

Sports Funding – apply before 28th February 2010

Nottinghamshire County Council is currently accepting applications for funding in the following categories:

Coach Scholarship Fund

Supporting professional development for coaches at all levels of experience, in a sport recognised by Sport England, and coaching on a voluntary basis.

Up to £200 is available to help towards the cost of the course.(up to a maximum of 75% of costs)



Rising Stars

To help talented young athletes with the financial burden that occurs in the progression from local to national competition.

One award up to £500 per person will be considered to help towards annual training costs and other specialist support deemed appropriate by the national governing body.

Shining Stars

To support talented athletes currently performing at international level. Ensuring that those competing in sports within the Olympic, Paralympics or Commonwealth Games will have the best opportunity

to succeed in their quest for international honours.

One award up to £2,500 per person will be considered. Grants will be awarded towards travel, training, competition fees accommodation, and equipment, specialist coaching and other specialist support deemed appropriate by the national governing body.

Community Sports Fund

To help local sports clubs and organisations, by supporting new projects that encourage additional people to get involved in sport.

One award per club up to £2000* for Clubmark clubs will be considered towards costs such as coaching fees, facility hire, equipment and publicity. This must be spent within 12 months of the award allocation.

*(£1500 for organisations and clubs that have not achieved Clubmark)

For the full criteria and to make an application online visit: www.nottinghamshire.gov.uk

Club and Coach Education

The programme is currently being finalised, and will be updated throughout the year

Check www.intosport.org.uk/findacourse to see what's on

Workshops for Clubmark include:

- Safeguarding and Protecting Children
- A Club for All
- Equity in your Coaching

Sport 981 workshops

Following last year's success we are repeating the following workshops.

- Injury prevention and performance preparation
- Challenging the core and balance mechanisms to enhance movement
- Reactivity, speed, agility and quickness
- The Blend: developing effective strength and conditioning programmes

NEW sportscoach UK workshops include:

An Introduction to the FUNdamentals of Movement

This practical workshop explores the concepts of Agility, Balance, Co-ordination and speed (ABCs), helping coaches to observe, analyse and coach good movement patterns within multi-skill or sport specific environments.

FUNdamentals of Balance

Balance is the ability to maintain the centre of gravity of a body within the base of support. Keeping balance requires the integration of inputs from multiple senses (i.e. sight, touch and hearing).

This workshop and its supporting resource will provide an opportunity to explore the

FUNdamentals of balance and give practical solutions to accelerate its development within children.

The workshop builds on the knowledge previously gained from the '*An Introduction to the FUNdamentals of Movement*' workshop and looks at the individual component of balance in more detail. It also builds on the development and enhancement of observational techniques and skills.



FUNdamentals of Co-ordination

Coordination is the ability to execute a movement smoothly and accurately. This involves the senses (sight, touch, hearing), muscular contractions and joint movements. Everything we do requires the ability to co-ordinate our limbs to achieve a successful outcome – from walking to hopping or throwing to catching.

This workshop and its supporting resource will provide an opportunity to explore the FUNdamentals of Coordination and give practical solutions to accelerate its development within children.

The workshop builds on the knowledge previously gained from An Introduction to the FUNdamentals of Movement workshop and looks at the individual component of co-ordination in more detail. It also builds on the development and enhancement of observational techniques and skills.

Nottinghamshire Sports Review of the Year

This year's Nottinghamshire Sports Review of the Year for 2009 took place on Friday 5 February at the East Midlands Conference Centre, University of Nottingham.

Nottinghamshire County Council hosted around 450 guests to celebrate the achievements of our athletes and also to reward administrators, coaches and officials in Nottinghamshire sport in what has been another remarkable year for the county.

BBC East Midlands Today presenter Colin Hazelden hosted the evening along with colleague Natalie Jackson and was joined by guests from professional sport including Nottinghamshire County Cricket Club's Mick Newell and Chris Read, and Nottingham Rugby Club along with some of Nottinghamshire's Olympians and Paralympians including gold medallist, swimmer Rebecca Adlington.

The finalists and winners were announced from the 5 nominees who had been previously shortlisted and invited to attend this evening of celebration.

This year the outstanding achievement of the year was a joint award, going to the Nottinghamshire cricketers Stuart Broad, (pictured) Jenny Gunn and Graeme Swann.



A full list of the winners and the shortlisted nominees can be found at: www.nottinghamshire.gov.uk (on the latest news page)

Inclusive School of the Year Award

Congratulations to the Minster School in Southwell which has won the accolade of Inclusive School of the Year 2009.

Nominations were open to Nottinghamshire or Nottingham City schools that have shown good practice by including people with a disability or a special educational need in PE or sporting activities.

There is a strong bond between the Learning Support department and the PE and Sport Departments. There is also a specialist mentor in PE. Minster has arranged after school sport provision for 4 students with disabilities and with several SEN students over all age ranges.

A boccia club has been established and students with disabilities take an active role in running the club and providing coaching. One member has progressed to the county boccia team. The club also functions as a support group, providing new friendships.

After school swim sessions have also been organised and one pupil is a member of the county swim squad. The local leisure centre supports these sessions as well as gym sessions for young people who would otherwise be hanging around, inactive after school. Minster is keen to promote the benefits of physical activity to all pupils.

