

Coach Education and Club Development Programme

for Coventry, Solihull & Warwickshire



Coventry Solihull & Warwickshire **SPORT**

Nov 2009 -
April 2010

- Sport Specific Qualifications
- Young Leader Awards
- Exercise & Fitness Courses
- Club & Volunteer Workshops

Sports Courses

AT HENLEY COLLEGE COVENTRY

Henley College Coventry has a well established reputation for providing high quality courses. The Henley College Sports Academy offers playing and educational opportunities in the sports of Rugby Union, Men's and Women's Football and Basketball.

PART TIME COURSES

Young Apprenticeship in Sports Coaching Leadership and Management

NVQ Level 2 Activity Leadership

NVQ Level 2 and 3 Fitness and Exercise

NVQ Level 3 Sports Development

NVQ Level 3 Leisure Management

Gym Instructor

Certificate in Personal Training

FA Level 1 and 2 Coaching Certificate

ASA Teaching Level 1 and 2

FULL TIME COURSES

Level 1 Sport and Fitness

Level 2 BTEC First Diploma in Sport

Level 3 BTEC National Diploma in Sport (Performance and Excellence)

Apprenticeships in the Sports Industry

HND Sport and Exercise Science

HND Sport Exercise and Therapy Sciences

COMMENCING FEBRUARY 2010 'INSPIRATION 2012'

A package of sports leadership, volunteering and exercise courses for the unemployed.

FOR MORE INFORMATION

Phone: 024 7662 6375

Text: HCC sport to 88020*

www.henley-cov.ac.uk

*your text message will be charged at your provider's rate



Introduction

CSW Sport is the Sport and Physical Activity Partnership for the sub-region encompassing Coventry, Solihull and Warwickshire. Through its work with Partners across the sub-region it looks to develop a cohesive, inclusive, ethical and valued education and training system for sport and physical activity. The CSP over many years has been proactive in searching for ways to improve the way training for sport generally is provided and supported. With this as a basis from which CSW Sport undertakes its promotion of education and training development, I am pleased once more to present our most recent Coach Education and Club Development Programme.

Children, players and athletes are supported by skilled coaches, officials and volunteers at all stages of their development in sport and this programme is looking to develop the skills, knowledge and expertise locally. With continued funding support that is provided to the CSP through the Sport England Community Investment Fund, CSW Sport is able to provide Local Authority areas the opportunities to offer courses, and in doing, so ensure the lifeblood of local clubs, i.e. volunteers, coaches and officials can be trained and supported.

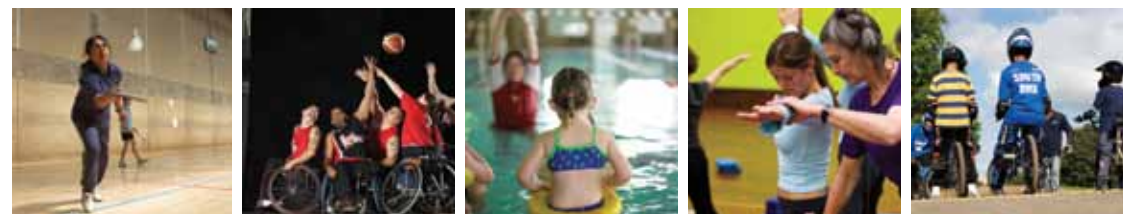
As part of our work to develop the provision of holistic coach and coaching development, CSW Sport works with leading organisations such as runningsport, sports coach UK and National Governing Bodies of sport to ensure that everyone can access training locally. I would like to take this opportunity to thank the national organisations that work with us to provide a quality programme every 6 months. I would also like to take the opportunity to thank Emma O'Dowd and Sue Short for their continued work in putting together this programme in such a professional way and meeting ever pressing timelines.

NGBs across the sub-region now have their whole sport plan funding, and with this funding each NGB has a clear remit on the interventions that they will take forward. With the NGB support to this programme we can make sure that the very interventions of those sports focused here in Coventry, Solihull and Warwickshire will be supported. Whether the interventions chosen will be used by NGBs to either grow or excel their respective sports, we are confident, each will be strongly supported by our sub-regional dedicated programme that improves skills and expertise needed to succeed.

Vanessa Brown
CSW Sport Partnership Director



INVESTOR IN PEOPLE



Sport Equality

Coventry Solihull & Warwickshire Sport is committed to working proactively to ensure access to sport and active recreation across the partnership for anyone, regardless of individual circumstance or background.

We will work with partners to address barriers to participation and promote positive actions to ensure under represented communities have the

opportunity to participate in their chosen activities. In order to achieve this we will develop actions with partners.

We recognise the diversity of our community and accept that we have to be more pro-active and put additional resources into engaging with individuals and groups who have not traditionally accessed our services.

Safeguarding and Protecting Children in Sport

Coventry Solihull & Warwickshire Sport is committed to promoting the safety and welfare of children and young people engaged in sporting activities across Coventry, Solihull and Warwickshire. It aims to contribute to safeguarding children and young people by:

- Meeting the requirements of the Standards for Safeguarding and Protection Children in Sport (CPSU, 2002)
- Implementing and demonstrating best safeguarding practice when staff, volunteers or others are providing services, activities and programmes for children and other young people.
- Working with partners to establish and implement agreed, consistent minimum safeguarding standards for sporting activities across Coventry, Solihull and Warwickshire.
- Requiring those individuals or organisations that are funded or commissioned to provide any service for children and young people to effectively address safeguarding requirements.
- Maximising its influence to promote safeguarding practice and principles within its wider partnership roles and relationships.
- Promote a culture that ensures children are listened to and respected as individuals.

