

# 2018 SPORT WORKSHOPS



St John



Date	Workshop	Time
Mon 24th Jan	Goal Setting	6.30 - 8pm
Wed 7th Feb	Growth Mindset in Sport	6.30 - 8pm
Tues 20th Feb	Safeguarding & Protecting Children	6 - 9pm
Wed 21st Feb	Time to Listen	6 - 9pm
Wed 14th Mar	First Aid	6 - 9.30pm
Tues 20th Mar	Youth Safeguarding (13-17)	6 - 8pm
Wed 21st Mar	Mental Health and Sport	6.30 - 8pm
Wed 14th Apr	Creating a Sports Development Plan	6.30 - 8pm
Wed 16th May	Learning & Performance Zone	6.30 - 8pm
Tues 12th June	First Aid	6 - 9.30pm
Wed 20th June	Picking Teams	6.30 - 8pm
Wed 18th July	Creating the Environment 'Development to Performance'	6.30 - 8pm
Tues 24th July	Safeguarding & Protecting Children	6 - 9pm
Wed 25th July	Safeguarding & Protecting Children	6 - 9pm
Wed 15th Aug	Developing the Right Tone	6.30 - 8pm
Wed 19th Sep	Where to Focus Effort	6.30 - 8pm
Mon 24th Sep	First Aid	6 - 9.30pm
Thurs 4th Oct	Youth Safeguarding (13-17)	6 - 8pm
Wed 17th Oct	Performance Lifestyle	6.30 - 8pm
Wed 21st Nov	Sports Nutrition	6.30 - 8pm
TBC in Nov	Safeguarding & Protecting Children	6 - 9pm
TBC in Nov	Safeguarding & Protecting Children	6 - 9pm
TBC	Building the Athlete	TBC
TBC	Fundamental Movement Skills	TBC

