



Coach Education and Leadership Programme



September 2009
to March 2010

www.accesstosports.org.uk



The Access to Sports Project **Coach Education and Leadership Programme**

September 2009 to March 2010

Want to become a qualified Sports Coach, Sports Leader or Gym Instructor?

Are you interested in becoming a qualified sports coach, physical activity instructor, referee or qualified first aider? Do you want to improve on your sporting skills? If so, The Access to Sports Project is running a comprehensive coach education and leadership programme between September 2009 and March 2010. There are a wide range of courses on offer including beginner to advanced level qualifications / awards. These courses will provide participants with the opportunity to obtain nationally recognized, accredited sports coaching and physical instructor qualifications within the sport and leisure industry. The programme is supported by numerous partners including Homes for Islington, Proactive Islington, Team Hackney, City and Islington College, Football Foundation, Islington Young Peoples Service, Hackney Sports Services, Hackney Youth Service and Islington Leisure Team. For more information please call 020 7686 8812 or email: coach.education@aquaterra.org

Subsidised Places

There are a limited number of subsidised places on our courses (in particular for those 16-19 living in Hackney and Islington) for candidates who meet certain criteria. To find out if you are eligible for a subsidised or funded place on any of the courses, please complete the attached form when returning your application or contact us for more information. As part of this scheme candidates will be required to complete 12 hours of voluntary work.

SPORTS LEADERSHIP COURSES

Level 2 Award in Community Sports Leadership

Course Description

This intensive one week course is open to anyone over 16 years of age who is interested in working with children and young people in a community sports environment. You will develop the skills needed to become a Sports Leader through practical, enjoyable sessions and will cover various modules including organisational skills, planning sessions, basic exercise physiology, organising events, competitions and basic first aid.

• Course length: 35 hours + 10 voluntary hours • Course cost £50.

Course code: 01

Date: Mon 26 Oct – Sat 31 Oct 2009

Time: 10am-5pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS

Course code: 02

Date: Mon 15 Feb – Sat 20 Feb 2010

Time: 10am-5pm

Venue: B6 Six Form College, Kenninghall Rd, E5 8BP

FOOTBALL

1st4sport Level 1 Certificate in Coaching Football

This course is intended for people with an interest in coaching football to young people. There are practical and theoretical components and on completion of this course you will be able to confidently demonstrate an ability to safely organise and supervise football activities and football orientated games. Included in this award are child protection and emergency aid certificates. • Course length: 30 hours • Course cost £125.

Course Code: 03

Dates: Sat 19, 26 Sept & 3 Oct 2009

Time: 9.00am-5.00pm

Additional Dates: Mon 21 Sept Emergency Aid & Mon 28 Sept 2009 Child Protection 6.30pm – 9.30pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS

Course Code: 04

Dates: Sun 11, 18 & 25 Oct 2009

Time: 9.00am-5.00pm

Additional Dates: Tuesday 13 Oct Child Protection & Tuesday 20 Oct 2009 Emergency Aid - 6.30-9.30pm

Venue: Finsbury Park (athletics track) London N4

Course Code: 05

Dates: Sat 7, 14, 21 Nov 2009

Time: 9.00am-5.00pm

Additional Dates: Mon 9 Nov Emergency Aid & Mon 16 Nov 2009 Child Protection 6.30pm – 9.30pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS

Course Code: 06

Dates: Sat 28 Nov, 5, 12 Dec 2009

Times: 9am – 5pm

Additional Dates: Tues 1 Dec Child Protection & Tues 8 Dec 2009 Emergency Aid 6.30pm – 9.30pm

Venue: B6 Six Form College, Kenninghall Rd, E5 8BP

Course Code: 07

Dates: Sun 17, 24 and 31 January 2010

Times: 9am – 5pm

Additional Dates: Mon 18 January Emergency Aid & Mon 25 Jan 2010 Child Protection 6.30pm – 9.30pm

Venue: Hackney Wick Community Centre, The Old Baths, 80 Eastway, London, E9 5JH

Course Code: 08

Dates: Saturday 6, 13 & 20 Feb 2010

Times: 9am – 5pm

Additional Dates: Mon 8 Feb Emergency Aid & Mon 15 Feb 2010 Child Protection 6.30pm – 9.30pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS

Course Code: 09

Dates: Sat 6, 13 & 20 March 2010

Times: 9am – 5pm

Additional Dates: Tues 9 March Emergency Aid & Tues 16 March 2010 Child Protection 6.30pm – 9.30pm

Venue: B6 Six Form College, Kenninghall Rd, E5

FOOTBALL

1st4sport Level 2 Certificate in Coaching Football

This course is intended for those who are committed to coaching football to young people and who have been doing so in a school, club or community setting. The modules of this course will consist of practical, theoretical and observed coaching components. The practical element is physically demanding and you should be reasonably fit! The purpose of the course is to enable you to demonstrate an understanding of the principles of attack and defence through small-sided games, develop an appreciation of the coaching process, and contribute to the promotion of association football. • Course length: approx 90 hours • Course cost £295.



