

High Quality Coaching in Cornwall

August
2010
Issue 2

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Cornwall

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I would like to take this opportunity to introduce you to issue 2 of the High Quality Coaching Newsletter, this has been put together to help support coaches in Cornwall and partners with an interest in coaching to keep up to date with current issues about coaching both locally & nationally

Listed to the Left are the topics for issue 2, if you have any thoughts, suggestions or burning issues for the next issue please email me on rharrison@cornwall.gov.uk.

Look out for our [Courses & Workshops Calendar](#) September 2010 – February 2011 for up to date Continual Professional Development (CPD) opportunities

You may find the links below useful

Regards

Rob



Coaching System Support Network (CSSN)



The CSSN has been set up to pull together partners with a link to coaching; it has representation from Cornwall Council, National Governing Bodies (NGB), School Sports Partnerships (SSP), Cornwall Sports Partnership (CSP), Sports Coach UK (SCUK), Skills Active, Private Coaching Providers, Further Education (FE) & Higher Education (HE).

The groups **VISION** is to 'Create a cohesive, ethical, inclusive and valued coaching system at a local level, where more appropriately skilled coaches are available to support children, players and athletes at all stages of their development in sport'

The group has now developed a strategy and are working on a delivery plan to take coaching in the county forward.

For more detailed insight into the New CSSN in Cornwall please visit www.cornwallsportpartnership.co.uk and click on High Quality Coaching

If you are interested to be part of the CSSN or have an issue or challenge around sports coaching for the CSSN to resolve please contact Rob Harrison rharrison@cornwall.gov.uk

CSP Coach Database – 'Get Coaching Cornwall'



CORNWALL SPORTS PARTNERSHIP

**Are you a sports coach?
Do you need a sports coach?**

**Register with
Get Coaching Cornwall**

Visit www.cornwallsportspartnership.co.uk
and click Get Coaching Cornwall

The advertisement features a photograph of a coach in a blue and red jacket interacting with a group of young athletes in similar attire on a sports field.

Get Coaching Cornwall has been developed to support coaches and recruiters who are based in Cornwall. We provide a service to support coach development and to assist coaches in finding employment. We work closely with recruiters and employers to ensure coaches are appropriately supported, valued and developed. For employers our aim is to provide easy links to quality, professional coaches from a number of sport disciplines.

We are looking for people to register on the site as:

- A coach looking for qualifications and training opportunities
- A coach looking for employment either paid or as a volunteer
- An organisation looking to make use of a volunteer or a paid coach

To register as a coach / coach provider or for more information:
Click [Get Coaching Cornwall](#)

Cornwall Coach Bursary



CORNWALL SPORTS PARTNERSHIP

**Cornwall Coach
Bursary 2010-11**

Offering you the opportunity to apply
for up to 50% of funding towards National
Governing Body Level 1 or Level 2 courses

To apply, visit: www.cornwallsportspartnership.co.uk
and click High Quality Coaching

The advertisement includes a photograph of a coach sitting on a bench on a track, surrounded by a group of people.

Coaches in Cornwall now have the opportunity to apply for up to 50% of funding towards National Governing Body (NGB) Level 1 or Level 2 courses.

This funding is designed to support new coaches to get into coaching and help existing coaches develop their coaching pathway.

Open & Closing dates for applications:

- Round 1: 4th May 2010 - 31st August 2010
- Round 2: 1st September 2010 - 31st March 2011

Coaches are required to register on Get Coaching Cornwall and have National Governing Body support of applications

To download the application form and find out more information
Click [Bursary 2010/11](#)

Funding opportunities for Coaches

Please open the link below to find out about funding opportunities available to coaches in Cornwall:

[Coaching Funding Information - Cornwall Sports Partnership](#)



Cornwall Sports Awards

Cornwall Sports Partnership is now inviting nominations for the 2010 Cornwall Sports Awards which will be staged at the Esplanade Hotel in Newquay on Friday 12th November.

Winners from the Coaching Category will automatically be nominated to go through to the national UK Coaching Awards held on Tuesday 30th November @ The Brewery, London

Coaching Category:

1. Children's Coach of the Year

The winner of this award will coach children under the age of 16, they will display development of basic skills through fundamentals of sport. There will be evidence of high quality coaching and innovate practice.

