

**FREE  
Copy**

# Coach Development Programme

## Reaching New Levels

**BOOK  
EARLY  
Limited  
spaces**



**Call 028 8676 7135**  
[www.midulstercouncil.org](http://www.midulstercouncil.org)



Comhairle Ceantair  
**Lár Uladh**  
**Mid Ulster**  
District Council



# Welcome

The 2017 'Reaching New Levels' Coaching Programme provides opportunities for coaches, volunteers, leaders and officials to attain additional and/or new qualifications.

## Course 1. Safeguarding

This workshop aims to raise awareness of Child Protection issues in sport and introduces participants to the Code of Ethics and Good Practice for Children's Sport. This workshop is important for all adults involved in children's sport, but it is particularly recommended for Coaches, Leaders, Administrators and Officials.

**Cookstown Leisure Centre**      **Mon 23rd January**      **6.30pm - 9.30pm**  
**£10**  
 (Book on attached form)

## Course 2. Designated Safeguarding Children's Officer Training

This training is for anyone responsible with receiving concerns about the safety and welfare of children and young people. Recommended for Coaches, Leaders, Administrators and Officials.

**Dungannon Leisure Centre**      **Mon 30th January**      **6.30pm - 9.30pm**  
**£10**  
 (Book on attached form)

## Sports First Aid (supplied by a First Aid Tutor)

By the end of this course candidates will be aware of the following:

- Acting safely, promptly and effectively in an emergency
- Cardiopulmonary Resuscitation (CPR)
- Treating an unconscious casualty (including seizure)
- Wounds and bleeding
- Shock
- Minor injuries
- Choking
- Preventing cross infection, recording incidents and actions using the use of available equipment



\*A First Aid Kit will be given to all those completing the course.

## Course 3.

**Cookstown Leisure Centre**      **Mon 6th & 13th March**      **6.30pm - 9.30pm**  
**£20**  
 (Book on attached form)      (Need to attend both sessions)

## Course 4.

**Dungannon Leisure Centre**      **Sun 12th March**      **10am - 4pm**  
**£20**  
 (Book on attached form)

## Course 5.

**Meadowbank**      **Wed 8th & 15th March**      **6.30pm - 9.30pm**  
**£20**  
 (Book on attached form)      (Need to attend both sessions)

## Course 6. Rugby IRFU/Ulster Rugby Stage 2 (Foundation)

This 2 day course provides an introduction to the 15-a-side game for coaches and helpers with limited experience in rugby. Safety and enjoyment are in the main themes of the course, and therefore the course is suited for people working with pre-teenage and adolescent players.

**Meadowbank Sports Arena**      **Sun 20th & 27th Nov**      **9am - 5pm**

**Cost: £70 per coach (£65 each for 2 coaches from the same organisation)**  
 (Book via Ulster Rugby at [www.ulsterrugby.com/coaching/courses](http://www.ulsterrugby.com/coaching/courses))

## Course 7.

### Netball NI: Introduction to Coaching

The course is aimed at those interested in progressing along the coaching pathway as well as those who may just want to understand the game more fully in order to help with their own play or to assist running coaching sessions.

A perfect way to dip your toes into the world of netball coaching, this 5 hour course includes some theory but concentrates mainly on practical elements with lots of tips, ideas and fun ways to engage your athletes.

Course material will be provided.

**Cookstown Leisure Centre**                      **Sun 20th Jan**                      **1pm – 6pm**

**Affiliated to Netball NI £15, Non affiliate £20**

(Book via Netball NI at [www.netballni.org](http://www.netballni.org) under upcoming courses)

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## Course 8.

### Long Term Athletic Development (LTAD): Performance Enhancement to Injury Prevention. Building the Right Foundation.

Delivered by Martin Loughran

Martin Loughran is currently the lead physiotherapist for Triathlon Ireland and was part of the Team Ireland Science and Medical team at The Rio 2016 Olympic Games. Rio 2016 was Martin's fourth major multi-sport games and has previously worked with Huddersfield Town, Tyrone GAA and Sports Institute Northern Ireland.