We have already achieved the Preliminary and Intermediate Levels of the Standards for Safeguarding and Protecting Children in Sport and are currently developing portfolios to achieve the Advanced Level.

We have recently developed a series of *Keeping Sport Safe! Guides* which include:

- A guide for parents and carers
- A guide for sports coaches and leaders
- A guide for children and young people
- A guide for sports clubs

These Guides can be downloaded from the CSW Sport Website at www.cswsport.org.uk. They have been developed with children and young people and with key partners such as the NSPCC, Child Protection in Sport Unit, Sport England and the three Local Safeguarding Children Boards across Coventry, Solihull and Warwickshire. This Coach Education and Club Development Programme has a variety of generic courses developed through sports coach UK and runningsports, many of which aim to promote better outcomes for children and young people. Other workshops are currently being developed such as the sports coach UK Workshop on Managing Challenging Behaviour which we hope will be offered as a generic course in the near future.

For further information on sport equality or safeguarding and protecting children visit:
www.cswsport.org.uk/equality or www.cswsport.org.uk/protecting-children or
 contact Coventry Solihull & Warwickshire Sport on 024 7657 4200 or info@cswsport.org.uk

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N.B. Information is correct at time of going to print



Where you see the Clubmark symbol, this refers to workshops that are essential to achieving the Clubmark standard.

Clubmark is a national scheme, awarded to recognise the commitment made by sports clubs to develop high quality, welcoming environments for young participants.

Currently there are 117 Clubmark clubs across Coventry, Solihull and Warwickshire from 20 different sports (excluding Football). There are many more clubs currently working towards Clubmark accreditation, being supported by their National Governing Body of Sport.

Clubmark is awarded to clubs who meet standards on -

- **The Playing Programme**
For example, ensuring the coaching staff is appropriately trained.
- **Duty of Care and Child Protection**
To ensure that participants, visitors and volunteers can enjoy the sport it offers in a safe environment.
- **Knowing Your Club and Its Community**
To ensure that the club is a place that is child-friendly, free from discrimination and unfair behaviour.
- **Club Management**
For example, having well ordered finances and members that are kept informed with good communication

To view all the accredited clubs in Coventry, Solihull and Warwickshire visit:
www.cswsport.org.uk/clubdevelopment

How to book on CSW Sport workshops

Please visit www.cswsport.org.uk/workshops and select 'Workshop listings' from the left hand menu.

For help or further information on workshops, please contact 02476 574200 or info@cswsport.org.uk



Generic Courses

Please check the CSW Sport website for updates on specific dates, venues and additional courses.

Appointed Persons Emergency Aid Course

The programme consists of the generic knowledge and skills required of persons appointed to take charge of first aid arrangements. Everyone that shows competence in delivering Emergency Aid will receive an Appointed Persons Emergency Aid certificate which is valid for a period of 36 months.

Additional information:
Participants should be over 16 years of age.

How to book:
www.cswsport.org.uk/workshops



Venue: The Pingles Leisure Centre, Nuneaton
Date: 11 & 18 November 2009
(attendance on both dates required)
Time: 6.30 – 9.30 pm
Cost: £10

Venue: Lawrence Sheriff School, Rugby
Date: 4 & 5 January 2010
(attendance on both dates required)
Time: 6.30 – 9.30 pm
Cost: £10

Venue: Moat House Leisure & Neighbourhood Centre, Winston Avenue, Coventry
Date: 8 & 15 March 2010
(attendance on both dates required)
Time: 6.30 – 9.30 pm
Cost: £10



sports coach UK workshops

Coaching Children & Young People

Discover the needs and motivation of young players. Learn how to deliver effective coaching sessions to meet the level of skill, developmental stage and motivation of each young player.

Additional information:
Participants should be over 16 years of age.

How to book:
www.cswsport.org.uk/workshops

Venue: Solihull Women's Institute, Monahan Room, 745 Warwick Road, Solihull, B91 3DG
Date: 14 January 2010
Time: 6.30 - 9.30 pm
Cost: £10

Venue: Leamington Town Hall, The Parade, Leamington Spa
Date: 27 January 2010
Time: 6.30 - 9.30 pm
Cost: £10

Coaching Disabled Performers

Develop your own coaching knowledge and skills to coach disabled players through inclusive and separate coaching sessions. Discover new ways to adapt equipment and identify appropriate safety and medical considerations to meet your players' needs.

Additional information:
Participants should be over 16 years of age.

How to book:
www.cswsport.org.uk/workshops

Venue: Solihull Women's Institute, Monahan Room, 745 Warwick Road, Solihull, B91 3DG
Date: 12 November 2009
Time: 6.30 - 9.30 pm
Cost: £10

“ Very informative, well structured and plenty of areas for our club to work on! ”

Equity in your Coaching

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. As a coach, you have an important role to play in ensuring this happens. The workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants.

Additional information:
Participants should be over 16 years of age.

How to book:
www.cswsport.org.uk/workshops



Venue: Old Saltleians RFC, Water Orton
Date: 23 November 2009
Time: 6.30 - 9.30 pm
Cost: £10

Venue: Moat House Leisure & Neighbourhood Centre, Winston Avenue, Coventry
Date: 11 February 2010
Time: 6.30 - 9.30 pm
Cost: £10

Safeguarding & Protecting Children in Sport

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns.

