



Leicester-Shire & Rutland Workforce Education Programme



**LEICESTER-SHIRE
& RUTLAND SPORT**
SPORT & PHYSICAL ACTIVITY

www.lrsport.org/workforceprogramme



Last Updated: 21/11/2014





Welcome to Leicester-Shire & Rutland Sport's (LRS)

Workforce Education Programme 2014/15



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Workforce Education Programme 2014/15

Welcome to the Leicester-Shire & Rutland Sport's (LRS) new Workforce Development Programme, running from September 2014 to July 2015. Whether you are new to coaching or an experienced coach, an established club or just getting started, this brochure will provide you with details and information on workshops across Leicestershire, Leicester City and Rutland, aimed at helping you to improve your coaching and develop your club.

Who is it For?

If you are a coach operating at any level, either in a paid or voluntary capacity you will benefit from attending one or more of the Sports Coach UK courses advertised. The Club Structures programme will support clubs who are seeking more players, more funds or better facilities and offer club volunteers a range of lively informative workshops designed to help clubs tackle these challenges.

Pricing

As with previous years, Leicester-Shire & Rutland Sport will again subsidise the cost of the courses, helping to ensure cost is not a barrier to attending. Some workshops offer a **'Buy 1 place; get a 2nd place FREE'** – look out for the offer stamp!



Buy one
place; get
a 2nd place
FREE!

How to Book

-  Identify the courses you wish to attend.
-  Complete the online application form by going to www.lrsport.org/bookit
-  At the time of making an online booking you have the option to pay online, or pay off-line by sending a cheque made payable to 'Leicestershire County Council' and sent to Business Support, Leicester-Shire & Rutland Sport, SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.
-  On receipt of your online booking we will send you a letter confirming your place on the workshop as well as a map with travel directions to the venue.
-  Please book early to avoid disappointment and also note that workshops may be cancelled due to low attendance.

Non Attendance

If you are unable to attend or wish to cancel a booking you must telephone Leicester-Shire & Rutland Sport on 01509 564888 at least 7 days prior to the course. If you fail to do so you will lose your payment and will be subject to a cancellation charge.





Finding the right workshop



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The workshops can be split into seven sections:

-  [Coaching](#)
-  [Club Development](#)
-  [Sport Specific Courses](#) - www.lrsport.org/sports
-  [School Sport](#)
-  [Volunteering](#)
-  [Inclusion](#)
-  [Local Sport Alliances \(LSAs\)](#)

Coaching

Are you an entry level coach or are you interested in becoming a coach?

What workshops do we offer?

-  [First Steps into Coaching \(Sports Coach UK\)](#)
-  [Safeguarding & Protecting Young People, First Aid](#) - All Minimum Standards of Deployment Workshops
-  National Governing Bodies of Sport qualifications - www.lrsport.org/sports

Are you a coach that works mainly in schools or are a teacher who is also a coach?

What workshops do we offer for you?

-  [Safeguarding & Protecting Young People, First Aid](#) - All Minimum Standards of Deployment Workshops
-  [Introduction to the FUNdamentals of Movement](#) (Sports Coach UK)
-  [How to Deliver Engaging Sessions for Young People](#)
-  [A Guide to Mentoring Sports Coaches](#)

-  National Governing Bodies of Sport qualifications - www.irsport.org/sports

Are you a Club Coach or a Coach that delivers Sportivate sessions or any 'back to/return to sport' programmes?

What workshops for we offer for you?

-  [Safeguarding & Protecting Young People, First Aid](#) - All Minimum Standards of Deployment Workshops
-  [Introduction to the FUNdamentals of Movement](#) (Sports Coach UK)
-  [How to Deliver Engaging Sessions for Young People](#)
-  [How to Deliver an Engaging Session for Adults](#)
-  [A Guide to Mentoring Sports Coaches](#)
-  Any Activator Workshops
-  National Governing Bodies of Sport qualifications - www.irsport.org/sports

Are you looking to develop your coaching craft or looking to explore how sport science can develop your coaching?

What workshops do we offer for you?

-  [Sport & Nutrition](#)
-  [Performance Analysis](#)
-  [Practical Endurance Physiology](#)
-  [Planning & Periodisation](#)
-  [Coach Philosophy](#)
-  [Reflective Practice](#)
-  [Strength & Conditioning](#)

Club Development

These workshops help support you in the day to day running and development of your club. They will help you increase our clubs membership and build on your existing skills and knowledge of attracting funding for your club.

