

Welcome to the SW CCC Newsletter. The aim is to publicise information for CCC's in the SW to reduce the number and frequency of emails. This is for a trial period and your feedback would be most welcome

Quote of the week

"Over coaching is the worst thing you can do to a player"
Dean Smith Head Coach North Carolina

CB Coaching Jobs

Somerset, Cornwall and Devon CB's are looking to fill a variety of coaching roles within their age groups and senior representative teams.

If you are interested, please use the following link for **Gloucestershire** – Dave Auker-Howlett; daukhow@fsmail.net

Somerset: (Senior and U15)

<http://www.somersetrfu.co.uk/frontpage.php>

or contact

Devon - All youth age groups robmasters@rfu.com

Cornwall - Dave Thomas; treverbryn16@hotmail.com

Training and Information Evenings

Training and information evenings are available for Club Coaching Coordinators, Referee and Volunteer coordinators. The following dates are for your diary, with a start time of 19:00. Details of venues and duration will be with you in the near future.

East Devon Monday 31st January

North Devon Tuesday 15th February

Ivybridge RFC Wednesday 16th March

Cornwall Monday 21st March

North Somerset Thursday 3rd February

Gloucestershire Wednesday 9th February

Gloucestershire (Bristol) Wednesday 16th February

Non-Award Coaching and Continued Professional Development (CPD) Courses

Thank you for the support and hard work that you have put into to developing your club coaches already this season. It is clear that there is an increasing enthusiasm for knowledge amongst coaches of all age groups, which is a really positive step forward.





The South West has already seen 19 Rugby Ready courses having taken place since September, with excellent attendance of just under 400 coaches in total.

Several of the beyond Level 1 CPD courses have also been organised, however these have not been as well attended in the South West. These courses have been designed to challenge and pose questions to coaches on how sessions and players can be developed, and are specific to mini, youth or adult players. The introduction of the Coach License scheme over the next couple of years will require attendance at CPD, but self-improvement should be the real incentive and it is hoped that numbers will increase in the New Year. More information on Coach Licensing will be given at the CCC training/information evenings.

To reserve a place on an existing course (see the attached course list) or book a course for your club visit the link below and send an application to Beverley.Rawlins@hartpury.ac.uk
<http://www.rfu.com/TakingPart/Coach/FindACourse/SouthWest.aspx>

Free Strength and Conditioning Kit

By hosting a Rugby Ready course and fulfilling the following criteria your club will be eligible for some free S&C kit. There are only a limited number and it will be first come, first served.

-  Club has organised and hosted a Rugby Ready course for its own coaches (min 6 coaches from that club attend)
-  Club has an active CCC named on Rugby First
-  Club are committed to coach development
-  1 set of kit per club only

Recommended Read**Bounce - How Champions are Made by Matthew Syed**

Bounce is an easy read book based on the theory that effort and nurture are the key elements of success, and that "natural talent" is an overplayed myth. Whether it is within sport, music or academics, or just about raising the self esteem of children and adults, if effort levels are praised, motivation levels improve and participants are more willing to keep trying to overcome difficult tasks.

Contact Name: Bev Rawlins

Address: RFU Coaching Centre
Hartpury College, Hartpury, Gloucestershire. GL19 3BE

Contact Details: Tel: 01452 702119
Email: rfuadmin@hartpury.ac.uk

IRB Rugby Ready Courses £18 (incl. VAT)

Everybody involved in coaching, refereeing and playing rugby needs a sense of safe practice. The IRB Rugby Ready programme is intended to raise awareness of good practice and help stakeholders manage the inherent risks of the sport by putting appropriate safeguards in place.

Please note: You will need to complete the Rugby Ready ("Safety") practical course before starting your Level One course.

| Rugby Ready Dates & Times | CB | Venue | Cost: £18 |
|--|-----------------|---------------------------------|-----------|
| 8 th December 18:30 hrs | Devon | Tiverton RFC | £18 |
| 11 th December 9:30 hrs | Somerset | Gordano RFC | £18 |
| 8th January 2011 Time TBC | Gloucestershire | Stow on the Wold | £18 |
| 2 nd February 2011 1830 hrs | Gloucestershire | St Peters School, Gloucester | £18 |
| 2 nd February 2011 1830 hrs | Somerset | Wivelsicombe RFC | £18 |
| 6 th April 2011 1830 hrs | Gloucestershire | Bristol Saracens | £18 |
| 6 th April 2011 Afternoon time TBC | Somerset | Bath Uni | £18 |
| 13 th April 2011 1830 hrs | Devon | Exeter RFC | £18 |
| 13 th April 2011 1830 hrs | Cornwall | Launceston RFC | £18 |
| 4 th May 2011 1830 hrs | Somerset | Taunton RFC | £18 |
| 4 th May 2011 1830 hrs | Gloucestershire | St Peters School, Gloucester | £18 |
| 8 th June 2011 1830 | Devon | Plymouth Albion RFC | £18 |
| 8 th June 2011 1830 hrs | Somerset | Weston Super Mare RFC | £18 |

CPD courses
£15 (incl. VAT) Unless stated other wise.

CPD plays an important part in the development of a coach, and coaches should undertake these courses before, after and alongside attendance at qualification courses. The courses are designed to support coaches with training appropriate to the type of player they are working with. Within rugby union there are five broad categories of player: adult performance, adult participation, talent development, youth and children. Your Club Coaching coordinator should be able to recommend a suitable course.

| CPD Course and Dates | CB | Venue & Time | Cost |
|--|-----------------|--|------------------------------|
| 1 st December Defence (Youth) | Devon | Plymouth Albion RFC, Brickfields 19:00 | £15 |
| 12 th January Game Planning (Youth) | Devon | Plymouth Albion RFC, Brickfields 19:00 | £15 |
| 17 th January 2011 Back play from set pieces (Youth) | Devon | Brixham RFC 18:30 | £15 |
| 18 th January 2011 Defence (youth) | Gloucestershire | Dursley RFC 18:30 | £15 |
| 22 nd January 2011 Continuity in attack (Youth) | Gloucestershire | Stroud RFC 9:00 | £15 |
| 22 nd January 2011 Maul and Ruck (Youth) | Gloucestershire | Stroud RFC 11:30 | £15 |
| 27 th January 2011 Continuity in attack | Gloucestershire | Stow on the Wold 18:30 | £15 |
| 30 th January 2011 Towards Level 3 Module A Game Planning and Performance Profiling | Devon | Blundell's School, Tiverton 10:00 – 15:00 | £30 (£15 for each course) |
| 2 nd February Lineout (Adult) | Devon | Plymouth Albion RFC, Brickfields 19:00 | £15 |
| 21 st February 2011 Defence in Phase Play (Youth) | Devon | Brixham RFC 18:30 | £15 |
| 24 th February 2011 Maul and Ruck | Gloucestershire | Stow on the Wold 18:30 | £15 |
| 2 nd March Maul/Ruck (Youth) | Devon | Plymouth Albion RFC, Brickfields 19:00 | £15 |
| 8 th March 2011 Defence | Gloucestershire | Stow on the Wold 18:30 | £15 |
| Mon 21st March 2011 Game planning (Youth) | Devon | Brixham RFC 18:30 | £15 |
| 6 th April Planning and Period (Youth) | Devon | Plymouth Albion RFC, Brickfields 19:00 | £15 |

(All courses marked with a * are aimed at coaches who have completed their Level 2 award)