

Coach Registration Scheme Newsletter

February 2011



Coach/Volunteer Registration Scheme

The Borough's coach/volunteer registration scheme continues to grow with over 100 coaches and volunteers registered.

The objectives of the scheme are

- to establish and maintain a database of active coaches and volunteers
- identify development needs for active coaches and volunteers
- provide opportunities for professional development and sharing best practice
- ongoing support and development of sports coaching and volunteering in the borough
- ensuring equality of opportunities for coaches and volunteers

The registration process is quick and easy and can be done online at

www.richmond.gov.uk/sportsdevelopment

If you would like to update your details at any time then please contact the Sports Development Team

Balfour Beatty London Youth Games

Every year over 50,000 young Londoners from the 32 London Boroughs and the City of London, compete in over 30 different sports competitions that comprise the games. The results from all the different sports are added together and the winning borough wins the Jubilee Trophy.

London Youth Games was launched in 1977 as part of the Queen's Silver Jubilee Celebration. Now entering its 34th year, the Games provides competitive sporting opportunities for young Londoners representing the London Borough they live or go to school in.



Team Richmond came fourth in the 2010 Games, equaling the result from 2009. We need competitors for the 2011 Games to help maintain our current successes and work our way onto the podium!

Team Richmond 2011

The 2011 London Youth Games began on Saturday 20 November 2010 with 43 athletes representing Richmond in the Cross Country event. Over 700 runners took part in the event held at Parliament Hill, Hampstead Heath, competing for boroughs across the capital. All members of Team Richmond performed really well in the cold and muddy conditions. We had some exceptional performances from Emma Uren who placed 2nd in the U13 girl's race out of 160 competitors and Aaron Farr who placed 1st in the U13 boy's race out of 144 competitors. Following such a successful day Team Richmond were crowned cross country champions beating 28 London boroughs.



The Games are divided into two categories

Mini Games – The Mini Games consist of nine sports and are designed for primary school children in year 5 and 6.

This will be on Thursday 30 June 2011

Main Games - The Main Games consists of over 30 sports and the competition is open to those aged between 11 and 18 years. Competition has started and will finish at Crystal Palace for the main weekend on Saturday 2 and Sunday 3 July 2011.

If you coach any young people who you think would be suitable for Team Richmond then please encourage them to apply online at www.richmond.gov.uk/sportsdevelopment or contact us for an application form.

To find out more about the opportunities for coaching and volunteering with Team Richmond for the Balfour Beatty London Youth Games 2011, please contact the Sports Development Team
Tel: 020 8831 6133. For more information visit: www.richmond.gov.uk/london_youth_games



RISE – Richmond upon Thames Inclusive Sport and Exercise

Richmond upon Thames Inclusive Sport and Exercise (RISE) is a disability sport initiative developed by the Council's sports development team in collaboration with Three Wings Trust. The initiative aims to highlight the wide range of inclusive and disability-specific sports available in the borough.

RISE events are held regularly and offer taster sessions in a wide range of sports and physical activities. The sports are carefully selected to ensure that people are able to continue with any chosen sport beyond the RISE session by joining a local sports club or class.

Teddington Sports Centre hosted the fifth RISE (Richmond upon Thames Inclusive Sport and Exercise) event on Saturday 9 October 2010. The event kicked off at 10.00am and continued until 3.00pm. Participants had the opportunity to try out a variety of sports and physical activities throughout the day.

There were sessions in Wheelchair Basketball, Kurling, Trampolining, Football, Zumba, Sitting Volleyball, Dance and Badminton. Everyone had a fantastic time taking part in all the activities that were on offer. Coaches and instructors were on hand from local clubs and organisations to support and encourage everyone to participate on the day. We had some great volunteers from Richmond Volunteer Centre helping on the day and the event coincided with the Time to Get Moving initiative, bringing people together to get active and challenge mental health stigma.

The next RISE event will be held on Saturday 2 April 2011 at Shene Sports and Fitness Centre, from 10am-3pm. To find out more please visit the website www.richmond.gov.uk/RISE or contact the Sports Development Team.



We are looking to increase the number of inclusive and disability specific sport, exercise and physical activities that are available in the borough. If you are keen to get involved in these activities please contact Lizzy Walne on 020 8831 6134 or email lizzy.walne@richmond.gov.uk

The first edition of the Sports and Fitness Newsletter is now available online www.richmond.gov.uk/sportsfitnessnewsletterjan11.pdf. This highlights some of the projects that the Sports and Fitness team are involved with across the borough.