-  [Business Planning: Securing a Brighter Future](#)
-  [Recruiting & Managing Sports Volunteers](#)
-  [Club Structures: Building for Success](#)
-  [Inspired Facilities](#)
-  [Funding Workshop](#)



Sport Specific Courses

For details about courses happening within specific sports please visit www.lrsport.org/sports. Select the relevant sport, and scroll down to view upcoming courses and events taking place.

School Sport/PE

Do you need support/training to ensure that you are offering high quality sport and PE opportunities?

Take a look at the 'CPD section' on our School Sport section of the website to view the latest workshops and courses from our School Sport & Physical Activity Networks (SSPANs), visit www.lrsport.org/schoolsport

Volunteering

[Recruiting and Managing Sports Volunteers](#) - a workshop designed to cover the basics of volunteer recruitment and management. Useful tips on managing volunteers in sports clubs and guidance on legal and safeguarding issues.

For further information on volunteering opportunities please visit: www.lrsport.org/volunteering

Sport volunteering opportunities are also available through Voluntary Action Leicestershire and further details can be found at www.valonline.org.uk/sport-at-val





Workshops: Coaching



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Coach & Club Development Days

Who is the course aimed at?

These days have been designed by Leicester-Shire & Rutland Sport to support local clubs and coaches with their development, improve skills and knowledge to provide an opportunity to network with clubs and coaches from different sports. Together with giving clubs the opportunity to catch up on all the latest thinking in and around club development, with hot topics on social media, local support networks and Club Leaders training courses in Developing a Business/Sports Development Plan for your club and the employment status of volunteers and coaches to ensure your club is meeting key employment tax legislation.

Cost: £35

Time: 5 ½ hours. 10.00 am – 3.30 pm

DATES:

Sunday, 8th March 2015

Venue: Ellesmere College, Braunstone Lane East, Leicester, LE3 2FD

Sunday, 21st June 2015

Venue: To be confirmed.

Book your place now: www.lrsport.org/bookit

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First Steps into Coaching (Sports Coach UK)

Who is the course aimed at?

First Steps into Coaching is for those who have no prior experience of coaching. For example: A parent/carer wanting to help out at your child's club, looking to get active or interested in returning to sport?

Learning Outcomes

- **IRS** A First Steps into coaching workshop will give you all the help, advice and local contacts you need to get involved straight away.
- **IRS** The workshop also includes an invaluable 32 page A5 handbook that will answer all those burning questions from 'What does a Coach Do?' to 'Will I need a DBS (formerly CRB check)'.

Cost: £10

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Tuesday, 3rd February 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Thursday, 16th April 2015

Venue: Bosworth Academy, Room E1, Leicester Lane, Desford, Leicestershire, LE9 9JL

Tuesday, 9th June 2015

Venue: Council Chamber 1, Melton Borough Council, Parkside, Station Approach, Burton Street, Melton Mowbray, Leicestershire, LE13 1GH

Book your place now: www.lrsport.org/bookit

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Safeguarding & Protecting Children (Sports Coach UK)

Who is the course aimed at?

Coaches, team managers, club officers, teachers, volunteers.

Learning Outcomes

-  Identify the foundations of safeguarding, good coaching practice and child protection.
-  Recognise and respond with the appropriate actions to the signs and symptoms of child abuse and poor practice.

Cost: £30

Time: 3 hours. 6.30 – 9.30 pm

DATES:

Tuesday, 2nd December 2014

Venue: Aylestone Leisure Centre, 2 Knighton Lane East, Leicester, LE2 6LU

Thursday, 15th January 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Wednesday, 18th February 2015

Venue: North West Leicestershire District Council, Council Offices, Coalville, Leicestershire, LE67 3FJ

Wednesday, 11th March 2015

Venue: Council Chamber 1, Melton Borough Council, Parkside, Station Approach, Burton Street, Melton Mowbray, Leicestershire, LE13 1GH

Wednesday, 8th April 2015

Venue: Harborough Leisure Centre, Northampton Road, Market Harborough, Leicestershire, LE16 9HF

Tuesday, 19th May 2015

Venue: Bosworth Academy, Room E1, Leicester Lane, Desford, Leicestershire, LE9 9JL

Wednesday, 15th July 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

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Emergency First Aid for Sport (Sports Coach UK)

Who is the course aimed at?

Those who are involved in sporting activities and may need to administer basic first aid.

