

## Upcoming Coach and Club Education Courses

(Updated –1st November 2011)



## **Coach Education – Recommended Minimum Standards Courses**

**Safeguarding and Protecting Children (scUK).** To help protect yourself, the young people you are coaching by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns.

<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>	<b>Course Organiser</b>
<b>Wed 23<sup>rd</sup> Nov</b>	6.00 – 9.00pm	Leeds Metropolitan University, Headingley Campus	£35	Carnegie Coach Education
<b>Tues 29<sup>th</sup> Nov</b>	6.00 – 10.00pm	Zara Sport Centre, Bradford	£35	West Yorkshire Sport
<b>Wed 14<sup>th</sup> Dec</b>	6.00 – 9.00pm	Leeds Metropolitan University, Headingley Campus	£35	Carnegie Coach Education
<b>Wed 8<sup>th</sup> Feb 2012</b>	6.30 – 9.30pm	Glasshoughton Centre, Castleford	£35	West Yorkshire Sport
<b>Tues 14<sup>th</sup> Feb 2012</b>	6.30 – 9.30pm	The Edge, Leeds University	£30	University of Leeds

**How to Coach Disabled People in Sport (scUK).** This workshop aims to answer all the commonly asked questions about disabled participants in sport i.e. how to plan, set up, or adjust to sessions to make your coaching more effective.

<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>	<b>Course Organiser</b>
<b>Wed 25<sup>th</sup> Jan 2012</b>	6.00-8.00	Leeds Metropolitan University, Headingley Campus	£25	Carnegie Coach Education
<b>Sat 25<sup>th</sup> Feb 2012</b>	10.00 – 12.00noon	The Edge, Leeds University	£25	University of Leeds

**Equity in Your Coaching (scUK).** Do you want to make sport available for everyone regardless of their gender, age, race, ability, faith or sexual orientation? If so, this course is for you.

<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>	<b>Course Organiser</b>
<b>Wed 9<sup>th</sup> Nov</b>	6.30 – 9.30pm	Spring Hall Sports Facility, Halifax	£35	Calderdale Council
<b>Tues 24<sup>th</sup> Jan 2012</b>	6.00 – 9.00pm	Leeds Metropolitan University, Headingley Campus	£40	Carnegie Coach Education
<b>Wed 8<sup>th</sup> Feb 2012</b>	6.30 – 9.30pm	The Edge, Leeds University	£35	University of Leeds
<b>Wed 21<sup>st</sup> Feb 2012 (tbc)</b>	6.30 – 9.30pm	Cleckheaton Sports Club, Cleckheaton	£35	West Yorkshire Sport

**Emergency First Aid / Fundamentals of First Aid (3 hour).** An intensive first aid course designed to provide basic life support and first aid techniques.

<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>	<b>Course Organiser</b>
<b>Thur 17<sup>th</sup> Nov</b>	6.30 – 9.30pm	The Edge, Leeds University	£28	University of Leeds
<b>Tue 22<sup>nd</sup> Nov</b>	6.00 – 9.00pm	Leeds Metropolitan University, Carnegie Stadium, Headingley	£45	Carnegie Coach Education
<b>Wed 5<sup>th</sup> Dec</b>	6.30 – 9.30pm	Spring Hall Sports Facility, Halifax	£30	Calderdale Council
<b>Tues 24<sup>th</sup> Jan 2012</b>	6.30 – 9.30pm	The Edge, Leeds University	£28	University of Leeds

**Emergency First Aid (4 hour).** An intensive first aid course designed to provide basic life support and first aid techniques for sport.

<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>	<b>Course Organiser</b>
<b>Tues 22<sup>nd</sup> Nov</b>	6.00 – 10.00pm	Zara Sport Centre, Bradford	£30	West Yorkshire Sport

**Sports Emergency Aid (6 hour).** A longer first aid course designed to provide basic life support and first aid techniques for sport

<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Cost</b>	<b>Course Organiser</b>
<b>Sat 26<sup>th</sup> Nov</b>	daytime	Leeds Metropolitan University, Carnegie Stadium, Headingley	£50	Carnegie Coach Education

**Outdoors First Aid (2 days).** This is a hands-on course specifically designed for those people who wish to gain the knowledge to deal with first aid situations in an outdoor environment.

Date	Time	Venue	Cost	Course Organiser
Sat 29 <sup>th</sup> Jan & Sat 5 <sup>th</sup> Feb 2012	9.00 – 5.00pm	Weetwood Sports Campus, University of Leeds (LS16 5AU)	£100	University of Leeds

For details of HSE Approved First Aid courses please see our Coaching Calendar on [www.coachingwy.co.uk](http://www.coachingwy.co.uk).

### Club Support Courses

**Valuing Volunteers (Running Sport).** By attending this workshop you will have a better understanding of your volunteer needs and be able to plan the recruitment, retention, reward and recognition of volunteers to build a network of support for your club

Date	Time	Venue	Cost	Course Organiser
Thur 17 <sup>th</sup> Nov	6 – 9pm	Galpharm Stadium, Huddersfield	£15	Kirklees Council

**Club for All (Running Sport).** The 'A Club for All' workshop outlines how your club can benefit from reaching all members of the community, and explains how to reach out to them - young people, older people, those on low incomes, disabled people and people from ethnic minorities.

