



www.suffolksport.com

Club & Coach

Education Programme

April 2011 - March 2012

More choice
than ever
**TELL US WHAT
YOU
WANT!**



Book online at www.suffolksport.com

INTRODUCTION

Welcome to the new Club & Coach Education Programme for 2011/12

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The ability of sport to unite and build stronger and safer communities should not be underestimated. Central to this are the community clubs and coaches who provide the opportunities for young and old to play, improve and compete.

To help clubs and coaches provide the safest and most appropriate service to their athletes, Suffolk Sport organise an annual programme of events and workshops. Developing the clubs and coaches of the county will see an increase in participation, the number of people continuing to participate, and could even build on the number of high class athletes and coaches coming from our county!

To support this, clubs who have achieved Clubmark accreditation, or are working towards this nationally recognised standard, along with those coaches who are registered as profiled with Suffolk Sport are offered preferential rates when booking. To find out how to become a profiled coach please see the booking form.



This years programme focuses on both the minimum standards for deployment of coaches and the requirements for clubs to achieve Clubmark accreditation.



This year, for the first time, we've also included a choice of other courses that can be organised once we've received enough interest. These can be found on the booking form, where it's just a case of indicating which courses would be of interest and returning the booking form to the address given. Expressions of interest can also be made at www.suffolksport.com.

For any questions on the programme, please contact Richard Neal at Suffolk Sport on 01394 444773 or richard.neal@suffolksport.com.

Information on  and  can be found at www.suffolksport.com

BOOK ONLINE AT www.suffolksport.com

SAFEGUARDING & PROTECTING CHILDREN (scUK)



- This workshop covers protecting yourself and the young people you work with by following good practice.
- Learn to recognise signs of abuse and what to do if you have concerns.

This workshop was formerly known as Good Practice & Child Protection and existing qualifications are still valid. Although there is no expiry date on the certificates, we would encourage holders to re-attend every three years or attend the Safeguarding & Protecting Children 2: Reflecting on Practice Workshop



PRICES

General Public	£30.00
Suffolk Sport Profiled Coach/member of a club working towards Clubmark	£24.00
Coach/member of an accredited Clubmark Club	£18.00

WORKSHOP TITLE	VENUE ADDRESS	DATE	TIME
Safeguarding & Protecting Children (sportscoach UK)	Great Cornard Sports Centre, Sudbury. CO10 0JU	Mon 04/04/11	18:30-21:30
	Waveney Gymnastics Centre, Lowestoft. NR33 0RR	Mon 16/05/11	18:00-21:00
	King Edward VI School Conference Centre, Bury St Edmunds. IP33 3AU	Mon 13/06/11	18:30-21:30
	Suffolk Coastal District Council offices, Woodbridge. IP12 1AU	Thurs 08/09/11	18:30-21:30
	Mid Suffolk Leisure Centre, Stowmarket. IP14 1LH	Mon 10/10/11	18:30-21:30
	Suffolk New College, Ipswich. IP4 1LT	Thurs 10/11/11	18:30-21:30
	Forest Heath District Council offices, Mildenhall. IP28 7EY	Mon 30/01/12	18:30-21:30
	King Edward VI School Conference Centre, Bury St Edmunds. IP33 3AU	Mon 12/03/12	18:30-21:30

SAFEGUARDING & PROTECTING CHILDREN 2: REFLECTING ON PRACTICE (scUK)

This course will:

- Reinforce your understanding of safeguarding and child protection
- Consolidate your learning from the first workshop through examining practical experience
- Reflect upon experience, identifying and sharing good practice
- Explore approaches to challenging issues and situations.



It includes:

- Real-life case studies
- Updates on national legislation and guidance
- Recall, self-assessment and reflective learning exercises.

This course is aimed at coaches and those working with children and young people in sport. The workshop acknowledges and values the experience coaches have gained and builds on the knowledge and insight gained from Safeguarding & Protecting Children.

Attendees must have previously attended the first 'Safeguarding and Protecting Children' workshop. The materials have been developed so they

can be adapted for those who undertake a range of roles, including officials (eg referees or umpires), teachers, instructors, volunteers or unqualified helpers.