Learning Outcomes

-  Assessing an incident.
-  Demonstration of resuscitation.
-  Advice and guidance tailored to your needs.

Cost: £60

Time: 8 hours. 9.00 am – 5.00 pm

DATES:

Saturday, 21st February 2015

SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Sunday, 14th June 2015

SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

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How to Deliver Engaging Sessions for Young People (Sports Coach UK)

Who is the course aimed at?

Do you deliver Sportivate programmes or are you an Activator for 14 – 25 year olds?

Learning Outcomes

- Through the use of practical examples you will learn about new participants' needs, including how to build their self confidence, motivation and self-esteem.
- This in turn will help you improve the coaching experience of young people and help to ensure they keep coming back for more sport
- You will understand different stages of young people's participation development
- You will understand differences in coaching styles that meet young people's requirements
- You will understand differences in coaching styles in different environments: schools, satellite clubs, colleges, universities and clubs.
- Plus you'll understand and be able to include the 'C' system* approach in your coaching, helping to aid the development of your athlete/team.

Cost: £30

Time: 3 hours. 6.30 – 9.30 pm

DATES:

Tuesday, 25th November 2015

Venue: Rawlins Community College, Loughborough Road, Quorn,
Loughborough, Leicestershire, LE12 8DY

Wednesday, 25th March 2015

Venue: Enderby Leisure Centre, Mill Lane, Leicester, LE19 4LX

Book your place now: www.lrsport.org/bookit

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A Guide to Mentoring Sports Coaches (Sports Coach UK)

Who is the course aimed at?

If you're interested in developing your skills in the area of mentoring other coaches, then this workshop is for you.

Learning Outcomes

-  All the tools you need to develop your profile to the next level.
-  How to design a mentoring programme that will support your coaches' learning
-  To increase the effectiveness of your mentoring relationship.

Cost: £30

Time: 3 hours. 6.30 – 9.30 pm

DATES:

Tuesday, 25th November 2014

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Thursday, 26th March 2015

Venue: Council Chamber 1, Melton Borough Council, Parkside, Station Approach, Burton Street, Melton Mowbray, Leicestershire, LE13 1GH

Wednesday, 8th July 2015

Venue: North West Leicestershire District Council, Coalville, Leicestershire, LE67 3FJ

Book your place now: www.lrsport.org/bookit

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Strength & Conditioning Basics

Buy one
place; get
a 2nd place
FREE!

Who is the course aimed at?

This workshop is designed to give coaches a range of sports insights into practical and theoretical elements of appropriate training for athlete's at different stages of development. The workshop is split into two sections – basic movement patterns (lunge, squat, hip hinge, push and pull and how these can be incorporated into a training/coaching session and secondly athletic development (training principles, working with youth athletes and development pathways.)

Cost: £15

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Monday 12th January 2015

Venue: TBC

Book your place now: www.lrsport.org/bookit

Planning & Periodisation

Buy one
place; get
a 2nd place
FREE!

Who is the course aimed at?

Applicable mainly for team sports who compete weekly (eg rugby, football, hockey) or individual sports who target major competitions throughout the year or at the end of a year (eg. athletics, swimming cycling).

This session will give all coaches an insight into designing and implementing a structured training plan either on a weekly, monthly or annual basis. Coaches will be given an outline to use for different training cycles/phases and advice on how they can be combined to design an optimal training plan for athletes/players.

Cost: £15

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Monday, 18th May 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

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Coach Philosophy

Buy one
place; get
a 2nd place
FREE!

Who is the course aimed at?

All coaches wanting to raise awareness of their personal qualities and the impact of these on behaviour and performance. Who are you? What are your beliefs and values and how do they impact the culture you create?

Cost: £15

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Tuesday, 23rd June 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

Reflective Practice

Buy one
place; get
a 2nd place
FREE!

Who is the course aimed at?

Reflection is at the heart of the learning process. Coaches can use reflective practices both during an event, such as a practice or competition, and after an event. Reflection during an activity involves the consideration of what is happening as it is happening. Coaches learn to read the environment and respond accordingly.

Cost: £15

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Wednesday, 22nd July 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

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Sports & Nutrition

Buy one
place; get
a 2nd place
FREE!

Who is the course aimed at?

Although nutritional requirements differ greatly between different sports, the workshop will provide information relevant to team sports (football, rugby, hockey, netball, volleyball), individual sports (athletics, boxing, martial arts, gymnastics) and racket sports (tennis, badminton, squash).

