

ASA South West Region Regional Workforce Conference and Awards Ceremony Saturday 5th June 2010



***A one-day spectacular learning experience for
Swimming Teachers, School Swimming Teachers,
Coaches and Tutors of Aquatics, incorporating our
regional awards ceremony...not to be missed!***

Venue: Somerset College of Arts and Technology, Taunton

Date: Saturday 5th June 2010

Time: Conference 9.30 - 4.00pm

Twilight Drinks and Awards Ceremony 4.00 - 6.30pm

Cost: £40 per person

includes all refreshments, delegate pack and attendance at both day conference and awards ceremony

Event Outline

9.30am Arrival and Registration

10.00 - 11.00 Welcome and Keynote Presentations

11.00 - 12.30 Morning Workshop (*see options overleaf*)

12.30 - 1.30 Lunch and Networking

1.30 - 2.30 Motivational Guest Speaker

2.30 - 4.00 Afternoon Workshop (*see options overleaf*)

4.00 Twilight Drinks and Welcome

4.30 - 6.30pm Regional Workforce Awards Ceremony hosted by Sarah Price

Only £40 for the conference and awards!

Certification Awarded for ASA Licensing Scheme

All bookings and workshop choices will be taken on a first come - first served basis. Spaces on workshops are limited, so book early to avoid disappointment

For further information please contact ASA Coaching Systems Officer
Kelly Gaffney - e: kelly.gaffney@swimming.org t: 07917 007657

To book your place, please complete the conference booking form
and return with payment (payable to ASA) to:

ASA Workforce Conference Application, SportPark,
3 Oakwood Drive, Loughborough,
Leicestershire, LE11 3QF



Conference Workshop Options

Suitable for Teachers, Coaches and Tutors

With a mix of keynote presentations and motivational speakers, our conference also includes a choice of seven informative workshops:

please choose **one of the following** for your morning workshop:

- Workshop A: Why FUNdamentals?**
Facilitated by Colin Christmas, from Somerset Activity and Sports Partnership gain insight into the skill acquisition and reasons behind fundamental movement literacy skills in aquatics and the essential role they play in our aquatic delivery
- Workshop B: An Introduction to Managing Swimmers with Educational Difficulties**
Gain useful insight into the barriers to learning for children with educational difficulties through this session led by Jan Tattershall, IoS tutor. Based on a full IoS CPD this workshop will provide helpful strategies for you to use.
- Workshop C: Developing Simple and Effective Strength and Conditioning Routines with limited time, space and equipment**
An informative session building on last years conference to help coaches devise simple routines within their club programme with limited time, space and equipment to develop fundamental strength and conditioning of swimmers of the future in your own club programmes
- Workshop D: (ASA Tutors Only) Effective Assessment, Delivery and Verification of ASA Courses Part 1**
Mandatory CPD for all ASA Tutors

please choose **one of the following** for your afternoon workshop:

- Workshop E: Creative, Play based ideas for assessment of the ASA NPTS**
Learn and share useful tools and ideas for assessing the elements of all stages of the NPTS through games and play, and allowing swimmers to display skills in real situations
- Workshop F: Engaging New and Nervous Swimmers**
Learn useful tools and techniques for encouraging new and nervous swimmers into you group sessions, with tips and ideas from the ASA School Swimming Team
- Workshop G: Effective Planning and Periodisation in Skill Development Clubs**
Delivered by ASA Beacon Programme Head Coach Paul Hogg, learn the essential elements of planning macro, meso and microcycles in a typical skill development club based on long term athlete development. A chance to share ideas and best practice using real life examples
- Workshop H: (ASA Tutors Only) Effective Assessment, Delivery and Verification of ASA Courses Part 2**
Mandatory CPD for all ASA Tutors