PRICES

General Public	£30.00
Suffolk Sport Profiled Coach/member of a club working towards Clubmark	£24.00
Coach/member of an accredited Clubmark Club	£18.00

WORKSHOP TITLE	VENUE ADDRESS	DATE	TIME
Safeguarding & Protecting Children 2 (sportscoach UK)	Waveney Gymnastics Centre, Lowestoft. NR33 0RR	Thurs 23/06/11	18:00-21:00
	King Edward VI School Conference Centre, Bury St Edmunds. IP33 3AU	Mon 12/09/11	18:30-21:30
	Suffolk Coastal District Council offices, Woodbridge. IP12 1AU	Mon 14/11/11	18:30-21:30
	Mid Suffolk Leisure Centre, Stowmarket. IP14 1LH	Thurs 08/03/12	18:30-21:30

EQUITY IN YOUR COACHING (scUK)

- How to identify barriers to participation
- Using appropriate language and terminology
- Identify and challenge inequitable behaviour

This workshop shows how, as a coach, you can play an important role in ensuring that everyone has access to sport, regardless of gender, age, income, race, ability or faith.



WORKSHOP TITLE	VENUE ADDRESS	DATE	TIME
Equity in Your Coaching (sportscoach UK)	Mid Suffolk Leisure Centre, Stowmarket. IP14 1LH	Tues 12/07/11	18:30-21:30
	Waveney Gymnastics Centre, Lowestoft. NR33 0RR	Thurs 17/11/11	18:00-21:00
	Suffolk Coastal District Council offices, Woodbridge. IP12 1AU	Tues 07/02/12	18:30-21:30

HOW TO COACH DISABLED PERFORMERS IN SPORT (scUK)

- How to coach people with physical, sensory or learning disability
- How to maximise everyone's ability and involvement



WORKSHOP TITLE	VENUE ADDRESS	DATE	TIME
How to Coach Disabled Performers in Sport (sportscoach UK)	Suffolk New College, Ipswich. IP4 1LT	Thurs 27/07/11	18:30-20:30
	King Edward VI School Conference Centre, Bury St Edmunds. IP33 3AU	Mon 28/11/11	18:30-20:30
	Waveney Gymnastics Centre, Lowestoft. NR33 0RR	Mon 20/02/12	18:30-20:30



THE PRICES TO ATTEND THE WORKSHOPS ON THIS PAGE ARE AS FOLLOWS

PRICES

	EQUITY IN YOUR COACHING	HOW TO COACH DISABLED PERFORMERS
General Public	£30.00	£20.00
Suffolk Sport ProfiledCoach/member of a club working towards Clubmark	£24.00	£16.00
Coach/member of an accredited Clubmark Club	£18.00	£12.00

FIRST AID IN SPORT (P&K Training)

FULL DAY COURSE

- For everyone involved in sport, coaches, referees and players
- Learn how to deal with the types of emergencies that can occur in the sporting environment
- Learn how to assess an incident and the latest resuscitation techniques

This HSE registered course covers all the requirements for the Appointed Persons qualification and looks at further scenarios more specifically found in the sporting field.



WORKSHOP TITLE	VENUE ADDRESS	DATE	TIME
1st Aid in Sport (P & K Training)	Waveney Gymnastics Centre, Lowestoft. NR33 0RR	Sat 14/05/11	09:00-16:00
	Stowmarket Rugby Club, Stowmarket. IP14 1SZ	Sat 27/08/11	09:00-16:00
	Newmarket Leisure Centre, Newmarket. CB8 0EA	Sun 11/12/11	09:00-16:00
	Goals Soccer Centre, Ipswich. IP4 1LT	Sun 25/03/12	09:00-16:00

EMERGENCY FIRST AID (P&K Training)

3 HOUR WORKSHOP

- Assessing an incident
- Demo of resuscitation
- Advice and guidance

This workshop is a basic first aid course. It will provide you with knowledge of how to assess an incident, and what to do next, the latest resuscitation techniques and how to deal with sprains and strains.

