

Bucks Coaching Conference 2011

Bucks Sport and the Bucks and Milton Keynes School Sports Partnerships, have teamed up to co-ordinated and deliver this invaluable event to provide support and development opportunities to coaches right across the county. The event will be full of fun, networking opportunities, and of course, plenty of coach development workshops that are relevant to the needs of you.....our coaches!

Saturday 21st May 2011
Stoke Mandeville Stadium, Aylesbury, HP21 9PP
9.15am – 5.15pm

Event Programme

9.15 – 9.45: Arrival

9.45 – 10.00: Welcome

10.00 – 13.00: Morning Workshops

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| 1. Safeguarding & Protecting Children 2 | 2. Positive Behaviour Management |
| 3. Multi-Skills in Practice | 4. Disability Awareness |
| 5. Neuro Linguistic Programming (NLP) | |

13.00 – 14.00: Lunch, Networking Opportunity and Fun Activities

14.00 – 17.00: Afternoon Workshops

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| 1. Nutrition in Sport | 2. Challenging Behaviour in PE and Sport |
| 3. High Quality Coaching | 4. Intro to Managing Coaches Effectively |
| 5. Guide to Mentoring Sports Coaches | |

17.00 – 17.15: Close

All of the workshops will be delivered by high quality tutors who have vast knowledge and experience in their field. *For more information on these workshops, please see page 2.*

You can get all of this, for just £25!!

That's £60 worth of courses, lunch, activities and a great networking opportunity.....all for £25!
Places will be allocated on a first-come-first-serve basis so please don't waste any time and make sure you book on straight away.

For a booking form please visit www.buckssport.org/coachingconference or contact Ben Fisher at bfisher@buckssport.org.

Workshop Descriptions

Morning Workshops

Safeguarding and Protecting Children 2

By working through 'Safeguarding and Protecting Children 2', you will reflect on, and learn from, your own and others' coaching experiences. The workshop aims to ensure that the learning from the first 'Safeguarding and Protecting Children' workshop is consolidated and updated. It aims to provide a valuable opportunity to build on knowledge gained since the first workshop and share best practice through scenarios and reflection upon the experiences of participants.

'Safeguarding and Protecting Children 2' satisfies the requirements of the UKCC and Clubmark in relation to basic safeguarding and protecting children awareness training when attended as a 'refresher' workshop within three years of attending the first 'Safeguarding and Protecting Children' workshop or an equivalent recognised direct delivery workshop.

Positive Behaviour Management

This workshop aims to increase coaches' awareness of the behaviour of young people, and the impact a coach's own behaviour may have on others.

Multi-Skills in Practice (practical)

This practical workshop is designed to help participants integrate the ABCs into Multi-skill sessions. It will give delegates the opportunity to develop ideas with others and share good practice.

Disability Awareness (practical)

This workshop is an interactive, practical session that will offer practical tips and advice for those currently working with or looking to work with participants who have a disability. The workshop will give an introduction into how to plan and set up coaching sessions to suit the needs of disabled participants, and providing ideas for how to adapt sessions to make them most effective.

Neuro Linguistic Programming (NLP)

NLP works with the mind to remove negative emotions, and change negative beliefs to positive beliefs in the participant. This workshop is a short 3 hour introduction to NLP that starts to explore how our athletes create winning or losing habits and how you can begin to help them make positive changes to achieve success in their chosen sport.

The course introduces coaches to some simple Neuro-Linguistic Programming (NLP) techniques to enhance existing coaching methods. It is an interactive and thought provoking 3 hour seminar style workshop that explores the NLP communication model, a brief history of NLP, the presuppositions of NLP and how NLP can be applied to coaching and mentoring.

Afternoon Workshops

Nutrition in Sport

Delivered by Dr Karen Reid, a registered Sport and Exercise Nutritionist with 20 years experience in elite level high performance sport, this workshop will explore the appropriate eating habits and fluid intakes of performance athletes. The workshop discusses the timing of food intake before and after training, which foods provide the best fuels, and it will provide tips for suitable meals and menus. And finally, the workshop will look to incorporate some practical tasks, giving you an opportunity to create your own DIY shake.

Challenging Behaviour in PE & Sport (part practical)

This workshop has been designed for sports coaches and PE teachers alike, providing both a practical and theoretical exploration of how to deal with challenging behaviour in participants, particularly in an educational setting.

High Quality Coaching

Lead by Miriam Luke, a British Olympic athlete from the 1990's and early 2000, this workshop looks at the vital roles a coach plays in recognising and supporting our countries talent, taking a practical look at Long Term Athlete Development. The workshop will explore how to work with what is provided by schools including an understanding of the 5 Pillars, Junior Athlete Education, and the Talent Pathways of our National Governing Bodies.

Introduction to Managing Coaches Effectively

This workshop has been designed to provide coach managers with an introductory guide to managing their coaches. Exploring the coach management principles and giving useful tips and advice along the way, this interactive and informal workshop will guide you through the basic understanding of Recruiting, Developing and Deploying your coaches.

A Guide to Mentoring Sports Coaches

Mentoring is a powerful tool in the education and development of sports coaches at all levels. Aimed at Level 2 and 3 coaches or any individuals currently supporting other coaches, this workshop will help you, as a mentor, to support coaches' learning and focus on how learning occurs. It provides coaches with tools (which are adequately flexible to fit within any mentoring framework) to record the relationships built through mentoring programmes.