Additional information:
Participants aged under 18yrs should be accompanied by an adult e.g. parent, mentor, coach, who does not need to attend the course but must be present in the room.

How to book:
www.cswsport.org.uk/workshops



Venue: Moat House Leisure & Neighbourhood Centre, Winston Avenue, Coventry
Date: 18 November 2009
Time: 6.30 - 9.30 pm
Cost: £10

Venue: Lawrence Sheriff School, Rugby
Date: 1 February 2010
Time: 6.30 - 9.30 pm
Cost: £10

A Club for All... attracting more members from the community

This workshop identifies the benefits of opening up your 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 Clubmark; whilst ensuring the involvement and support of the local community.

Additional information:
Participants should be over 16 years of age

How to book:
www.cswsport.org.uk/workshops



Venue: Kineton High School, Banbury Road, Warwick
Date: 18 November 2009
Time: 6.30 - 9.30 pm
Cost: £10

Venue: Lawrence Sheriff School, Rugby
Date: 1 March 2010
Time: 6.30 - 9.30 pm
Cost: £10

Venue: Solihull Women's Institute, Monahan Room, 745 Warwick Road, Solihull, B91 3DG
Date: 9 March 2010
Time: 6.30 - 9.30 pm
Cost: £10

Funding for your Club

This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship.

Additional information:
Participants should be over 16 years of age

How to book:
www.cswsport.org.uk/workshops

Venue: Pingles Leisure Centre, Avenue Road, Nuneaton
Date: 13 January 2010
Time: 6.30 - 9.30 pm
Cost: £10



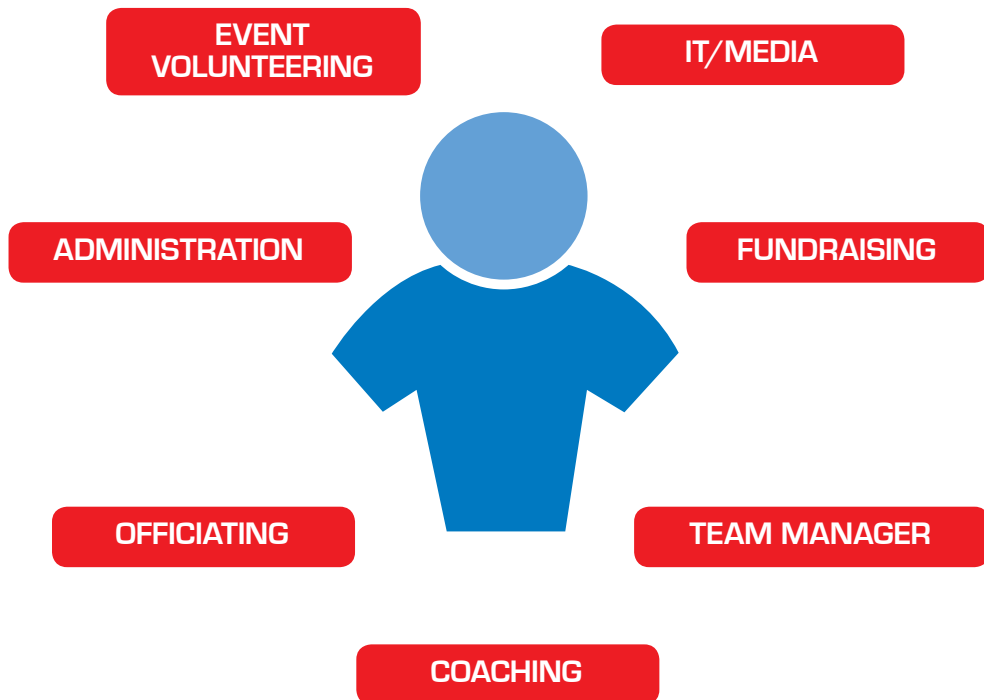
Step into Sport Community Volunteering in Coventry, Solihull and Warwickshire

What is Step into Sport?

Step into Sport Community Volunteering focuses on young people aged between 16 – 19 years (in education) and aims to encourage them to undertake an involvement in sports leadership and volunteering that will continue later in life.

What is Community Volunteering?

This is aimed at young people who want to volunteer within the local community, outside of the school environment. This could be in a local sports clubs, youth group or uniformed group etc. Doing a variety of roles such as:



What are the benefits?

CSW Sport volunteers receive a welcome pack for signing up to the programme including a t-shirt, bag, log book and water bottle.

Awards and rewards

On completion of 50, 100, 200 or 400 hours of community volunteering, volunteers receive nationally recognised Step into Sport awards and a CSW Sport reward.

 <p>BRONZE: 50 Hours of Volunteering</p>	 <p>SILVER: 100 Hours of Volunteering <i>(including 50 accrued for the bronze)</i></p>	 <p>GOLD: 200 Hours of Volunteering <i>(including 100 accrued for silver)</i></p>	<p>NEW!</p> <p>DAME KELLY HOLMES DOUBLE GOLD AWARD: 400 hours of volunteering <i>(including 200 accrued for gold)</i></p>
<p>Reward: Branded Poloshirt</p>	<p>Reward: Branded Rugby Shirt</p>	<p>Reward: Branded Coaching Jacket</p>	<p>Reward: CSW Sport reward package</p>

Training and Volunteer Opportunities

Volunteers are able to access subsidised and free training courses including first aid and safeguarding and protecting children workshops (essential for a career in coaching) and receive information on volunteering opportunities available in the area.