WORKSHOP TITLE	VENUE ADDRESS	DATE	TIME
Emergency 1st Aid (P & K Training)	Great Cornard Sports Centre, Sudbury. CO10 0JU	Mon 04/07/11	18:30-21:30
	Waveney Gymnastics Centre, Lowestoft. NR33 0RR	Mon 31/10/11	18:00-21:00
	King Edward VI School Conference Centre, Bury St Edmunds. IP33 3AU	Mon 12/03/12	18:30-21:30

THE PRICES TO ATTEND THE WORKSHOPS ON THIS PAGE ARE AS FOLLOWS

	1ST AID IN SPORT	EMERGENCY 1ST AID
PRICES General Public	£54.00	£30.00
Suffolk Sport Profiled Coach/member of a club working towards Clubmark	£36.00	£24.00
Coach/member of an accredited Clubmark Club	£30.00	£18.00

REGISTER AS A COACH

To receive subsidised rates on all of these courses, why not register with Suffolk Sport and become a Profiled Coach



Much more available when registering at
www.suffolksport.com

Help is at hand

Suffolk Sport can help your club attract more **VOLUNTEERS** & **LEADERS** to ensure your club continues to grow and develop.



More information at www.suffolksport.com

A CLUB FOR ALL (Running Sports)

- How to make your club accessible to all
- Why it should be accessible to all

Find out how your club can benefit from welcoming a wider membership base which would lead to more coaches, players and referees.



WORKSHOP TITLE	VENUE ADDRESS	DATE	TIME
A Club For All (Running Sports)	Suffolk New College, Ipswich. IP4 1LT	Mon 03/10/11	18:30-21:30

PRICES

General Public	£30.00
Suffolk Sport Profiled Coach/member of a club working towards Clubmark	£24.00
Coach/member of an accredited Clubmark Club	£18.00

TERMS AND CONDITIONS Please read before completing the booking form

The person completing this form is responsible for all bookings, including bookings made on behalf of other parties. All correspondence relating to bookings will be sent to the person whose details are provided on the booking form part 1. If you wish for correspondence to be sent directly to those attending the workshop, please include all contact details on a separate sheet. Should any bookings be made on behalf of a person aged 16-18, please inform Suffolk Sport so that the tutor for the course can be informed accordingly.

Bookings and refunds:

Bookings will only be accepted if made using the booking form enclosed with this booklet, or through the Suffolk Sport website at www.suffolksport.com.

The booking form must be signed and submitted to Suffolk Sport with the appropriate payment enclosed. If you require confirmation of booking, or a map to the venue, please include a stamped addressed envelope, or send an email to info@suffolksport.com.

Please note that refunds will only be offered should Suffolk Sport need to cancel the date of a course and the rescheduled date is not applicable, or should you notify Suffolk Sport of your unavailability at least five working days prior to the course date. Notification should be via info@suffolksport.com or **01394 444605**.

Definitions:

General Public - Any member of the general public or member of an currently unaccredited club who are not working towards accreditation.

Suffolk Sport profiled coach / member of a club working towards Clubmark - To be a Suffolk Sport profiled coach you will need to be registered as a coach with Suffolk Sport, and have had your original qualifications / certificates viewed by a member of Suffolk Sport. To arrange for a member of Suffolk Sport to view your qualifications, please contact info@suffolksport.com or **01394 444605**.

Coach / member of an accredited Clubmark coach - For those who are involved in a club that has achieved Clubmark accreditation.

booking form part 1

Sole/Main Participant

Name: _____ D.O.B. _____

Address: _____

Postcode: _____

Home tel.(including STD): _____

Work tel: _____ Mobile tel: _____

E-mail address: _____

Sport: _____ Club: _____

Club role (coach/chairman/etc.): _____

Additional information

Please state if you have any additional requirements, such as specific access/parking needs:

Declaration: I have read and agree to the terms and conditions and enclosed the appropriate payment, made payable to

Suffolk Coastal District Council

Signature: _____

Date: _____

I enclosed a cheque for £

Made payable to **Suffolk Coastal District Council**

Please return all completed forms and payment to **Suffolk Sport, Suffolk Coastal District Council Offices, Melton Hill, Woodbridge,**

