

Coaches Day - Venue: The Belfry, Cambridge **Date: Saturday 8th January 2011**

9.30am refreshments and Registration
Choice of ONE Morning Session 10.00am – 13.00pm

	Title	Description	Tutor
CPD A	Safeguarding and Protecting Children 2: Reflecting on Practice	This workshop is for those who have previously attended the first 'Safeguarding and Protecting Children' workshop. NB Pre requisite applies – to have attended the Sports Coach UK Safeguarding and Protecting Children workshop	Jane Wilson/ Nikki Baker
CPD B	Sports Coach UK Equity in your coaching	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.	Claire Thorby
CPD C	Cross Training ideas for Swimming Coaches	This interactive and practical Cross Training workshop will help develop the coaches understanding of cross training activities and the positive role they can play in swimmer development.	Simon Ferrarelli
CPD D	Effective Communication and Feedback for Swimming Teaching and Coaching	This workshop aims to provide both swimming teachers and coaches with further skills and tools to communicate their message more fluently and have a significant impact upon the learning taking place in the aquatic environment.	Ray Lau
CPD E	Planning, Periodisation and Monitoring	This workshop is designed to equip Coaches with the knowledge of planning a season for your club/squad swimmers and to understand the basic principals in developing macro, meso and micro cycles into your programme.	Glenn Smith

13.00 – 14.00 Hot Buffet Lunch and Refreshments

Choice of ONE afternoon session 14.00pm – 16.00pm (with the exception of mentoring workshop which is 14.00-17.00pm)

CPD F	Rules	This workshop covers the key rules that you as a coach need to know	David Metcalf
CPD G	Psychology	This workshop will mainly cover preparing your athletes for events, motivation as well as other related topics	Judith Nasely
CPD H	Developing pathways	This workshop will cover how we ensure that clubs are effectively developing their members to achieve their potential and retaining them within the sport. It will also look at areas of support that may be available to clubs to support this.	Kevin Wray
CPD I	Coaching Systems Support Network – NGB links	This workshop will cover how the Coaching Network work with individual NGB's to meet the needs of their coaches	Helen Clarke/ Callum Irving
CPD J	Sports Coach UK A Guide to Mentoring Sports Coaches	This workshop will help coaches to identify their role as a mentor, develop their mentoring profile, increase the effectiveness of their mentoring relationships by developing practical mentoring skills, design a mentoring programme that best suits the needs of their sport and the level of coaching	TBC

Swim21 Coaches £15 non-swim21 coaches £30

Choice of ONE morning and ONE afternoon workshop – lunch and refreshments provided throughout the day

Complete an application form and send to ASA East Region, Court 5, Lanwades Business Park, Kentford, Suffolk CB8 7PN with cheque enclosed

A two day spectacular learning experience for
Volunteers, Teachers and Coaches of Aquatics



Volunteers Day - Venue: The Belfry, Cambridge

Date: Sunday 9th January 2011

**9.00am refreshments and Registration
Choice of ONE Morning Session 9.30am-12.30pm**

	Title	Description	Tutor
CPD A	Safeguarding and Protecting Children 2: Reflecting on Practice	This workshop is for those who have previously attended the first 'Safeguarding and Protecting Children' workshop. NB Pre requisite applies – to have attended the Sports Coach UK Safeguarding and Protecting Children workshop	Jane Wilson/ Nikki Baker
CPD B	Running Sports: A Club for All	This workshop identifies the benefits of opening up your sports club, to include a wider membership base - meaning more coaches, players, officials and increased revenue, improved eligibility for lottery funding, and quality ratings such as swim21 whilst ensuring the involvement and support of the local community.	Elizabeth Behnke
CPD C	Team Manager – Module 2	This module looks at Overnight stays and travel abroad takes similar themes to a different environment. You learn about vetting host families, what to do on arrival at a hotel or airport, and how to ensure dietary requirements are met, among other issues. N.B Pre requisite applied – to have attended Team Manager Module 1	Dennis Yeoman
CPD D	Contemporary Issues	This workshop introduces new officials and officials in training to a range of current and relevant issues which impact upon the role of an ASA Official.	Tom Baster
CPD E	Time to listen	This workshop is aimed at Club Welfare Officers (CWOs). Whilst it is appreciated that some CWOs will be trained and experienced in child protection issues, the Time to Listen programme provides the opportunity to consider the roles and responsibilities of CWOs and the action taken should any incident occur. NB Pre requisite applies – to have attended the Sports Coach UK Safeguarding and Protecting Children workshop	Steve Fairhurst

12.30pm – Keynote Speech – David Sparkes

13.00pm – 14.00pm Hot Buffet Lunch and Refreshments

Choice of ONE afternoon session 14.00pm – 16.00pm

CPD F	Running Sports: Funding for your Club	This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. It will also help you to identify how you can promote your sports club more effectively.	Elizabeth Behnke
CPD G	Running a successful coaching programme	This workshop covers an overview of the tax system, focusing on inspections and what they entail, taking on self-employed personnel with particular emphasis on the guidelines for clubs as well as an overview of employment options – zero hours, casual, etc.	Mike Lynch
CPD H	Team Manager – presenter workshop	Must have completed modules 1 and 2 of the team managers course, have a commitment to delivery of workshop within county, good communication skills and confidence within delivery of workshops	Dennis Yeoman
CPD I	Judicial Commissioner	This workshop covers a brief overview of role, powers and limitations, a summary of Complaints received 2010, role of ASA Friends in Complaint procedures, Complaint pathway from arrival at OJA to Completion, Most-frequently received Complaint, how the ASA, Regions, Counties, Clubs and members may minimise and successfully defend Complaints	Roger Williams
CPD J	Officials FINA	This workshop will cover the new FINA Swimming rules that were introduced on 1 st January 2010, this will also look at practical situations that arise between coaches and officials.	David Metcalf
	Time to listen (continued)	As above	Steve Fairhurst

ONLY £15 for all volunteers

Choice of ONE morning and ONE afternoon workshop – lunch and refreshments provided throughout the day

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