The two hour workshop will include information regarding the main nutrient groups and basic nutritional principles such as energy balance and hydration. It will cover the basics around nutrition to fuel training, preparing for competition and recovering from training and competition.

The session will also cover how nutrition can aid immune function, improve training adaptation, body composition, concentration and focus, and performance, as well as practical advice for athletes.

Cost: £15

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Wednesday, 28th January 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

Performance Analysis

Who is the course aimed at?

This session is very much open to all coaches, highly applicable to sports where there is an increased need for physical development.

This will be a very generic session split into two sections (1) basic movement patterns (lunge, squat, hip hinge, push and pull) and how can these be incorporated into a training/coaching session and (2) athletic development (training principles, working with youth athletes and development pathways).

Cost: £15

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Wednesday, 21st January 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

Buy one
place; get
a 2nd place
FREE!





Workshops: Club Development



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Business Planning: Securing a Brighter Future

Who is the course aimed at?

Do you have a dream for your club but struggle to make progress? This seminar will help you put together a simple yet effective business plan for your club to help you plan a brighter future and take real steps to achieve your goals. Stop dreaming, start doing.

Suitable for anyone from committee members to coaches involved in helping their club plan for the future.

Learning Outcomes

-  What a business plan can do for your club
-  Key players in developing a business plan
-  A simple framework to support your planning
-  Top tips of what to include in your plan and common pitfalls to watch out for.

Time: 3 hours

Please note that this is included within the [Coach & Club Development Day](#) being held on the 21st June 2015.

Book your place now: www.lrsport.org/bookit

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Club Structures: Building for Success

Who is the course aimed at?

It is important that sports clubs take the time to explore different club structures. By attending this workshop you will gain an understanding of what structure is right for your club to enable success and stability.

Suitable for anyone involved in reviewing their club structure or concerned about CASC.

Learning Outcomes

- Importance of your club structure
- Overview of different legal structures
- Top tips for becoming incorporated
- Selecting the best status for your club, including CASC, charities and CIO's
- Getting to grips with gift aid.

Time: 2 hours

Please note that this is included within the [Coach & Club Development Day](#) being held on the 8th March 2015.

Book your place now: www.lrsport.org/bookit

Inspired Facilities Funding Workshop

Who is the course aimed at?

Club Officers, volunteers, parish councils, school staff.

Learning Outcomes

Inspired facilities is Sport England's Capital Funding Programme that funds the renovation and modernisation of local sport facilities up to £75,000 (£150,000 for Statutory Bodies)

- Better informed about the requirements for a quality application
- Tips and advice on how to write a strong application
- Understanding of further work required
- Support service available to help with your application

Cost: FREE

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Tuesday 21st April 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrsport.org/bookit

Funding Workshop

Who is the course aimed at?

Club Officers, volunteers, parish councils, school staff.

Learning Outcomes

-  Roll out of LRS in national and local sporting landscape
-  Importance of a good club structure to attract funding
-  Project planning
-  Ways to generate funding
-  Grant funding and writing a strong application

Cost: FREE

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Tuesday, 9th December 2014

Venue: Broughton Astley Village Hall, Station Road, Broughton Astley, Leicestershire, LE9 6PT

Book your place now: www.lrsport.org/bookit

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Workshops: Volunteers

Recruiting & Managing Sports Volunteers

Who is the course aimed at?

A workshop designed to cover the basics of volunteer recruitment and management, useful tips on managing volunteers in sports clubs and guidance on legal and safeguarding issues.

Learning Outcomes

-  Recruiting Basics – identifying gaps in your volunteer workforce, writing good role descriptions, selling your volunteer role, where to recruit.
-  Volunteer induction – get it right from the beginning.
-  Managing your volunteers 101 tips on managing your volunteers.
-  Dealing with problems – managing poor performance and dealing with difficult volunteers.
-  Legal issues and DBS checks.

Cost: FREE

Time: 2 hours. 6.30 – 8.30 pm

DATES:

Thursday, 11th December 2014

Venue: Enderby Leisure Centre, Mill Lane, Enderby, Leicester, LE19 4LX

Tuesday, 12th May 2015

Venue: SportPark at Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF

Book your place now: www.lrspport.org/bookit

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Workshops: Inclusion



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Equity in your Coaching (Sports Coach UK)

Who is the course aimed at? Coaches at all levels.

