

Coaching Ireland - Coaching Children Workshop Series

Monday 11th/ 18th/ 25th November & 2nd March 2019

6.30pm - 9.30pm (3 hours)

Mercy College Gym, (Upstairs), Chapel Hill, Sligo

Fee: €25 per person for full series of 4 workshops

Sligo Sport and Recreation Partnership will be hosting the Coaching Ireland 'Coaching Children Workshop Series'. All too often in the past, programmes offered to children in sport are scaled down versions of adult activity. Children are not mini Adults and their needs in sport are different to the needs of other populations. Children want different things from their sport participation and require different approaches given their different stages of development both physically and mentally. Therefore, the coaches of children need to be equipped with specific knowledge, skills and competencies to fulfil the needs of children.

Coaching Ireland have developed 4 modules, specifically to provide coaches with a basic understanding of children's sport and physical activity and best ways to optimise children's enjoyment, participation and positive outcomes. The concepts of Physical Literacy and Holistic Development run throughout the series of workshops. Each workshop is 3 hours in duration and is a combination of theory and practical learning, each coach will receive a bank of games covering balance, co-ordination, speed & agility and inclusive & adaptive games.

Limited places are available on the course and pre booking is essential as it is on a first come first served basis. **Each individual must fill out an application form and return it, with fee, to the address below by Wednesday 6th November 2019** to confirm their place. For more information, contact Theresa Kilgannon, Sligo Sport and Recreation Partnership at 0719161511 or theresa@sligosportandrecreation.ie.

**NOTE: PARTICIPANTS MUST BE 18 YEARS OF AGE TO COMPLETE THIS COURSE
ALL 4 WORKSHOP MUST BE ATTENDED TO RECEIVE CERTIFICATION**

Application Form

Name of Course: ***Coaching Children Workshop Series***

Dates/Times: ***Mondays - 11th / 18th / 25th Nov & 2nd Dec 2019, 6.30pm - 9.30pm***

Venue: ***Mercy College Gym, (Upstairs), Chapel Hill, Sligo***

Name: _____

D.O.B: _____

NOTE: PARTICIPANTS MUST BE 18 YEARS OF AGE

Address: _____

Telephone No: _____

Email: _____

Club/Group: _____

Coaching Experience: _____

Please tick the workshops you are attending

Workshop 1: 11th Nov Workshop 2: 18th Nov Workshop 3: 25th Nov Workshop 4: 2nd Dec

(Please note all 4 must be attended to receive certification from Coaching Ireland)

Fee enclosed: € _____ (€25) (Fees are non-refundable, non-transferable)

Return to: Theresa Kilgannon Sligo Sport & Recreation Partnership, MSL ETB, Quay Street, Sligo
Closing date Wednesday 6th November or when places fill