Often skills coaches struggle with the WHY, WHEN and HOW of LTAD.

This coach education workshop is designed to be an introduction for coaches to develop their understanding of LTAD. Coaches will come away from the workshop with a clear understanding of WHY they should implement strength training and athletic development into their young athletes training pathway, WHEN this should be done and HOW this can be achieved.

This workshop will be a combined theory and practical workshop for coaches wishing to develop their knowledge, understanding and practical application of strength training for their young athletes.

LTAD is a sports development model intended to produce a long-term approach to maximising an individual's potential and lifelong involvement in sport. The model promotes the tailoring of a child's sport development programme to suit their stage of physical growth and maturation, as well as psychological and social development. Appropriate training activities in children's formative years are essential to coincide with accelerated periods of learning and adaptation.

**Mid Ulster Sports Arena**                      **Mon 6th March**                      **6.30 – 9pm**

**£5**

Book via attached form.

## Course 9.

### Fluidity of movement: Benefits of applying movement skills to sports skills.

Delivered by Gareth O'Neill

Gareth O'Neill is a strength & conditioning coach and physiotherapist specialising in performance enhancement, end-stage rehab/ return-to-play programmes and long-term athlete development. "Coach G" as he is affectionately known, has worked with athletes from the National Rugby League; International Rugby Union; English Premiership, Football championship and Irish League football; British Motorsport; Provincial, National and International Athletics, Boxing, Golf, Hockey, Racquet sports and Swimming; Senior Inter-county GAA, International Rules football and Disability Sports.

Movement skills form the basis of learning for fundamental sport skills; it's this combination of movement and sport skills that form the basis of physical literacy and athleticism.

Good movement skills facilitate the effective learning and execution of sporting skills whilst decreasing the risk of injury via efficient movement. You will learn how to coach specific speed, offensive and defensive agility techniques to benefit your players (e.g. sprinting, side-stepping, deceleration and change-of-direction), their progressions and specific scenarios to apply these to your own sport.

**Mid Ulster Sports Arena**

**Mon 13th March**

**6.30 - 9.30pm**

**£5**

Book via attached form.

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## Course 10.

### Sports Nutrition - Fuelling the Athlete

Delivered by Dr Sharon Madigan.

Sharon is responsible for delivery and aids coordination of nutrition services for elite Irish athletes across a range of Olympic and Paralympic sports. A strong focus of her position within Institute of Sport is her engagement in high performance research. Sharon's main research interests focus on the interaction between diet and health and diet and sports performance.

The aim of the workshop will be to discuss a range of sports nutrition related topics and apply them to the specific sports that the coaches attending this workshop are involved in. Discussing areas such as nutrient periodization, hydration and sports supplements.

As a performance nutritionist with the Irish Institute of Sport Sharon has a wealth of experience working with a range of sports and governing bodies.

**Dungannon Leisure Centre**

**Thurs 23rd Feb**

**6.30 - 9.30pm**

**£5**

Book via attached form.

## Course 11.

### Performance Analysis Proforma Sports

Delivered by Joe Turley

Joe has a Sports Science Degree from Ulster University and is a co-founder of local sports technology business Performa Sports. He has worked with UU in the development of accredited performance analysis training courses and with Loughborough University in the area coaching behaviour analysis. He's a firm believer in the use of analysis as a teaching and learning tool and an advocate of reflective practice to enhance personal development in sport.

Designed by Ulster University and Performa Sports, this introductory module takes a coaching perspective on analysis. Building on the fundamentals of sports analysis including shaping key performance indicators (KPIs) we demonstrate how analysis can be used as a highly effective teaching aid to improve player learning and performance. The module covers:

- What is notational analysis?
- The rationale for performance analysis.
- Key factors in player-coach communication techniques.
- How to develop key performance indicators (KPIs).
- Introduction to Performa Sports software & creating coaching playlists

Mid Ulster Sports Arena

Mon 20th March

7.00 – 9.30pm

£40

To Book E: joe@performasports.com T:0843 5328 982 W: www.performasports.com

## Course 12.

### “Basic short cut to success” An evening hosted by International Cyclist and Coach Tommy Evans

Delivered by Tommy Evans

Tommy Evans is an international cyclist who represented Ireland for 20 years. Multiple Irish champion and multiple record holder. Tommy was Lead Coach for Cycling Ireland at the 2008 Beijing Olympics and is currently the Performance Director of Triathlon Ireland for both the London 20012 and Rio 2016 Olympic games.