Clubs

Clubs can sign up to offer a volunteering opportunity and benefit from:

- One free place on CSW Sports workshops
- Advertisement for volunteer on the national volunteering website www.do-it.org
- Getting young volunteers rewarded and recognised

For more information on Step into Sport contact Emma O'Dowd on 02476 574197 or emma@cswsport.org.uk

Athletics

All courses and course dates for the West Midlands Region can be found on the England Athletics website www.englandathletics.org

Badminton

UKCC Level 1: Badminton

This qualification, awarded in partnership with Badminton England, will allow candidates to develop skills and knowledge in Badminton coaching.

Additional information:

Must be 16+.

A keen interest in Badminton is essential.

For additional Badminton courses and information please visit the Badminton England website at: www.badmintonengland.co.uk

Venue: Warwickshire College,
Henley in Arden Centre
Date: 10 & 24 April 2010 plus
assessment day 5 June 2010
(attendance at all required)
Time: TBC
Cost: £195

How to book:
Contact Liz Brett
lizbrett@badmintonengland.co.uk



Baseball and Softball

For information on courses please visit www.baseballsoftballuk.com

Basketball

Level 1: Certificate in Coaching Basketball

This qualification is awarded in partnership with the National Source Group for Basketball. This is the first qualification on the basketball coaching ladder. Designed to provide candidates with an introduction to the practical and theoretical aspects of coaching basketball.

Additional information:

Must be 16+.

A keen interest in Basketball is essential.

Venue: Warwickshire College,
Henley in Arden Centre

Date: TBC

Time: 9 am - 5 pm

Cost: £130
£70 concessions for 16-18 yr olds
and those in receipt of benefit.

Level 2: Certificate in Coaching Basketball

Developed in partnership with the National Source Group for Basketball, the course develops candidates' basketball coaching skills, ideally from the Level 1, on how to plan, conduct and evaluate basketball coaching sessions so that they can coach basketball to players of all ages.

Additional information:

Must hold Level 1 Certificate in Coaching Basketball and experience regular coaching.

Venue: Warwickshire College,
Henley in Arden Centre

Date: 29 - 31 March, 1 and 8 May 2010

Time: 9 am - 5 pm

Cost: TBC
£70 concessions for 16-18 yr olds
and those in receipt of benefit.

How to book on above courses:

Contact Amanda Austen-Jones
aausten-jones@warkscol.ac.uk
Tel. 01564 797839

Alternatively, visit:
www.englandbasketball.com
or www.warwickshirebasketball.co.uk
or contact
Katherine.robinson@sportstructures.com
Bookings can also be made on the website
www.sportstructures.com





Canoe/Kayak

BCU UKCC Level 1 coach

This 4 day course is the first step on the paddlesport coaching pathway. It will introduce you to the fundamentals of good coaching practice and help you to understand and coach technical and tactical aspects of your sport.

Venue: Leam Boat Centre,
Leamington Spa
Date: 20,21,27 & 28 March 2010.
Time: 9.30 am to 5.30 pm
Cost: £230

BCU UKCC Level 2 coach

This 4 day course is the second step on the paddlesport coaching pathway. It focuses on progressive coaching, helping you to develop your students within their first 3 years of paddling, through a series of sessions.

Venue: Leam Boat Centre,
Leamington Spa
Date: 31 Oct, 1, 28 & 29 Nov 2009
Time: 9.30 am to 5.30 pm
Cost: £230

BCU UKCC Level 2 coach assessment

A 1-day assessment course in both canoe and kayak.

Venue: Leam Boat Centre,
Leamington Spa
Date: 13 December 2009
Time: 9.30 am to 5.30 pm
Cost: £80

Additional information:

More courses will be scheduled throughout the year - visit www.canoekayaktrader.co.uk for dates.

How to book on above courses:

Book on-line:
www.canoekayaktrader.co.uk
E-mail: matt@canoekayaktrader.co.uk
or Tel. 01926 889928



Cricket

UKCC Coach Award

The course is aimed at beginner coaches who will be able to “assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision” The course will help coaches prepare for, deliver and review cricket coaching sessions.

It will enable them to:

- Introduce and develop the game of cricket to people of all ages in a safe and enjoyable way
- Develop FUNDamental movement skills
- Develop and improve players (as people as well as cricketers) particularly at FUNDamental and L2T stages of the LTAD model.

Additional information:

Application forms will also be sent out via email to Warwickshire affiliated Cricket Clubs and on request.

Venue: Smith's Wood College, Solihull
 Date: 21, 28 Nov, 12 Dec 2009 & 23 May 2010
 Time: 9.30 am – 4.30 pm
 Cost: £280

How to book:
 Contact Angela Sweeney
 Tel: 0121 446 3615 or
 visit: www.wcb.org.uk



Exercise and Fitness

Level 1 Award in Active Healthy Living

A 'life skills' qualification at level 1. Candidates will learn the links between activity and better health. They will learn how to analyse their lifestyle and put together a strategy to improve nutritional habits and take up opportunities of becoming more active in their daily life.

Additional information:

This course is part of a West Midlands ESF programme “Using 2012 for Inspiration for Progression & Participation”.

Venue: Henley College, Coventry
 Date: February 2010
 Time: TBC
 Cost: None – if you are economically inactive and do not possess a Level 2 qualification

How to book:

Contact Maureen Birks,
 Tel: 02476 626374 or
 mbirks@henley-cov.ac.uk or
 visit: www.henley-cov.ac.uk

Level 3 Certificate in Personal Training

Course consists of 7 units that develop on the skills learned during level 2 gym instructor's course. Course also develops skills, knowledge and understanding to become a personal trainer either working on own or within a health and fitness club.

