

UNLOCKING YOUR POTENTIAL

"Simple: the very best coaches never stop learning" sportscoach UK

Sunday 9th October 2011

10am – 4pm

Cedars Upper School, Leighton Buzzard | £25 to attend



team BEDS&LUTON and Bucks Sport invite you to join our 2011 club and coach conference at Cedars Coaching Academy. We are very lucky to have a number of top inspirational speakers who are ready to share with you their experiences, tips and insights.

A variety of workshops will be taking place throughout the day - some are generic and suitable for coaches from all sports, and some are sports specific. In addition there will be an interactive marketplace where you can meet a range of local organisations, along with plenty of opportunities for networking with other clubs, coaches and partners. Also to keep you active over lunch will be e-learning demonstrations and a fun Games Challenge.

We look forward to welcoming you to be part of what promises to a fantastic club and coach development event.



Outline of the day

10.00	Arrival and coffee
10.15	Welcome & introductions
10.20	Keynote
11.00	Workshop Session 1
1.00	Lunch and marketplace
2.00	Workshop Session 2
4.00	Close

Workshops 1 (11am – 1pm)

A. It's All About the Stars of Tomorrow P

The physical development of youth athletes in the UK, whatever the sport, whatever the ability level, is an area of great concern. **Spencer Brown** will lead this workshop which introduces delegates of all levels to the best practice of long term athletic development, discusses the common misconceptions associated with the physical development of youth athletes, and provides accurate, safe and effective practical advice for coaches, teachers and fitness professionals.

B. All Time Greats: Learning from Legendary Coaches

David Turner leads this thought-provoking insight into the development, philosophies and practices of four all time greats in the world of sports coaching. The styles of Percy Cerutti, Vincent Lombardi, James Counsilman and John Wooden will go under the spotlight as we take a closer look into how their coaching made them prolific names in their sports.

C. Using Video Analysis in Coaching P

It is well appreciated that a picture is worth a thousand words. So trying to tell an athlete where technical improvement can be made is often time consuming and difficult. In this session **Pete Williams** will explain how using simple, affordable video analysis tools can help your athlete identify areas for improvement, identify progression of a technique over time, and realise their full potential.

D. Marketing Essentials for Clubs & Coaches

Successful marketing is about more than distributing leaflets or having a web site and it is more important than ever for clubs and coaches to promote their services in these financially challenging times. **Mike Lynch** will lead this interactive workshop which explains what branding is, how to put together an effective marketing strategy, and provides a wealth of free ideas and resources to increase numbers and bring in more money from both existing and new customers.

E. FA Skills Coaching: Working with Players 5-11 Years P



The FA has a dedicated team of Skills Coaches who specialise in working with players aged 5-11 years. This workshop, led by **Stephen Maker** (Bedfordshire FA Skills Coach Team Leader), will focus on the FA Long Term Player Development Programme using the four corners model (technical, social, physical and psychological) and will consider how it can be used in practice. The workshop will also highlight how coaches can manage differences in players using STEP principle as a coaching tool by adjusting: space, task, equipment and player numbers. There will be plenty of opportunity within the session for questions to the FA.

FREE to attend – if you would like to attend the full conference day, this will be charged at £25.

P = denotes practical workshop. Please be prepared to partake in the practical elements of the session

F. Analyse Your Coaching



Steven Orr leads a session which aims to encourage serious minded sports coaches to take a more reflective approach to coaching – considering the traits of elite v novice coaches, the theory of deliberate practice and understand how you can become 25% more effective as a coach in the next 12 months through a daily process of reflection and monitoring. Also receive feedback directly on areas of coaching you would like to improve.

G. 21st Century Coach Development: What do coaches need to deliver in modern day society?

The Leisure Review

With the ever changing cultural and political environment, coaches are being asked to adapt and deliver in a much wider range of settings often working towards supporting broad social outcomes such as education, crime reduction, adult participation, community cohesion and health and there is a growing argument that NGB courses need to do more for the modern coach. This seminar will explore the current issues facing coaching, provide opportunities to share ideas with colleagues facing similar challenges to your own and learn about new solutions. The discussion will be led by two leading figures in sports coaching but there will be plenty of time for you to interrogate what they have to say, debate what it means for you and talk about the issues affecting your work.

H. The Future of Your Club

A number of recent court cases have highlighted the vulnerability of many sports clubs and their members to potential liability should things go wrong. **Mike Lynch** leads this workshop which details the facts and advantages / disadvantages of the various types of legal status available to a club and includes recommendations and examples of good practice. The session includes an overview of CASC and charitable status and details good practice when looking to reward or remunerate your volunteer workforce.

I. Safeguarding and Protecting Children in Sport (ASA)



Protect yourself, the young people you are coaching and your employer by understanding and following good teaching/coaching points. Learn about child abuse and how to handle situations if you have concerns. An excellent opportunity for anyone involved in swimming to learn and understand more about this sensitive and important subject.

*Workshop is 3hrs in duration, running from 2-5pm.

J. Working with Children with Educational Difficulties



An introduction and overview of commonly seen barriers to learning when teaching children. Explains the conditions, syndromes and disorders and gives strategies for managing the behaviour in a swimming teaching environment. To help non-specialist swimming teachers work with a class containing one or two children with special needs.

