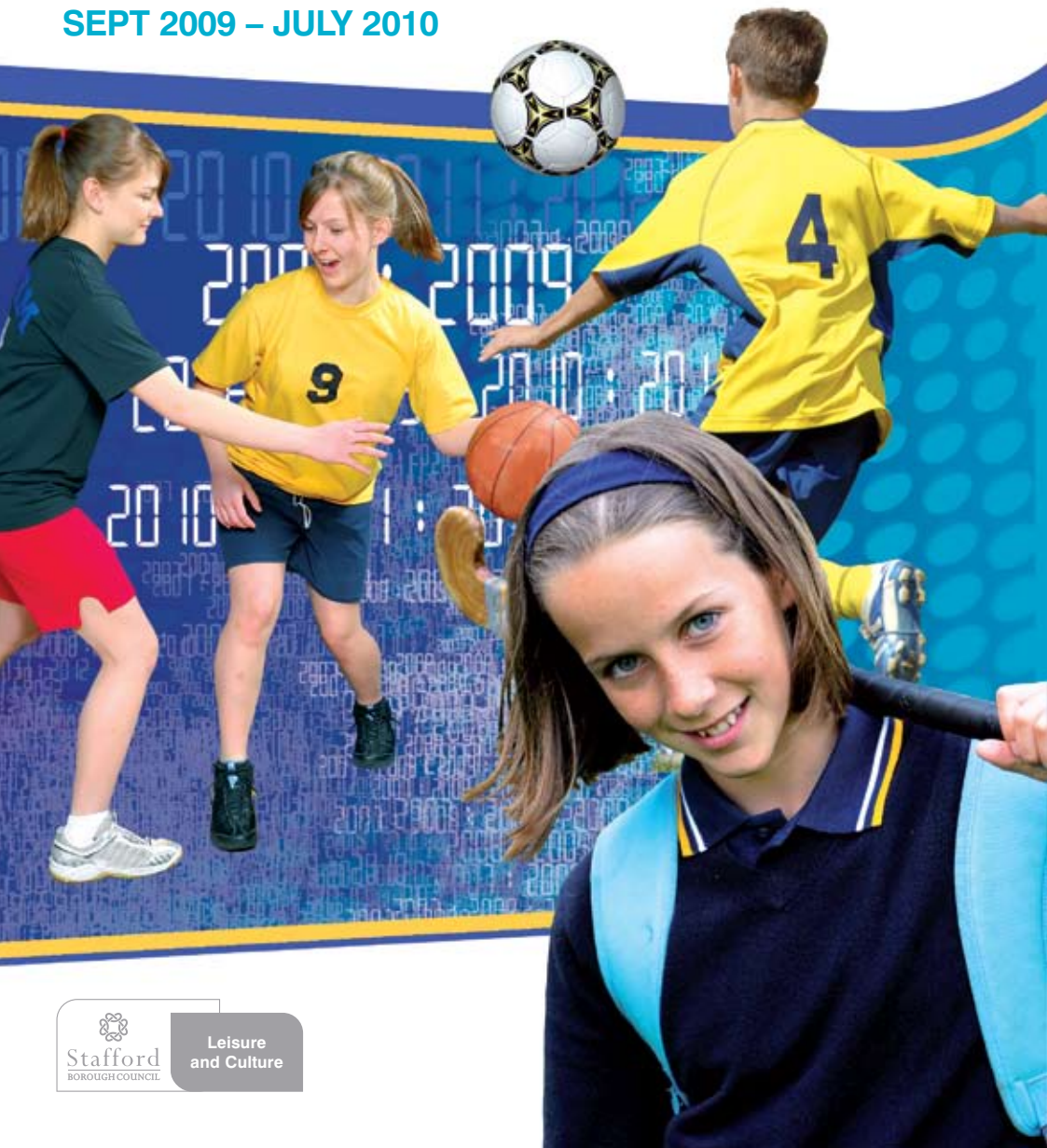


GO FOR IT!

SPORTS SESSIONS

SEPT 2009 – JULY 2010



SPORTS DEVELOPMENT TEAM

Leisure and Culture,
Stafford Borough Council,
Civic Centre, Riverside, Stafford, ST16 3AQ
Telephone 01785 619 607, Fax 01785 619 419
Email sportsdevelopment@staffordbc.gov.uk
www.staffordbc.gov.uk/sportsdevelopment

GO FOR IT!

Try something new, receive some top quality coaching or train to become a qualified sports teacher. There are sports sessions for everyone - from football coaching for 5 year olds to lifeguard qualifications for teenagers and tennis coaching for adults. The majority of sports listed are available as 'pay and play' sessions.

Sports Development Application form

Please complete one form per person.

