Knowsley Sports Development

Get Qualified

KNOWSLEY’S COACH / VOLUNTEER EDUCATION BOOKLET

April 2010 to September 2010

Knowsley Sport Development has gained Quest (UK Quality Scheme for Sport and Leisure) registration as Excellent
SPORT IN KNOWSLEY
April 2010 to September 2010

Knowsley Borough Council’s Sports Development Team are pleased to launch the second coach education booklet.

The comprehensive coach education programme will be part of the ongoing development of coaches and volunteers within Knowsley.

This booklet contains more opportunities for community sports coaches, club coaches and volunteers to improve their sporting and professional development. All courses will run in quality facilities guided by high quality NGB trained instructors.

New and existing coaches will gain qualifications that will support the development of clubs and talented athletes within Knowsley as well as leading to possible employment and continuous education.

LONDON 2012 INSPIRE MARK
awarded to Knowsley Sports Development

An Olympic and Paralympic first, the London 2012 Inspire programme officially recognises outstanding non-commercial projects and events inspired by the Games.

The sport strand of the Inspire programme has two aims:

- to increase participation in grass roots sports, sport competition and physical activity
- to improve Olympic and Paralympic medal table performance.

The London 2012 Inspire programme recognises innovative and exceptional projects that are directly inspired by the 2012 Olympic and Paralympic Games. The mark has been granted to Knowsley Sports Development - Coach Education Programme which aims to build, develop and sustain the sporting infrastructure in Knowsley by providing high quality and accessible Coach Education Courses. The programme aims to ensure that the inspirational power of the 2012 Olympics is felt at grass roots level and that its legacy is a situation where all young people have the opportunity to take part in sport regardless of their social background or where they live.

Knowsley Sport and Physical Activity Awards

Monday 18th October 2010

This will be the Second Knowsley Sport and Physical Activity Awards. The aim of the awards is to celebrate the success of local individuals, clubs and schools by highlighting their achievements within their given area.

Last year was extremely successful with five of the winners representing Knowsley at the Merseyside Future Sporting Champions Awards.

Categories for the 2010 Awards:

- Active Achiever of the Year Award
- Club of the Year
- Coach of the Year
- Contribution to Health Award
- Contribution to School Sports Award
- Disability Sport and Physical Activity Achievement Award
- Junior Active Achiever Award (5-19 years)
- Lifetime Achievement
- School Sports Team Achievement of the Year
- Volunteer of the Year
- Young Sportsperson of the Year (under 18)
- Young Volunteer of the Year (5-19 years)

Nomination forms will be available from mid August 2010.
Increasing participation and raising standards in sport

WANTED
2012 Olympic HEROES

Want to be a COACH OR VOLUNTEER?

Knowsley Sport Development are looking to recruit and increase the number of local volunteers and coaches in anticipation for the up-surge and excitement generated in sport through the hosting of the 2012 London Olympic Games, which will ensure a local legacy is in place.

Knowsley Sport Development will qualify a total of 2012 new coaches locally in a wide range of sports leading up to the 2012 London Olympic Games and beyond.

Want to be a coach?

Coaching is central to developing, sustaining and increasing sports participation in Knowsley. Coaches with the commitment, passion, qualifications and skills make the difference for participants at all ages and abilities.

Coaching can also make an impact to peoples lives through harnessing individual personal qualities and bringing out characteristics such as confidence, self esteem, teamwork and achievement.

Want to be a volunteer?

High quality volunteer placements in sport exist in Knowsley, and can be undertaken in local sport club settings, school competitions, sporting events or within Sport Development service.

Volunteering can aid your own personal development and experiences, which can lead to eventual employment within the sports sector. Volunteering can be achieved in many ways and not just through assisting coaching sessions and can include officiating, refereeing, setting up groups and administration roles.

By volunteering in Knowsley, support will be given to your personal development through free/subsidied costs on sport related qualifications and workshops.