This evening is targeted at any athlete or coach involved in an endurance sport that has multiple requirements from endurance, threshold and anaerobic requirements that are required to be repeated intermittently. Tommy will give an insight in how you manage 3 sports with all of the above requirements into one event, looking at more detailed athlete loading and tracking.

Tommy also is a personal coach to Philip Deignan, Philip is an Irish Olympian and professional road racing cyclist with Team Sky.

Cookstown Leisure Centre

Mon 27th March

7 – 9pm

£5

Book via attached form.

# Registration Form

NAME: .....

ADDRESS: .....

EMAIL: .....

TEL / MOBILE:.....

SPORT: .....

CLUB:.....

DO YOU CONSIDER YOURSELF TO HAVE A DISABILITY? YES/NO .....

IF YES, WHAT IS THE NATURE OF THE DISABILITY?

PHYSICAL IMPAIRMENT .....

HEARING IMPAIRMENT .....

LEARNING DIFFICULTY .....

VISUAL IMPAIRMENT .....

OTHER, PLEASE SPECIFY.....

I HAVE ENCLOSED A CHEQUE FOR £\_\_\_\_\_ MADE PAYABLE TO MID ULSTER DISTRICT COUNCIL.

All courses must be prepaid in advance of notice.  
External Training providers may cancel a course if the minimum numbers registering and attending are not achieved.

Return applications and payment to –  
**REACHING NEW LEVELS - Coach Development Programme,**  
**Mid Ulster Sports Arena, Tullywiggan Road, Cookstown, BT80 8SG.**

# Registration Form

Tick box

<b>1. Safeguarding</b>					
Cookstown Leisure Centre	Mon 23rd January	6.30pm to 9.30pm	£10		
<b>2. Designated safeguarding children's officer training</b>					
Dungannon Leisure Centre	Mon 30th January	6.30pm to 9.30pm	£10		
<b>3. First Aid</b>					
Cookstown Leisure Centre	Mon 6th & 13th March	6.30pm to 9.30pm	£20		
<b>4. First Aid</b>					
Dungannon Leisure Centre	Sun 12th March	10am to 4pm	£20		
<b>5. First Aid</b>					
Meadowbank Sports Arena	Wed 8th & 15th March	6.30pm to 9.30pm	£20		
<b>6. Rugby: IRFU/ULster Rugby Stage 2</b>					
Meadowbank Sports Arena	Sun 20th & 27th Nov	9-5pm	£70/£65 for two		
<b>7. Netball NI Intro to coaching</b>					
Cookstown Leisure Centre	Sun 20th Jan	1-6pm	£20		
<b>8. Long Term Athletic Development (LTAD): Performance Enhancement to Injury Prevention. Building the Right Foundation.</b>					
Mid Ulster Sports Arena	Mon 6th March	6.30-9pm	£5		
<b>9. Fluidity of movement: Benefits of applying movement skills to sports skills.</b>					
Mid Ulster Sports Arena	Mon 13th March	6.30-9.30pm	£5		
<b>10. Sports Nutrition - Fuelling the Athlete</b>					
Dungannon Leisure Centre	Thurs 23rd February	6.30-9.30pm	£5		
<b>11. Performance Analysis Proforma Sports</b>					
Mid Ulster Sports Arena	Mon 20th March	7-9.30pm	£40		
<b>12. "Basic short cut to success" An evening hosted by International Cyclist and Coach Tommy Evans</b>					
Cookstown Leisure Centre	Mon 27th March	7-9pm	£5		

Total: