# South West Club Coaching Coordinator

**February 2012 Update**

Welcome to the 4th SW CCC Newsletter. The cold weather has eventually caught up with us and it may be hampering training sessions and games, but not the enthusiasm of all the coaches that have attend Rugby Ready, TAG and all development courses held over the region. Well done to all you CCC's for your effort that gets them there!

**Quote of the week**

"When children are in supportive learning environments, exploration and appreciation of movement through play challenges the body's capacity to respond in creative and skilful ways. A broad experience in a supportive environment gives children the best chance of being successful movers and a good chance of finding activities they enjoy and want to repeat as the basis of lifelong physical activity participation."

Sport Pedagogy, An introduction for Teaching and Coaching
Kathleen Armour

## CCC Questionnaire

Over the next few months, we will be looking in to the role of the CCC and how we can help you more.

Please would you take a minute to answer the following questions and email them to vlb1978@yahoo.co.uk
Thank you very much

Questions

Are you the ACTIVE Club Coaching Co-ordinator(CCC) for your club?

1. If NO, who is and what is their email?

2. Have you been contacted by your local RFU Community Rugby Coach (CRC) concerning coach, player or referee development over the last 12 months?
3. If YES approximately how often?
4. If NO would you like contact so they can support your club's player, coach and referee development needs?

**Coaching Courses Season 2010/2011**

It is clear that the South West takes Coach Education seriously and we are proud of the number of coaches that you are guiding towards the courses. Each of these figures represents a coach that is really making the effort to improve themselves, with the aim of providing the best coaching environment for their team. Very well done to you all!

| | Cornwall | Devon | Somerset | Gloucestershire | total attendees |
|---|---|---|---|---|---|
| TAG | 25 | 60 | 73 | 7 | 165 |
| RR | 13 | 127 | 128 | 147 | 415 |
| CPD | 0 | 58 | 10 | 34 | 92 |
| Scrum Factory | 0 | 56 | 10 | 0 | 66 |
| Young leaders | 0 | 0 | 0 | 0 | 0 |
| Total | 38 | 301 | 221 | 188 | 738 |

South West Coaching Coordinator Vicky Buck vlb1978@yahoo.co.uk 07976895343
Hartpury College, Hartpury, Gloucestershire. GL19 3BE 01452 702119

# Bristol Rugby Coach Education Programme: Session Two

***Second session to take place on Monday 6 February at 7pm***

Session Two of the 2011/12 Coach Education Programme will take place at Bristol Rugby's Clifton RFC training base on Monday February 6th, starting at 7pm.

The free quarterly initiative gives coaches from the across the region a unique opportunity to develop a greater understanding of the game.

Led by Academy Coach Matt Sherratt, Session Two will focus on 'coaching through games and breakout skills'.

The ninety minute session will look at the theory behind game sense coaching and then provide practical ideas about how to coach specific areas of attack and breakdown, within a game situation.

"The first session proved a success, with over forty coaches of all levels and ages attending," said Sherratt.

"Based on the feedback we received last time, coaches highlighted a need for practical ideas on coaching through the median of games."

If you would like to attend, but are not registered, please email your name, plus club/school to press1@bristolrugby.co.uk by Friday 3 February.

## *Bristol Combination Rugby*

## *Tip – Up – And - Play*

Neil Loader (Bristol Rugby Development Officer) and Dave Hilton (Bristol Community Rugby Coach) would like to invite you to join the Facebook group for a new initiative starting in Bristol in February with the aim of recruiting and retaining new players.

http://www.facebook.com/#!/groups/189719547783262/

Bristol Combination Tip-Up-And-Play takes its inspiration from a very successful initiative which started in Cornwall. In Cornwall the RFU staff realised a lot of clubs had a number of boys left over after their first or second teams were filled on a Saturday afternoon. Consistently these lads were not able to get a game but were eager to play competitive Saturday rugby. In order not to lose these boys a solution needed to be found and Community Rugby Coach Phil Morris began a facebook group inviting individuals or groups of players to come to a rugby club, put on a shirt and play a game. Sounds simple eh! The results for Cornwall have been huge. There are now over 400 members of the facebook group and there have been a number of matches played at different rugby clubs across the county. Perranporth RFC hosted 2 fixtures and have gained enough new players to put out a second team, the first time this has been possible in years.