For more details contact: carol.halpin@nottscc.gov.uk

Local Updates

Mental Health - Tag Rugby

With support from the RFU Regional Development Officer for Rugby, a club coach has run three successful taster sessions for patients at the Wells Road Hospital.

Around six patients have attended the sessions, the patients have not previously engaged in any other sport or physical activity sessions while in the hospital.

Funding is available to run another six sessions

Sports Unlimited Bid

We are awaiting the result of a bid for Sports Unlimited funding towards a Young People;s project based around multi sports.

If successful a number of taster sessions in different sports will be held for young people within the Ashfield area.

The sessions will be followed by a programme of training in preparation for the Ashfield Games which are to be held in the summer.

The bid also includes training in multi sports for youth service staff so that they can obtain the appropriate skills to deliver structured sport sessions beyond the Ashfield Games.

Moving More Often - Train the Trainer Course

Two courses ran in January and February, attended by 18 delegates from sports, physical activity or exercise services.

In the near future the trainer will go on to deliver more courses to those employed in the sheltered/residential housing and day services, training staff to deliver sessions.

For more details on the above projects contact: anders.carrington@nottsc.gov.uk

Notts top sixty young runners get a helping hand

Nottinghamshire's top sixty young runners will attend a special training event at Wollaton Park next week to help prepare them for the National Cross Country Championships in March.

Sports coaches from the Nottinghamshire Athletics Network were on hand to give the young athletes advice on how to sharpen their training techniques and boost their performance.

The runners can then apply this advice to their training in the run up to the English Schools Athletics Association (ESAA), National Cross Country Championships taking place at Heaton Park in Manchester on 20 March.

These runners were selected after they competed in the Notts County Schools Cross Country Championships, which took place at Berry Hill Park in Mansfield, earlier this month.

Nottinghamshire County Councillor, John Cottee, Cabinet Member for Culture and Community, said: *"These young runners should be very proud of their achievements, their hard work and dedication to their sport has obviously paid off. Next week is an excellent opportunity for these athletes to learn new training techniques to enhance their performance. I have no doubt they will do the county proud when they compete at the championships next month."*

For more details contact rachel.clerck@nottsc.gov.uk

Winter Olympics – Vancouver, 12-28 February 2010



The opening ceremony held on Friday 12 February and will include a GB team totaling 52 athletes, **congratulations to the ten athletes selected from Nottinghamshire**, the majority of these are based at the National Ice Centre in Nottingham. Look out for them on the TV coverage,

Figure Skating

Nicholas Buckland & Penny Coomes Ice dancing

Short Track Speed Skating

Anthony Douglas	Men's 500m; Men's 1500m; Men's 5000m Relay
Jonathan Eley	Men's 500m; Men's 5000m Relay
Tom Iveson	Men's 1000m; Men's 5000m Relay
Jack Whelbourne	Men's 1000m; Men's 5000m Relay
Paul Worth	Men's - 1500m; Men's 5000m Relay
Elise Christie	Women's 500m; Women's 1000m; Women's 1500m
Sarah Lindsay	Women's 500m

Bobsleigh

Henry Nwume Four-man

they are:

You can find out all about the Nottinghamshire athletes, their events and schedules on the BBC website: <http://winterolympics.external.bbc.co.uk/athletes/index.html>

Mentoring

Renewed contact has been made with Albany School in Broxtowe which has previously been very positive about FUNDamentals coaching and want to follow this up. They have provided a letter of endorsement for the Play Sport project.

It says:

"Because the programme was not just coach led, the teachers became fully involved in each session.

All of the teachers in our schools taught a lesson towards the end of the 6 week period with Gordon observing

This was particularly successful. It allowed the teachers to see and take part in at least 4 sessions, gaining ideas and knowledge, before teaching their own observed session."

"For our school, this programme was more effective than any INSET could be. The teaching of Multi skills in our school is to a very high level. We are now having the whole school work on Multi skills for the first half term of the school year, then these ideas are used as warm ups during PE sessions throughout the year."

For more information on the Play Sport project please contact martin.tilling@nottsc.gov.uk or tel: **0115 977 2330**

Multi Skills

A multi skills volunteer team is being created at South Nottingham College which will involve around 15 people receiving training, placements and mentoring with the opportunity to be involved in the Rushcliffe 4Uth week. The event is a 2 week programme of sport and arts activity sessions for young children aged 5 -19. 4Uth runs from 12-23 July.

Play Sport is supporting a project in Bingham which aims to involve fathers of under 5's to encourage them to spend more time with them at play.

Ashfield will be running multi skills academies next year. Each family of primary schools will run 3 x 1 hour sessions. SSCOs will receive some training to assist with the delivery of these.

Active Passport

Active passport is a secure on-line record of an individual's skills, qualifications and training. It is a verified record which means that individuals need to get an organisation who is a registered verifier to agree they have seen evidence that the individual has completed the skill, training or qualification.

The active passport belongs to the individual who can choose who they share information with.

Some of the useful features of active passport include:

- CV creator - This filters your record to create a CV that is tailored to each job you apply for.
- A reminder when training is due for renewal. Active passport allows you to set an expiry date beside each piece of training.

For more information please visit

<http://www.skillsactive.com/resources/skills-passport>

www.intosport.org.uk
www.nottinghamshire.gov.uk