Additional information:

Candidates must have a level 2 certificate in Fitness Instruction (Gym)

Venue: Henley College, Coventry
 Date: 11 January - 12 July 2010
 Time: Mondays 9 am - 4.30 pm plus
 Tuesdays 6 - 9 pm April- July 2010
 Cost: £1200

How to book:

Contact Maureen Birks,
 Tel: 02476 626374 or
 mbirks@henley-cov.ac.uk or
 visit: www.henley-cov.ac.uk



Exercise and Fitness

Level 1 Certificate in Coaching Strength and Conditioning

This qualification is applicable to all sports and provides an introduction to the principles and practices of coaching safe, ethical strength and conditioning activities to athletes of all ages. This will enable candidates to seek employment as a strength and conditioning coaching assistant role in a club, school or equivalent environments.

Venue: Warwickshire College, Henley in Arden Centre
Date: 16 & 17 February 2010 plus one assessment date TBC
Time: 9.30 am – 4.30 pm
Cost: £130
 £70 concessions for 16-18 yr olds and those in receipt of benefit.

Level 2 Certificate in Coaching Strength and Conditioning in Sport

This qualification provides candidates with an opportunity to study and be assessed on both the practical and theoretical aspects of coaching strength and conditioning to groups of adults and children in an appropriate environment.

Additional information:

Must hold Level 1 Certificate or Level 1 or 2 in another sporting discipline or have proven coaching experience.

Venue: Warwickshire College, Henley in Arden Centre
Date: Easter 2010
Time: 9.30 am – 4.30 pm
Cost: £315
 £85 concessions for 16-18 yr olds and those in receipt of benefit.

How to book on above courses:
 Contact Amanda Austen-Jones
aausten-jones@warkscol.ac.uk
 Tel. 01564 797839

CYQ Certificate in Fitness Instructing (Level 2)

This qualification develops opportunities for candidates that wish to follow the Exercise to Music pathway within the fitness industry.

Additional information:

2 Saturday sessions will be included in this programme- 10 am – 4 pm. Dates to be confirmed at the beginning of the course. Must be 18+.

Venue: Solihull College, Blossomfield Campus, Solihull
Date: Tues 3 November 2009 - Tues 18 May 2010
Time: 6.00 – 9.00 pm
Cost: TBC

How to book:
 For an initial discussion call or email Andrew Balderson.
Andrew.Balderson@solihull.ac.uk
 Tel. 0121 678 7159

Exercise and Fitness

CYQ Exercise to Music – Level 2

Successful students will be able to teach exercise to music sessions such as aerobics, body conditioning and fab ab classes. The course teaches students the ability to understand the components of a class, put routines together and teach them to music.

Venue: Warwickshire College, Henley in Arden Centre
Date: Starts 6 January 2010, exam 19 - 20 June 2010
Time: 6.30 – 9.30 pm
Cost: £595

CYQ Gym Instructor – Level 2

This award will qualify you to become a gym instructor within the fitness industry. The module covers all practical aspects of training a client on both resistance and cardiovascular exercise equipment. It also includes anatomy and physiology.

Additional information:

Concessions available for those in receipt of benefits. Must be 18+ years old.

Venue: Warwickshire College, Henley in Arden Centre
Date: 29 March – 1 April, 6 – 9 April and 24 April 2010
Time: 9.30 am – 4.30 pm
Cost: £595

CYQ Instructing Health Related Fitness for Children Level 2

This course meets Ofsted requirements for those who wish to teach health related fitness to children between the ages of 5 – 16 years old. The assessment requires a planned session for two different age ranges and one taught session.

Venue: Warwickshire College, Henley in Arden Centre
Date: 15 – 18 February, 21-22 June 2010
Time: 9.30 am – 3.30 pm
Cost: £375

CYQ Teaching Mat Based Pilates Level 3

This qualification will enable students to teach mat-based Pilates classes. The course covers a comprehensive range of Pilates exercises, teaching techniques and anatomy and physiology at Level 3.

Venue: Warwickshire College, Henley in Arden Centre
Date: 29 March – 1 April, 6 – 9 April 2010
Time: 9.30 am – 4.30 pm
Cost: £725

How to book on above courses:
 Contact Kit Newey
 Tel. 01564 797811
kitnewey@warkscol.ac.uk

Exercise and Fitness

CYQ Nutrition & Weight Management Level 3

This course covers energy and energy balance, eating behaviour and disorders, ergogenic aids and myths regarding dietary supplements and manipulations. At the end of the course you should be able to provide appropriate nutritional advice, recommend sensible healthy eating strategies and modify recipes and diets for a variety of needs.

Venue: Warwickshire College, Henley in Arden Centre
Date: 3 March – 28 April 2010
Time: 6.30 pm - 9.30 pm
Cost: £210

CYQ Client Lifestyle and Fitness Assessment Level 3

The client appraisal unit helps you to appraise a client's physical fitness and design and evaluate an appropriate programme from this information. You must perform health, fitness and stress screening assessments.

Venue: Warwickshire College, Henley in Arden Centre
Date: 6 January – 24 February 2010
Time: 6.30 pm - 9.30 pm
Cost: £210

CYQ Sports Massage Level 3

This qualification recognises the skills, knowledge and competence required for an individual to work as a Sports Massage Therapist, and gain access to Sports Massage Associations Register at Level 3.

