South West Fencing Regional Hub

Coaching Skills Day June 2013

Dear Coach.

As I hope you will have heard the South West Region is intending to run a variety of CPD and coach education days and courses in 2013.

The aim of the days can be described as "More coaches, better coaches".

The first of these days will be on 30th June at Millfield and will have 2 elements. The morning will be spent practising coaching skills with analysis, feedback and videoing. The afternoon will have a session with our Athletic Development Specialist who will run a 'forum' to explain and illustrate current thinking on injury prevention etc.

The training will be open to all coaches who have already passed at least level 1 at any weapon. The only limit to numbers will be availability of space and staff.

The emphasis will be on challenging assumptions and looking, via analysis, review and feedback to encourage best practice. As coaches we rarely get time to look at how to improve our own performance and that is the goal.

Coaches can bring along a student of their own for the day, but it won't be a necessity. The student may join in the afternoon of the talent day training which will run concurrently if they wish.

The information and application form is included below, please:-

1. Forward this on to any people you know who may be interested
2. Complete the application and email/post it back to me ASAP AND BEFORE 23rd june
3. Please email me with any extra questions or suggestions you may have. trp@millfieldschool.com

Thank you for your time and I hope to see lots of you in 2013.

Tristan Parris

South West Fencing Regional Hub

Coaching Skills Day June 2013

Dates	30/6/2013
Times	Arrive 0900, training starts 0915, finish 1630, depart 1700
Venue(s)	Millfield School, Butleigh Road, Street, Somerset, BA16 0YD
Costs	£10
Requirements	All lessons must be given in correct coaching kit and all fencers taking lessons will be expected to wear jacket and trousers/breeches. sparring will be done in full whites (breeches and socks required) irrelevant of weapon. Please also bring pen and paper and any videoing equipment you wish. Also any video of you coaching you may wish to discuss Once you have applied I will send more details.
How to apply	Please fill out and return below to Tristan Parris – trp@millfieldschool.com or Tristan Parris, Director of Fencing, Millfield School, Butleigh Road, Street, Somerset, BA16 0YD.
How to pay	If paying by cheque please enclose cheque for relevant amount made payable to South West Fencing Regional Hub
Or	If you email me then I will provide details for bank transfer.

Name Weapon Mobile number

Address

Email address

Mobile number

I wish to attend the coaching skills days on: 30/6/2013

Disclaimer: The organisers accept no responsibility for loss or damage to fencers or equipment

Signed