2. Participation Coach of the Year

The winner of this award will display the outstanding contribution of a coach getting more people starting in sport, staying in sport and/or succeeding in sport. There will also be evidence of high quality coaching and innovate practice.

3. Young Coach of the Year – U25

The winner of this award will display dedication, passion, determination and enthusiasm as a coach. They will have made a contribution and commitment to players/athletes, together with demonstrating personal maturity, evidence of high quality coaching and innovative practice.

4. Performance & Development Coach of the Year

The winner of this award will recognise the achievements of a coach working to develop emerging and young performers within their sport. Evidence of player centred high quality coaching that encourages the development of performance and nurturing talent.



Can I set you all the challenge to nominate at least one person for one of the above categories?

To find out more information on other categories and to nominate by clicking [SPORTS AWARDS 2010](#)

(Cornwall Sports Awards 2009 winners)

South West Talent Centre

The South West Talent Development Centre is a joint initiative between the University of Bath and Sport England.

Relative Age Effect

"It's not about recognizing talent, whatever the hell that is. I've never tried to go out and find someone who's talented. First you work on fundamentals and pretty soon you find out where things are going."

Robert Lansdorp, tennis coach of former world number one players Pete Sampras, Tracy Austin and Lindsay Davenport all of whom grew up within a few miles of each other in Los Angeles.

To read the full research carried out by the SW Talent Centre on Relative Age Effect Please visit [SW Talent Centre Research](#) on the CSP website

Or for more information contact: Paula Jardine
South West Regional Talent Manager
University of Bath, Sports Development, Bath, BA2 7AY

Email: P.R.Jardine@bath.ac.uk Tel: 01225 386670

UK Coaching Summit 2010

The 2010 UK Coaching Summit took place in Cardiff on 29-30 June 2010. The theme of the Summit was Coaching Legacy and the sessions included:

- Planning for the 2012 Legacy
- Themes and draft findings from the UKCC Review
- The positive impact made by a co-ordinated, needs-led approach to CPD in North London
- Recruiting and Regulating the Coaching Workforce
- Coaching in Education

Minister for Sport and Olympics Hugh Robertson said having the right coaching structure in place is one of the cornerstones of producing medal winners.

The Minister also said coaching, as part of sport, is fortunate as changes to the National Lottery will see an extra £50m per year made available to sport as part of ensuring a participation legacy from London 2012.

He added that with finances tight a long-term challenge is to raise the importance of sport across the whole of government as part of joined up working across departments.

Speaking in a message to the 2010 UK Coaching Summit the Minister said: 'I think coaching is one of the four key components needed to produce a sporting champion. [Read full report](#) on CSP website.

UK Coaching Summit presentations, now available online - [presentations from the Summit](#).

The 5th UK Coaching Summit provided key stakeholders with the opportunity to:

- Review progress in coaching and coach development over the past 12 months
- Share best practice
- Reaffirm objectives and commitments
- Network with colleagues from other organisations



Sports Coach UK – update

Shaping the Coaching System Support Network



The importance of delivering governing body objectives consistently at a local level was a key message that came out of a two-day Coaching System Support Network event.

Other key messages included:

- The responsibility of other key stakeholders in supporting the work of the Coaching Development Manager in developing the CSSN
- The need for Minimum Standards for Deployment to be fully communicated to delivery partners
- Although building a sustainable system takes time there are a number of short term wins to benefit all partners

In addition:

- A governing body of sport engagement process was established identifying which sports are ready to be supported. It also identified the engagement process with these sports to communicate their priorities.
- CSSN Delivery Plan and performance targets saw development through delegate input
- Future training and development for CDMs to build the CSSN was identified

The Learning and Networking event was run by sports coach UK and attended by 40 Coaching Development Managers (CDMs) and representatives from CSPN, Sport England, Youth Sport Trust, SkillsActive and the National Skills Academy and the Higher Education Sector.

For further information contact any member of the [Coaching Network Manager team](#).

Head Coach Brian Smallworth of the Cornish Sharks American Football Team reports on Cornish Sharks success of the youth teams and 13 new level one coaches:



Investment in Training is the Key for Cornish Sharks & the Cornish Youth Academy

The Cornish Sharks are proud to announce the addition of 13 new level 1 coaches to their coaching staff. A special course was held at the Newquay Sports Centre and all participants passed with flying colours. The Sharks are especially proud as they now have the UK's first female American Football Coach.

