



the tony blair sports foundation

Inspiring the next generation...

...developing sports champions



Junior Course Information



the tony blair sports foundation

Contents

Sport	Page/s
Tennis& - (
Basketball) - *
Disability Sport+
Rowing, - %&

For more information about any of these courses contact Clare Harding on 0191 276 0640 or email clare.harding@tonyblairsportsfoundation.org



the tony blair sports foundation

Coaching pathway in Tennis

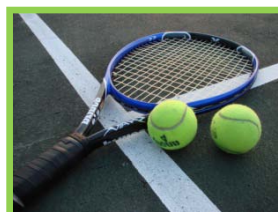
Tennis Leaders + Competition Organisers



Year 3 TBSF Challenge Cup



Level 1 Coaching Assistant



Tennis Leaders Award

The Tennis Leaders Award provides a great opportunity to develop and gain leadership skills through tennis.

It's relevant to all standards of players and includes those with a disability. Being a Tennis Leader will give you an opportunity to play an important role in club and school tennis activities. It will give you an opportunity to develop your tennis skills and gain further recognition for your achievements. It can be a stepping stone to becoming a coach, official or volunteer. In addition, it will be fun, rewarding and a chance to help others.

What will I learn?

Planning, Organisation and Communication:

- Understand the importance of planning
- Recognise and be able to use effective communication skills
- Understand the importance of good organisation on and off court
- Put your skills into practice on court

Playing partner/buddy hitting:

- Know how to feed properly
- Understand the 5 game situations of singles
- Learn how to feed in game based situations
- Know the attributes of a good buddy hitter



Please note: Candidates **must** attend both modules and complete 6 hours practical experience in order to gain their Tennis Leaders Certificate and enable them to qualify as a Tennis Leader.

Having completed the Tennis Leaders Award, you will be in a great position to move to completing the Level 1 Coaching Certificate in Tennis.

For further information regarding the course please contact Clare Harding on 0191 2760640 or email clare.harding@tonyblairsportsfoundation.org



the tony blair sports foundation

Tennis Competition Organisers

The course is 2-3 hours long and at the end of the session the students will be able to confidently deliver their first competition by assisting with the TBSF Year 3 Challenge Cup.

What will I learn?

- Guidance on how to plan and run the TBSF competitions.
- Competition format guidance and best practice depending on the number of players and their standard.
- Tips to help with the planning of a welcome presentation to the players and spectators and the prize giving presentation at the end.

At the training attendees will be given a Competition Organiser Toolkit providing them with all the tools and resources needed to run effective competitions.

For further information regarding the course please contact Clare Harding on 0191 2760640 or email clare.harding@tonyblairsportsfoundation.org





the tony blair sports foundation

Coaching pathway in Basketball

Basketball Activators



Competitions and Events



Level 1

Coach



Level 1

Referee



Level 1

Table

Official



the tony blair sports foundation

Basketball Activators Award

What is the basketball activators award?

The Basketball Activators Award is the exciting new award from England Basketball designed to empower young people with the skills, drills and basic technical knowledge to deliver basketball sessions for others within the school and community.

No prior experience of organising basketball is required - this award covers everything from shooting technique to organising an informal league. All candidates completing the award will receive a certificate and a resource pack.

What will I learn?

- Feel confident in organising basketball activities and small competitions.
- Understand how to deliver fun drills and activities with a focus on participant enjoyment and safety.
- Take the first step towards becoming a qualified basketball coach or referee.

What will I get?

- Award Manual
- Skills and Activity Cards
- DVD which includes Take Six Resources, Competition in a Box & 12 Session Plans.

How much will it cost?

£7.50 per person (the other 50% will be paid for by the Tony Blair Sports Foundation)





the tony blair sports foundation Inspiring inclusion...

...Creating Sporting Opportunities for all

The Tony Blair Sports Foundation is delighted to be working in partnership with the Percy Hedley Sports Academy to offer a unique course aimed at teaching the skills and methods needed to include children and adults with disabilities in sports clubs and leisure activities.

This course is aimed at professionals involved in sport or those wanting to become involved in sport at every level.



This includes Leisure Assistants, Sports Development Officers, Sports Coaches, Multi-Skills Coaches, Teachers, SSA's, LSA's and Students.

About the course

This **day long** course introduces a number of aspects of disability sport and is aimed at ensuring that children and adults with disabilities are able to take part in the sports and leisure activities that they want to. Courses can be tailored to specific sports but in general the content of the course includes:

- Disability Awareness
- Meeting and Greeting Disabled People
- Disability Sports
- Classification
- Hidden Dangers
- Organisations Involved
- Adapting Sports
- Disability Sports Realisation

The course is part theory based and heavily practical and aims to explore all aspects of Disability Sports from outlining what sports are available through to adapting sports to make them inclusive to people with disabilities.