Courses for Coaches and Volunteers

Continuing Professional Opportunities with Children's Workforce Development London Borough of Richmond upon Thames

The Children's Workforce Development team organise and coordinate a wide range of training for the wider Children's workforce in the borough. The sessions cover all aspects of working with children including Safeguarding and First Aid. All course information can be accessed by visiting their website www.richmond.gov.uk/workforce_development.htm

Below are the details of some courses running in the next few months:

Course: Safeguarding children – a shared responsibility

Date: 17 February, 26 February, 28 February, 22 March and 30 March 2011

Time: 9.30am to 4.30pm

Cost: £100

Course: Paediatric First Aid

Date: May 5, 12, 19, 16 (for additional dates please visit the website)

Time: 6.30pm-9.30pm

Cost: £80

Course: Risk and play - www.richmond.gov.uk/risk_and_play.pdf

Date: 11 March

Time: 9.30am to 2.30pm

Cost: £50

Course: Counselling Skills - www.richmond.gov.uk/counselling_skills.pdf

Date: 19 March

Time: 9.30am to 3.30pm

Cost: £100

If you have any questions or queries regarding any CPD opportunities within the borough, please contact Clare Meadows, on 020 8891 7515 or email clare.meadows@richmond.gov.uk.

Richmond upon Thames College offer a range of courses for coaching and professional development. Details of these courses can be found on the website www.rutc.ac.uk or by calling the college on 020 8607 8000.

St Mary's University College are offering a range of courses specifically aimed at coaches continuing professional development. To find out more about the range of courses that they offer please contact the Professional Short Course Unit School of Human Sciences, St Mary's University College. Phone 020 8240 4321 email shortcourses@smuc.ac.uk. Website www.smuc.ac.uk/shortcourses

Courses that you may be interested in can also be found on the Proactive South London website www.pro-activesouthlondon.org/courses or they can be contacted on 020 8916 2262.

Multisport4life run courses specifically aimed at coaches who want to work in Primary Schools and who want to develop their practical delivery skills and understanding of learning outcomes. You can find out more about their courses by viewing their flyer at <http://dev.thedesigndispensary.co.uk/multisport-mailer/>

When coaches/volunteers complete the online registration form there is an opportunity to provide details of any continuing professional development courses that you are interested in. In response we will be running various Sports Coach UK and running sports workshops at various venues throughout 2011. We are looking for suitable venue to hold courses so if your club has chairs and space large enough for approximately 15 people to sit and break into groups and would be keen to host some workshops then please contact the sports development team. In return for hosting workshops we are able to offer the club two free places on the workshop for club members to attend.

Get Active London

Get Active London is an online 'one stop shop' providing up to date information on clubs, sport and recreational opportunities available to the local communities across London. The site, backed by the Mayor of London as part of the 2012 Sport Legacy Plan. The aim of the site is to get more Londoners active, increase the memberships of club and help make activities and events a success. All of this is free to you, your club and the Londoners who access the information. Clubs will be able to access and update their information at the touch of a button making sure that it is constantly up to date. You can visit the website at www.getactivelondon.com. Please encourage your club to sign up to the website and keep their information up to date.

A £3million programme will increase the capacity and skills of Londoners working and volunteering in sports in time for the 2012 Games.

The PlaySport London: Skills Investment Programme provides subsidised training to increase the number of Londoners working and volunteering in the sports sector, and up-skill those already involved. Led by the National Skills Academy for Sport and Active Leisure, the scheme is part of the Mayor's Playsport London programme which ensures Londoners benefit from a genuine grass roots sporting legacy from the 2012 Games, by encouraging more people to become active and strengthen community sport facilities.

National Skills Academy for Sport and Active Leisure chief executive Florence Orban says the programme rewards the sector's paid and unpaid workforce without whom London community sport would grind to a halt. "Whether they be a coach, official or club treasurer, these people play a vital role in encouraging and supporting people to get involved, and stay involved, in sport. This programme aims to support the growth and sustainability of local sports clubs, recruit, retain and upskill the workforce, and up the number of volunteers so we can take community sport to the next level in London."

Interested Londoners can apply online for up to 75% off the cost of nationally recognised qualifications in areas such as coaching and officiating, community sport, volunteering, leisure and health. Funding is also available for people with disabilities to get the skills they need to get involved in their local sports scene. All individuals need to do in return is volunteer their new found skills in their local community for an agreed number of hours.

The Mayor of London Boris Johnson said: "As many successful sportsmen and women will testify, it is often the encouragement of their first coach that inspires them to pursue sporting prowess. "With London 2012 just around the corner, we want to inspire and encourage more Londoners to get active and take advantage of the opportunities that hosting the Games will offer."

To find out more about the programme and how you can get involved please see the National Skills academy website www.sportactivensa.co.uk, email mayorslegacy@sportactivensa.co.uk or call 020 7632 2000 and ask for the legacy team.

We would like your feedback on this newsletter and what you like to see included in the next issue. Please complete your comments below and return it to us at the address at the bottom of the page.

Alternatively please email your comments to lizzy.walne@richmond.gov.uk or call 020 8831 6134.

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