If you’re interested in volunteering or coaching, please contact Sport Development who will be able to offer placements, support and advice on 0151 443 3878, 07825 677 159 or email debbie.rose@knowsley.gov.uk

National Governing Body courses available

Badminton Level One p7 Handball Level One p11
Basketball Level One p7 Netball Level One p11
Basketball Level Two p7 Netball Level Two p11
Boccia Leaders Award p8 Netball Level Three p12
FA Age Appropriate Coaching p8 Rugby League Level One p12
FA Level One p9 Rugby League Level Two p13
FA Youth Module One p9 Rugby Union Level One p13
FA Youth Module Two p10 Table Tennis Level One p14
FA Level Three p10

National Governing Body officials courses available

Basketball Level One Table Official p14 Basketball Level One Referee p15
Basketball Level Two Table Official p14 Basketball Level Two Referee p15

CSLA Course

Community Sports Leaders Award p15

Generic Workshops

Club for All p16 Equity in your Coaching p17
Coaching Disabled Performers p16 Funding for your Club p17
Emergency First Aid p16 Safeguarding and Protecting Children p18
Other sports courses in Merseyside

<table>
<thead>
<tr>
<th>Course</th>
<th>Page</th>
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<tbody>
<tr>
<td>Emergency First Aid for Appointed Persons</td>
<td>p18</td>
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<tr>
<td>Equity in your Coaching</td>
<td>p19</td>
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<tr>
<td>Multi Skills Clubs in Practice</td>
<td>p19</td>
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<tr>
<td>Role of the Volunteer Coordinator Theory Workshop</td>
<td>p19</td>
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<tr>
<td>Safeguarding and Protecting Children</td>
<td>p20</td>
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</table>

Sports Leaders UK
- Young Leaders Award
- Level One Award in Leadership
- Level Two Award in Community Leadership

Basketball Level One
This is the basic level of coaching qualification for those who wish to commit to coaching basketball. The course provides each candidate with the basic knowledge of basketball and coaching skills, and will enable the holder to assist a fully qualified Level 2 Coach.

Venue Dates Times Cost
Kirkby Sports College Centre for Learning 6 & 20 June 2010 9am-5.30pm £55
Bracknell Avenue Southdene Kirkby Knowsley L32 2PP

Basketball Level Two
This is the standard level of coaching qualification for all club coaches working at local and junior national league level who wish to commit to coaching basketball. The award gives an overview of coaching styles and the skills and techniques of basketball.

Venue Dates Times Cost
Kirkby Sports College Centre for Learning 9, 16, 23 & 30 May 2010 9am-5pm £95
Bracknell Avenue Southdene Kirkby Knowsley L32 2PP

For more information or to book please contact Felicity Vaughan on 07576 275 846.
**Boccia Leaders Award**

The Course aims to provide individuals involved at community levels with a basic understanding of the sport. It is suitable for community workers, leaders and individual players (e.g. those involved in Local Authority Youth Games, individuals and staff of residential homes, sports clubs - boccia specific and multi-sport, after-school clubs, etc).

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<thead>
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<th>Venue</th>
<th>Dates</th>
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<th>Cost</th>
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<td>Prescott Knowsley L34 3NB</td>
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For more information or to book please contact Debbie Rose on 0151 443 3878 or debbie.rose@knowsley.gov.uk

**FA Age Appropriate Coaching**

This course is aimed at coaches and qualified teachers (QTS) who wish to further their knowledge and confidence in coaching young players aged 5-11.

This course will provide an introduction to the organisation and delivery of safe and enjoyable coaching sessions for young players. It is ideally suited to those working with groups of young players and/or teams.

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<th>Venue</th>
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<tr>
<td>Knowsley Park Centre for Learning</td>
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**FA Level One**

Awarded in partnership with the FA, the new Level 1 Certificate in Coaching Football is the first step towards becoming a recognised football coach. This Level 1 vocationally related qualification, which replaces the old Junior Team Managers Award, provides you with an opportunity to study and be assessed in both practical and theoretical aspects of coaching football.

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<td>Bracknell Avenue</td>
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<tr>
<td>Southdene Kirkby</td>
<td>8 May 2010</td>
<td>9am-1pm</td>
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<tr>
<td>Knowsley L32 2PP</td>
<td>9 May 2010</td>
<td>9am-1pm</td>
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<tr>
<td>Knowsley Park Centre for Learning</td>
<td>22 &amp; 23 May 2010</td>
<td>9am-1pm</td>
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<td>Kirkby Sports College Centre for Learning</td>
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<td>Bracknell Avenue</td>
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<td>Southdene Kirkby</td>
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**FA Youth Module One**

A minimum of 1st4Sport Level 1 Certificate in Coaching Football or Qualified Teacher Status and The FA One Day Skills Module or 1st4Sport Level 2 (or above) Certificate in Coaching Football as a pre-course requisite.

