

## Welcome to the Sports Development Team's Training Programme for the Vale of Glamorgan.

The following courses are run in conjunction with the National Governing Bodies, the Sports Council for Wales and the District Sports Council. They are designed to support teachers, coaches and volunteers who wish to be involved in delivering and developing sport.

Courses are heavily subsidised to those candidates actively involved in any A.Y.P.(Active Young People) delivery. The generic course is available to all candidates and is a requirement for Dragon Sports candidates.

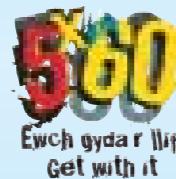
For further information or to book a place, please contact Pete Hardwick or Julie Morgan (details below).

### Dragon Sport Organiser Training course

A comprehensive course covering all aspects of the Dragon Sport scheme including the use of resource cards for fun, safe & inclusive delivery.

### 5 x 60 Organiser Training

A comprehensive course covering all aspects of the 5 x 60 scheme including a cross section of physical activities and sports, for fun, safe & inclusive delivery.



### Golf 'Activators' course

A training course designed to provide the deliverer with knowledge, skills and confidence to combine the use of equipment and activity cards in a structured way.

### Athletics – Teacher's Certificate Level 1

Provides a developmental approach to the teaching of Athletics particularly at Key Stage 2. The course aims to give confidence to teachers, introducing the fundamentals of teaching athletics. Teacher recommended. Course resource materials can be provided for additional £20.

### Athletics – Level 1

A first step into coaching athletics covering the areas of instruction, explanation & demonstration, observation and analysis and feedback.

### Cricket Introductory Course

This course will enable you to introduce the simple techniques of cricket to beginners of primary age and to use those techniques in small-sided games.

### Hockey - Dragon Umpiring Award

A basic introduction to umpiring mini hockey in primary schools.

# Sports Development Team Training Calendar 2008 - 2009

Month	Day/Date	Sport	Course	Venue	Time	Cost
September 2008	Wed 17th	Rugby	Tag Leader	University of Glamorgan Playing fields	5.00pm-8.00pm	£26
	Sun 21st & Sun 28th	Rugby	Level 1	Llantwit Major R.F.C.	9.00am-4.00pm	£100
October 2008	Wed 8th	Generic	Sports Leader Award	Castlelands Community Centre Barry	9.00am – 5.00pm	TBC
	Sun 12th & Sun 19th	Rugby	Level 1	Rhondda (venue T.B.A.)	9.00am-4.00pm	£100
	Mon 20th	Rugby	Tag Leader	U.W.I.C.	12.00pm-3.00pm	£26
	Tues 21st	Athletics	Introduction to L.T.A.D.	Corporate Suite, Civic Offices, Barry	6.30pm-9.30pm	£25 DSC Members £28 Non DSC Members
November 2008	Sat 15th	Generic	Dragon Sport Organiser Training	Barry Island Community Centre, Barry	10.00am-4.00pm	£10
	Sat 22nd	Golf	"Activators" Course	Barry Island Community Centre, Barry	9.30am-12.30pm	£10
December 2008	Tues 2nd	Generic	Coaching Disabled Performers	Boardroom, Dock Office, Barry	6.30pm-9.30pm	£25 DSC Members £28 Non DSC Members
	Tues 9th	Generic	FUNDamentals	TBC	6.30pm-9.30pm	£10 DSC Members £13 Non DSC Members
January 2009	Wed 14th	Rugby	Tag Leader	University of Glamorgan Playing fields	5.00pm-8.00pm	£26
	Wed 21st	Hockey	Dragon Umpiring Award	Colcot Centre, Barry	4.30pm-7.00pm	£10
	Thurs 22nd	Generic	Developing Power & Speed	TBC	6.30pm-9.30pm	£12 DSC Members £15 Non DSC Members
	Wed 28th	Generic	Dragon Sport Organiser Training	Vale Hotel Golf and Spa Resort	10.00am-4.00pm	£10
February 2009	Tues 3rd	Generic	Safeguarding	Boardroom, Dock Office, Barry	6.30pm-9.30pm	£25 DSC Members £28 Non DSC Members
	Tues 10th	Rugby	Tag Leader	U.W.I.C.	12.00pm-3.00pm	£26
	Sat 14th	Netball	Q Umpiring Award	St Richard Gwyn, Barry	9.00am-1.00pm	£20 Affiliated £40 Non-affiliated
March 2009	Thurs 26th	Generic	Performance Profiling	Corporate Suite, Civic Offices, Barry	6.30pm-9.30pm	£25 DSC Members £28 Non DSC Members
April 2009	Sat 11th	Cricket	Introductory Course	Barry Island Community Centre, Barry	9.30am-12.30pm	£10
	Sunday 20th	Generic	Dragon Sport Organiser Training	Wenvoe Village Hall	10.00am-4.00pm	£10
	Thurs 23rd	Athletics	Primary Teachers Certificate	Holm View Leisure Centre, Barry	9.00am-2.30pm	£25

All dates are correct at time of printing but are subject to change

### Rugby Tag Leader

The Course is suitable for teachers, coaches and sports leaders to introduce the non-contact game of tag rugby. By the end of the course you will be able to, deliver a safe and enjoyable coaching session, coach basic rugby skills of running, evasion, handling and passing, safely and knowledgeably introduce and apply the rules of the tag game and be eligible to referee Tag Rugby

### Rugby Level 1 (UKCC)

Designed to improve your level of coaching ability whilst developing your rugby knowledge.

### Netball - Q Umpiring Award

The Q Umpiring award provides you with the necessary knowledge to effectively umpire netball matches at primary school level.

### First Aid – Generic

A 6/12-hour generic introduction to dealing with emergency situations in sport. Contact your local Dragon Sport Assistant for courses in your area.

### Safeguarding and Protecting Children

This workshop aims to increase the awareness of safeguarding and protecting children and help coaches to recognise the signs of abuse and poor practice and deal effectively with issues that may arise.

### Introduction to Long Term Athlete Development

This workshop uses the LTAD approach to identify and develop talented athletes and includes maximising a performers ability, achievements and commitment to sport.

### Coaching Disabled Performers

This workshop aims to answer all the frequently asked questions about disabled participants in sport and how to set up a coaching session to suit their needs.

### Developing Power & Speed

This interactive workshop includes practical tips to develop power, straight line and lateral sport specific speed, acceleration and agility for coaches of multiple sprint sports such as rugby, tennis and netball.

### Fundamentals of Movement

This practical workshop explores the concepts of agility, balance, co-ordination and speed.

### Performance Profiling

Performance profiling can be used for the evaluation and planning of any component of performance. Use the information to plan and monitor training and competition.

### Recruitment into Action

Highlights good practice in the recruitment of coaches and help coach managers effectively identify the needs of the individual coaches they recruit.

### Imagery Training

Discover how to develop and use this powerful mental technique to help improve sports skills, build confidence, improve concentration and handle pressure.



sports council wales  
cyngor chwaraeon cymru

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