in this Newsletter

Bursary News - pages 6 and 7

Coach Database - this page

Competition - this page

Coach Education Workshops/Courses - pages 2, 3 and 4

Sport Specific Coach Courses – pages 4 and 5

Case Studies – pages 6 and 7

Coach Education Workshops coming up...

For further details please go to www.derbyshiresportcoursesearch.co.uk

Equity in Your Coaching - sports coach UK

Target Audience - UKCC Level 1 and 2 Coaches

This workshop is designed to assist current or future coaches in becoming more aware of the barriers many people face in taking part in sport.

By the end of this workshop, coaches will be able to:

- Explain what sports equity means and why it is important
- Identify barriers to participation
- Use appropriate language and terminology
- Identify and challenge inequitable behavior
- Interpret the legal framework that affects coaching
- Identify how they can become more equitable
- Establish where to go for further information

Where:

High Peak (Buxton) Monday 1 March, 6 - 9pm - £25

Contact Helen Ashworth on 0845 129 7777 / 2209
or Paul Evans on 0845 129 7777 / 2211

Safeguarding and Protecting Children - sports coach UK

Target Audience – UKCC Level 1 and 2 Coaches

This workshop aims to increase awareness of safeguarding and protecting children, helping coaches to recognise signs of abuse and poor practice and deal sensitively and effectively with issues that arise. It also prompts a review of coaching practice to ensure that sport provides a positive and enriching experience for children.

By the end of this workshop, coaches will be able to:

- Identify and recognise good coaching practice and the implications for them
- Explore their values and feelings in relation to child abuse and to recognise how these may potentially impact on their response
- Recognise and respond to the signs and symptoms of child abuse and poor practice
- Take appropriate action if concerns about a child arise.

Where:

North East Derbyshire (Chesterfield) Tues 2 March, 6pm – 9 pm - £25

contact Kelly Massey on 01246 217219

Derby College (City) Saturday 6 March, 10am - 1pm

contact Allison Nolan on 01332 520290 - £25

An Introduction to the FUNDamentals of Movement – sports coach UK

Target Audience – UKCC Level 1 and 2 coaches

This practical workshop explores the concepts of Agility, Balance, Co-ordination and Speed (ABC's), helping coaches to observe, analyse and coach good movement patterns within multi-skill or sport specific environments.

By the end of this workshop, coaches will have knowledge of:

- Agility – dynamic stability, starting and stopping, momentum, acceleration and rhythm
- Balance – establishing a stable core, static ability, exploring centre of gravity and base of support
- Coordination – in relation to disassociating body parts and the coordination of explosive actions, including jumping throwing, striking and kicking.

Where:

Derbyshire Dales (Ashbourne) – Wed 17 March 1-4 pm contact Reception at Ashbourne Leisure Centre on 01335 343712 or Rob Wilks on 01629 761381 - £25

North East Derbyshire (Clay Cross) – Tuesday 8 June 6- 9 pm contact Kelly Massey 01246 217219 or 07866 690133 - £25

An Awareness of Coaching in Education

Derbyshire PE and School Sports Partnership

This workshop covers the following areas and forms part of the Minimum Operating Standards for the Derbyshire Coach Mark. It is aimed at coaches who are working in or would like to work in schools.

Why is the school environment unique? Accountability, Guidance (national/local), Good Practice (case studies), Expectations/Agreements (coaches/schools).

Chesterfield Monday 10 May , 10.30 – 12.30 contact 07769 671273

RFU Coaching Award Courses – Midlands East Region Rugby Ready

Ashby RFC - £18 1 March 2010 7pm
Leicester Forest RFC - £20 28 April 2010 7pm

Helen Bridgeman
RFU Midlands Coaching Centre
Tel: 07590 928534
Email: midlandscouching@therfu.com

How to Coach Disabled People in Sport sports coach UK

Target Audience: UKCC Level 1 and 2 Coaches

This workshop aims to answer all the commonly asked questions about disabled participants in sport and how to set up coaching sessions to suit their needs. It gives advice on how to plan a session or make minor adjustments to the way you work a, to make your coaching more effective.