Additional information:
 Concessions available for those in receipt of benefits. Must be 18+ years old.

Venue: Warwickshire College, Henley in Arden
Date: 6 January – 16 June 2010
Time: 6.30 pm - 9.30 pm
Cost: £485

How to book on above courses:
 Contact Kit Newey
 Tel. 01564 797811
kitnewey@warkscol.ac.uk



Exercise, Movement & Dance

Level 3 Certificate in Teaching Fitness through Exercise Movement and Dance

Once qualified a holder of the EMDP Level 3 qualification will be equipped with the knowledge, skills and understanding to plan and deliver a safe and effective exercise, movement and dance programme to groups comprising adults of a range of ability and fitness levels.

The qualification is at Level 3 on the National Qualifications Framework and is recognised at the same level by the Register of Exercise Professionals.

It has been developed as a progressive programme which will improve your own movement skills whilst teaching you to become an effective teacher of exercise, movement and dance.

It will also provide you with the knowledge and skills to market your classes in order to achieve a second or primary income.

Additional information:

An opportunity to study with the exercise, movement and dance partnership – the organisation recognised by Sport England as the National Governing Body for exercise, movement and dance.

Venue: Various venues throughout England
Date: TBC
Time: TBC
Cost: £1600 or £850 with EMDP bursary

How to book:
 Contact the EMDP office
 Tel: 01403 266000



Football

Level 1 Certificate in Coaching Football

Good practice for delivering sessions (video), coach and player development, club administration, laws of football, emergency aid in football and child protection awareness.

Additional information:

A keen interest in Football is essential.
Minimum age 16.

Venue: Henley College, Coventry
Date: 7 Monday evenings from 2 November - 14 Decemebr 2009
Time: 6.00 - 9.00 pm
Cost: £140.00

Venue: Henley College, Coventry
Date: Monday, Tuesday, Wednesday & Friday, 4, 5, 6 & 8 January 2010
Time: 9.00 am - 5.00 pm.
Cost: £140.00

Concessions available for 16-18 year olds and those in receipt of benefit (subject to status).

How to book on above courses:
Maureen Birks on 024 7662 6374 or mbirks@henley-cov.ac.uk or www.henley-cov.ac.uk

Venue: Warwickshire College, Henley in Arden Centre
Date: 15 – 19 February 2010
Time: 9am - 5pm
Cost: £140
£80 concessions for 16-18 yr olds and those in receipt of benefit.

How to book on above courses:
Contact Amanda Austen-Jones on 01564 797839 or email aausten-jones@warkscol.ac.uk



Football

Level 2 Certificate in Coaching Football

Basic techniques, principles of attacking and defending, warm up and cool down, the learning and coaching process, planning, preparing and evaluating coaching sessions, football fitness and food, emergency aid, health & safety, overuse injuries, laws of the game, growing up – youngsters in football and child protection awareness.

Additional information:
Minimum age 17.

Must have achieved the Level 1 Certificate in Coaching Football & experience of regular coaching (at any level).

Venue: Henley College, Coventry
Date: Mon to Sat 15 – 20 Feb 2010 + assessment days
Time: 9.00 am – 5.00 pm
Cost: £265

Concessions available for 16-18 year olds and those in receipt of benefit (subject to status).

How to book:
Maureen Birks on 024 7662 6374 or mbirks@henley-cov.ac.uk or www.henley-cov.ac.uk

Venue: Warwickshire College, Henley in Arden Centre
Date: 29 March – 1 April, 7 – 9 April, 2 & 3 July 2010
Time: 9.00 am – 5.00 pm
Cost: £260

£95 concessions for 16-18 yr olds and those in receipt of benefit.

How to book:
Contact Amanda Austen-Jones, Tel. 01564 797839 or aausten-jones@warkscol.ac.uk

Safeguarding Children Workshop – FA Certificate

Additional information:
The Safeguarding Children workshop is a requirement for all FA qualified coaches, welfare officers, referees and medics (also available to anyone who wishes to attend). Suitable for candidates 18 years and above.

Venue: Warwickshire College, Henley in Arden Centre
Date: 15 February 2010
Time: 1.30 – 4.30 pm
Cost: £25

Concessions available for 16-18 year olds and those in receipt of benefit

How to book:
Contact Amanda Austen-Jones, Tel. 01564 797839 or aausten-jones@warkscol.ac.uk

Gymnastics

Courses include:

- Level 1, 2 and 3 Coaching Courses (all disciplines)
- Award Scheme Coach Courses (core, trampoline, pre-school)
- Judging Awards
- Leadership Awards (Helper's Award, Event Officiating Award)
- Cheerleading courses

For details of venues, dates and further information contact:

Jae Chambers-Dowsing on
0845 129 7129, ext 2593
m: 07739 512185 or
jae.chambers-dowsing@
gymnasticsengland.org
visit: www.wmgymnastics.org.uk

Hockey

For information on courses,
contact Emma Hewitt
Tel. 07718 980512 or
Email: emma.hewitt@englandhockey.org



Lifeguarding

National Pool Lifeguard Qualification

Nationally recognised Lifeguarding qualification, meeting the HSE requirement for the lifeguarding of the swimming pools in the UK.

Additional information:
All candidates must be confident and strong swimmers.