*Workshop is 3hrs in duration, running from 2-5pm

K. How can all athletics coaches of all ages use the 'Athletics 365' physical conditioning resource cards?



Athletes of all ages and events need to be well conditioned in terms of balance, agility and coordination. The session will be practical and use the resource cards from the UKA/EA resource pack as a basis to look at how basic exercises are used to improve performance and prevent injuries.



Spencer Brown

Spencer is a former Royal Marine and England Rugby International with over 10 years experience working in elite level sport. Spencer is currently working as a consultant strength & conditioning specialist at the Nuffield Health Hospital in Derby, and is studying for a PhD in this area of work.

Pete Williams

Pete is the former manager of the Essex County Cricket Club indoor school. He is a Level 3 cricket coach, coach educator and assessor. He specialises in using video analysis and working with young talented players.

Mike Lynch

Mike has over 30 years experience as a management and IT consultant working for organisations such as Lloyds TSB, BMW and leading sports organisations. He is a Level 4 tennis coach and has led a host of successful coaching programmes throughout the UK.

Steven Orr

Steven is one of the most qualified golf coaches in the UK. He is heavily involved in coach education as Director of Coaching for the Cranfield Golf Academies, a Tutor for the PGA and has spoken at various teaching conferences across the UK.

David Turner

David is the Principle Lecturer in Sports Coaching at the University of Hertfordshire. He is an accredited course tutor for sportscoach UK and the FA, and has contributed to the development of national and international standard athletes and coaches.

The Leisure Review

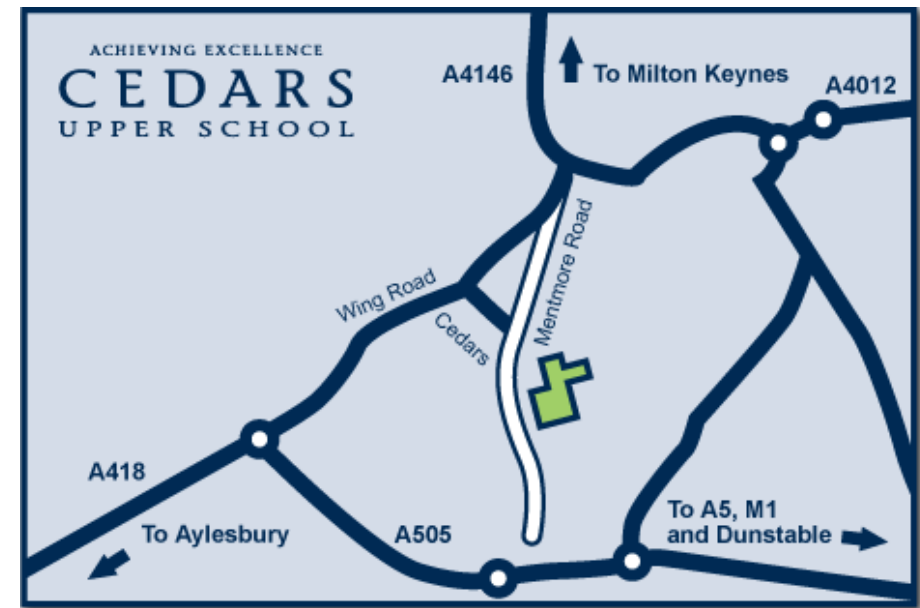
TLR offer an independent view of the leisure industry. They work with a wide range of top leisure professionals to engage coaches in meaningful and purposeful debates. A line up of expert speakers has been secured for this thought-provoking session.

Networking can be the most powerful and cost-effective way to develop yourself and your club. Packed with local organisations that are ready to share with you their products, services and support ... the marketplace is the perfect place to meet likeminded people who can help make a difference.

Everyone appreciates the time that volunteers give up to help make sport happen. With this in mind, many courses are now being offered as E-learning alternatives. A range of these courses will be showcased, with an opportunity for you to 'have a go' for yourself at learning online!

The 'Cedars Coaching Café' will be available over lunch. The café serve a selection of sandwiches, baguettes, jackets, soups and snacks at very reasonable prices. Alternatively you can bring your own packed lunch.

How to get there



Easily accessible from Milton Keynes, Aylesbury, Bedford, Dunstable & Luton. Short walk from the Leighton Buzzard train station (Northampton-London train line). Plenty of free car parking available on site at Cedars Upper School.

COMPLETE AND SEND IN THE BOOKING FORM BELOW:

Name:

Address: Postcode:

Email:

Tel No:

Main Sport: Level (Coaches Only)

Workshop Choices (enter codes – see pages 2-3):

Workshop Session 1 (AM): Workshop Session 2 (PM):

Any other requirements we should know about? (e.g. learning aids or specific support):

Cost: £25. Cheques should be made payable to 'Active Luton'. Please return completed form and payment by 30th September to: **Administrator, team BEDS&LUTON, Wigmore Hall, Eaton Green Road, Luton. LU2 9JB. Or e-mail forms to admin@teambedsandluton.co.uk.**

Booking deadline: Friday 30th September