

COUNTY DURHAM SPORT COACHES CONFERENCE 4-5 JULY 2009

GUEST SPEAKER

**FRANK
DICK**

**FAB
FLOURNOY**
CONFIRMED FOR Q&A

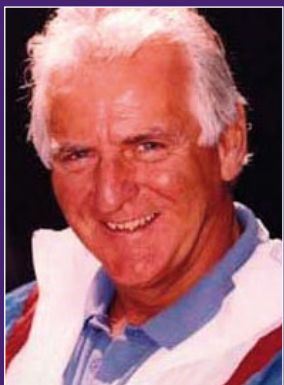
BOOKING FORM

SATURDAY 4 JULY 9.30AM - 5PM + SUNDAY 5 JULY 9AM - 3PM
EAST DURHAM COLLEGE, PETERLEE

County Durham Sport is pleased to announce its first Coaches Conference on 4–5 July 2009 at East Durham College, Peterlee.

If you coach at any level or are involved in club administration then this conference is for you. Places are limited so make sure you don't miss out – book your place today!

- Listen to the keynote speech by the renowned coach Frank Dick
- Take part in workshops on topics such as warm-ups, strength and conditioning, nutrition, funding and Clubmark
- Get involved in practical master classes delivered by top coaches from across the region or just sit back and see how the professionals do it
- Find out all you ever wanted to know about coaching during a Q+A session hosted by Jeff Brown from BBC Look North
- Cycle your way to a smoothie, get a sports caricature of yourself and take a look at the exhibition stands during the breaks
- Come away with a goodie bag



Guest Speaker: Frank Dick

Formerly British Athletics Federation Director of Coaching, Dr Frank Dick OBE is currently the President of the European Athletics Coaches Association, and Chairman of the International Association of Athletics Federations Academy.

Frank studied at Edinburgh, Loughborough and the University of Oregon, and was a Fulbright Scholar. He specialised in Biomechanics and the Physiology of Exercise which, combined with his detailed study of training methods, has helped establish him as Britain's foremost authority in applying the performance sciences to effective coaching for high performance. His book 'Sports Training Principles' is the class university textbook in this field.

Frank has coached athletes to Olympic, World and European honours in several events, most notably in the sprints and relays. Under his leadership, Britain enjoyed a period of unprecedented international success. He also worked and works with a number of legendary individuals including Daley Thompson, Boris Becker, Denise Lewis, Katarina Witt, Gerhard Berger and Justin Rose.

Workshop List

Please see below for a list of workshops that will take place during the conference. The workshops are designed for different groups of coaches. Although this is only a rough guide, we would suggest that you attend workshops that are aimed at your level of coaching and experience.

Workshops with a **B** next to them are designed for beginner coaches including those who have just completed a Level 1 or those who assist with coaching sessions and are thinking about going through their Level 1.

Workshops with an **I** next to them are designed for intermediate coaches, those who have a Level 2 qualification or those who have a Level 1 with a number of years of experience.

Workshops with an **A** next to them are suitable for advanced coaches including those with a Level 3 or 4 qualification, or those with a Level 2 qualification and a number of years of experience.

Workshop Title

Recommended for

Coach Development Workshop delivered by Frank Dick (Theory)

All

As well as opening the conference with a key note speech, Frank Dick will be running three workshops on how to develop your coaching skills. This is a once in a lifetime opportunity to learn from a coach who has coached athletes to the highest level. Please note that places are limited, so make sure you don't miss out!

Introduction to SAQ (Theory and Practical)

All

This workshop will introduce the principles of speed, agility and quickness, how they affect performance and how training activities can be incorporated into your training sessions.

Introduction to Coaching (Theory and Practical)

B

Designed for new coaches, this workshop covers a wide variety of coaching topics. Participants will look at developing skills such as instruction, demonstration, observations and feedback. The workshop will also look at how to write effective session plans and carry out risk assessments, creating a fun safe environment for your participants.