Course Code: 10

Intensive week: Mon 9 Nov – Fri 13 Nov 2009 –
additional dates review days Weds 9 and Thurs 10
Dec 2009, Tues 19 & Weds 20 Jan 2010

Time: 8.00am- 4.00pm

Venue: Market Rd Astro turf, London, N7

Prerequisite: Level 1 Certificate in Coaching Football

Course Code: 11

Intensive week: Mon 8 Feb– Fri 12 Feb 2010 -
additional dates review days Tues 23, Weds 24
March 2010, Tues 27 & Weds 28 April 2010

Time: 8.00am- 4.00pm

Venue: Market Rd Astro turf, London, N7

Prerequisite: Level 1 Certificate in Coaching Football

BASKETBALL

1st4sport UKCC Level 1 Certificate in Coaching Basketball

This course is for people who are interested in coaching young people and children in a basketball environment. After completing this course you will be able to confidently demonstrate the ability to assist in the coaching of passing, dribbling and shooting skills; understand individual defence and offence; grasp simple tactics and basic rules; and organise sessions safely and practically.

• Course length: 35 hours • Course cost £175.

Course Code: 11

Dates: Mon 26, Tues 27 Oct & Sat 21 Nov 2009

Additional date for 3 hours of coaching voluntary
required Weds 28, Thurs 29 and Fri 30 Oct 2009

Time: 10am-5pm

Venue: B6 Six Form College, Kenninghall Rd, E5 8BP

Course Code: 13

Dates: Mon 15, Tues 16 Feb & Sat 6 March 2010

Additional date for 3 hours of coaching voluntary
required Weds 17, Thurs 18, Fri 19 Feb 2010

Time: 10am-5pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS

BASKETBALL

1st4sport UKCC Level 2 Certificate in Coaching Basketball

Course Code: 14

This course is for adults (over 18 years of age) who have completed the 1st4sport Qualifications Level 1 Certificate in Coaching Basketball.

Your learning programme will develop your understanding of:

- coaching principles and ethics in basketball
- how to plan basketball coaching sessions
- the delivery of basketball coaching sessions
- how to review basketball coaching sessions.

Dates: Sat 5, 12 & 29 Dec 2009

Additional date Sat 16 & 23 Jan 2010

Time: 10am-5pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS

Length of Course: 70 Hours

Cost : £295



CRICKET

1st4sport UKCC Level 1 Certificate in Coaching Cricket

This course is calling out to anyone whom is interested in coaching Cricket to young people. After completing this course candidates will be competent in demonstrating an understanding in areas such as group coaching, net management, Kwik-Cricket, games and drills and basic umpiring. There will also be workshops on child protection and first aid.

- Course length: 30 hours • Course cost £120.

Course Code: 15

Date: Sat 31 Oct 7 & 14 Nov 2009

Time: 10am-6pm

Venue: B6 Six Form College, Kenninghall Rd, E5 8BP

Course Code: 17

Date: Sat 6, 13, 20 March 2010

Time: 10am-6pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS

Course Code: 16

Date: Sun 3, 10, 17 Jan 2010

Time: 10am-6pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS



FITNESS & TRAINING COURSES

Gym Instructor Level 1 & Exercise Fitness Award Course

These courses are designed into two main components, exercise and fitness knowledge theory and gym practical. The areas of study covered during the course are as follows: Anatomy and Physiology, Components of fitness and principles of training, Skills for teaching groups and individuals, Gym Inductions, Health screening, Writing exercise programmes, Health & Safety, Customer service, Free weights, CV and fixed resistance machines.

• Course length: approx 60-70 hours • Course cost £350.

Entry requirements: Over 16 years of age and a dedication to progress in the health and fitness industry

Assessment: Completed workbooks, 1 hour multiple choice exam, Practical assessment, CPR.