Date	Time	Venue	Cost	Course Organiser
Tues 24 <sup>th</sup> Jan 2012	6.30 – 9.30pm	Cleckheaton Sports Club, Cleckheaton	£35	West Yorkshire Sport

**Funding your Club (Running Sport).** This Running Sport workshop will help you look at the various options available to help you to make your club financially sustainable.

Date	Time	Venue	Cost	Course Organiser
Thur 9 <sup>th</sup> Feb 2012 (tbc)	6.30 – 9.30pm	Cleckheaton Sports Club, Cleckheaton	£30	West Yorkshire Sport

**Small Grants programme (Running Sport).** This workshop will help you to ensure your club has the best possible chance of making a successful application to this Sport England funding programme.

Date	Time	Venue	Cost	Course Organiser
Wed 22 <sup>nd</sup> Feb 2011	6.30 - 9.30 pm	Glasshoughton Centre, Castleford	£30	West Yorkshire Sport

**Community Amateur Sports Club (CASC).** This workshop will help clubs understand the financial benefits available as a CASC and move towards applying for this status.

Date	Time	Venue	Cost	Course Organiser
Wed 21st Nov (tbc)	6.30 – 9.30pm	Cleckheaton Sports Club, Cleckheaton	£30	West Yorkshire Sport

### Other Coach Education Courses

**Long Term Athlete Development (scUK).** This workshop provides all the essential information on the LTAD model and its practical applications to coaching participants.

Date	Time	Venue	Cost	Course Organiser
Thur 3 <sup>rd</sup> Nov	6.30 – 9.30pm	The Edge, Leeds University	£30	University of Leeds

**An Introduction to Fundamentals (scUK).** This practical workshop explores the concepts of Agility, Balance, Co-ordination and speed.

Date	Time	Venue	Cost	Course Organiser
Sat 26 <sup>th</sup> Nov	10am – 1pm	The Edge, Leeds University	£35	University of Leeds

**Nutrition for Sports Performance.** This course will examine a range of nutritional aspects with the goal of maximising sports performance and recovery from training.

Date	Time	Venue	Cost	Course Organiser
Mon 28 <sup>th</sup> Nov	6.00 - 9.00pm	Leeds Trinity University College	£15	West Yorkshire Sport

**Coping with Anxiety.** The course will include practical activities that you can learn, practice and use in either your own performance or to improve the performance of others. These practical techniques are well-researched and tested methods to cope with anxiety that you will be able to practice at any level of sport.

Date	Time	Venue	Cost	Course Organiser
<b>Mon 30<sup>th</sup> Jan 2012</b>	6.00 - 9.00pm	Leeds Trinity University College	£15	West Yorkshire Sport

**Fitness Assessment for Team Sports or Field Situations.** This course will examine a range of simple yet accurate physiological tests available that can be used to monitor training and maximise performance in a field or team setting.

Date	Time	Venue	Cost	Course Organiser
<b>Tues 28<sup>th</sup> Feb 2012</b>	6.00 - 9.00pm	Leeds Trinity University College	£15	West Yorkshire Sport

## How to Book

Course Organiser	Bookings	Enquiries
<b>Carnegie Coach Education (Leeds Met)</b>	<a href="http://www.leedsmet.ac.uk/sport/CPDPackages.htm">www.leedsmet.ac.uk/sport/CPDPackages.htm</a> <a href="https://onlinestore.leedsmet.ac.uk/">https://onlinestore.leedsmet.ac.uk/</a>	0113 812 7437
<b>University of Leeds</b>	<a href="https://store.leeds.ac.uk/">https://store.leeds.ac.uk/</a>	0113 343 8595
<b>West Yorkshire Sport</b>	<a href="http://www.coachingwy.co.uk/apply/events">www.coachingwy.co.uk/apply/events</a>	01484 234087
<b>Calderdale Council</b>	<a href="mailto:jackie.gledhill@calderdale.gov.uk">jackie.gledhill@calderdale.gov.uk</a>	01422 264744
<b>Kirklees Council</b>	<a href="mailto:maureen.holroyd@kirklees.gov.uk">maureen.holroyd@kirklees.gov.uk</a> **Free courses are prioritised to Kirklees residents / clubs	01484 234098

Alternatively, for further details of these courses and how to book, visit [www.coachingwy.co.uk](http://www.coachingwy.co.uk) and go to the **course calendar**.

This is the only comprehensive calendar of Coach and Club Education courses running in West Yorkshire, including the dates of future course and details of other coaching courses and events.

## Can't find the course you are looking for?

Try our new system that allows you to register interest in the workshop you want. Here's how it works:

1. Register or log on to [www.coachingwy.co.uk](http://www.coachingwy.co.uk)
2. On your homepage, go to the **Course Availability** section
3. Register your interest in the course you want, the venues you can attend and the days of the week you are available
4. When there is sufficient demand, we arrange the course and contact you with the details so you can book your place.

West Yorkshire Sport can also arrange Sports Coach UK or Running Sport workshops or First Aid courses for clubs, leagues and other organisations at your own venue. Contact West Yorkshire Sport on [wys.admin@wysport.co.uk](mailto:wys.admin@wysport.co.uk) or 01484 234087 for further details.