

Cornwall Sports Partnership Contacts

National Governing Body Contacts

Cornwall Sports Partnership Reception
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Partnership Development Officer

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Community Coach

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American Football	Brian Smallworth 07786 370980 bjscoach@yahoo.co.uk
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Sport	Contact
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Netball	Jenni Phillips 07540 126593 jennifer.phillips@englandnetball.co.uk
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Triathlon	David Hooper 07739 526554 davidhooper@britishtriathlon.org
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Water Skiing	Gareth gareth@bwsf.co.uk

Cornwall Council Community Leisure Officers

East Cornwall	Zoe Harris zharris@cornwall.gov.uk	01579 341026
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Carrick Leisure	Martin Symons msymons@carrickleisure.org.uk www.carrickleisure.org.uk	01326 310980
Hub Club, Carn Brea	Cathryn Osborne www.hub-club.co.uk	01209 717479

Sports Colleges

Budehaven	Denise May 01288 353271 dm@budehaven.cornwall.sch.uk
Callington	Michelle Roberts 01579 383292 sports@callington-comm.cornwall.sch.uk
Poltair	Partnership Development Manager 01726 874520 pdm@poltair.cornwall.sch.uk
Penryn	Mark Holmes 01326 372379 mholmes@penryn-college.cornwall.sch.uk
Mounts Bay	Jon Coleman 01736 352323 jcoleman@mounts-bay.cornwall.sch.uk
Senior Competition Manager	Gemma Wilson 07969 978592 cornwallscm@yahoo.co.uk

Leisure Centres

Brannel Sports Centre	01726 822485
Bude Sports Centre	01288 353714
Callington Sports Centre	01579 383477
Camelford Leisure Centre	01840 213188

Carn Brea Leisure Centre	01209 714766
Dragon Leisure Centre (Bodmin)	01208 75715
Fowey Leisure Centre	01726 833908
Helston Sports Centre	01326 563320
Lux Park Leisure Centre (Liskeard)	01579 342544
Newquay Sports Centre	01637 875533

Newquay Water World	01637 853828
Penzance Leisure Centre	01736 874744
Phoenix Leisure Centre (Launceston)	01566 772551
Polkyth Leisure Centre (St Austell)	01726 223697
Roseland Sports Centre	01872 530675
Saltash Leisure Centre	01752 840940

Ships & Castles Leisure Centre (Falmouth)	01326 212129
St Ives Leisure Centre	01736 797006
St Just Sports Centre	01736 787856
Torpoint Sports Centre	01752 812511
Truro Leisure Centre	01872 261628
Wadebridge Leisure Centre	01208 814980

Cornwall Sports Partnership



Limited places available

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Courses starting in 2010

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This course is ideal for qualified massage therapists who want to increase the breadth of massage treatments they wish to offer their clients and customers.

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This course covers the fundamental principles of nutrition including: macro and micronutrients; energy requirements and recommended dietary allowances; fluid intake; hydration status; and ergogenic aids.

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Who We Are

The Cornwall Sports Partnership is a partnership of organisations working together to make sport a part of everyday life in Cornwall. This includes the sectors of health, education, local government, National Governing Bodies of Sport (NGB's), police and the economy.

What We Do

We work with our partners to sustain and increase participation in community sport

How We Do It

We work with partners to ensure there is a co-ordinated approach to sport and active recreation for everyone in Cornwall. This enables people to fulfil their ambitions, whether they are fun, enjoyment, health or achievement.

Cornwall Sports Awards 2009 winners



How To Book

To enrol on one of the Cornwall Sports Partnership courses featured in this booklet:

1. Go to www.cornwallspartnership.co.uk
2. Download Booking Form
3. Click on courses
4. Complete Booking Form
5. Post Form with cheque (payable to Cornwall Council) to Cornwall Sports Partnership office.

All bookings will be confirmed via email or letter.

Cornwall Sports Partnership
Penweathers Centre
Tresawls Road
Truro
TR1 3LD
Tel: 01872 323344

Closing date for bookings is 7 days prior to the course date

Please contact the Cornwall Sports Partnership if you would like to advertise courses in this leaflet.

