

COACH EDUCATION COURSES

2018 - 2019



Training Courses for
Sports Clubs, Coaches
and Volunteers

| Date | Code | Course | Time | Venue | Price [Affiliated/Non Affiliated] |
|------------------|--------|--|-----------------|----------------------------------|--------------------------------------|
| Mon 10 Sept | SAFE1 | Safeguarding Children and Young people | 6.30pm-9.30pm | Londonderry Park | £15 / £20 |
| Wed 19 Sept | STRUCT | Effective Organisational Structures | 6.30pm-9.00pm | Londonderry Park | £5 / £10 |
| Wed 3 and 10 Oct | EPI | Sports Injury First Aid and Epipen | 6.00pm-9.30pm | Londonderry Park | £25 / £30 |
| Wed 17 Oct | CLUB | Clubmark Awareness | 6.30pm-8.00pm | Londonderry Park | Free / Free |
| Mon 22 Oct | INCOME | Generating Club Income | 6.30pm-9.00pm | Londonderry Park | £10 / £15 |
| Mon 5 Nov | AED | AED Training | 6.30pm-9.30pm | Londonderry Park | £15 / £20 |
| Wed 7 Nov | SAFE2 | Safeguarding Children & Young people | 6.30pm-9.30pm | Aurora Aquatic & Leisure Complex | £15 / £20 |
| Wed 21 Nov | GOV | Good Club Governance | 6.30pm-9.00pm | Aurora Aquatic & Leisure Complex | £10 / £15 |
| Mon 26 Nov | DES | Designated Officers | 6.30pm-9.30pm | Londonderry Park | £15 / £20 |
| Mon 14 Jan | SAFE3 | Safeguarding Children & Young people | 6.30pm-9.30pm | Londonderry Park | £15 / £20 |
| Wed 13th Feb | NUT | Sports Nutrition for Performance | 6.30pm-9.30pm | Aurora Aquatic & Leisure Complex | £15 / £20 |
| Mon 25th Feb | SPEED | Develop Speed & Agility Workshop | 6.00pm - 9.00pm | Londonderry Park | £15 / £20 |

Please note: Affiliated prices only apply to members of clubs who are currently affiliated to the Ards and North Down Sports Forum

For further information and to book on any of these courses please contact:
The Sports Development team on 0300 013 3333 - Ext 40326
or email sportsdevelopment@ardsandnorthdown.gov.uk

APPLICATION FORM

First Name: _____ Surname: _____

Sports Club: _____ Age: _____

Address: _____

Telephone: _____

Email: _____

Course Code(s): _____

If signing up for the designated officers course, please specify the date that you attended a Safeguarding Children Course:

How did you hear about the courses?

Any special circumstances eg learning disability, etc.?

Ards and North Down Borough Council collects the data on this form for the purpose of registration. The data collected may also be used for the purpose of notification of future events and courses run by or in conjunction with the council. If you wish your data to be used for this purpose, please tick

Ards and North Down Borough Council may take photographs during this course to promote sport within the Borough. The images may be used in newspapers, brochures and other publicity material. If you give your permission to be photographed, please tick

I note the right to withdraw consent to be contacted regarding the above and the use of my image at any time and that I can do so by contacting the Council by e-mail: dataprotection@ardsandnorthdown.gov.uk or by phone at 0300 013 3333

Total amount enclosed: £ _____
 [Cheques payable to Ards and North Down Borough Council]

Signed: _____ Date: _____

Please note: fees are non-refundable unless the course is cancelled. Places are available on a first come first served basis and can only be confirmed on receipt of payment.

Please return this form, with payment to:
**Sports Development, Londonderry Park,
 Portaferry Road, Newtownards, BT23 8SG**

For Office Use Only

Date _____ Rec. No. _____ Amount _____ Cash Ch CC Conf. _____



Safeguarding Children & Young people

Monday 10 September 2018

Facilitated by Sport NI

This workshop aims to raise awareness of Child Protection issues in sport and introduces participants to the code of Ethics and Good Practice for Children's Sport.

