

Coach Registration Scheme Newsletter

January 2010

Coach/Volunteer Registration Scheme

The Borough's coach/volunteer registration scheme continues to grow with around 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 2010

Every year over 30,000 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 32nd year, the Games provides competitive sporting opportunities for young Londoners representing the London Borough they live or go to school in.



Team Richmond 2010

Team Richmond came fourth in the 2009 Games, our best result since the event started and were awarded the 'Most Improved Borough' trophy. We need competitors for the 2010 Games to help maintain our current successes and work our way onto the podium!

Preparations have begun for the 2010 London Youth Games. 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.

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 1 July 2010

Main Games - The Main Games consists of over 30 sports and the competition is open to those aged between 11 and 18 years. Competition starts in January and finishes at Crystal Palace for the main weekend on Saturday 3 and Sunday 4 July 2010

To find out more about the opportunities for coaching and volunteering with Team Richmond for the Balfour Beatty London Youth Games 2010, please contact the Sports Development Team

Tel: 020 8831 6133.

For more information visit: www.richmond.gov.uk/london_youth_games

Courses for Coaches and Volunteers

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, Waldegrave Road, Twickenham TW1 4SX, Phone 020 8240 4321 email shortcourses@smuc.ac.uk

Workshops for Coaches

Strength and Conditioning for Coaches	Sunday 17 January	9.30am – 4.30pm	£85
First Aid for Sport	Saturday 16 January	10.00am – 5.00pm	£85
	Sunday 7 March	10.00am – 5.00pm	£85
Nutrition for Sports Coaches	Saturday 20 February and Saturday 20 March	10.00am-1.00pm	£45 per session or book together for £85
Coaching Children and Teenagers	Sunday 28 February	9.30am – 4.30pm	£85
Sports Psychology	Saturday 27 March	9.30am – 4.30pm	£85

St Mary's University College are also offering Coach Education courses during their Coach Education Week

Athletics Level 1	Monday 11 January	9.00am – 5.00pm	£95
Football Level 1	Monday 11 January – Thursday 14 January	9.00am – 5.00pm each day	£165
Basketball Level 1	Wednesday 13 – Friday 15 January	9.00am – 5.00pm each day	£135
Gymnastics Floor Vault and Beam Level 1	Tuesday 12 January – Wednesday 13 January	9.00am – 5.00pm each day	£275

Please note there are reduced costs for St Mary's Staff and Students.

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

Course: Equity in your coaching

Details: Wednesday 24 February 2010, 6.30pm-9.30pm at Hampton and Richmond Football Club

Cost: £16

For more information or to book a place please contact Sophie Gray on 0207 815 7834 or email workshopbooking@lsbu.ac.uk

Richmond upon Thames College offer a range of courses for coaching and professional development. Details of these courses can be found on their website www.richmond-utcoll.ac.uk or by calling the college on 020 8607 8000. They also have details of sports and fitness courses offered in partnership with other educational institutions which can be found at www.coachingleisureandfitness.co.uk.

Official Sports London is a bursary scheme that supports Londoners aged 16+ to complete sports officiating qualifications. It is now open for 2010 applications, for more information on the sports included and how to apply for the scheme, please visit their website at www.officialsports.org

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 2010.

We are planning to run workshops in Safeguarding and Protecting Children, Equity in your Coaching, How to Coach Disabled People in Sport and A Club for All. These are workshops that individuals in the clubs are required to have attended in order for the club to achieve Clubmark and also increase their knowledge of best practice within sport. We are looking for suitable venue to hold these 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.

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.

The third RISE event was held on Saturday 3 October at St Mary's University College to promote the inclusive and disability specific activities that are available within the borough. People who came along tried wheelchair basketball, trampolining, dance, Boccia, aerobics, football and many other great activities. Everyone had a great time taking part in all the activities that were on offer. There were coaches and instructors on hand from local clubs and organisations who supported and encouraged everyone to participate on the day. We also had some great volunteers from Kingston University and Three Wings Trust.

The day was a great success with over 70 people attending and trying out the activities that were on offer. We also ran a Sport Coach UK How to Coach Disabled People in Sport workshop where 19 local coaches came along to increase their knowledge of working with disabled people in sport



Photograph © Graham Bool Photography

The next RISE event is on Saturday 27 March 2010 at Shene Sports and Fitness Centre. If you would like to coach or volunteer at the event then please 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

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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