

# Derbyshire Sport Coaches' Conference

Coaching  
DERBYSHIRE



Derbyshire Sport



**Derbyshire Sport  
Coaches' Conference**

**Sunday 18 May  
2014**

**The Johnson Building,  
Derby College  
9:30am - 4:10pm**

The third annual Derbyshire Sport Coaches' Conference will provide an opportunity for coaches working with talented performers in Derbyshire to meet and learn from each other and to engage with highly respected coaches, and sports scientists.

There will be an exciting choice of 12 different workshops, delivered by experts in the fields of coaching, strength and conditioning, injury prevention, sports nutrition and psychology and a series of sports specific master classes. This year we will be expanding the conference to look at the most effective ways of coaching teenage athletes and examining the physical and psychological effects sleep has on athletic performance.

*These will be delivered in different formats with some in-depth workshops, shorter more specific workshops and practical sessions.*



We are pleased to announce that *British Swimming Elite Coach Development Manager, Nigel Redman,*

will be this year's keynote speaker. Nigel competed for Bath RFC for 16 years, and throughout his career gained 20 international caps for England and represented the British and Irish Lions in 1997. Since retiring from playing in 1999, he has been Head Coach at Basingstoke RFC before joining the RFU in 2003 as National Academy Coach and then progressing to be Elite Coach Development Manager. Before joining British Swimming Nigel was Assistant Head Coach at Worcester Warriors. In 2011 he was invited by UK Sport to join the steering group for the Elite Coach programme that was subsequently launched after the Olympics in November 2012 at the World Class Coaching Conference.

## Workshops:

- Nutrition troubleshooting
- Motivating your performers and creating a winning environment
- Practice and planning of strength training for young athletes
- Coaching the teenage athlete
- Coaching solutions
- Eating for competing
- Practical strategies to promote recovery
- Sleep and athletic performance
- Performing under pressure toolkit
- Get faster - the need for speed

## Master Classes:

- Swimming
- Netball

## Cost for the Day

*including lunch and refreshments*

### For coaches living in Derbyshire:

*Early booking price £40*

*(Including VAT) if booked and paid prior to 20 April 2014*

*£50 for bookings and payment made after 20 April*

### For coaches living outside the county:

*£60 (Including VAT)*

To book your place at the conference, click here

Booking closes on 6 May 2014



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