By the end of the workshop, coaches will be able to:

- Determine how to include disabled people in sport
- Select the appropriate coaching activities
- Create effective coaching environments

Where:

High Peak (Buxton) Mon 1 March, 6 – 9pm contact Helen Ashworth on 0845 129 7777 extn 2209 or Paul Evans on 0845 129 7777 extn 2211 9pm - £25

How to get Tax Breaks for your Club – running sports

This workshop helps to explain the new tax breaks available through [Community Amateur Sports Clubs](#) status. You can learn how to go about paying considerably less tax in order to allow you to spend more where it counts – on your club.

The workshop will explain the process and benefits of becoming a CASC, and by the end of the workshop, you will be able to:

- recognise and explain to other volunteers the advantages of becoming a CASC
- describe to volunteers the processes required to apply for CASC status
- list the areas of development in order to apply for CASC status.

To read more about the benefits CASC status could offer your club, the website can be found here: www.cascinfo.co.uk.

Derbyshire Dales (Matlock) Monday 29 March, 6 – 9 pm. Contact Rob Wilks 01629 761381 - £25

Basketball Level 1 – 1st4sport / UKCC £150
20 February and 27 March - **Derby College**
Allison.nolan@derby-college.ac.uk 01332 520290

Physical Training for the Young Golf Athlete
25 February, Derby College
kirsty.mcdonald@derbyshiregolf.org

Hockey Level 1 VRQ - £140
14, 21 and 28 March – Staffordshire
Jamie.fleet@englandhockey.org 01509 228676

Hockey Level 1 VRQ - £140
25 April, 9 and 16 May – Mansfield
Jamie.fleet@englandhockey.org 01509 228676

Trampolining Rebound Therapy - £175
17/18 March Mansfield
Courses@trampolinecentral.co.uk 07510 554795

Netball Level 1 – UKCC - £170
27 February – Derby 07545 924993
Hayley.bladon@englandnetball.co.uk

Derbyshire FA Football Level 1 – 1st4sport - £120

Frederick Gent School NE Derbyshire
Starting 15/2/10- contact 01332 361422

Anthony Gell School, Wirksworth
Starting 13/3/10 - contact 01332 361422

Leesbrook Community Sport College, Derby
Starting 17/4/10 - contact 01332 641244

Tennis

Level 1 Coaching Assistant – Coach Development UK
24/7/10 – 21 hours

View the coach qualification structure detailing both the old and current system.

<http://www.lta.org.uk/Articles/Coaches/Coach-Qualification-Structure/Coach-Education-Structure/>

Derbyshire FA

Football Age Appropriate Coaching - £30

Oxcroft Miners Welfare Social, Chesterfield
18/4/10 Contact 01332 361422

Football Youth Module - £90

Oxcroft Miners Welfare Social, Chesterfield
17/07/2010 Contact 01332 361422

Swimming

A comprehensive calendar of swimming and water polo coaching and teaching courses is available.

This includes, ASA/UKCC Level 1, Level 2 or Level 3 Teaching Aquatics, Introduction to Frontcrawl, Butterfly and Breaststroke, ASA National Curriculum Training Programme Module 1, Level 1 Disabilities, Working with Children and Educational Difficulties...

Please call Kim Harwood, Derbyshire County Swimming Coordinator on 07765 828689 or e-mail kim.harwood@swimming.org for all course requirements in Derbyshire.

www.eastmidlandswimming.org

www.britishswimming.org

The new Tennis Competition Organiser Workshops are up and running across Derbyshire training young people how to deliver tennis competitions.

The three-hour course is aimed at 16 to 25 year olds and gives them all the skills and resources required before, during and after the running of quality tennis competitions. Everyone who attends a course receives practical and online resources, as well as a certificate and t-shirt and there is no fee to attend.

Paul Sheard, Derbyshire Tennis Development Manager, commented that

"All the young people who attended recent courses have really enjoyed the experience and are now keen to get involved in helping with competitions in their local club and school."

The next course available is at Derby Tennis Centre on the evening of 15th September

If you would like to book a place on this course or would like to host a Competition Organiser Workshop in your tennis club, centre or school please contact Derbyshire Tennis on 01332 273770

Leadership in Running Fitness - £90



27 Feb, Fairfield Centre, Victoria Park Road, Buxton

7 March 2010, Rutland Sports Park, West End Drive, Ilkeston

<http://www.englandathletics.org/page.asp?section=463§ionTitle=Find+a+Coaching+Course>

A one day Leadership Training course which qualifies and insures leaders to deliver safe and fun running sessions, suitable for Running Club Leaders and Run in England Group Leaders.