For more information on how to take the course or for more information about the work of the Tony Blair Sports Foundation please visit our website at www.tonyblairsportsfoundation.org or call 0191 2760640. You can also find out more about the Percy Hedley Sports Academy by visiting www.percyhedley.org.uk



the tony blair sports foundation

Coaching pathway in Rowing

JUNIOR INDOOR ROWING
LEADERS AWARD



INDOOR ROWING
for young people



Community

Level 1 in Coaching
Indoor Rowing



Club

Level 2 Certificate in
Coaching Rowing



JUNIOR INDOOR ROWING LEADERS AWARD

What will I learn?

Award 1 - Indoor Rowing Club Leader

- Introduction to the sport of indoor rowing and refereeing
- Being Safe / Basic risk assessment
- Assessing abilities on an indoor rower
- Organising an indoor session

Award 2 - Indoor Rowing Event Leader

- To complete Award 2 you must plan, lead and officiate at an indoor rowing competition

What will I be able to do?

At the end of Award 1, under qualified supervision you should be able to;

- Use British Rowing resources to deliver indoor rowing sessions
- Develop games / skills related to indoor rowing

At the end of Award 2, under qualified supervision you should be able to;

- Plan and deliver a safe indoor rowing competition
- Officiate or referee at an indoor rowing competition

How much will it cost?

£5 per person (to cover resource costs)



↑ INDOOR ROWING ↓ for young people

IR4YP is the British Rowing programme designed to provide people, with training to deliver high quality sessions using the Indoor Rowing machine (ergo).

- All candidates receive a certificate of attendance
- There is no assessment element
- All candidates receive an Accredited Prior Learning credit against a future UKCC L1 Indoor Rowing award.

Who is the course aimed at?

This course is for teachers, adults supporting learners and young people aged 16+ who want to deliver high quality indoor rowing in schools and community clubs (within the curriculum or as an extra-curricular activity). It provides key knowledge of the best and safest way of using an indoor rowing machine.

What will I learn?

The course is six hours in length and the main components include instruction on:

- Developing safe and appropriate warm up and cool down activities
- Developing a long and effective rowing stroke that follows the model of British Rowing Technique
- Developing feedback skills in both coaches and personal thinking skills in participants.
- Exploring ways in which indoor rowing can be integrated into the school curriculum (when appropriate).

How much will it cost?

Costs will be met by the Tony Blair Sports Foundation and British Rowing but a fee of £20 per person to cover resource costs will be charged to each candidate



↑ INDOOR ROWING ↓

for young people with disabilities

IR4YP is the British Rowing programme designed to provide people with training to deliver high quality sessions using the Indoor Rowing machine (ergo) to any young person who has a physical, sensory or learning impairment.

- All candidates receive a certificate of attendance
- There is no assessment element
- All candidates receive an Accredited Prior Learning credit against a future UKCC L1 Indoor Rowing award.

Who is the course aimed at?

This course is for teachers, adults supporting learners and young people aged 16+ who want to deliver high quality indoor rowing for disabled participants in schools and community clubs (within the curriculum or as an extra-curricular activity). It provides key knowledge of the best and safest way of using an indoor rowing machine.

What will I learn?

The course is **six** hours in length and the main components include instruction on:

- Learning about technique appropriate to each adaptive category (AS – Arms and Shoulders, TA – Trunk and Arms and LTA – Leg, Trunk and Arms).
- How to safely use the specialist adaptive equipment.
- How to transfer participants in the correct manner from wheelchair to machine.
- Advice and coaching tips on how to deliver sessions to athletes with varying disabilities.

How much will it cost?

Costs will be met by the Tony Blair Sports Foundation and British Rowing but a fee of £20 per person to cover resource costs will be charged to each candidate.



↑ INDOOR ROWING ↓

for young people with disabilities

IR4YP with disabilities is the British Rowing programme designed to provide people with training to deliver high quality sessions using the Indoor Rowing machine (ergo) to any young person who has a physical, sensory or learning impairment.

Who is the course aimed at?

This course is for teachers, adults supporting learners and young people aged 16+ who want to deliver high quality indoor rowing for disabled participants in schools and community clubs (within the curriculum or as an extra-curricular activity) and **have already attended an IR4YP course.**

What will I learn?

The course is **three** hours in length and the main components include instruction on:

- Learning about technique appropriate to each adaptive category (AS – Arms and Shoulders, TA – Trunk and Arms and LTA – Leg, Trunk and Arms).
- How to safely use the specialist adaptive equipment.
- How to transfer participants in the correct manner from wheelchair to machine.
- Advice and coaching tips on how to deliver sessions to athletes with varying disabilities.

How much will it cost?

There is **no additional cost** for this course if you have already attended an **IR4YP** course.



Supplied in partnership with:

