



EAST MIDLAND BEACON PROGRAMME PRESENTS 3 ESSENTIAL COACHING WORKSHOPS

Hosted by Nova Centurion

**Harvey Hadden Sports Village
Wigman Road, Nottingham, NG8 4PB.**

Coaches in the East Midland Region are invited to attend and participate in an innovative coaching experience. The offer consists of attending the Saturday East Midland Beacon training session, observing the strength & conditioning session and then participating in the following workshop opportunities:

- Progression from Age Group to World Class Starts
- Progression from Age Group to World Class Turns
- Effective Communication Skills for Coaches

As part of the East Midland Beacon initiative these workshops are £10 per workshop or £25 for all 3 workshops to coaches working with East Midland Affiliated Swimming Clubs.

BEACON OFFER

POOL SESSION - 5.15-7.45AM

S&C SESSION - 8.00-9.00AM

COACH WORKSHOPS

9.15-10.45AM

SPEAKERS

FRED FURNISS

**ENGLAND PROGRAMMES
OFFICER**

JOANNA JONES

**ENGLAND PROGRAMMES
COACH DEVELOPMENT
MANAGER**

NATHAN HILTON

**ASA BEACON PROGRAMME
HEAD COACH**

WORKSHOP 1:

3RD DECEMBER 2016

**PROGRESSION FROM AGE
GROUP TO WORLD CLASS**

STARTS

BY

FRED FURNISS

WORKSHOP 2:

4TH MARCH 2017

**PROGRESSION FROM AGE
GROUP TO WORLD CLASS**

TURNS

BY

NATHAN HILTON

WORKSHOP 3:

6TH MAY 2017

**EFFECTIVE COMMUNICATION
SKILLS FOR COACHES**

BY

JOANNA JONES

EAST MIDLAND BEACON

To book a place please complete the booking form and return with payment.

eastmidland@swimming.org

For further information contact:
nathan.hilton@novacenturion.co.uk
Tel: 07948 612237



East Midland Beacon Programme
 Hosted by Nova Centurion
Coach Development Programme 2016-2017
 Harvey Hadden Sports Village, Wigman Road, Nottingham, NG8 4PB

Booking Form

Name: (Please Print)

Email:

Home Tel:

Mobile:

Club:

Position in Club:

Qualification (s):

I confirm that I would like to attend the following East Midland Beacon Programme Coach Education Workshops:

Indicate which workshop(s) you would like to attend by placing an X in the appropriate box(s)

<input type="checkbox"/>	Workshop 1 – 3 rd December 2016 Progression from Age Group to World Class Starts
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<input type="checkbox"/>	Workshop 2 – 4 th March 2017 Progression from Age Group to World Class Turns
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<input type="checkbox"/>	Workshop 3 – 6 th May 2017 Effective Communication Skills for Coaches
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The **“Beacon Coaches Offer”** also includes access to the Beacon Saturday Regional Training Session ~ 5:15 – 7:45am and the Beacon Saturday Regional Strength & Conditioning Session 8:00am – 9:00am as well as the Coach Education Workshops above.

Workshops are £10 each or £25 for all three workshops. Payment must be sent with an application form and a cheque made payable to ‘ASA East Midland Region’.

Signed:

Date:

Please return this form by **Tuesday 22nd November** to:

ASA, Unit 7, Basepoint Business Centre, Isidore Road, Bromsgrove Enterprise Park, Bromsgrove B60 3ET.

Email: eastmidland@swimming.org

Tel: 01527 888929