Long Term Athlete Development (Theory)

B

After attending this workshop, coaches will have an understanding of age appropriate training for participants. The workshop will take into account developmental stages of growth as well as the differences between the sexes in order to produce effective coaching sessions to get the most out of your participants.

Injury Prevention (Theory and Practical)

All

This workshop focuses on how to prevent injuries and offers advice on how to support your athletes during and after an injury.

Fitness Tests (Theory and Practical)

All

Participants will be provided with a range of fitness tests to incorporate into training programmes.

Nutrition and your Athletes (Theory)

All

A workshop designed to introduce the basic principles of nutrition and hydration for a healthy lifestyle and optimal performance.

FUNDamentals (Practical)

B

This workshop looks at the movement skills of agility, balance and co-ordination and how to incorporate them into training sessions ensuring that participants have the basic movement skills needed for all sports.

Strength and Conditioning for Intermediate Coaches (Theory and Practical)

I

By the end of this workshop, coaches will gain an insight into strength and conditioning and how to incorporate the principles into training sessions.

Managing Challenging Behaviour (Theory)

All

This workshop will help coaches understand the range of behaviours they may have to deal with and how to deal with them successfully whilst creating a positive environment.

Warm Ups and Cool Downs (Practical)

B

This workshop will provide fun innovative warm up and cool down ideas for all ages as well as reducing the risk of injury during training.

Strength and Conditioning for Advanced Coaches (Theory)

A

By the end of this workshop, coaches will have built upon their existing knowledge of strength and conditioning, making training programmes more effective.

Workshop List (continued)

Workshop Title

Recommended for

Analysing Your Coaching (Theory and Practical)

During this workshop, participants will discover methods of analysing their own performance as well as leaving with an action plan to enhance their coaching skills.

I + A

Training Programme Design (Theory)

After attending this workshop, coaches will understand how to design a training programme, taking into account the athletes involved, type of training needed and aims of the programme.

I + A

Psychology (Theory)

This interactive workshop will introduce the 5 C's of psychology. By the end of this workshop coaches will have an understanding of confidence, commitment, concentration, cognition and composure and how they affect performance.

I + A

Video Analysis (Theory)

This workshop will show coaches how to use video footage to analyse an individual's skills, a team's possession, tactics or patterns of play. Coaches will then look at how to plan a training activity that builds upon the knowledge gained from analysis.

I + A

Coaching Disabled Athletes (Practical)

A practical workshop focusing on how to ensure participants with special education needs, learning difficulties, physical or sensory impairments can take part in a positive sports experience.

All

Performance Lifestyle Management (Theory)

Participants will leave this workshop with knowledge of how to ensure their talented athletes have a balanced lifestyle. This includes balancing school work, training, competitions and time to rest and socialise, as well as how to include parents and teachers in the education process.

I + A

Coaching Young Children (Theory and Practical)

Designed for coaches working with young children, this workshop touches upon subjects such as physical, psychological and social development, skill development and talent identification. This will also include a practical aspect, with participants setting up and taking part in fun sessions.

All

Mentor Training

This workshop is designed for coaches acting as mentors to athletes. The workshop will focus identifying the skills needed to become a mentor and how they can be developed.

I + A or Mentors

Introduction to Clubmark (Theory)

This interactive session will explain the aims and objectives of Clubmark as well as giving attendees an understanding of the criteria and how to achieve it. Participants will also have the opportunity to talk to club representatives at clubs which have already achieved Clubmark.

Club Administrators

Promoting your Club (Theory)

This workshop aims to provide clubs with the tools to successfully promote their club, attract new members and volunteers as well as potential sponsors.

Club Administrators

Funding Guidance for Clubs (Theory)

An opportunity to gain an insight into where to apply for funding for your club and how to fill in funding application forms.

Club Administrators

Developing School-Club Links (Theory)

By the end of this workshop participants will understand the importance of school-club links and how they can benefit not only the club but also the school and surrounding community. Participants will also hear first hand how to create and sustain an effective school-club link, including how to get involved in the Step into Sport scheme.

Club Administrators

Booking Form

Please select three workshops from each session. Please mark your first three choices 1 to 3 in order of preference.