The Cornish Sharks American Football team in Newquay has been building a successful senior team since they started four years ago and in the last eighteen months have been working to grow their youth team the Junior Varsity Sharks also based in Newquay. They also want to expand the youth teams across the county so that Cornish based teams can play each other to gain experience before having to travel further afield as Team Cornwall to play more experienced youth teams.

The secret of the success of the youth teams, as has been the case with the senior team, is the quality of coaching and as Coach Smallworth, Head Coach of the Sharks explains "We have so much raw talent in the county and in order to give youngsters all across the county the opportunity try American Football and perhaps to play for their local team, we needed trained coaches. I spoke to our Sharks players and I was absolutely delighted as well as surprised that more than 20 expressed an interest in taking their coaching badges. 13 were able to take part in this training course and a further course will be held at the end of the season so that those that couldn't make it this time will have an opportunity to qualify later. They will take their first aid and safeguarding children courses next so that the Youth Academy will have a secure core of coaches all trained to a high standard and CRB checked so parents can be confident when their kids attend any of our sessions.

"We have a number of coaches across the age ranges from 17 to 55 years and our youngest Coach is Rhiannon Smallworth who is studying a National Diploma in Sports Coaching, Fitness & Development at Truro College has become the first female American Football Coach in the UK. This is very exciting as we hope that Rhiannon's love of the game will encourage more girls to join the academy.

"We are grateful to the British American Football Coaching Association and the Cornwall Sports Partnership in Truro for arranging the course for us and look forward to the growth of the Cornwall Academy of American Football."

Anyone interested in playing American football in Cornwall please contact Coach Smallworth on 07885277691 for information about our Youth and Senior Teams.

For further information, please contact Sharon Smallworth, Marketing & Fundraising on 07564 118363 or email mrscoach.impact@googlemail.com or Head Coach Brian Smallworth on 07885 277921 or email bjscoach@yahoo.co.uk.



(First female American Football Coach in the UK)

If you have a story and want to be included in the next addition of the newsletter, please contact Rob Harrison by email rharrison@cornwall.gov.uk

Get Active Cornwall

Last month the big green button was pressed and Cornwall's dedicated website for physical activity went live.

At the moment we're busily promoting the site to activity providers and fitness professionals to upload their organisation's details for free and become a part of Cornwall's first searchable activity database. Making sure that the database is as useful as possible we're currently only showing a scaled down version search but will be launching the real deal in the next couple of months... so watch this space!

With intellectual reporting methods integrated into the backend of the site, we're hoping that by as soon as September we'll have a great insight into what's out there and what's missing. Plus, Cornish residents across the whole of the county will be able to find out what's available and be signposted to the classes, events, clubs and activities they're interested in.

Bringing a whole host of partners on board to coax Cornish people off their sofas and on their feet, the website is jam-packed with motivating features, great advice and sensible guidance. Get visiting now to see for yourself and register your organisation by clicking [Get Active Cornwall](#)



Dates for your diary

August:

- **Bursary Steering Group meeting**
Wednesday 18th @ Truro College
- **SG&PC**
Monday 23rd @ Cornwall Cricket Centre

September:

- **Club 4 All**
Monday 13th @ County Hall (Truro)
- **SG&PC**
Wednesday 15th @ County Hall (Truro)
- **How to Coach Disabled People in Sport**
Thursday 16th @ Carn Brea Hub Club

October:

- **Emergency First Aid**
Monday 4th @ NQY Sports Centre
- **CSSN meeting**
Tuesday 12th @ Truro College
- **SG&PC**
Wednesday 13th @ Truro College
- **Equity in Your Coaching**
Tuesday 26th @ Carn Brea Hub Club

November:

- **SG&PC**
Monday 8th @ Bodmin Dragon Centre
- **Sports Nutrition**
Tuesday 9th @ Truro College
- **Coaching the Whole Child**
Monday 15th @ Cornwall Cricket Centre
- **SG&PC U18 Courses**
Tuesday 16th @ County Hall (Truro)
- **SG&PC 2**
Monday 29th @ Carn Brea Hub Club

To book on and see the full list of Courses & Workshops, Please click