Venue: Pingles Leisure Centre, Nuneaton
Date: 15 – 20 February 2010
Time: 9.00 am – 5.00 pm daily
Cost: £200.00

How to book on above courses:
Contact Pingles Leisure Centre on
024 7640 0500 or
cheryl.armstrong@nbleisuretrust.org

Netball

Level 1 Certificate in Coaching Netball

This qualification is awarded in partnership with the National Source Group for Netball and provides candidates with an introduction to the practical and theoretical aspects of coaching netball.

Additional information:
A keen interest in Netball is essential.
Minimum age 16 years.

Venue: Warwickshire College,
Henley in Arden Centre
Date: 20 & 21 February and
21 March 2010
Time: 9 am – 6 pm
Cost: £170

How to book:
Contact Amanda Austen-Jones
aausten-jones@warkscol.ac.uk
Tel: 01564 797839

Orienteering

For information on courses
contact Vicky Thornton
Email: vicky@britishorienteering.org.uk

Rounders

For information on coaching Courses
please contact:
Siân Barnett (Coaching Administrator):
Siân.Barnett@roundersengland.co.uk or
Karen King (Coaching Director):
Karen.King@roundersengland.co.uk

Rowing

Amateur Rowing Association Dry Instructors Award

The Award will enable the holder to safely deliver indoor rowing sessions.

The Award covers – safety, technique, planning and delivery of indoor rowing.

Additional information:
Minimum course number – 10

Venue: TBA
Date: Please contact organiser
Jo Atkinson – see below
Time: 4-8 hrs
Cost: £40 per person

Amateur Rowing Association Award – Indoor Rowing for Secondary Schools

This NGB award covers technique for indoor rowing machine use, technique, safety, planning and delivery of sessions all with relevant references to secondary schools and the delivery of the National Curriculum.

Additional information:
Minimum course number – 10

Venue: TBA
Date: Please contact organiser
Jo Atkinson – see below
Time: 4-8 hrs
Cost: TBC

How to book on above courses:
Contact Jo Atkinson, Tel: 01562 861141 or
jo.atkinson@ara-rowing.org



Rugby Union

Rugby Ready

Rugby Ready is a foundation level course aimed at insuring all coaches have the necessary knowledge to safely conduct a training session. It particularly deals with the introduction of safe tackle, scrum and contact details. The course is an IRB course and although non-assessed there is a web-based questionnaire as well as a two and a half hour practical session. All candidates will be expected to do some practical coaching and to come suitably prepared. The course is now a pre-requisite for attendance at Level 1.

Venue: Warwickshire College,
Henley in Arden Centre
Date: Various
Time: TBC
Cost: £18

How to book:
Contact Amanda Austen-Jones,
Tel. 01564 797839 or
aausten-jones@warkscol.ac.uk

Level 1 Certificate in Coaching Rugby Union

Developed in partnership with the RFU, the qualification is the first qualification on the rugby union coaching ladder. Designed to provide candidates with an introduction to the practical and theoretical aspects of coaching rugby union.

Venue: Warwickshire College,
Henley in Arden Centre
Date: 8, 21 & 28 February &
12, 24 & 25 April 2010
Time: TBC
Cost: £100

Additional information:
Must have attended a Rugby Ready course,
contact Helen Bridgeman for more details.

Level 2 Certificate in Coaching Rugby Union

Developed in partnership with the RFU, the qualification is the first qualification on the rugby union coaching ladder. Designed to provide candidates with an introduction to the practical and theoretical aspects of coaching rugby union.

Venue: Warwickshire College,
Henley in Arden Centre
Date: 10, 17 and 31 January, and
7 February 2010
Time: TBC
Cost: £126.75

Additional information:
Must have achieved a Level 1 Certificate in
coaching Rugby Union.

How to book on above courses:
Contact Helen Bridgeman,
Tel. 07590 0928534

For information on other Rugby Union courses:
contact Mark Richardson, Tel: 07773 285295, Email markrichardson@rfu.com

Sports Leaders & Volunteering

Sports Leaders UK Level 2 Award in Community Sports Leadership

The Sports Leaders UK Level 2 Award in Community Sports Leadership is a nationally recognised training course, delivered over 30 hours, designed to give people over the age of 16 (no upper age limit!), skills in leading groups in sporting and recreational activity. It is an ideal first step towards gaining National Governing Body coaching qualifications and promotes the work of volunteers in British sport. The CSL encourages participants to take responsibility for others, to develop organisational and communication skills and, above all, increases the confidence of people for whom leading groups in sport is a new experience.

Venue: Various venues throughout England

NVQ Level 2 in Sport, Recreation and Allied Occupations: Activity Leadership

This is a nationally recognised qualification, accredited through OCR, and is designed to give people over the age of 16 (no upper age limit!), skills in leading groups in sporting and recreational activity. It is an ideal first step towards gaining National Governing Body coaching or instructing awards. The qualification is suitable for those who work, or wish to work, in either outdoors or in sports development as an 'assistant instructor' or equivalent level. They will be introducing a sport/activity and/or encouraging future participation, offering fun and enjoyable recreational activities, helping to develop personal and social skills in the participants or meeting certain curriculum requirements in an outdoor education or sport context.

Cost: NIL

Additional information:
Courses can be organised for clubs and organisations.

For more information on the above courses:
Contact Dave Mayo:
Tel: 07734 567750 or
dave.mayo@chasetrainingsolutions.co.uk

Sports Leaders & Volunteering

Sports Leaders UK Level 2 Award in Community Sports Leadership (see previous page also).

Additional information:
This course is part of a West Midlands ESF Programme "Using 2012 for Inspiration for Progression and Participation".

