

# Herts Coach Education Week 2018



herts  
**sports**  
partnership



February 10<sup>th</sup>-18<sup>th</sup>



☎ 01707 281004

✉ [info@sportinherts.org.uk](mailto:info@sportinherts.org.uk)

🌐 [www.sportinherts.org.uk](http://www.sportinherts.org.uk)



**Hertfordshire**

Year of Physical  
Activity 2018

# Welcome to Coach Education Week 2018!

Herts Coach Education Week takes place over the February half-term break and there's a wide variety of courses, workshops and events on offer. Coaching in sport and physical education is going through a period of change and it has never been more important for coaches to keep themselves up to date.

Take a look through the programme and then, for more information and to make a booking, visit [www.sportinherts.org.uk](http://www.sportinherts.org.uk) and click on the Coach Education Week image at the top of the page.

While we make every effort to ensure that the information in the programme is accurate, please check the course links for any updates, and check pre-course requirements carefully.

## Acknowledgements

The Herts Sports Partnership team would like to thank our numerous partners, as without their continued support an event of this scale would not be possible. Their contribution is invaluable in helping us to support the development of Hertfordshire's sports coaching workforce.

Our special thanks go to our key venue partners: Hertfordshire Sports Village, Queens' School, Sir Frederic Osborn School and the University of Hertfordshire.



<b>What's on offer...</b>	<b>Page</b>
Athletics	4,6,9
Badminton	4
Bowls	7
Cricket	4
Cycling	9
Dance/Disability	5
Dodgeball	6,7
First Aid	6,8,9
Football	4,7
Gaelic Football	9
Netball	6
Rugby Union	5
Safeguarding	5,6,7,8,9
Sports Science	6,7,8,9
Swimming	4,5,8,9
<b>Workshops</b>	
- Challenging Behaviour	7
- Mental Health Awareness for Sport and Physical Activity	6
- Mentoring Adults	8
- Understanding learning styles and personality types with athletes/players	6

## Sunday 21st January

Cricket

Level 2: Coaching Children's Cricket (6 Days)

09:30 - 11:30 | The Nobel School, Stevenage | £300

Cricket

Level 2: Young People & Adults (6 Days)

12:00 - 14:00 | The Nobel School, Stevenage | £300

## Saturday 10th February

Swimming

Level 2: Swimming Teacher (8 Days)

09:00 - 18:00 | Hertsmere Leisure - The Venue, Borehamwood | £680

Badminton

Level 1: Award for Assistant Coaches (3 Days)

09:00 - 16:00 | Hertford Regional College, Hitchin | £225/215

Badminton

Level 2: Certificate for Coaches (4 Days)

09:00 - 17:00 | Hertford Regional College, Hitchin | £380/370

Football

Referee Course (3 Days)

10:00 - 16:00 | Birchwood High School, Bishop Stortford | £150

## Sunday 11th February

Athletics

Leadership in Running Fitness

09:00 - 17:00 | Wodson Park, Ware | £160

## Monday 12th February

### Swimming

NPLQ (National Pool Lifeguard Qualification) (5 Days)

08:00 - 17:00 | Herts Sports Village, University of Hertfordshire, Hatfield | £275

### Rugby Union

Coaching Award (3 Days)

09:00 - 17:00 | Beaumont School, St. Albans | £150

### Dance/Disability

Inclusive Dance Training Course (3 Days)

10:00 - 16:00 | WDSA Office, Watford | £460

### Safeguarding

Safeguarding and Protecting Children

18:30 - 21:30 | University of Hertfordshire, Hatfield | £35

### Workshop

Understanding learning styles and personality types with athletes/players

18:30 - 21:30 | University of Hertfordshire, Hatfield | £35

### Swimming

Level 1: Swimming Assistant (Teaching)

10:30 - 18:30 | SLM - Watford Woodside Leisure Centre, Watford | £395

### Roller Skating

Roller Skating for Teachers

10:00 - 13:00 | University of Hertfordshire, Hatfield | Free



## Tuesday 13th February

### First Aid

#### Emergency First Aid Course

09:00 - 16:00 | Herts Sports Village, University of Hertfordshire, Hatfield | £60