A four day course aimed at those working with 5-11 year old players who want to further their knowledge and understanding.

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<th>Dates</th>
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<tr>
<td>Knowsley Park Centre for Learning</td>
<td>17, 18, 24 &amp; 25 April 2010</td>
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<tr>
<td>Knowsley Park Centre for Learning</td>
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<td>Prescott Knowsley L34 3NB</td>
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FA Youth Module Two

To provide candidates who have an ongoing involvement in coaching young footballers with an opportunity to improve their knowledge and confidence in a range of key issues around developing and understanding practice. The course introduces a number of generic strands that are applicable to all players, regardless of age, and these are consolidated during module 3 of the award.

**Venue**
- Huyton Arts and Sports Centre for Learning
- Seel Road
- Huyton Knowsley L36 6DG

**Dates**
- 3-6 August 2010

**Times**
- Each day 9am-5pm

**Costs**

<table>
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<tr>
<th>Course Standard Price</th>
<th>Charter Standard Club Price</th>
<th>Coaches Association</th>
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<td>£160</td>
<td>£136</td>
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</table>

Handball Level One

By the end of this course participants should be able to:
- assist with the delivery of Junior/Mini handball sessions
- understand the organisational skills necessary to introduce handball to complete beginners
- perform and apply basic individual skills and techniques
- understand and apply basic team tactics
- understand and apply basic rules.

**Venue**
- Christ the King Centre for Learning
- Stockbridge Lane
- Huyton Knowsley L36 5SD

**Dates**
- 28 July 2010
- 9am-1pm
- £65

For more information or to book please contact Sport4Life on 0845 130 0849 or training@mysport4life.co.uk

FA Level Three

Awarded in partnership with the FA this course is commonly known as the 'U.E.F.A. ‘B’ Licence'.

This qualification provides an exciting opportunity for candidates to advance their practical team coaching skills, for working with senior players. On successful completion of the certificate, candidates are qualified to coach the skills and techniques of football to both adults and children. Each candidate is fully supported in developing his/her knowledge and skills during the qualification.

**Venue**
- Huyton Arts and Sports Centre for Learning
- Seel Road
- Huyton Knowsley L36 6DG

**Dates**
- 1-6 June 2010
- 19 August 2010
- 21 October 2010
- 9 December 2010
- Feb 2011
- Feb 2011
- Feb 2011

**Times**
- 9am-5pm
- 6-9pm
- TBC

**Costs**

<table>
<thead>
<tr>
<th>Course Standard Price</th>
<th>Charter Standard Club Price</th>
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<tr>
<td>£450</td>
<td>£383</td>
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Netball Level One

The role of the Level 1 Netball Coach is to assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision.

By successfully completing a Level 1 coaching qualification, as part of a UKCC endorsed coach education programme, coaches will be able to:
- prepare for the delivery of coaching activities.

**Venue**
- Christ The King Centre for Learning
- Stockbridge Lane
- Huyton Knowsley L36 3SD

**Dates**
- 10 & 11 April 2010
- 8.30am-5pm
- £170

**Netball Level Two**

The role of the Level 2 coach is to:
- ‘Prepare for, deliver and review coaching sessions’.

By successfully completing a Level 2 coaching qualification, as part of a UKCC endorsed coach education programme, coaches will be able to:
- plan a series of coaching sessions
- prepare the coaching environment for the delivery of coaching sessions
- deliver a series of coaching sessions to develop participant’s performance
- monitor and evaluate coaching sessions and personal practice.

**Venue**
- Knowsley Park Centre for Learning
- Knowsley Park Lane
- Prescot Knowsley L34 3NB

**Dates**
- 1, 2, 22 & 23 May 2010
- 19 June 2010
- 8.30am-5pm
- £360

Candidates can book on any of the courses above by calling Danielle Shields on 0151 523 4488 ext 106 or on line using the following link: http://www.liverpoolfa.com
Netball Level Three

The role of the Level 3 coach is to:
‘Plan, implement, analyse and revise annual coaching programmes’.