In Bristol Neil has identified a similar scenario and so the first Bristol Combination Tip-Up-And-Play was born. The first game is due to be SATURDAY 11TH FEBRUARY @ DINGS. Someone will be there to sort the teams out, referee the game AND all players will get some grub afterwards. From a club perspective if you would like to host a game also contact Neil via email/facebook.

The way to get involved is to join the below group and message Neil to say you are interested in playing. This is for any player that is new to rugby, thinking of returning to rugby, doesn't have a regular club or team or has no rugby club match that weekend but would still like a run around. This is social, fun rugby at its best, GET INVOLVED!

Julie Price julieprice@rfu.com

## Active Devon 2012 Devon Coaching Conference - VIP Invitation

**Continue the journey to coaching excellence with Active Devon**

Dear NGB Colleague

I am delighted to announce the launch of the **2012 Devon Coaching Conference** which supports the development of sports coaches, PE teachers and instructors working with the next generation of athletes and players in Devon and forms part of Active Devon's Active Coaches programme.

The conference includes a key note address from Dan Hunt, Great Britain's National Endurance Coach for the Track and Race Coach with the SKY Pro-Cycling Team, which promises to provide delegates with an insight into one of our most high profile and hopefully successful sports at the 2012 Olympics. In addition to this there are 20 practical workshops and interactive seminars all of which are being delivered by high quality coaches working in the South West Region. The 'Mini' Event Brochure (attached) gives you a flavour of the workshops, seminars and presenters backgrounds. The Main 'Event Brochure' and Booking Form are available to download from the Active Devon website - http://www.activedevon.org/conference2012. The Delegate Fee is only £40.00 with reduced fees available for HE Students and Lecturers, Active Coaches members and delegates who attended the 2011 event. We believe this offers excellent value.

An official release of information will be emailed to you in the next two weeks so that you can promote this event of your website and to your coaches.

We hope that you can join us on the day to experience this event and see first hand how the development of coaches is being taken to the next level in Devon. Please find attached your **VIP Invitation** to attend the Conference.

In the meantime if you wish to view details of the 2011 event which was attended by over 100 coaches from 24 different sports, please visit our website - http://www.activedevon.org/page.asp?section=000100010006000300060005&sectionTitle=Active+Devon+Coaching+Conference+2011.

**Martin Brice**
**Development Manager Tel**l: 07967 369923, Email: martin.brice@devon.gov.uk

# Calling all Coaches in Gloucestershire

## Scrum Factory Course for only £5.50!

Gloucestershire CB have kindly offered to subsidise the first 50 Gloucestershire coaches to apply for the Scrum Factory Course, which is running at Kingsholm Stadium 13th February 18:30 for a 19:00 Start.

If you wish to attend please fill in the non award application form found at this link and email to RFUADMIN@hartpury.ac.uk or phone 01452 702119

http://www.rfu.com/TakingPart/Coach/FindACourse/~/media/Files/2009/Coaching/CoachingCalendars/Non%20Award%20Coach%20Application%20Form%20Latest%20Version.ashx

**Coaching Courses**

Please see the list of courses that are running within the next few months. If you or any of your coaches would like to book a place, please ask them to fill in the attached Non Award Application form and email or send it to Bev Rawlins along with payment

| Rugby Ready Dates & Times | CB | Venue | Cost: £18.50 |
|---|---|---|---|
| 15th February 2012 18:30 | Devon | Brixham RFC | £18.50 |
| 15th February 2012 18:30 | Cornwall | Saltash RFC | £18.50 |
| February 2012 Date TBC | Cornwall | Plymstock RFC | £18.50 |
| 20th February 2012 18:30 | Gloucestershire | St Peters School | £18.50 |
| 14th May 2012 18:30 | Gloucestershire | St Peters School | £18.50 |

