

Where to Focus Effort

Date: Wednesday 19th September

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Jeremy Frith

With limited resources where do you put your time, effort and resources? This workshop will provide participants with a methodology to ensure they focus on the areas that will make the biggest difference from organisational or individual perspectives.

Youth Safeguarding (13-17)

Date: Tuesday 20th March & Thursday 4th October

Venue: LOC, The Youth Commission (Old SPP School)

Time: 6 - 8pm **Cost:** Free

Tutor: Guernsey Sports Commission

This workshop will provide young coaches, officials, volunteers and sports leaders, with age-appropriate safeguarding information. It's the ideal environment for you to develop your confidence in how to identify what abuse of a child in sport may look like, how you should take action appropriate to your age and status, and how to keep yourself safe in sport.



To book any workshop please complete the attached booking form or contact info@guernseysports.com for more information

*Registered as a Guernsey Sports Commission Member Sport

2018

SPORT

SPORT



WORKSHOPS

- First Aid
- Growth Mindset in Sport
- Mental Health and Sport
- Safeguarding & Protecting Children
- Sports Nutrition
- Youth Safeguarding
- and more...

The Guernsey Sports Commission offer a range of workshops for coaches, leaders, volunteers and anyone interested in furthering their sporting ability. Workshops ensure that all coaches fulfil the basic standard required by their National Sporting Governing Bodies to coach safely and effectively and also to further their professional development.

Workshop Calendar 2018

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

Safeguarding & Protecting Children

Date: Tues 20th Feb, Tues 24th July, Wed 25th July & Nov TBC x 2

Venue: Beau Sejour Leisure Centre

Time: 6 - 9pm **Cost:** £50

Tutor: UK Coaching

This workshop is a minimum standard requirement for coaching in sport. The workshop will teach you to recognise the signs of abuse and poor practice. You will be given the tools to deal with safeguarding issues that arise in your coaching sensitively, appropriately and effectively.

Sports Nutrition

Date: Wednesday 21st November

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Alex Kosmas

Providing nutrition strategies for competition and training.

Time to Listen

Date: Wednesday 21st February

Venue: Beau Sejour Leisure Centre

Time: 6 - 9pm **Cost:** £50

Tutor: UK Coaching

This course is for Sports Welfare Officers. The workshop uses practical examples and case studies to enable you to fully understand your role as a Welfare Officer and how to effectively safeguard children in your care.

Developing the Right Tone

Date: Wednesday 15th August

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Jeremy Frith

Exploring how tone of voice and language can help us identify the best way to communicate with an individual at a certain time.

First Aid

Date: Wed 14th March, Tues 12th June & Mon 24th Sept

Venue: Les Cotils

Time: 6.00 - 9.30pm **Cost:** £50

Tutor: St Johns Ambulance

This course will give you the necessary First Aid skills to deal with a range of sporting injuries and medical emergencies.

Fundamental Movement Skills

Date: TBC

Venue: TBC

Time: TBC **Cost:** £5 Members*/£15 Non-Members

Tutor: Richard Cheetham MBE

Goal Setting

Date: Wednesday 24th January

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Jeremy Frith

Looking at a framework for introducing, developing and monitoring goal setting.

Growth Mindset in Sport

Date: Wednesday 7th February

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Jeremy Frith

An introduction to growth mindset and its relevance to sport through the eyes of parents, coaches and players.

Learning and Performance Zones

Date: Wednesday 16th May

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Jeremy Frith

How do we create the right environment for either learning or performance?

Mental Health and Sport - Promoting Positive Mental Health in Sport

Date: Wednesday 21st March

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** Free

Tutor: Guernsey Mind

The workshop explores some of the more common mental health conditions that you may come across in your role, how to spot signs and symptoms of those conditions, how to start the conversation with someone you are concerned about, and where to get help locally if you think they need professional support.

For more information contact laurel.letocq@guernseymind.org.gg

Performance Lifestyle

Date: Wednesday 17th October

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Jeremy Frith

An introduction to factors outside of and connected to sport that can impact on an athletes performance and wellbeing.

Picking Teams

Date: Wednesday 20th June

Venue: The Rugby Club, Footes Lane

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Steve Melbourne MBE

A workshop exploring different philosophies that impact on team selection.

Building the Athlete

Date: TBC

Venue:

Time

Tutor: Andy Perkins

A look at developing athletes through the lens of strength and conditioning.

Creating a Sports Development Plan

Date: Wednesday 18th April

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Guernsey Sports Commission

This workshop will help participants to work towards creating their own sports' development plan.

Creating the Environment 'Development to Performance'

Date: Wednesday 18th July

Venue: The Coach House, Guernsey Sports Commission

Time: 6.30 - 8pm **Cost:** £5 Members*/£15 Non-Members

Tutor: Jeremy Frith

Development and Performance environments can be very different, this workshop will explore how we can differentiate between the two to ensure we create the right environment to match the values and motivations of the people we are working with.