Next edition
September 2010 - February 2011



www.cornwallspartnership.co.uk

Cornwall Sports Partnership Courses and Workshops Calendar

March - August 2010

Edition 4



Making sport and active recreation part of everyday life

2425 0210

Generic Courses & Workshops Information

scUK - Safeguarding & Protecting Children in Sport (requirement for Clubmark)

Provides information and good practice linked to procedures for protecting children from abuse

6.30 - 9.30pm		
29th March	Truro College	£25
28th April	Carn Brea Hub Club	£25
24th May	Dragon Leisure Centre, Bodmin	£25
28th June	Carn Brea Hub Club	£25
20th July	Newquay Sports Centre	£25
23th August	Truro College Cricket Centre	£25

scUK - Equity in your coaching (requirement for Clubmark)

Explains what sports equity means and how to identify and challenge inequitable behaviour. Shows how equity can enhance coaching and what is the appropriate language and terminology to use.

6.30 - 9.30pm		
5th May	Truro College	£25
6th July	Dragon Leisure Centre, Bodmin	£25



Running Sport - Club for All (requirement for Clubmark)

Identifies the benefits of opening up clubs to include a wider membership base, meaning more coaches, officials and players

6.30 - 9.30pm		
14th June	Cornwall Sports Partnership office	£25

Emergency First Aid

Theoretical and practical skills necessary to deal with an unconscious casualty including diagnosis, CPR and choking.

6.30 - 9.30pm		
1st April	Carn Brea Hub Club	£15
7th June	Truro College, Tregye Campus - Carnon Downs	£15
14th July	Dragon Leisure Centre, Bodmin	£15

scUK - Introduction to FUNDamentals of Movement (practical)

Designed to explore the concepts of Agility, Balance, Co-ordination and Speed. This workshop assists coaches to observe, analyse and coach good movement patterns within their sessions.

6.30 - 9.30pm		
12th July	Truro College Cricket Centre	£25

scUK - A Guide to Mentoring Sports Coaches

How to support coaches' learning and focus on how learning occurs. The workshop provides coaches with tools to record the relationships built through mentoring programmes

6.30 - 9.30pm		
12th May	Newquay Sports Centre	£25

scUK - Coaching Children and Young People

Provides information on growth, social, emotional development and early skill learning. Shows how to adapt your coaching style to individual needs and different stages of development.

6.30 - 9.30pm		
21st April	Truro College Cricket Centre	£25

scUK - How to Coach disabled People in Sport

How to set up coaching sessions to suit disabled participants. Advice on how to plan a session or make minor adjustments to the way you work to make your coaching effective.

6.30 - 9.30pm		
26th April	Truro College Cricket Centre	£25

Working with your SSP

What is an SSP? What is a PDM? What resources are there to help your club work more with schools? Learn how clubs can benefit from linking with schools and colleges.

6.30 - 8.30pm		
4th May	Cornwall Sports Partnership office	Free

Sports Nutrition

Sports Nutrition guidelines and advice to improve the performance of your athletes and to make sure they have a balanced and varied diet to perform at the top of their game.

6.30 - 9.00pm		
21st June	Cornwall Sports Partnership office	£15

Please refer to 'how to book' panel overleaf to book onto a workshop.



Cornwall Sports Awards 2009 speakers

Courses & Workshop Venues

Cornwall Sports Partnership

Penweathers Centre, Tresawls Road, Truro TR1 3LD
Tel: 01872 323344

Dragon Centre

Lostwithial Road, Bodmin, PL31 1DE
Tel: 01209 75715

Hub Club

Carn Brea Leisure Centre, Station Road, Pool TR15 3QS
Tel: 01209 717479

Newquay Sports Centre

Tretherras Road, Yeoman Way, Newquay, TR7 2SL
Tel: 01637 875533

Truro College

Main Campus - College Road, Truro, TR1 3XX
Tel: 01872 267000

Tregye Campus - Carnon Downs, Truro TR3 6JH
Tel: 01872 267000

Recruit into Coaching

Live in West Cornwall and not involved in Coaching? Want to become a Sports Coach?