Course Code: 18

Dates: Mon 15 to Fri 20 February 2009 inclusive

Additional dates: Sat 21, 28 Feb 4, 11 and 18 March 2009

Time: 10am-5pm

Gym Instructor Level 2 & Exercise Fitness Award Course

• Course length : 80-90 hours • Course cost : £475

Course Code: 19

Dates: Monday 26 Oct to Fri 30 Oct 2009

Additional dates: Sat 31 Oct & 7, 14, 21, 28 Nov & 5, 12 Dec 2009

Time: 10am-5pm

Venue: Islington Arts & Media Sch, Turle Rd, N4 3LS & Sobell Leisure Centre, Hornsey Rd, N7 7NY

REFEREES AND OFFICIATING COURSES

FA Referees Basic Training Course

For information on this course call the Access to Sports Project Office.

We can offer opportunities to become a Qualified Official / Referee in:

- Football
- Basketball

SPORTSCOACH UK WORKSHOPS

Child Protection & Good Practice Workshop

This workshop gives you the opportunity to explore and recognise the signs of child abuse, identify poor practice, identify appropriate action and explain the roles and responsibilities of the Police, Social Services and other agencies.

• Course length: 3 hours • Course cost £25.

Course Code: 20

Dates: Mon 16 Nov 2009

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure Centre, Hornsey Rd, N7 7NY

Course Code: 21

Dates: Mon 15 March 2010

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure Centre, Hornsey Rd, N7 7NY

A Guide to Mentoring Sports Coaches

Mentoring is a powerful tool in the education and development of sports coaches at all levels. This workshop will help you as a mentor to support coaches learning and focus on how learning occurs.



Course Code: 22

Dates: Mon 7 Dec 2009

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure Centre, Hornsey Rd, N7 7NY

Cost: £30

Length of course: 3 hours

How to Coach Disabled People in Sport

This workshop tackles the frequently asked questions about working with disabled people in sport. At the end of the workshop coaches will be able to determine how to include disabled people in sport, select appropriate coaching activities and create effective coaching environments.

Course Code: 23

Dates: Mon 15 March 2009

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure Centre, Hornsey Rd, N7 7NY

Cost: £25

Length of course: 3 hours

Introduction to Long Term Athlete Development (LTAD)

This workshop will enable coaches to understand the key concepts of LTAD and what it means to them and their practice. Topics will include identifying and recognising the reasons for adopting LTAD and the appropriate action needed to integrate LTAD into their coaching.

Course Code: 24

Dates: Mon 15 Feb 2010

Time: 6.30pm – 9.30pm

Venue: Sobell Leisure Centre, Hornsey Rd, N7 7NY

Cost: £30

Length of course: 3 hours



OTHER COACH EDUCATION PROGRAMMES

Access to Sports is committed to supporting and encouraging enthusiastic individuals to either enter or progress within the Sports and Leisure industry.

In addition to our Coach Education Courses, we also offer assistance through Regional and Local based Initiatives to develop your Sports Club and enhance your Personal Development

Please see below for initiatives currently being offered, and feel free to contact us for more information

Recruit into Coaching (RIC)

The RIC programme is being implemented by Sport England and the Youth Sports Trust with support from Sports Coach UK (SCUK) and SkillsActive on behalf of the Department for Culture Media and Sport.

The overall aim of the programme is to recruit, train and deploy 10,000 new volunteer coaches by 2011 and is available in selected boroughs across England. Eligible candidates will be supported to achieve an Accredited Nationally recognized Award / Qualification in numerous sports.

These include Level 1 Qualifications in:

- Boxing
- Trampolining
- Swimming
- And Many More



The programme is supported by Pro-Active Islington who are supporting coach development in these sports/areas. Spaces are limited per year, so please contact us for more information and quote "Recruit into Coaching" as reference or visit www.skillsactive.com/survey/RiC/london

Sport Islington

Sport Islington have been supporting clubs in the borough since 2006, each year the organisation hand out in excess of £20,000 in grant funding to voluntary clubs and talented individuals. In 2009/10 SportsIslington will be joining forces with the Access to Sports project to offer a range of courses to SportsIslington members who are involved with voluntary Sport in Islington. The number of places on the following courses will be offered free or at a substantially reduced rate to SportsIslington members:

- Safeguarding and Protecting Children
- Equity in Your Coaching
- How to Coach Disabled People in Sport
- Introduction to LTAD
- A Club For All (Running Sports)
- Action Planning For Club (Running Sports)
- Funding for Your club
- Role of the volunteer co-ordinator



For more information please visit www.sportislington.co.uk or quote 'SportIslington' when enquiring about the above courses



Applications must be completed in full and returned as soon as possible as places are limited.

Please return enclosed forms to:

The Access to Sports Project

c/o Sobell Leisure Centre, Hornsey Road, N7 7NY

T: 020 7686 8812 F: 020 7700 3094 E: coach.education@aquaterra.org