The minimum age for this course is 18.

RFU Coaching Award Courses – Midlands East Region

Level 1 - £100

Loughborough University
4/9/23 May 2010

Level 2 – £176.25

10/11 April and 15/16 May
Loughborough University

Helen Bridgeman
RFU Midlands Coaching Centre
Tel: 07590 928534
Email: midlandscoaching@therfu.com

February Half Term and or Easter Holidays

If you are looking for something to keep your children occupied, keep fit and have a great time during the school holidays check out what courses sessions are on at your local sports club or leisure centre. You can find information regarding your club by going to http://www.derbyshiresport.co.uk/club_support/default.asp.

Squash

1st4sport UKCC Level 2
17/18 April 2010 and 18/19 June
The National Squash Centre, Manchester
£345 plus £35 coaching fee
<http://www.englandsquashand racketball.com/find/courses/11>

Derbyshire Sport Coach Bursary recipients share their coaching stories....

Mark Merrick of Matlock Canoe Club writes...

I've paddled with Matlock Canoe Club for 5 years, mostly with the slalom paddlers. As the number of recreational paddlers increased, I started to help out with coaching them and after doing this for 12 months I decided to make it official and so I did my Level 1 coaching qualification.

I now coach every Wednesday night as a volunteer coach for Matlock Canoe Club. I teach on the river at various levels from beginner to 3 start level.

I enjoy coaching. I get a lot from seeing people develop from beginners to competent paddlers. I also want to help keep the club going and coaches are vital for this.

I applied for and have been awarded 2 Derbyshire Sport coach bursaries which amounted to half the cost of each course. The Level 1 course addressed training and assessment. This gave me a great foundation in coaching skills.

The second was to attend a white water rescue course. This was a fantastic weekend. I learned a lot about safety on white water and improved my skills in rescuing paddlers who get into trouble. I am now considerably more confident in working as a coach and in my personal paddling.

Applying for the bursaries was an easy process and the team I dealt with was great - always keeping me up to date with how my application was progressing and dealing with my application and payment quickly.

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I would like to do my Level 2 coaching/training. I am also planning to take the 4 star Kayak white water leadership qualification in the near future. This will enable me to take groups on more exciting river trips.

Hannah Jones, trampolining, cheerleading and gymnastics coach writes...

I had developed my skills in Cheerleading and was ready to take on the challenge of Gymnastics. Trampolining has always seemed like a fun activity and something that I could take part in as well as coach.

After completing my Level 1 Trampolining course, it was only a matter of time before I was eager to progress and face the challenge of Level 2.

I coach recreational Trampolining sessions at St Philip Howard Sport Centre in Glossop on Friday nights as well as holiday sessions. The sessions are open to all from 5+years. I have now included Trampolining sessions as part of my Cheerleading teams training. This has been a great source of fitness for them as well as perfecting skills that they must master on the floor.

After being a Cheerleading Coach for so many years, learning to coach trampoline was a challenging but rewarding experience. While studying for my Level 1 it became clear there was a lack of Trampolining opportunities for people in the High Peak. After a successful "Awards for All" application, Trampolining coaches at St Philip Howard Sports Centre are able to offer high quality sessions, which is very rewarding.

I continue to coach to see both adults and children progress in their sport. It's a great feeling to see people of all ages and abilities achieve skills/moves on the trampoline that in the beginning they didn't think they would get.

My Level 2 in Trampolining will enable me to lead sessions and allow St Philip Howard to offer the high quality coaching, teaching people somersaults in a safe environment and with the correct techniques. As well as introducing using these skills to improve my Cheerleading teams skills.

The Derbyshire Sport Coach Bursary form was straightforward to fill out and easy to access direct from the website.

I would like to continue delivering Trampolining in the High Peak and in the future progress to British Gymnastics Level 3 in Trampolining, which will allow the centre to develop a trampoline club and enter competitions.

What is Derbyshire Coach Mark?



Derbyshire Coach Mark is designed to:

- Assist schools to be confident that the coaches they use in schools are quality assured and fit for purpose
- Offer a structure for coaches to develop within
- Be the minimum standard a coaches hold achieve
- Be an enhancement of Governing Body Qualifications
- Offer support and advice to coaches

If you work in schools or would like to and you've not attained Coach Mark, please contact Allison Nolan for more information – 01332 520290 or allison.nolan@derby-college.ac.uk