By successfully completing a Level 3 coaching qualification coaches will be able to:
• analyse participants’ current and potential performance, needs and aspirations
• plan a coaching programme according to agreed goals
• manage a safe and effective coaching environment
• deliver programme goals using a range of coaching styles and methods
• monitor and evaluate the effectiveness of coaching programmes
• manage and develop personal coaching practice.

Rugby League Level One

This is the minimum qualification for those who run or wish to run rugby league coachingsessions. The course is suitable for parents, volunteers and those with limited experience of the game and coaching. The course introduces good coaching practice and focuses on the development of the core skills of the game.

Rugby League Level Two

This is the standard qualification for coaches operating within the community game, at 13 a side and open age, or coaches who have worked as Level 1 coach for two years who now wish to progress. The course is suitable for those with some experience of rugby league and the requirements of coaching. The course focuses and develops the principles of coaching outlined in the Level 1 Coaching Certificate.

To book please contact England Netball. Call Emma Walker on 01462 442 344 Ext. 122 or online at http://www.englandnetball.co.uk/coaching/

Rugby Union Level One

By the end of the course participants will be able to
• Deliver aspects of coaching sessions under direction.
• Safely organise and supervise rugby union activities.
• Demonstrate an understanding of and ability to coach:
  • handling skills, tackling, contact and continuity, 5 ‘man scrum’, and line-out throwing and support techniques.
• Demonstrate an understanding of:
  • player development
  • good coaching practice
  • coaching skills
  • health and safety
  • laws of the game of rugby union.
• Identify and adapt rugby union activities and sessions for a variety of different age groups.

For more information or to book please contact www.therfl.co.uk/coaching or the RFL, Coaching Section on 0113 237 5010

Venue Dates Times Cost

Knowsley Park Centre for Learning Knowsley Park Lane Prescot Knowsley L34 3NB
8.30am-5pm 8.30am-5pm 8.30am-5pm 8.30am-5pm
£1,200

St Peter and Paul Catholic College Highfield Road Widnes Merseyside WA8 7DW
10 & 11 April 2010 9 & 30 May 2010
9am-5.30pm each day
£180

William Beaumont Community High School Long Lane Warrington WA2 8PX
17 & 18 April 2010 15 May 2010 12 June 2010
9am-5.30pm each day
£180

For more information or to book please call 0113 812 7437 or go to http://www.rfu.com/TakingPart/Coach/FindACourse/NorthWestCumbria
Table Tennis Level One

The 1st4sport Level 1 Certificate in Coaching Table Tennis (L1CCTT) is a vocational qualification that provides students with an opportunity to study and be assessed for both the practical and theoretical aspects of coaching table tennis. The knowledge gained will enable students to develop a basic understanding of safe, ethical and effective table tennis coaching. Successful candidates will be qualified to deliver basic table tennis coaching activities, normally under the direct supervision of a more qualified coach.

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For more information or to book please contact Sport 4 Life on 0845 130 0849 or training@mysport4life.co.uk

Basketball Level One Table Official

This award is an introduction to basketball and is aimed at the pure beginner. It gives an insight into the basic work of a timekeeper and scorer at a basketball game. A Level 1 table official is qualified to officiate at school matches, central venue and local league (youth leagues) and recreational level basketball.

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Basketball Level Two Table Official

This award is for table officials who operate in regional and local leagues. Experienced Level 2 table officials are used to officiate at senior national league level.

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Basketball Level One Referee

This award is an introduction to basketball and is aimed at the pure beginner. It gives an insight into the basic mechanics, violations and fouls that need to be administered when refereeing a basketball game. A Level 1 referee is qualified to officiate at school matches, central venue and local league (youth leagues) and recreational level.

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Basketball Level Two Referee

The Level 2 award is aimed at the beginner. Experience as a player or attending a Level 1 course is an advantage. A Level 2 referee is qualified to officiate at more advanced local league and central venue league competitions and up to Division 4 Men and Division 2 Women senior national league competitions.

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CSLA courses

Community Sports Leaders Award

The Level 2 award in community sports leadership gives people aged 16+ the skills needed to plan and deliver safe sporting and recreational activities. It develops vital leadership skills such as communication, organisation and motivation, whilst instilling the confidence and desire in people to make a difference within their own communities.

