

# COACHING EXTRA

Issue 1 June 2011

[Register as a Coach with Suffolk Sport](#)

## Welcome.....

to the first edition of Suffolk Sport Coaching Extra, a newsletter specifically for the coaches of Suffolk, featuring all things from funding to recommended books to read.

We will all recognise the impact a 'good coach' can have on the lives of their athletes. And as the entire sporting sector looks to deliver the Legacy promise of London 2012, the role of the coach in increasing and sustaining participation and providing a positive role model has never been more significant.

The 'good coaches' who affect their athletes in such a way will be the ones who adapt, increase their skills, be more flexible, and change their methods to suit the needs of a broadening range of participants.

This newsletter, distributed every quarter, will provide ways, ideas, and suggestions that coaches can continue to develop and offer the best service possible.

If you have any comments about the newsletter, please get in touch with me via email:  
[Richard.Neal@suffolksport.com](mailto:Richard.Neal@suffolksport.com)



## the big story

### [Suffolk Sport Coaching Bursary](#)

When asking coaches for the reasons they don't attend the next level coaching qualification, the cost of the course usually comes out pretty high.

However, ask a coach how good they are, they'll often cite the level of their qualification as the benchmark of their competence. And rightly so, as National Governing Body qualifications are and will remain the best way to not only determine your coaching level, but increase your coaching knowledge and ability.

To help new or existing coaches achieve that next level, Suffolk Sport are inviting applications to receive up to **50%** of the cost of a National Governing Body recognised coaching course.

To be considered for a bursary, applicants must be a  TOPCOACH, or be formally committed to achieving this standard.

Full details, Guidance Notes and an Application Form can be found on the [Suffolk Sport website](#).

## IN THIS ISSUE

### the big story

Suffolk Sport Coaching Bursary

### news

TOPCOACH

Sportivate

Club and Coach Education Programme

Suffolk Sports Awards

Recommended.....



**What is Suffolk Sport TOPCOACH?**

Designed to promote best coaching practice, and reward those coaches who reach a certain level, Suffolk Sport have introduced the TOPCOACH scheme.

**What level do you have to reach?**

The criteria for the scheme have been developed in line with sportscoach UK's Minimum Standards for Deployment of Sports Coaches. Therefore, coaches should have an NGB recognised coaching qualification (or be formally committed to obtaining one), and have Safeguarding, Equity and Disability Coaching certificates.

**What are the benefits?**

- Apply to the Suffolk Sport Coaching Bursary.
- Attend courses within the Club and Coach Education Programme at a subsidised rate.
- Receive this quarterly newsletter.
- Access to various discounts and offers sourced by Suffolk Sport.
- Receive the first notification of upcoming coaching events.
- Access to Sportivate funding.

**How do you become a Suffolk Sport TOPCOACH?**

Visit the Suffolk Sport website to find out more!

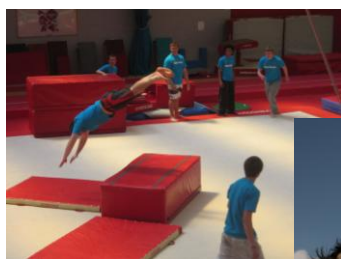
# Sportivate

Ideal for introducing a new team, session or players.

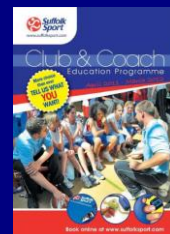
Sportivate funding is available to run:

- A six week block of activity to get you started
  - For 14-25 year olds

Further information and the application process can be found at suffolksport.com/sportivate.



## club & coach education programme



Below is a list of the courses running over the next between now and the next newsletter:

- Emergency First Aid – 4/7/11  
Great Cornard Sports Centre
- Equity in Your Coaching – 12/7/11  
Mid Suffolk Leisure Centre, Stowmarket
- How to Coach Disabled Performers – 27/07/11  
Suffolk New College, Ipswich
- 1<sup>st</sup> Aid in Sport – 17/8/11  
Stowmarket Rugby Club
- Safeguarding & Protecting Children – 8/9/11  
Suffolk Coastal District Council, Woodbridge
- Safeguarding & Protecting Children 2 – 12/9/11  
King Edward VI School, Bury St. Edmunds

Bookings are welcome through the Suffolk Sport website.

There are many other courses which we can run upon receiving enough interest, just Tell Us What You Want!



nominate your local sporting heroes!

Including Coach of the Year and Club of the Year

Nomination process ONLINE NOW!

## recommended.....



Read Bounce: How Champions Are Made



Articles The Best Route to High Quality Coaching