•Please note that your workshop choice cannot be guaranteed as some workshops have limited numbers.

Saturday 4 July

9.30am–5.00pm

Session 1

- Intermediate Coach Development Workshop delivered by Frank Dick
- Introduction to SAQ
- Long Term Athlete Development
- Injury Prevention
- Fitness Testing
- Introduction to Coaching
- Nutrition for your Athletes
- Introduction to Clubmark

Lunch

Please note that refreshments are provided throughout the day but lunch is not provided on site for attendees. Please bring a packed lunch or make other arrangements.

Session 2

- Advanced Coach Development Workshop delivered by Frank Dick
- FUNdamentals
- Nutrition for your Athletes
- Intermediate Strength and Conditioning
- Introduction to Coaching
- Managing Challenging Behaviour
- Analysing your Coaching
- Developing School–Club Links

Break

Session 3

- Beginner Coach Development Workshop delivered by Frank Dick
- FUNdamentals
- Introduction to SAQ
- Injury Prevention
- Advanced Strength and Conditioning
- Managing Challenging Behaviour
- Training Programme Design
- Promoting Your Club

Sunday 5 July

9.00am–3.00pm

Q+A Session

Jeff Brown from BBC Look North will be hosting a Q+A session with expert coaches from around the region. Fab Flournoy from Newcastle Eagles Basketball Club is the first coach confirmed for this session.

Expert Coaching Sessions

See top coaches in action, with the opportunity to get involved in their coaching sessions.

Lunch

Please note that refreshments are provided throughout the day but lunch is not provided for attendees.

Workshops

- Psychology
- Video Analysis
- Coaching Disabled Athletes
- Coaching Young Children
- Performance Lifestyle Management
- Warm Ups and Cool Downs
- Mentor Training
- Funding Guidance for Clubs

Booking Form (continued)

Please complete your details and return to the address below.

Name:.....

Address:.....

.....

.....

.....

D.O.B:

This conference is open to over 16's only. If you are under the age of 18, a parent or guardian will have to sign a consent form which will be sent out to you once your booking form has been received.

Email:..... Telephone:.....

Club:

Role at club:

Where do you coach?:.....

Sport(s) and level of qualification:.....

Do you consider yourself to have a limiting illness which you feel may affect you during the Coaches Conference? Yes / No

If yes what is the nature of this condition?.....

Please note we will not confirm your place until we have received a booking form and payment.

Cheques should be made payable to 'County Durham Sport – Durham County Council' or you can pay by cash in person.

Book 5 places for both days and only pay for 4!

Note that if you would like to make a group booking, each individual must also complete a booking form with their workshop choices.

I would like to attend both days. I am enclosing payment of £20

I would like to attend Saturday 4 July only. I am enclosing payment of £15

I would like to attend Sunday 5 July only. I am enclosing payment of £15

To guarantee a place at the Coaches Conference please return your booking form and payment by Monday 8 June 2009 to:

County Durham Sport

PO Box 370

Durham

DH7 8WT

Cancellation policy

If you cancel your place before 22 June 2009, you will receive a full refund.

Unfortunately, cancellations after this date will not be eligible for a refund.

Venue Information

We are pleased to be delivering this event with the support of East Durham College.

East Durham College operates across two campuses and many local community venues. In Peterlee, the college has recently located to an exciting new £38 million development which saw the old Burnhope Way and Howletch campuses merged into one fantastic new building based on the current Howletch site.

The new complex is the most modern purpose-built facility in the region and one which staff, students and the public at large are justifiably proud of. Along with its specifically designed state of the art classrooms and work areas, the college also showcases a 500 seated sports arena and the area's only dedicated specialist theatre.



East Durham College
Peterlee Campus
Willerby Grove
Peterlee
County Durham
SR8 2RN

For information on public transport links to East Durham College, please call Traveline on **0871 200 22 33**.



County Durham Sport. PO Box 370, Durham, DH7 8WT
T: 0191 301 8416 E: countydurhamsport@durhamcity.gov.uk
www.countydurhamsport.com