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For more information or to book a place please contact Peter Green on 0151 443 2120 or peter.green@knowsley.gov.uk
Generic Workshops

**Club For All**
This workshop identifies the benefits of opening up your club, to include a wider membership base - meaning more coaches, players, officials and increases revenue, improved eligibility for lottery funding and quality ratings such as Clubmark.

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<th>Times</th>
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<td>Halewood Centre for Learning</td>
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<tr>
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**Costs**

<table>
<thead>
<tr>
<th>Knowsley Residents / Knowsley Club</th>
<th>Non-Knowsley Resident</th>
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<td>£10</td>
<td>£25</td>
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**Coaching Disabled Performers**
Develop your own coaching knowledge and skills to coach disabled players through inclusive and separate coaching sessions. Discover new ways to adapt equipment and identify appropriate safety and medical considerations to meet your players needs.

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<td>Halewood Centre for Learning</td>
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**Emergency First Aid**
This course is ideal for Club / Organisations that present minimal health and safety risks, where a nominated or appointed person is required to take charge in the event of illness or accident.

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<th>Venue</th>
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**Funding for Your Club**
Every sports club could use more money and better publicity. This workshop provides practical ideas for raising funds from a range of sources, including fund-raising events and sponsorship. It will also help you to identify how you can promote your sports club more effectively.

<table>
<thead>
<tr>
<th>Venue</th>
<th>Dates</th>
<th>Times</th>
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<tbody>
<tr>
<td>Halewood Centre for Learning</td>
<td>29 June 2010</td>
<td>6-9pm</td>
</tr>
<tr>
<td>The Avenue Wood Road Halewood Knowsley L26 1UU</td>
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</tbody>
</table>

**Costs**

<table>
<thead>
<tr>
<th>Knowsley Residents / Knowsley Club</th>
<th>Non-Knowsley Resident</th>
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</thead>
<tbody>
<tr>
<td>£10</td>
<td>£25</td>
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</table>

To book please contact Debbie Rose on 0151 443 3878.
Safeguarding and Protecting Children

This course is about good practice when dealing with children and young people and dealing with difficult situations. This is a must for all volunteers and aspiring coaches.

### Venue Dates Times
- Halewood Centre for Learning
  - The Avenue Wood Road
  - Halewood Knowsley L26 1UU
  - 13 April 2010: 6-9pm
  - 31 August 2010: 6-9pm

### Costs
- Knowsley Residents / Knowsley Club: £10
- Non-Knowsley Resident: £25

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Other sports courses in Merseyside

### Emergency First Aid for Appointed Persons

This course is ideal for clubs / organisations that present minimal health and safety risks, where a nominated or appointed person is required to take charge in the event of an illness or accident.

**BOTH SESSIONS MUST BE ATTENDED TO GAIN QUALIFICATION.**

### Venue Dates Times
- Phoenix Park
  - Runcorn
  - Castlefields Avenue East
  - Runcorn Cheshire WA7 2NY
  - 14 & 21 July 2010: 6-9pm

### Costs
- Halton Residents / Halton Club: £10
- Non-Halton Resident: £25

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### Equity In Your Coaching

Everyone should have access to sport regardless of gender, age, race, faith or sexual orientation. As a coach, you have an important role to play in ensuring this happens. This workshop will help you apply and extend your existing skills to meet the needs of present and potential participants.

### Venue Dates Times
- St Chad’s Catholic and CE High
  - Grangeway
  - Runcorn Cheshire WA7 5YH
  - 20 May 2010: 6.30-9.30pm

### Costs
- Halton Residents / Halton Club: £5
- Non-Halton Resident: £25

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### Multi Skill Clubs in Practice

This practical workshop is designed to help participants integrate the ABCs into Multi Skill Club sessions. It will give delegates the opportunity to develop ideas with others and share good practice.

### Venue Dates Times Cost
- Kirkby Sports College Centre for Learning
  - Southdene Kirkby
  - Knowsley L32 2PP
  - 16 June 2010: 6-9pm
  - £25

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### Role of The Volunteer Co-ordinator Theory Workshop

Clubs will benefit greatly from having a volunteer coordinator - a single contact, who supports their volunteers, knows them all by name and what each of them does. In this workshop, volunteers will learn exactly what this role entails and how they can become an even greater asset to their club by taking it on.