Learning Outcomes

-  Identify and deal with any barriers to participation
-  Interpret all the legalities in the right language
-  Develop your existing skills and experience to make your coaching sessions more accessible.

Cost: £30

Time: 3 hours. 6.30 – 9.30 pm

DATES:

Tuesday, 10th February 2014 (6.00 – 9.00 pm)

Oadby & Wigston Borough Council, Council Offices, Station Road, Wigston, Leicester, LE18 2DR

Wednesday, 20th May 2015

Venue: Rutland County Council, Catmose, Oakham, Rutland, LE15 6HP

Book your place now: www.lrspport.org/bookit

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How to Coach Disabled People in Sport (Sports Coach UK)

Who is the course aimed at? Coaches at all levels.

Learning Outcomes

-  This workshop aims to answer the commonly asked questions about disabled sports participants and it will show you how, with a few minor adjustments to the way you work, you can make your coaching more inclusive and effective.

Cost: £25

Time: 3 hours. 6.30 – 8.30 pm

DATES:

Tuesday, 9th December 2014

Venue: The Pavilion, Sportsfield Lane, Huncote, Leicestershire, LE9 3BN

Book your place now: www.lrsport.org/bookit

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Real PE – Working in Partnership

Who is the course aimed at?

Teachers/Learning Support Assistants and other Practitioners to increase the quality of their delivery.

Learning Outcomes

The 'real PE' programme provides fun and simple to follow Schemes of Work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver outstanding PE. It is fully aligned to the new National Curriculum and Ofsted requirements and focusses on the development of agility, balance and co-ordination, healthy competition and co-operative learning through a unique and market leading approach to teaching and learning in PE.

Cost: Free to Special Schools + 1. 10 places are Free to mainstream schools (+1) on a first come, first served basis. £145 + VAT for additional attendees.

Time: 6 hours. 9.00 am – 3.30 pm

DATES:

Tuesday, 2nd December 2014

Venue: The Pavillion, Sportsfield Lane, Huncote, Leicestershire, LE9 3BN

Book your place now: www.lrsport.org/bookit

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Workforce Education Programme - Workshop Calendar

November 2014			December 2014			January 2014		
Date	Course	Location / Time	Date	Course	Location	Date	Course	Location
25 th	Deliver Engaging Sessions for Young People	Charnwood, 6.30-9.30pm	2 nd	Real PE	Blaby, 9.00am-3.30pm	12 th	Strength & Conditioning Basics	TBC 6.30-8.30pm
25 th	Guide to Mentoring Coaches	Charnwood, 6.30-9.30pm	2 nd	Safeguarding & Protecting Children	Leicester, 6.30-9.30pm	15 th	Safeguarding & Protecting Children	Charnwood, 6.30-9.30pm
			9 th	Funding	Harborough, 6.30-8.30pm	21 st	Performance Analysis	Charnwood, 6.30-8.30pm
			9 th	How to Coach Disabled People	Blaby, 6.30-8.30pm	22 nd	FUNDamentals of Movement	Charnwood, 4.30-7.30pm
			11 th	Recruiting & Managing Volunteers	Blaby, 6.30-8.30pm	28 th	Sport & Nutrition	Charnwood, 6.30-8.30pm
February 2015			March 2015			April 2015		
Date	Course	Location / Time	Date	Course	Location	Date	Course	Location
3 rd	First Steps into Coaching	Charnwood, 6.30-8.30pm	3 rd	TOP Sportsability	Blaby, 9.30am-3.00pm	8 th	Safeguarding & Protecting Children	Harborough, 6.30-9.30pm
10 th	Equity in your Coaching	Oadby & Wigston, 6.00-9.00pm	8 th	Club & Coach Development Day	Leicester, 10am – 3.30pm	14 th	Deliver Engaging Sessions Adults	Hinckley & Bosworth, 6.30-9.30pm
18 th	Safeguarding & Protecting Children	NW Leicestershire, 6.30-9.30pm	11 th	Safeguarding & Protecting Children	Melton, 6.30-9.30pm	16 th	First Steps into Coaching	Hinckley & Bosworth, 6.30-9.30pm

21st	Emergency First Aid	Charnwood, 9am-5pm	17th	Practical Endurance Physiology	Charnwood, 6.30-8.30pm
21st	Inspired Facilities	Charnwood, 6.30-8.30pm	19th	FUNdamentals of Movement	TBC, 4.30-7.30pm
			20th	Equity in your Coaching	Rutland, 6.30-9.30pm
			25th	Deliver Engaging Sessions for Young People	Blaby, 6.30-9.30pm
			26th	Guide to Mentoring Coaches	Melton, 6.30-9.30pm

