

## WELCOME.

Welcome to the first edition of Coaching Beds and Luton. This PDF newsletter is designed to keep coaches who operate in Bedfordshire and Luton up to date with information, projects and opportunities.

## SAVE THE DATE.

The next County Coach Development Day will be taking place on **Thursday 4<sup>th</sup> January 2011** in Bedford. The day is aimed at coaches of children, and is being provided to support coaches with extending their knowledge and expertise. The event is made up of a choice of short development workshops, many of which are accredited qualifications required for coaches working in schools.

More info to come later in the year ...



## FEATURE.

### Women Into Coaching

"Women Into Coaching" (WIC) is a brand new programme which aims to provide females across Bedfordshire and Luton with the skills and training to move or progress into sports leadership and coaching.

Research shows us that girls' participation in sport is much more likely to be sustained if coached by a woman. By increasing the number of qualified female coaches the project will in turn help drive up participation rates amongst girls.

The programme will provide successful applicants with a coaching bursary to complete a coaching qualification (Level 1 or 2), and well as giving the females involved access to a range of other coach development opportunities i.e. short workshops and mentoring support. In return, the applicants will be expected to commit 10 hours of voluntary coaching to a local school sport partnership to help develop girls sport.

For more information on WIC, and to apply to be part of the programme, visit the [team BEDS&LUTON](http://team_BEDS&LUTON) coaching web pages, or contact Laura on [laura@teambedsandluton.co.uk](mailto:laura@teambedsandluton.co.uk) / 01582 813765

NOTE: The closing date for Phase 1 applications is **Friday 13<sup>th</sup> August 2010**. A second phase of applications will then follow with a closing date of **Friday 27<sup>th</sup> August**.

## IN THIS ISSUE

### feature

Women Into Coaching

### news

Coach Education Programme

Learning from Legendary Coaches: The Lecture Series

Featured Funding Pot

Coaching Edge

Cedars Coaching Academy

Coaching Opportunities with 16-19 year olds

*The Autumn issue of Coaching Beds and Luton will be coming out in October ... have you got anything you would like to tell Beds and Luton's coaches about?*

## NEWS.

Learning from Legendary Coaches:

### *The Lecture Series*

The series has been developed by David Turner (principle lecturer at the University of Hertfordshire). The sessions aim to give an interactive insight into the revolutionary coaching styles, techniques and approaches of some of the leading names in the world of coaching.

The series in Bedfordshire and Luton will be kicked off with lectures looking at two of the greatest and fascinating coaches of this era;

**Jose Mourinho**, who described himself as the "special one" on the day he was presented as Chelsea's coach. **Sir Clive Woodward**, described by Jonny Wilkinson to have "an inexhaustible search for that step ahead"

#### **The Mourinho Blueprint: The Development and Methods of an Expert Sports Coach**

Wednesday 27<sup>th</sup> October, 7-9pm, Cedars Upper School

#### **Sir Clive Woodward: The Facilitation of Achievement**

Thursday 28<sup>th</sup> October, 7-9pm, Cedars Upper School

Both lectures are FREE to attend for coaches registered on Coaching Beds and Luton ([www.coachingbedfordshire.org](http://www.coachingbedfordshire.org)). To book your place on either of the sessions, visit the [team BEDS&LUTON web pages](#).



## Coach Education Programme

The latest training and education programme for coaches has just been released and runs from October 2010 – March 2011. A summary of the forthcoming courses and dates can be found below:

**Safeguarding and Protecting Children – 26/10/10**  
**Safeguarding and Protecting Children 2 – 09/11/10**  
**Appointed First Aid – 04/10/10 & 05/10/10**  
**Equity in Your Coaching – 01/12/10**  
**A Club for All – 06/09/10**  
**Dealing with Challenging Behaviour – 25/10/10**  
**How to Coach Disabled People in Sport – 28/10/10**

Details of further course dates, booking and costs can be found on the [team BEDS&LUTON web pages](#)

## FUNDING.

featured funding pot.....

team BEDS&LUTON have European Social Funding (ESF) available for those wishing to complete an **officiating** qualification (perhaps you'd like to compliment your existing coaching qualification?). The funding will pay for 100% of the course cost. To be eligible for ESF funding, individuals must live or work in Bedfordshire or Luton, be in paid employment (any profession) for at least 8hrs/week, and NOT be in full time education. The course must also be complete by November 2010.

For further information on this funding pot, as well as other funding opportunities in Bedfordshire and Luton, visit the team [BEDS&LUTON funding support](#) webpages.

**Coaching Edge** provides the latest news and information on everything from coaching methods and development to leading practice and technical advice. Membership ranges from FREE, which gives you access to Coaching Edge web pages, to £18/year for subscription to the magazine, or £79/year for the inclusion of specialist coach insurance. Visit the [sportscoach UK webpages](#) for more information.

## NEWS.

### Cedars Coaching Academy

It's that time of year again, when we are fast approaching the Cedars Coaching Academy October Week. The half term break is filled with NGB coaching courses in a variety of levels and sports. Last year the Academy qualified over 500 new coaches – a fantastic achievement and great for the development of sport in Bedfordshire and Luton. As well as NGB courses, the Academy host a range of coach education opportunities – from racket stringing to bike maintenance and sports funding workshops – there's something for everyone.

To view the full list of courses running this year, visit the [Cedars Coaching Academy](http://www.cedarscoachingacademy.org) webpages. Please note, that many of the courses get filled up extremely quickly, so to avoid disappointment book onto your course as soon as possible.

## Coaching Beds and Luton

[www.coachingbedfordshire.org](http://www.coachingbedfordshire.org)

is a new and interactive database which gives coaches all the latest news, information, offers and updates. It also takes the stress out of managing yourself as a coach – sending out automatic reminders when qualifications, CRB's, insurances etc are due for renewal.

**To make the most of the system, your profile needs to be completed as fully as possible.** Ensure you have detailed all your qualifications and experience and expressed your training needs. Why not use the system to keep an up to date record of your coaching experience through journaling each time you coach a session?

Team BEDS&LUTON will soon be giving coaches an opportunity to validate all their qualifications, CRBs and insurances on the system. This will allow you to keep all your coaching paperwork online and in one place. And for those who are interested in more coaching work, will make you doubly attractive to a perspective coach employer.

Will keep you posted ...

## COACHING OPPORTUNITIES.

16-19 N-ERGY  
programme ...

# N-ERGY

Over the past 12 months team BEDS&LUTON have been working with a wide range of partners across the county to engage more 16-19 year olds in sport and physical activity. Since the programme started, over 90 projects have been delivered specifically targeting this age group in a variety of sports and activities. From dodgeball to ballroom dancing and everything in between, activities included; yoga, football, baseball, touch rugby, pilates, aerobics, x-biking, golf, boxing, cheerleading, basketball, netball, swimming, rounders, gym, ultimate Frisbee. team BEDS&LUTON continue to work with partners across Bedfordshire and Luton to develop new ideas and projects for the year ahead that will appeal to this age group.

Are you interested in getting involved in this project? Are you available for lunchtime, afternoon, and after school coaching sessions? If yes to both then team BEDS&LUTON would be pleased to hear from you. You can register your interest by emailing your name, details of your current coaching qualification(s), and geographical area you are available to coach in (the project is delivered across Bedfordshire and Luton) to: [joby@teambedsandluton.co.uk](mailto:joby@teambedsandluton.co.uk)

Note: Registering your interest in this project is not a guarantee to the offer of coaching work



That's all for now ...

If you have any questions relating to coaching, please do not hesitate to contact me.

*Many thanks*

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