### Venue Dates Times
- Grangeway Youth and Community Centre
  - Grangeway Court
  - Runcorn Cheshire WA7 5HA
  - 3 June 2010: 6.30-9.30pm

### Costs
- Halton Residents / Halton Club: £5
- Non-Halton Resident: £25

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For further information and to book a place on the course, please contact 0303 333 4300 ext. 4155.
Safeguarding and Protecting Children

Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations if you have concerns.

**Venue**  
St Chad’s Catholic and CE High School  
Grangeway  
Runcorn  
Cheshire  
WA7 5YH

**Dates**  
8 July 2010

**Times**  
6.30-9.30pm

**Costs**

<table>
<thead>
<tr>
<th>Halton Residents / Halton Club</th>
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For further information and to book a place on the course, please contact 0303 333 4300 ext. 4155.

Sports Leaders UK Young Leaders Award

The Young Leader Award is a programme of leadership training for young people between the ages of 9 and 13 that promotes them working with younger children, teaching leadership skills through a range of games and activities. The Young Leader Award has been designed for use in a variety of different delivery settings, including primary and secondary schools, uniformed organisations and sports and community groups that are affiliated to the local authority.

**Venue**  
Kingsway Leisure Centre  
Kingsway  
Widnes  
Cheshire  
WA8 7QH

**Dates**  
26 July 2010

**Times**  
10am-1pm

**Venue**  
Brookvale Recreation Centre  
Barnfield Avenue  
Murdishaw  
Runcorn  
Cheshire  
WA7 6EP

**Dates**  
27 July 2010

**Times**  
10am-1pm

For further information and to book a place on the course, please contact 0303 333 4300 ext. 4155.

Sports Leaders UK Level One Award in Leadership

This is a practical, nationally recognised qualification where candidates learn by doing, rather than through written work. A candidate’s ability as a competent leader is assessed by observation rather than written tests.

ALL DATES MUST BE ATTENDED TO COMPLETE THE QUALIFICATION.

**Venue**  
Kingsway Leisure Centre  
Kingsway  
Widnes  
Cheshire  
WA8 7QH

**Dates**  
1-4 June 2010

**Times**  
Each day 9.30am-4.30pm

For further information and to book a place on the course, please contact 0303 333 4300 ext. 4155.

Sports Leaders UK Level Two Award in Community Leadership

The Level 2 award in community sports leadership gives people aged 16+ the skills needed to plan and deliver safe sporting and recreational activities. It develops vital leadership skills such as communication, organisation and motivation, whilst instilling the confidence and desire in people to make a difference within their own communities.

ALL DATES MUST BE ATTENDED TO COMPLETE THE QUALIFICATION.

**Venue**  
Kingsway Leisure Centre  
Kingsway  
Widnes  
Cheshire  
WA8 7QH

**Dates**  
2-5 August 2010

**Times**  
Each day 9.30am-4.30pm

**Venue**  
Stobart Stadium Halton  
Lowerhouse Lane  
Widnes  
Cheshire  
WA8 7DZ

**Dates**  
6 August 2010

For further information and to book a place on the course, please contact 0303 333 4300 ext. 4155.
Health courses

Healthy Lifestyles

Course Code: HEA 1

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<tr>
<td>Training and Conference Centre</td>
<td>11 May 2010 &amp; 21 September 2010</td>
<td>9.30am-3.30pm</td>
</tr>
<tr>
<td>219 Knowsley Lane</td>
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<tr>
<td>Huyton Knowsley L36 8HW</td>
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Level 1 Adult Weight Management Training

Course Code: AWM 1

Suitable for any staff who come into contact with clients where weight management may be an issue.

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Level 1 Paediatric Weight Management Training

Course Code: PWM 1

Suitable for any staff who come into contact with children aged 5-16 years and/or their families.

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Supporting clients to make health related lifestyle changes

Course Code: SUP 1

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<tbody>
<tr>
<td>Training and Conference Centre</td>
<td>25 May 2010 &amp; 28 September 2010</td>
<td>9.30am-3.30pm</td>
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To apply for the above courses complete a Workforce Development Application Form and email it to training&conferencecentre@knowsley.gov.uk

Working with Groups

Course Code: WWG 1

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