

# Coaching Conference 2012

**Bournemouth University - Saturday 18th and Sunday 19th February**

## **Shelley Broomfield**

Shelley's primary research interest is with the development and use of equipment within sport. This work uses a biomechanical technique analysis approach, combining anthropometry and ergonomics with performance in the sporting domain

## and **Andrew Callaway**

Andrew's primary research interest is the use of technology in all levels of sport to allow more data to be gathered by coaches to enhance performance.

### ■ Video Analysis

## **Glyn Davies**

Glyn has worked as an Athletics Coach for almost 20 years and been involved in sports opportunities for youngsters with disabilities since 1998. Originally working with the Cranborne Lodge residents for 3 years, this led to an ongoing involvement in the annual Sporting Chance festival, which offers opportunities for disabled people to get a taste of a variety of sports. In 2003, initially with the award of a lottery grant, he helped to set up a "self help" group for youngsters with Down's syndrome, which he continues to run on a monthly basis.

### ■ Working with athletes with Learning difficulties

## Also . . .

## **Scott Langston**

is the Head Sports Therapist of Back2Fitness Injury Clinic. He is also a member of Society of Sports Therapist and graduated as Sports Therapist in 2006 from the University of Chichester. Scott established the Back2Fitness Sports and General Injury Clinic in 2007. He has extensive experience in injury treatment and rehabilitation management of injuries at all levels of ability and range of athlete from Ironman competitors to footballers.

### ■ Injury Prevention and Rehabilitation

## **Val Brandon**

Val is a Level 4 Endurance Coach and UKA Tutor & Assessor with over 25 years' experience. Val is also a former Regional Endurance Coach and a present member of Bournemouth AC

- **Running Technique for the Endurance Runner** - This will be a practical session using simple tips to improve technique with a discussion about the benefits of improved technique.
- **Marathon Training** - is a classroom based workshop that will look at the key sessions required to improve marathon racing and the underlying reasons for these sessions

## **Booking Form**

Please return completed booking form (overleaf) and cheque to:  
**TDAN Coaching Conference, 6 Salisbury Street, Marnhull, Dorset DT10 1HP**

**CLOSING DATE: 12th February 2012**

Name:

Club:

Address:

Tel:

Mobile:

I enclose a cheque for £                      made payable to Team Dorset

Please indicate which workshops you wish to attend by ticking the appropriate box(es).  
Reduced prices are available should you wish to attend a whole day (£15) or both days (£25).  
Please apply the 25% discount if you are a Team Dorset club member.

## Ray Merrell

Ray is an HSE First Aid Trainer/Assessor. He has been involved in teaching first aid and aquatic first aid for RLSS, NARS,RYA, BCU and other organisations. He is also a BHF Heartstart Co-ordinator.

### ■ First Aid Refresher

The following are the areas that will be covered during the Training session.

- assess the situation in an emergency
- administer first aid to a casualty who is unconscious
- administer cardiopulmonary resuscitation
- administer first aid to a casualty who is wounded and bleeding
- administer first aid to a casualty who is suffering from shock

## Amanda Wilding

is currently Programme Leader for the Applied Sports Management Undergraduate Degree at Bournemouth University and is undertaking her PhD titled, the diffusion and adoption of sport psychology by track and field coaches.

### ■ Sports Psychology

## Sports Coach UK

### ■ Safeguarding and Protecting Children 2: Reflecting on Practice

In this refresher session, you will consolidate and update everything you learned in the first workshop. You'll have the opportunity to share best practice and learn from each other's experiences to help you create a positive, child-centred sporting environment.

*(This workshop is a Minimum Standard for Deployment requirement for many governing bodies of sport. The Minimum Standards for Deployment are seen as the basic standard every coach needs to meet to carry out their role safely and effectively. Attend this session within three years of completing "Safeguarding and Protecting Children" and you'll satisfy the basic safeguarding children awareness training requirements of the UKCC and Clubmark. Only those who have attended the first "Safeguarding and Protecting Children" workshop will be eligible to go on this workshop.)*

## Sports Coach UK

### ■ Positive Behaviour Management in Sport

Create a Positive Coaching Environment to Encourage Better Behaviour. Every group develops different dynamics and every participant is a unique individual – making managing behaviour a challenging hands-on part of your job. If you work with young people in a school or club environment, this workshop's been designed for you.

SATURDAY 18/02/12		Tutor(s)	Tick Box	Price per session
9.30 - 11.50	Workshop First Aid - Refresher	Ray Merrell		£6.00
11.10 - 12.30	Sports Psychology	Amanda Wilding (BU)		£4.00
11.10 - 12.30	Marathon Training	Val Brandon		£4.00
12.30 - 13.15	LUNCH			
13.20 - 16.20	Video Analysis	Shelley Broomfield & Andrew Callaway (BU)		£8.00
13.20 - 14.50	Running Technique for the Endurance Runner	Val Brandon		£4.00
15.05 - 16.20	Injury Prevention and Rehabilitation	Scott Langston		£4.00
SUNDAY 19/02/12				
09.15 - 12.15	Safeguarding and Protecting Children 2: Reflecting on Practice	SCUK		£12.00
	Positive Behaviour Management in Sport	SCUK		£12.00
12.15 - 13.00	LUNCH			
13.00 - 16.00	Coaches Forum - Pre season team building + working with athletes with learning difficulties.	Team Dorset personnel with Glyn Davies		£12.00
		AMOUNT PAYABLE		
		Total cost of sessions		£
		£15 One day		£
		£25 Two days		£
		*25% Discount for Team Dorset club members	Discount*	£
		<b>TOTAL</b>		<b>£</b>