

WORKSHOP AND TUTOR INFORMATION

(Morning 10am - 1pm)

Safeguarding and Protecting Children in Sport

This workshop aims to increase awareness of safeguarding and protecting children, helping coaches to recognise signs of abuse and poor practice, and deal sensitively and effectively with issues that arise. It also prompts a review of coaching practice to ensure that sport provides a positive and enriching experience for children.

Greg Simmons

Greg's background is in athletics. He has been an athletics coach for 20 years and holds a UKA Level 4 Performance Licence and a Level 3 Development Licence. He currently works with the MENCAP Sport England National Athletics Squad, coaching the former U17 Men's 400m Champion (he's now U20 and will get there!). Greg has been involved in coach education for 5 years, delivering Athletics Level 1 and 2 Coach Awards, and as an assessor for Speed and Endurance events at Level 2.

Inner Game

This course gives coaches a clear understanding of the underlying principles of the Inner Game: focused attention, trust, choice and non-judgemental awareness. These fundamentals enable students to learn more naturally and efficiently. The process recognises their individuality and encourages greater involvement and therefore motivation. Most importantly, this style of coaching is a catalyst for inspiring self-belief.

Andy Knibbs



Andy Knibbs is an LTA ICA tennis coach with over 20 years experience and an MSc in Counselling Psychology. He currently works as a tutor for the LTA and has previously worked in psychologist roles within the NHS. The experience gained in both posts from learning more about human behaviour and communication skills has proved to be invaluable to his coaching practice.

Core Stability

This interactive workshop raises awareness of the importance of building the strong foundation that is vital in optimizing sports performance. The emphasis is on outlining the basic core stability exercises that can be integrated into training to improve the potential for power generation and efficiency from each muscular effort.

Tony Sephton



Tony has seven years experience working in performance training with a variety of elite and talented athletes. Tony is currently the lead Strength and Conditioning Coach for Badminton England's world futures programme, lead Strength and Conditioning Coach for England Golf and works with athletes from England & Arsenal Womens Football, Hatfield Swimming Club, Batchwood Tennis High Performance Centre, Mavericks Netball and England Squash.

(Afternoon 2pm - 5pm)

Dealing with Challenging Behaviour

A "practical" session to explore appropriate solutions to deal with unwanted challenging behaviour. This session – which received outstanding feedback at the Herts Coach Education Week – will offer an insight into how coaches can create a supportive coaching environment that will promote more positive behaviour amongst participants.

Stewart Hunt



Stewart Hunt is a Director of Apex Multisports and Jumps Education. Apex Multisports is now the leading sports coaching agency provider in Hertfordshire with around 40 high quality Apex coaches working in over 250 schools in Herts. To maintain the high quality of delivery, Stewart combined forces with Steve Jump three years ago with Jumps Education offering Inset training, National Curriculum specific resources and bespoke educational solutions. Stewart is also a Tutor for the FA and Sports Coach UK.

The Sports Coach as an Educator

This workshop examines the *application* of teaching and learning styles to coaching sport. It is an interactive workshop, which will draw on a wide range of research and practical experience including that of delegates. The session will look at a range of different coaching and learning styles, how to apply these styles to coaching delivery, and how to adapt coaching styles to meet the needs of the athlete. A short practical element will be included.

David Pears



David Pears is senior lecturer and course leader for the BSc Coaching Science degree at University of Bedfordshire. He holds a BSc and MSc in Coaching Science and has been involved in a number of academic coaching publications. In addition to his academic credentials, David holds the FA Psychology for Football Level 5 and is a UEFA B Licenced football coach, working with Luton Town FC as a coach and scout on their player development programme.

Disability Awareness

An interactive practical session which will offer participants practical tips and advice for those currently working with or looking to work with participants with a disability. This workshop will aim to answer all those commonly asked questions, give an introduction into how to plan and set up coaching sessions to suit the needs of disabled participants and provide ideas for adapting activities, to make your coaching more effective.

Adam Colley



Adam has been working as a professional coach for over nine years and has a wealth of experience delivering in schools, clubs and to community organizations. He holds a UEFA B Licence in Football Coaching. Adam is the lead coach in the "Get Active" project in Buckinghamshire which delivers multi sports clubs to adults with learning disabilities. He also has extensive experience of working with children with a range of disabilities.