NAME

MALE

FEMALE

SCHOOL

DATE OF BIRTH

AGE

HOME ADDRESS

POSTCODE

TELEPHONE [home]

TELEPHONE [emergency]

EMAIL

MEDICAL CONDITIONS [eg. epilepsy, allergies]

Have you been on a Sports Development Course before?

YES NO

Would you like to receive information on future courses?

YES NO [Your details will NOT be passed to third parties]

Tick this box if you are applying for a concession *
Please provide photocopied proof of benefit

I the undersigned agree that the above person is physically fit to take part in the sports session and am aware that photos may be taken for marketing purposes*.

SIGNED

[PARENT / GUARDIAN]

DATE

* I DO NOT wish my child to be photographed [tick box]

Sports Development Course Selection

Please tick all that apply and **take the completed form to the first sports session that you attend.**

	A	B	C	D
ATHLETICS - FIRST STEPS	<input type="checkbox"/>			
ATHLETICS - PROGRESSION	<input type="checkbox"/>			
BASKETBALL COACHING	<input type="checkbox"/>	<input type="checkbox"/>		
FOOTBALL COACHING	<input type="checkbox"/>			
HOCKEY COACHING	<input type="checkbox"/>			
TENNIS COACHING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

All coaches are police checked via the criminal records bureau. Stafford Borough Council is committed to safeguarding children.

Please wear appropriate sports clothing and bring water for all sports sessions.

All information correct at time of going to print. Sessions may be changes or cancelled due to circumstances beyond our control.

If you need this information in large print, Braille, another language or on audio cassette, please call 01785 619 000 or email customercontactcentre@staffordbc.gov.uk

* Concessions policy applies - If you are in receipt of any of the following benefits, then your child(ren) can attend for half of the advertised cost: Income Support, Job Seekers Allowance, Working Tax Credit, Disabled Persons Tax Credit, Housing Benefit or Council Tax Benefit. Please provide proof of benefit received. For those not on benefit, if three children from the same family attend the same course, the third attends free of charge. Proof of these concessions must be supplied with the application.

WEEKLY SPORTS C

First Steps to Athletics *

Get an idea of the skills and techniques involved in traditional track and field athletics in an indoor setting. Specially adapted equipment is used for the sportshall environment giving participants the chance to try sprinting, throwing, jumping and relays. *Please note black sole trainers are not allowed in the sports hall.*

SATURDAYS 12 September - 27 March
Excluding 26 September and school holidays.

After Easter 2010, sessions will take place outdoors at Rowley Park on a Friday evening.

VENUE Stafford Sports College,
Wolverhampton Road,
Stafford ST17 9DJ
TIME 10.30am - 12.30pm
AGE 8 - 12 years
PRICE £4.00 per session
Cheques payable to Stafford Borough Council

Progression to Athletics *

Enjoy exciting multi-event specialised coaching sessions. Develop your techniques and improve specific event fitness, with distance running, jumping, throwing and relay practice, encouraging progression to the local athletics clubs.

WEDNESDAYS 9 September - 31 March
Excluding school holidays.

VENUE Rowley Park Sports Stadium,
Averill Road, Stafford ST17 9XX
TIME 6.00pm - 7.30pm
AGE 13 - 15 years
PRICE £3.00 per session
Cheques payable to Stafford Borough Council

Basketball Coaching *

The Basketball Coaching Academy offers opportunities for a variety of ages and abilities. Learn key basketball skills from dribbling and shooting, to lay-ups and defence with course [A]. Progress to course [B] to hone your skills and help develop your match play potential.

MONDAYS 7 September - 29 March
Excluding school holidays and bank holidays.

VENUE Sir Graham Balfour High School
Sports Hall, North Avenue,
Stafford ST16 1NR

[A]
TIME 6.30pm - 7.30pm
AGE 10 - 12 years
PRICE £2.00 per session
Cheques payable to Stafford Borough Council

[B]
TIME 7.30pm - 9.00pm
AGE 13 - 16 years
PRICE £2.50 per session
Cheques payable to Stafford Borough Council



COURSES

SPORTS
DEVELOPMENT



Football Coaching *

Improve your football skills and techniques with the support of F.A. qualified coaches.

Please bring shin pads and clean footwear.

SATURDAYS 12 September and runs throughout the year until July 2010 excluding the following dates: 24 Oct, 19 Dec - 16 Jan, 3 and 10 April, 29 May, 24 July.

VENUE Alleyne's Sports Centre, Synthetic Pitch, Oulton Road, Stone ST15 8DR

TIME 9.00am - 10.30am

AGE 5 - 10 years

PRICE £4.00 per session

Cheques payable to Ian Cranson

Hockey Coaching *

Learn the fundamental hockey skills of dribbling, stopping, shooting, passing and team play. Girls and boys from beginners to advanced welcome, participants will be split into groups according to age/ability.