May 2015

June 2015

July 2015

Date	Course	Location	Date	Course	Location	Date	Course	Location
12th	Recruiting & Managing Volunteers	Charnwood, 6.30-8.30pm	9th	First Steps into Coaching	Melton, 6.30-8.30pm	8th	Guide to Mentoring Coaches	NW Leicestershire, 6.30-9.30pm
18th	Planning & Periodisation	Charnwood, 6.30-8.30pm	14th	Emergency First Aid	Charnwood, 9am-5pm	15th	Safeguarding & Protecting Children	Charnwood, 6.30-9.30pm
19th	Safeguarding & Protecting Children	Hinckley & Bosworth, 6.30-9.30pm	21st	Coach & Club Development Day	TBC, 10am – 3.30pm	22nd	Reflective Practice	Charnwood, 6.30-8.30pm
20th	Equity in your Coaching	Rutland, 6.30-9.30pm	23rd	Coach Philosophy	Charnwood, 6.30-8.30pm			





Local Sport & Physical Activity Alliances (LSAs)



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Local Sport & Physical Activity Alliances (LSAs) have been formulated to bring key sporting partners together to address the delivery of sport within Leicestershire, Leicester & Rutland. Their overall vision is to develop sustainable local sport and active recreation that is accessible to all. The partnership consists of representation from key partners across the county. For further information visit www.lrspport.org/yourlsa

Club and Coach Evenings are held within localities and dates for 2014/15 are as follows:

Area	Date	Time	Venue	Contact
Blaby	Monday, 23 rd February 2015	TBC	The Pavilion, Huncote	Harvey Morgan
Charnwood	Wednesday, 21 st January 2015	TBC	TBC	Andrew Doodson
Harborough	November – date to be confirmed. Please contact Danny Hallam			
Hinckley & Bosworth	Monday, 26 th January 2015	TBC	Bosworth Academy Bosworth Academy	Karen Mason
Melton	Monday, 12 th January 2015	6.00 – 7.30	Melton Borough Council	Steve Taylor
	Monday, 13 th April 2015	6.00 – 7.30		
North West Leicestershire	Tuesday, 20 th January 2015	7.30 – 9.30	Hood Park Leisure Centre	Gail Rushton
Oadby & Wigston	Wednesday, 11 th February 2015	6.30 – 8.30 pm	Oadby & Wigston Council Offices	Avril Lennox



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SPORT & PHYSICAL ACTIVITY

Register with Leicester-Shire & Rutland Sport (LRS) to stay up to date with all the latest sport and physical activity news, events, jobs and opportunities across Leicestershire, Leicester and Rutland. We also have topic specific Newsletters on **Coaching** and **Clubs & Funding** that could be of interest to you.

LRS Coaching Newsletter

Our ambition is to support high quality, qualified coaches from all communities, supporting school, club and performance sport. Join our Coaching Network to receive information on the latest job opportunities, bursary and funding opportunities and all the necessary information to support coaches with ongoing development

For further information contact: Natalia Marshall, Coaching Development Manager, LRS on 01509 564863 or email n.marshall@lboro.ac.uk or visit www.lrsport.org/coaching

LRS Clubs & Funding Newsletter

Register to stay up to date with all the latest club and funding news across Leicestershire, Leicester & Rutland.

For further information contact: Annette Kendrick, Sports Development Officer (Funding & Clubs), LRS, on 01509 564858 or email a.kendrick@lboro.ac.uk or visit www.lrsport.org/funding

Register now at www.lrsport.org/register and simply select 'Coaching' and/or 'Funding' as an interest!

Are you looking to promote your Club or activity sessions?

Leicester-Shire & Rutland Sport (LRS) are offering Clubs and session providers a free platform in which to promote your activities across Leicestershire, Leicester and Rutland.

Our **'Get Active' Search Engine** allows users to search for a range of opportunities to take part in sport and physical activity in our local area. Ensure your Club and sessions are uploaded, and showcase your activities!

Register your Club/Organisation first, then once that has been approved by LRS, you can start to upload details of your specific sessions.

www.lrsport.org/getactiveupload



Leicester-Shire & Rutland Sport

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ONE VISION **LRS** N

Leicestershire, Leicester and Rutland

the most sporting and physically active place in England by 2025