



UPDATED LIST

Please note - Date Change*
Strength & Conditioning**

**South Staffordshire Athletics Network
Local Coach Development Plan**

Workshop	Date	Time	Venue
First Aid Course	Monday 2 nd November	6:30 – 9:30pm	Stafford Borough Council
Marathon Running Workshop with Paul Evans	Tuesday 10 th November	6:30 – 9pm	Rowley Park - 6:30pm MRI Club – Stafford, 8pm
Throws Flying Coach Visit (Discus)	Monday 16 th November	7 – 9pm	Burton AC
Safeguarding and Protecting Children Workshop	Monday 23 rd November	6:30 – 9:30pm	Stafford Borough Council
Date change Strength and Conditioning Workshop	Sunday 10th January	11 – 1pm	Tamworth AC
Sprints Flying Coach Visit	Monday 7 th December	7 – 9pm	Burton AC
Diet and Nutrition	Monday 14 th December	7 – 9pm	Stafford Harriers – MRI Club, Stafford
Hurdles Flying Coach Visit	Monday 11 th January	7 – 9pm	Cannock & Stafford AC Rowley Park – Stafford
Fundamental Movement Skills	Monday 25 th January	7 – 9pm	Tamworth AC

**To book please contact, Catherine Pendlebury – Network Coordinator. Email: cpendlebury@staffordbc.gov.uk
Telephone: 07800 619 841 PLEASE PRE- REGISTER A booking form will then be sent to you**

Further courses will be added to this programme in the coming months, if you have any suggestions please let us know!

England Athletics Coach Conference, Sunday 6th December. Further details to be confirmed
Book separately via their web site – www.englandathletics.org

Course Explanations

Sportshall Athletics

An introduction to Sportshall Athletics for interested/ supporting parents and beginner / young coaches (2 hours) and a separate follow-on coaching session to examine sportshall event technique for coaches who want to learn more or have previous sportshall experience. (2 hours) You are welcome to attend both if you would like!

Flying Squads

The Flying Coach Programme is being delivered across England to benefit clubs, coaches and athletes of a variety of abilities, across all disciplines. Under the scheme, top coaches visit local clubs to work directly with club coaches and assist with the development of their athletes, to help develop coaching expertise in a particular technical event in a practical coaching environment. While it is expected that the focus of the majority of Flying Coach visits will be the technical development of coaches, other areas of coach development may be discussed such as;

- Strength & Conditioning
- Fundamental Movement Skills
- Planning and Periodisation
- Communication Skills
- Sport Psychology

First Aid Course – RLSS - Community Life Support **Requirement for Clubmark

This is a general 3 hour Emergency Aid course, that will provide you with the knowledge of how to deal with potential life threatening injuries and teach you how to deal with a variety of situations.

Marathon Running Workshop and talk for coaches and athletes with Paul Evans

This workshop is in two parts both led by Paul Evans. Firstly at Rowley Park a practical session aimed at coaches / athletes training for a Marathon and Half-Marathon. Secondly a talk on training planning and Paul's fantastic career. You do not need to attend both.

Safeguarding and Protecting Children Workshop **Requirement for Clubmark

Protect yourself and 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.

This workshop will help you, the coach to:

- identify good coaching practice to promote a positive relationship with children
- identify sport situations and coaching practice that might constitute either poor practice or possible abuse
- identify ways of dealing with your own feelings about child abuse and state what constitutes neglect, physical, sexual and emotional abuse
- recognise the signs and symptoms of abuse and appreciate why reporting it is often so difficult
- identify appropriate action if a child discloses he/she has been abused
- identify appropriate action if abuse is suspected and explain the role and responsibilities of other experts (e.g. police, social services)
- describe appropriate practice that reduces the likelihood of abuse occurring.

Please note: Due to the sensitive nature of this workshop we have been advised by the course organisers that people under the age of 16 should be accompanied by an adult

Strength and Conditioning Workshop - “How well can your Athletes Move”

The Workshop will focus on :

- Dynamic Warm-ups
- Movement fundamentals for effective conditioning of young athletes
- Balance and Stability Assessment/Screening
- Trunk Conditioning Assessment/Screening

Course Tutor – Ruddy Farquharson Strength & Conditioning Coach English Institute of Sport / UKA

Diet and Nutrition Workshop for Athletics Coaches

This workshop will focus on:

- Basic Nutrition & Energy Balance
- Female Athlete Triad
- Eating to Improve Performance & Reduce Injury

Course Tutor – Tim Snowdon UKA Talent Development Manager for the West Midlands

Fundamental Movement Skills (FMS)

The aim of FMS session is to provide some ideas and exercises designed to improve athlete efficiency and therefore performance, but also to help to reduce injury and prolong an active career. These exercises can be done as a session in themselves, as part of a warm-up routine, and as background "homework" for the athletes to do on their own.

*England Athletics Coach Conference ** Book separately with England Athletics (see website – www.englandathletics.org)*