MONDAYS 21 September - 29 March Excluding school holidays and bank holidays.

VENUE Beaconside Sports Centre, Weston Road, Stafford ST18 0AD

TIME 6.00pm - 7.20pm

AGE 8 - 13 years

PRICE £2.00 per session

Cheques payable to Stafford Borough Council

Tennis Coaching *

Match play, ball skills and racquet techniques for all ages and abilities. Courses are run in blocks of six weeks - please contact the Sports Development Team to confirm start dates and availability.

TUESDAYS all year round

VENUE Stafford Sports College, Wolverhampton Road, Stafford ST17 9DJ

[A]

TIME 4.30pm - 5.30pm

AGE 8 - 10 years

PRICE £15.00 for 6 weeks

Cheques payable to Stafford School of Tennis

[B]

TIME 5.30pm - 6.30pm

AGE 11 - 13 years

PRICE £15.00 for 6 weeks

Cheques payable to Stafford School of Tennis

[C]

TIME 7.00pm - 8.00pm

AGE 14 - 16 years

PRICE £15.00 for 6 weeks

Cheques payable to Stafford School of Tennis

[D]

TIME 8.00pm - 9.00pm

AGE Adults [16+ years]

PRICE £20.00 for 6 weeks

Cheques payable to Stafford School of Tennis

*** Concession policy applies see application form for details**

MORE COURSES OVERLEAF...

STAFFORD LEISURE CENTRE

Lamascote Road, Stafford ST16 3TA
Telephone 01785 619 500
Email slc@staffordbc.gov.uk
www.staffordleisurecentre.co.uk

ALLEYNE'S SPORTS CENTRE

Oulton Road, Stone ST15 8DR
Tel 01785 815 715
Email alleynes@staffordbc.gov.uk
www.staffordbc.gov.uk/alleynes

**Session start times and duration vary
for different courses, for further
information please call 01785 619 500.**

Gymnastics Coaching

THURSDAYS... 4.00pm - 9.00pm [sessions]
FRIDAYS... 4.00pm - 9.00pm [sessions]
SATURDAYS... 9.00am - 3.00pm [sessions]
12 week courses. Ages 3+ years.

Fundamentals Gymnastics Coaching

FRIDAYS... 3.15pm - 3.45pm [sessions]
Ages 14 months to 3 years.

Trampoline Coaching

THURSDAYS... 4.15pm - 6.15pm [sessions]
FRIDAYS... 4.00pm - 8.00pm [sessions]
SATURDAYS... 9.00am - 12.00noon [sessions]
12 week courses. Ages 7+ years.

Swimming Lessons

Every day of the week, various times.
12 week courses. Ages 3+ to adult.

Swimming Teacher Certificate Units 1 and 2

ASA Aquatic Teaching Level 1

National Pool Lifeguard Qualification

Become a fully qualified lifeguard in just
seven days. Ages 16+ years.

**Session start times and duration vary
for different courses, for further
information please call 01785 815 715.**

Trampoline Coaching

SATURDAYS... 1.00pm - 4.00pm [sessions]
12 week courses. Ages 6+ years.

Swimming Lessons

Various days/times throughout the week. Ages
3.5 years to adult, plus adult and baby classes.

Swimming Lesson Scheme

ASA National Teaching Plan.
12 week course.

Swimming Teacher Certificate Units 1 and 2

ASA Aquatic Teaching Level 1.

Swimming Teacher Certificate Units 1 to 6

ASA Aquatic Teaching Level 2.

Speedo Aquatic Instructors Course

National Pool Lifeguard Qualification

Become a fully qualified lifeguard in just
seven days. Ages 16+ years.

FA Football Coaching

Contact Staffordshire FA for details
on 01785 256 994 or visit
www.staffordshirefa.com

Please wear appropriate sports clothing and bring drinking water.

*Courses may be changed or cancelled due to circumstances beyond our control.
All information correct at time of going to print.*

SPORTS DEVELOPMENT



The Sports Development Team at Stafford Borough Council aim to provide sporting opportunities and pathways for young people to participate and progress in their chosen sport.

- Coaching in schools
- Community coaching courses
 - Holiday sports courses
- Information on accessing local sports clubs
- Organising annual sporting competitions and festivals

The team also acts as a point of contact for anyone wanting support or advice on a variety of areas, such as club development, funding applications and coach development.

For further details or for information about activities not included in this brochure please contact the team on the details below.



SPORTS DEVELOPMENT TEAM

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www.staffordbc.gov.uk/sportsdevelopment