For coaches, athletes and volunteers

Effective Organisational Structures

Wednesday 19 September 2018

Facilitated by Sport NI

The way a club is legally structured and its status can have a significant impact on club leaders, both on their club and them personally. Get it right and a club can be run effectively and may benefit financially. Get it wrong, and there could be significant implications for a club and potentially all of its members.

For coaches, athletes and volunteers with established credibility and authority within the club

Emergency First Aid in Sport with Epipen

Wednesday 3 and 10 October 2018

St John's Ambulance

The course will equip individuals with the knowledge, skills & confidence to assist and deal with sport injuries/accidents. Participants will receive a first aid manual, personal hygiene kit and St John's Associate Insurance valid for the duration of the certificate (3yrs).

For coaches, athletes and volunteers

Clubmark Awareness

Wednesday 17 October 2018

Sport NI

Clubmark NI is a club development and accreditation programme for sports clubs. The programme aims to improve your clubs performance by helping it meet minimum operating standards in the areas of:- Effective Management, Quality Coaching and Competition, Safety in Sport.

For all clubs

Generating Club Income

Monday 22 October 2018

Sport NI

Having a realistic and clear understanding of the likely sustainable income your club can generate is a vital ingredient of good financial management. A great way of ensuring your income is sustainable is to get it from a variety of sources including membership fees; sponsorship; fundraising; commercial partnerships; and grant funding.

For all clubs

AED (Defibrillator) Operators Course

Monday 5 November 2018

Resuscitation Training Services

This certificated course will teach you how to perform cardio-pulmonary resuscitation (CPR) and safely use the automated external defibrillators (AED's). You will also cover the management of choking and management of the unconscious person. You will learn not only what to do but why we do it.

For coaches, athletes and volunteers

Safeguarding Children & Young people

Wednesday 7 November 2018

Sport NI

This workshop aims to raise awareness of Child Protection issues in sport and introduces participants to the code of Ethics and Good Practice for Children's Sport

For coaches, athletes and volunteers

Good Club Governance

Wednesday 21 November 2018

Sport NI

Good Governance is crucial to ensure a vibrant, well-run club uses its resources effectively for the benefit of members and the local community, allowing participants to enjoy sport. Good Governance supports growth and development while managing the risks.

A well-run organisation is attractive to new members, funders and sponsors. This seminar covers the importance of Governance, Club and committee structures, Leadership and effective Board Members and Governance Framework.

For all Clubs, Coaches, athletes and volunteers

Designated Safeguarding

Children's Officers

Monday 26 November 2018

Sport NI

This course provides Designated Safeguarding Officer's further understanding to assist in their role of safeguarding children in sport.

For coaches, athletes and volunteers with established credibility and authority within the club

Safeguarding Children & Young people

Monday 14 January 2019

Sport NI

This workshop aims to raise awareness of Child Protection issues in sport and introduces participants to the code of Ethics and Good Practice for Children's Sport

For coaches, athletes and volunteers

Sports Nutrition for Performance

Wednesday 13 February 2019

UUJ Dietitian

This unique workshop in Sports Nutrition is designed to offer you the effective approach to working with your athletes to enhance their sports performance through improved and targeted approaches to nutrition. Understanding the rudiments of Sports Nutrition is essential for PT's/Coaches and sporting individuals in order that they can achieve optimum nutrition for their clients and themselves. Topics include: Macro/Micronutrients, Hydration & Energy Systems

For coaches, athletes, parents and volunteers

Developing Speed & Agility Workshop

Monday 25 February 2019

Mike McGurn – International S&C Coach

Learn how to develop both linear and multi-directional speed for sports performance using various training techniques, drills, equipment and cues.

Mike is a world class strength & conditioning coach having worked across a variety of sports at the elite level for nearly 15 years. Including Ireland International Rugby Union Team, Top GAA & Soccer and World Champion Boxers.

For all Coaches, Athletes, Parents, P.E. Teachers, Personal Trainers.