| CPD Course and Dates | CB | Venue & Time | Cost |
|---|---|---|---|
| Scrum Factory 13th February 19:00 | Gloucestershire | Kingsholm Stadium | £15.50 £5.50 for first 50 Gloucestershire Coaches |
| Continuity in Attach (youth) 17th February 2012 19:00 | Cornwall | Helston RFC | £15.50 |
| Continuity in Attack (youth) 22nd February 2012 19:00 | Gloucestershire | Drybrook RFC | £15.50 |
| Scrum Factory 29th February 2012 19:00 | Gloucestershire | Dings RFC | £15.50 |
| Defence in Phase Play (youth) 5th March 2011 18:30 | Devon | Kingsbridge RFC | £15.50 |

## 7's Rugby Coaching Course £50 *(incl. VAT) 18 + yrs*

## *(6 hour course, bring own packed lunch)*

7's Rugby Coaching course is a practical and theoretical course aimed at **introducing**, understanding and coaching Seven a side Rugby.
The Course is aimed at coaches in the youth (13+) and Adult game with a minimum Level1 or appropriate equivalent qualification.

| Course Date | CB | Venue | Cost |
|---|---|---|---|
| 26th February 2012 10:00 – 16:00 | Devon | Blundells School Tiverton | £50 |

# South West Club Coaching Coordinator

## February 2012 Update

| Course | Delivery | Content | Mini | Youth | Adult |
|---|---|---|---|---|---|
| Start Coaching TAG Rugby | Club/Cluster | Theory/Practical | √ | √ | |
| Start Coaching Rugby Ready | Club/Cluster | Theory/Practical | √ | √ | √ |
| Continuity in Attack | Club | Theory/Practical | √ | √ | √ |
| Maul & Ruck | Club | Theory/Practical | √ | √ | √ |
| The Line-out Game | Club | Theory/Practical | √ | √ | √ |
| Understanding the Kicking Game | Club | Theory/Practical | √ | √ | √ |
| Back Play Attack from Set Piece | Club | Theory/Practical | √ | √ | √ |
| Scrum Factory | Club/Cluster | Theory/Practical | N/A | √ | √ |
| Goal Setting | Cluster/CB | Theory | √ | √ | √ |
| Coaching children's rugby | Club | Theory/Practical | √ | √ | N/A |
| Defence in Phase Play | Cluster/CB | Theory/Practical | N/A | √ | √ |
| Team Selection | Cluster/CB | Theory | N/A | √ | √ |
| Performance Analysis | Cluster/CB | Theory | N/A | √ | √ |
| Game Planning | Cluster/CB | Theory | N/A | √ | √ |
| Performance Profiling | Cluster/CB | Theory | N/A | √ | √ |
| Planning & Periodisation | Cluster/CB | Theory | N/A | √ | √ |

### Useful Contacts for the South West

- Alan Hubbleday -Coach and Player Development Officer(CPDO) Alanhubbleday@rfu.com 07764960374
- Catherine Spencer – Women's Rugby Development Officer (WRDM) Catherinespencer@rfu.com
- Steve Harland – Referee Manager Steveharland@rfu.com 07738 029107
- Rachel Brown – Volunteer Executive Rachelbrown@rfu.com

**Rugby Development Officer (RDO)**

- Mike Bratt (Cornwall) Mikebratt@rfu.com
- Rob Masters (Devon) Robmasters@rfu.com
- Jon Bendle (North Devon and Somerset) Jonbendle@rfu.com
- Julie Price (Somerset) JuliePrice@rfu.com
- Neil loader (Bristol) Neilloader@rfu.com
- Don Parsons (Gloucestershire) Donparsons@rfu.com
- Greg Bayliss (Gloucestershire) GreggBayliss@RFU.com

**Administration**

- Level 1 and Level 2 Bev Rawlins Beverley.Rawlins@hartpury.ac.uk or RFUadmin@hartpury.ac.uk 01452 702119
- TAG/Rugby Ready/CPD Vicky Buck (South West Coaching Coordinator) Vlb1978@yahoo.co.uk 07976895343