### Sports Science

#### Strength & Conditioning Level 1 Workshop

09:00 - 16:30 | University of Hertfordshire, Performance Herts, Hatfield | £80

### Athletics

#### Run, Jump, Throw (Primary Schools)

10:00 - 15:00 | Sir Frederic Osborn School, Welwyn Garden City |

### Dodgeball

#### Level 1: Coaching Course

10:00 - 14:00 | North Herts College, Hitchin | £60

### Netball

#### Skills & Drills Workshop

18:45 - 21:30 | Stanborough School, Welwyn Garden City | £25/35

### Workshop

#### Mental Health Awareness for Sport and Physical Activity

18:30 - 21:30 | University of Hertfordshire, Hatfield | £25

### Safeguarding

#### Multisport - Time to Listen

18:30 - 21:30 | University of Hertfordshire, Hatfield | £25

### Sports Science

#### Understanding body language and NLP

18:30 - 21:30 | University of Hertfordshire, Hatfield | £35

### Sports Science

#### Performance Nutrition

19:00 - 21:00 | University of Hertfordshire, Hatfield | £25

## Wednesday 14th February

**Bowls**

**Bowls Activator**

09:00 - 13:00 | Hatfield IBC, Hatfield | £35

**Workshop**

**Challenging Behaviour**

10:00 - 12:00 | Sir Frederic Osborn School, Welwyn Garden City |

**Dodgeball**

**Level 2: Coaching Course**

10:00 - 18:00 | North Herts College, Hitchin | £100

**Sports Science**

**Developing Elite Athletes, the Long Term Approach**

13:00 - 14:00 | University of Hertfordshire, Hatfield | Free

**Sports Science**

**Strength & Conditioning for All**

19:00 - 21:00 | University of Hertfordshire, Performance Herts, Hatfield | £25

**Safeguarding**

**Safeguarding Children Workshop**

19:00 - 22:00 | Broxbourne Council Office, Broxbourne | £25

**Football**

**Junior Football Leaders Award (2 Days)**

10:00 - 17:00 | Marriotts School, Stevenage | £40



## Thursday 15th February

**First Aid**

**Emergency First Aid Course**

09:00 - 16:00 | Herts Sports Village, University of Hertfordshire, Hatfield | £60

**Safeguarding**

**Safeguarding Adults at Risk**

12:00 - 14:00 | University of Hertfordshire, Hatfield | £30

**Safeguarding**

**Safeguarding and Protecting Children**

18:30 - 21:30 | University of Hertfordshire, Hatfield | £35

**Sports Science**

**Sport Psychology for Coaches**

18:30 - 21:30 | University of Hertfordshire, Hatfield | £25

**Workshop**

**Mentoring Adults (2 Days)**

18:30 - 21:30 | Herts Sports Village, University of Hertfordshire, Hatfield | £30

## Friday 16th February

**Swimming**

**Level 2: Swimming Teacher**

09:00 - 17:00 | Sportspace, Hemel Hempstead | £680

**Safeguarding**

**Safeguarding and Protecting Children**

09:30 - 12:30 | University of Hertfordshire, Hatfield | £35





## Saturday 17th February

### First Aid

#### First Aid First Emergency Course

09:00 - 16:00 | Herts Sports Village, University of Hertfordshire, Hatfield | £60

### Gaelic Football

#### Gaelic Football Foundation Coaching Award

09:00 - 17:30 | St Josephs Church Hall, Waltham Cross | £20

### Athletics

#### Coaching Assistant (2 Days)

09:00 - 17:00 | Wodson Park, Ware | £245

### Sports Science

#### Acceleration, Speed, Agility & Plyometrics Workshop

09:00 - 16:30 | University of Hertfordshire, Performance Herts, Hatfield | £80

## Sunday 18th February

### Cycling

#### Level 1: Coaching Course (2 Days)

09:00 - 17:00 | Queens' School, Bushey | £300

## Saturday 24th February

### Swimming

#### ASA Conference (2 Days)

10:00 - 13:00 | University of Hertfordshire, Hatfield | Free

## Wednesday 28th February

### Safeguarding

#### Safeguarding and Protecting Children

18:30 - 21:30 | University of Hertfordshire, Hatfield | £35

# Funding for Training - Workforce Development Grant

Herts Sports Partnership is delighted to offer a number of Workforce Development Grants to help sports coaches and leaders who are working in the County. The grants aim to help upskill the coaching workforce, by funding attendance at appropriate courses and CPD workshops.

These will be administered by a local authority Sport Development Officers with local criteria applied.

Please contact Chris Samways for further Information.

E: [c.samways@herts.ac.uk](mailto:c.samways@herts.ac.uk)

T: 01707 281004

## Connected Coaches



You can't get away with coach talk 24/7 with family and friends but you can come to connectedcoaches to discuss whatever's on your mind – a challenging parent, someone who turns up late, engaging those who seem disinterested etc - whenever you like.

[www.connectedcoaches.org](http://www.connectedcoaches.org)

 [twitter.com/connected\\_coach](https://twitter.com/connected_coach)





# Hertfordshire

Year of Physical  
Activity 2018

#HertsYOPA18

In support of making Hertfordshire  
the most active county

'Move More, Feel Great!'

For more information, contact:

**Jane Parker**

[j.parker20@herts.ac.uk](mailto:j.parker20@herts.ac.uk)

 @HertsYOPA18

 @HertsYOPA18

**January**

New Year,  
New You  
Month

**February**

Workforce  
Development and  
Volunteering  
Month

**March**

Young People  
Month

**April**

Older Adults  
Month

**May**

Walking  
Month

**June**

This Girl Can  
in Herts and  
Bike Month

**July**

Parks  
Month

**August**

Families  
Month

**September**

Get Back Into  
Month

**October**

Workplace  
Wellbeing  
Month

**November**

Celebrate Sport  
Month

**December**

Dance  
Month