



Mission Possible
Lead. Coach.
Play the Game!

The **MASTER CLASS** Series

Respect • Friendship • Excellence • Determination • Inspiration • Courage • Equality



COACHING
HAMPSHIRE & IOW



The MASTER CLASS Series



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intro

The London Games

In 2012 almost 15,000 athletes representing 204 nations and competing in 46 sports will compete at the Olympic and Paralympic Games. Whilst there are no official figures available on the number of coaches who will attend the games, there's little doubt that thousands of coaches will be watching to see how their protégés will perform.

The Olympics and Paralympics touch so many people, not least the athletes and coaches of tomorrow.

It's our responsibility, as coaches, to ensure we use this opportunity to raise our game and reinvigorate our coaching to ensure a lasting legacy for sport in the UK, England and Hampshire and the Isle of Wight.

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What is a Master Class?

The Mission Possible Master Class Series has been created to provide an innovative way of promoting broader development opportunities for coaches. There's a wide variety of workshops on offer, running throughout the year, from October 2011 until July 2012. Sessions are aimed at a range of coaches representing all levels and all disciplines.

Each session will draw upon one of the seven Olympic and Paralympic values and offer an opportunity for coaches to share ideas and discuss broader topics surrounding coaching. The Master Class Series will provide an opportunity for you to learn from other

industry professionals and encourage you to think more extensively about your coaching style, your coaching values and the content of, and science behind, your coaching sessions.

By incorporating the Olympic and Paralympic values in each Master Class, this is an opportunity for you to be part of an Olympic and Paralympic inspired programme - thus spreading a little more of the magic dust of the games and helping to use this once in a lifetime experience to have a lasting effect on everyone involved in sport and coaching.

The unsung heroes!

Whether you're the coach who helps a child take their first step into the sporting arena; encourages a teenager or adult to try something new; help senior citizens to maintain a healthy lifestyle; or guide an athlete towards their place on the starting line - you play a vital role in both the mental and physical wellbeing of our nation.

Whilst not everyone can win an Olympic or Paralympic medal, coaches help people of all ages, backgrounds and abilities to overcome personal challenges and achieve personal bests.

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The Courses



2011 Dates

November 2011

Coaching Insight Event

(Right coach, right place, right time: the coach as an agent of change)

Description: An examination of the role of the coach as an agent of change at a variety of stages of development and across the social landscape. This workshop is aimed at experienced coaches, coach managers, governing body officers and students with an interest in coaching and coaching development.

You will learn how to:

- Consider the role you play in promoting social values
- Consider and adapt your coaching style to maximise the learning potential of your athletes
- Highlight the skills, knowledge and characteristics required to develop peak rapport
- Understand the value of long term athlete development

Date: 23rd November, 1.00pm - 4.30pm (lunch provided)

Venue: University of Winchester

Cost: £10 for those out of county/free to Hampshire Coaches registered in Coaching Hampshire & IOW

Olympic/Paralympic theme:
Excellence, inspiration, equality

November 2011

Coaching Digital Natives

Description: An introduction to how IT can enhance coaching practice, learning and reflection. Lance will demonstrate how even a basic grasp of social networking and video analysis can improve our coaching interactions with players and athletes.

You will learn how to:

- Unpick the confusing market place of social media tools and apps
- Understanding how IT can enhance your coaching and maximise learning
- Get hands on experience of using powerful video analysis tools
- All delegates will receive a free subscription to www.siliconcoach.com which normally costs £25

Date: 30th November, 6.30 - 9.30pm

Venue: Michell Room, Queen Elizabeth II, Sussex Street Winchester

Cost: £15 (maximum of 25 places)

Olympic/Paralympic theme:
Excellence, inspiration

2012 Dates

March 2012

Coach Education Month

Description: Building from last year's inaugural coaching month, Coaching Hampshire & IOW will deliver a range of formal, informal and engaging coach development opportunities. The programme will be aimed at coaches delivering to all participants, but this year will have particular focus on coaching the 16+ participant.