Suffolk. IP12 1AU

booking form part 2

Workshop Name	Date	Name of Participant	Price

The details on this form may be used by Suffolk Sport to inform you of other similar activities. All information will be kept confidential and will not be passed on to any other party, in accordance with the Data Protection Act 1998

Total



If any of these workshops are of interest, please indicate and return to Suffolk Sport at the address given below, or via www.suffolksport.com

For Coaches

- An Introduction to Long-term Athlete Development (3hrs)
- An Introduction to the FUNdamentals of Movement (3hrs)
- Multi-skill Clubs in Practice (3hrs)
- Multi-skill Club Induction (6hrs)
- Multi-skill Club Inclusion (3hrs)
- Multi-skill Club Inclusion (6hrs)
- A Guide to Mentoring Sports Coaches (3hrs)
- Analysing Your Coaching (3hrs)
- Coaching Children & Young People (3hrs)
- Coaching Disabled Performers (3hrs)
- Planning and Periodisation (3hrs)
- Positive Behaviour Management In Sport
- FUNdamentals of Agility
- FUNdamentals of Balance
- FUNdamentals of Coordination
- Coaching the Whole Child: Positive Development Through Sport (3hrs)
- Coaching the Young Developing Performer (3hrs)
- Strength and Conditioning (duration can be adjusted dependant on demand)
- Using Video Analysis (duration can be adjusted dependant on demand)
- Learning From Legendary Coaches; Jose Mourinho, Arsene Wenger, Phil Jackson, Sir Clive Woodward, John Buchanan, or All Time Greats (John Wooden, Vince Lombardi, Percy Cerutty) (2hrs)

- Fuelling Performance (3hrs)
- Injury Prevention and Management (3hrs)
- Sports Psychology (3hrs)
- Setting up a Coaching Business (2hrs)
- Typhoo Sports for All Disability Inclusion Course (6hrs)

For Clubs

- Successful Management of Coaches (3hrs)
- Funding for Clubs (3hrs)
- Volunteer Management
- Action Planning For Your Club
- Business Essentials (4hrs)
- Growing Your Programme (4hrs)
- Running Your Own Club / Centre (4hrs)
- IT Essentials (4hrs)
- Club Governance (2hrs)
- Taking on Staff – Self Employment (2hrs)
- Taking on Staff – Employees and Casual Worker (2hrs)
- Marketing Basics for Sports Club (2hrs)
- English Federation of Disability Sport Disability Equality Training (3hrs)

SUFFOLK '11

S P O R T S A W A R D S

Sunday 16th October 2011

Suffolk Sport, in collaboration with Suffolk County Council and media partner BBC Radio Suffolk, are on a quest to reward and celebrate individual excellence, team achievement as well as recognise those people who work tirelessly 'behind the scenes'...our unsung heroes!

This year Trinity Park will again play host to the prestigious Suffolk Sports Awards 2011. With increased coverage and hype...surely YOU know someone worth nominating!

The Award Categories for the Suffolk Sports Awards 2011 are...

- The Suffolk County Council Sports Personality of the Year Award
- The Young Sports Personality of the Year Award
- The BBC Radio Suffolk Unsung Hero Award
- The Lifetime Achievement Award
- The Triumph Over Adversity Award
- The Coach of the Year Award
- The Contribution to Disability Sport Award
- The Club of the Year Award
- The Young Community Volunteer of the Year Award
- The Senior Team of the Year Award
- The Junior Team of the Year Award
- The Primary School of the Year Award
- The Secondary School of the Year Award
- The Innovative Project Award

All local awards automatically feed winners through to the Suffolk Sports Awards. The Suffolk winners subsequently progress to the BBC East Awards and potentially the televised national awards.

With all this, surely YOU want to be part of it therefore keep an eye on the Suffolk Sport Website for more information!

Nominations will open on Monday 13th June and close on Monday 5th September 2011.

Further information is available on our website www.suffolksport.com or contact **Chloe McMorran on 07770 543509** chloe.mcmorran@suffolksport.com



achieve
play
improve take part
enjoy
succeed

www.suffolksport.com