The Recruit into Coaching program aims to recruit, train and deploy 10,000 new volunteer coaches in select areas of England by 2011.

For further information please contact Rob Harrison. email rharrison@cornwall.gov.uk tel 01872 323348

National Governing Body Courses

If you are interested in becoming a coach or official in a sport not listed below, please contact the relevant National Governing Body Officer (over the page)

Athletics Level 1 & Level 2 Coach

For further details please go to www.englandathletics.org

Basketball Level 1 Coach

- 9th May and 20th June, Truro College, cost £65, Andy Cummins Tel: 07968 892946 Email: acummins@cornwall.gov.uk

Basketball Level 2 Coach

- July/September, Truro College, cost £115, Andy Cummins Tel: 07968 892946 Email: acummins@cornwall.gov.uk

Bowls Coach courses

For further details please contact Norma May Email: norma@may7226.freereserve.co.uk

Canoeing

- various courses available
For further details please go to www.bcusw.org

Football Level 1 & Level 2 Coach

For further details please go to www.cornwallfa.com

Hockey Level 1 VRQ Coaching Assistant

- 22nd evening, 24th and 25th April, Truro School, £140, Barbara Reynolds Tel: 07718 980517 Email: reynolds@englandhockey.org

Golf Level 1 Coach

- 13, 14th March and 15, 16th May, China Fleet Golf & Country Club, Saltash, £282, Simon Wood Tel: 07971 624313 Email: cornwallcdo@hotmail.co.uk

Netball C Umpiring

- 7th March, Truro College £25, Jenni Phillips Tel: 07540 126593 Email: jennifer.phillips@englandnetball.co.uk

Netball Beginner Umpiring

- 28th March, Truro College £15, Jenni Phillips Tel: 07540 126593 Email: jennifer.phillips@englandnetball.co.uk

Netball Level 1 Coach

- 15th, 16th May and 13th June, Truro College £170 Jenni Phillips Tel: 07540 126593 Email: jennifer.phillips@englandnetball.co.uk

Rowing (Fixed Seat) Level 2 Coach

- 8th, 9th, 12th, 19th, 22nd, 23rd May, Fowey tbc £ tbc, Tom Pattichis Tel: 07818 576145 Email: tom.pattichis@britishrowing.org

Sailing dinghy instructor course

- 12-16th April, Roseland Paddle & Sail, Portscatho, £280 Bob Warren Tel: 01872 580964 Email: bob@paddleandsail.com

Swimming Level 1 Coach

- 19th, 20th, 21st, 26th, 27th and 28th March, Dragon Leisure Centre £275, Joseph Dixon Tel: 01208 815081 Email: josephdixon@talktalk.net

Swimming Level 2 Coach

- 4th, 6th, 12th, 13th, 19th and 20th June, Dragon Leisure Centre £475, Joseph Dixon Tel: 01208 815081 Email: josephdixon@talktalk.net

Swimming Level 2 Teaching Aquatics

- 5 - 13th May, Carn Brea Leisure Centre £650 download application form from www.britishswimming.org or contact customer services on 0871 200 0928 email customerservices@swimming.org

Tennis Level 2 Coach

- 5th, 6th June, 10th, 11th July, and 3rd Aug at Heron Tennis Centre, Newquay tbc, Ann Williams Tel: 01637 839136 Email: ann.williams@ta.org.uk

ACTIVE
ACCESSIBLE
ACCREDITED



Clubmark is the Sport England mark of high quality junior sports clubs. National governing bodies of sport (NGBs) and county sport partnerships (CSPs) award Clubmark to proven high quality clubs. The national scheme has been in place since 2002 and there are now over 5,000 accredited clubs across more than 30 sports.

As a single, national standard, Clubmark gives sports clubs of all types structure and direction. Clubs awarded Clubmark have seen many tangible benefits, such as increased membership and the development of coaches and volunteers.

Cornwall Sports Partnership can help clubs achieve Clubmark Accreditation.

For further information contact Natasha Howard email: nhoward@cornwall.gov.uk tel: 01872 323347

Launching in April

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www.cornwallsportpartnership.co.uk