A menu of session options will include: Multi-Skills, Introduction to Fundamentals of Movement, Mentoring, Analysing Your Coaching, Coaching the Whole Child, Nutrition for growing kids, Strength & Conditioning, Functional Training for Adults, Coaching in School environments, Coaching Disabled Performers, First Aid in Sport, Safeguarding Children (1 & 2), Video Analysis, IT in Coaching, Business Essentials

Date: individual sessions dates to be confirmed

Venue: variety of venues across Hampshire and the Isle of Wight

Cost: £15-£35 (depending on workshop)

Olympic/Paralympic theme:
Respect, excellence, friendship, determination, courage, inspiration, equality

May 2012

Young Coaches' Conference

Description: This will be the first county event of its kind involving a showcase of, and development for the coaches of the future. This event is part education and part celebration, highlighting the valuable contribution of young people in sport.

Delegates will be invited from local schools and colleges and given a choice of development opportunities including behaviour management, becoming a role model, communication skills, learning styles and teaching styles. They'll also have a chance to share their experiences as volunteers and Sport Makers, highlighting the wide range of roles that our young people undertake within school, college and community sport.

Date: 18th May 2012

Venue: Southampton Solent University

Cost: free

Olympic/Paralympic theme:
Respect, excellence, friendship, determination, courage, inspiration, equality

May 2012

Hampshire Coaches' Conference

From Playground to Podium
Description: Building on the success of last year's inaugural event, the conference is a chance for coaches in a variety of sports and at a variety of levels to examine the skills, resources and networks required to deliver on the legacy following the 2012 games. Key note speakers will include former elite athletes and coaches from former Olympic and Paralympic games. All sessions will be aimed at providing a new tools and resources to help coaches harness the excitement of this once in a lifetime event, by inspiring coaches to reflect on their practice and the impact this has on widening participation, redefining excellence, and maximising our human potential.

The event also acts as a showcase for sports coaching, sports development and sport science students in their final year from Southampton Solent University. This unique collaboration allows students to demonstrate their expertise to the coaching community, sports professionals, and future employers, whilst widening their knowledge of sports coaching and development.

Date: 19th May 2012, all day
Venue: Southampton Solent University

Cost: £30-£40

Olympic/Paralympic theme:
Respect, excellence, friendship, determination, courage,

June 2012

Women in Sport

Description: A celebration of female participation in Sport and a focus for continued growth of female role models and leaders in sport. This will be a launch event for a number of other satellite events on the same day involving other sports development groups, clubs and schools

Date: tbc, all day

Venue: tbc

Cost: free

Olympic/Paralympic theme:
Courage, inspiration, equality

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Booking Form



**Mission Possible
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Title _____ Gender Female Male (please tick box)

First Name(s) _____ Date of Birth _____

Surname _____ Home Tel _____

Address _____ Mobile Tel _____

_____ Work Tel _____

_____ Post Code _____

Email _____

Club / Organisation: _____

Coaching Qualifications: _____

Ethnic Origin: (please tick box)

White: White British White Irish White other
Mixed: White and Black Caribb White and Black African White and Asian
Black: Black Caribbean Black African Black other
Asian: Indian Pakistani Bangladesh Chinese Asian other

Other Ethnic Group (please specify):

Are you a registered disabled person? YES NO

Special requirements e.g. disabled access etc: _____

Please book me on the following 2011 Course(s) Please tick box.

23 Nov Coaching Insight Event 30 Nov Coaching Digital Natives

Please register my interest, booking available from January 2012

TBC Mar Coach Education Month 18 May Young Coaches Conference 19 May Hampshire Coaches Conference

TBC June Women in Sport

Please find enclosed a cheque for £ _____ payable to 'Hampshire County Council'.

Please send the booking form and cheque to the address below. No bookings will be accepted without a booking form and payment.

Declaration

I agree to abide by the course regulations and I understand that if I should wish to withdraw or transfer either before or after the commencement of the course, a refund will be given only in exceptional circumstances and that neither Hampshire County Council or Sport Hampshire & IOW, nor their servants, agents or employees are under any liability in respect of injury, loss or damage, which I may sustain.

Signed: _____ Date: _____