Venue: Henley College, Coventry
Date: April 2010
Time: TBC
Cost: None – if you are economically inactive and do not possess a Level 2 qualification.

Personal Best - Level 1 Award in Preparation for Event Volunteering

Personal Best is an exciting pre-employment programme designed to engage people with learning and opportunities in the labour market, lift their aspirations and create new life or career choices.

Venue: Henley College, Coventry
Date: April 2010
Time: TBC
Cost: None – if you are economically inactive and do not possess a Level 2 qualification.

The Programme uses the prospect of becoming a Games Time Volunteer in 2012 London Olympics as an inspiration to attract eligible people to undertake a Level 1 qualification, experience some volunteering and ultimately to move into employment or further training.

How to book on above courses:
Contact Maureen Birks,
Tel: 02476 626374 or
mbirks@henley-cov.ac.uk or
visit: www.henley-cov.ac.uk

Squash and Racketball

For details on forthcoming courses contact
Louise Pickford
Tel. 0161 438 4318 or visit:
www.englishsquashandracketball.com



Swimming

ASA Level 2 Teacher Certificate Swimming

Swimming strokes, laws and water skills, swimming fundamentals – principals of propulsive lift theory, survival swimming, effects of cold water, starts and turns. Health & safety, pool operating procedures and laws, child protection and related issues, human growth and development, sports equity, long term athlete development, organisation of large groups and long term planning.

Additional information:
Minimum age 18 and ASA level 1 certificate.

For more information regarding course running in the Coventry Solihull & Warwickshire area please e-mail:
Jennifer.powell@swimming.org or please visit:
www.westmidlandswimming.org

Venue: Lyng Hall, Coventry
Date: Mon 5 April to Fri 16 April 2010
(2 weeks)
Time: 9.00 am - 5.00 pm.
Cost: £389.00

How to book:
Contact Maureen Birks on 02476 626374 or
mbirks@henley-cov.ac.uk or
www.henley-cov.ac.uk



Table Tennis

UKCC Table Tennis Level I

This is a vocational qualification that provides students with an opportunity to study and be assessed for both the practical and theoretical aspects of coaching table tennis. The knowledge gained will enable students to develop a basic understanding of safe, ethical and effective table tennis coaching. Successful candidates will be qualified to deliver basic table tennis coaching activities, normally under the direct supervision of a more qualified coach.

Additional Information:
Course Code: 55167

Venue: The Griffin Centre,
Lawrence Sheriff High School,
Rugby
Date: 8 & 13 November 2009
Time: 9.00 am – 5.00 pm
Cost: £160

How to book:
Contact Sophie Hare
Tel: 01424 722525 or www.etta.co.uk



Tennis

Level 1 Coaching Assistant Course

The Level 1 Coaching Assistant qualification is the first step to becoming a coach. This three day course is available for anyone 16yrs or older and will give you an introduction to coaching while also developing your communication and organisational skills.

Venue: University of Warwick Tennis Centre
Date: 16, 17 Jan & 20 Feb 2010
Time: 9.00 am – 5.00 pm
Cost: TBC

Level 2 Community Coach Course

The Level 2 Community Coach course focuses on the tools you need to help beginners compete and play tennis and Mini Tennis. It will help you to further develop your communication and organisational skills.

Venue: Esporta Warwickshire, Coventry
Date: 27, 28 March, 1, 2 & 30 May 2010
Time: 9.00 am – 5.00 pm
Cost: TBC

Additional information:

Places for all the above are limited and given on a strictly first come, first served basis.

How to book on above courses:
Download an application form from:
www.inspire2coach.co.uk



sport unlimited

Sport Unlimited is a national government programme, launched in Autumn 2008. The programme provides funding to deliver 8-10 week taster sessions to young people in sports activities with the aim of getting young people to join sports clubs and continue in the sport following this initial block of coaching. CSW Sport has been awarded funding towards the delivery of the programme over three years.

The Sport Unlimited programme will make a significant contribution to the Government's target of giving children and young people the opportunity to do 5 hours of PE and sport a week at school and in the community.

Eligible sports range from sports such as Cricket, Football and Tennis through to more alternative activities such as Street Dance, Canoeing and BMX.

Canoeing activity, led by Mercia Canoe Club, Coventry



If you are interested in applying for funding, please contact Ruth at CSW Sport in the first instance; Ruth Owen-Evans, Partnership Development Officer (Sport) ruth@cswsport.org.uk / 02476 574199

Henley-in-Arden Centre



Ever thought of becoming a

SPORT COACH or FITNESS INSTRUCTOR?



Warwickshire College now offers the following short/part-time courses:

- Coaching Football Levels 1 & 2
- Coaching Basketball Level 1
- Coaching Rugby Level 1 & 2
- Coaching Strength and Conditioning Level 1 & 2
- Gym Instructor
- Personal Trainer
- Teaching Children Exercise
- Teaching Circuit Training
- Teaching the Older Adult
- Sports Conditioning
- Teaching Pilates
- Pre/Post Natal



Our full-time courses include:

- Fast Track Personal Trainer & Gym Instructor
- National Diploma in Sport Development, Coaching and Fitness
- National Diploma in Sport and Exercise Science
- National Diploma in Sport Performance and Excellence

and many more!

**JOIN OUR
SPORTS ACADEMIES!**

Football, Rugby, Basketball, Tennis and Netball...
and many more!

For further information

tel: **01564 797839**

or email: aausten-jones@warkscol.ac.uk



www.warkscol.ac.uk

Warwickshire College - 6 centres of excellence in education
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