



# Derbyshire Sport Coaches' Conference 2013

Derbyshire Sport

**MADE IN  
DERBYSHIRE**

The second 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, sports scientists and world class athletes.

We are delighted to announce that three-time Commonwealth table tennis champion and two-time Olympian Matthew Syed, will provide the opening keynote address. Matthew is a highly acclaimed journalist, broadcaster and author and his book *"Bounce"*, has been described as *"a must-read for anyone interested in the science of success, and the mindset and culture that support it"*.



**Sunday 19 May**  
**The Johnson**  
**Building**  
**Derby College**  
**Pride Park**  
**9.30am - 4.45pm**

#### Workshops

- 1 Developing Core Strength
- 2 Nutrition Myth Busting
- 3 How can technology, digital marketing & social media help you be a better coach?
- 4 Strapping and taping techniques to prevent injuries
- 5 The right message the right way - *communicating effectively with athletes*
- 6 Get your athletes faster
- 7 Fuelling your athletes - *basic nutrition and practical advice*
- 8 What makes a winner - *working with personality*
- 9 Momentum in competition

#### Seminars

- 1 Understanding nutritional supplements
- 2 The best of the best - maintaining sport/life balance - elite athlete mentoring
- 3 Coping with injury
- 4 Maintaining your (the coaches) motivation
- 5 Injury prevention - protecting the shoulder joint

#### Sports Specific Masterclasses

To include swimming, badminton and golf.

There will be an exciting choice of **19 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 masterclasses.

These will be delivered in different formats with some in-depth workshops, shorter more specific workshops, tutor led seminars and question and answer sessions.

The final session will allow you to question a panel of Olympic athletes and top Derbyshire coaches.

### Cost for the Day

including lunch and refreshments

**£40** (Including VAT)

**for Coaches (living in Derbyshire)**

**£60** (including VAT)

**for non-Derbyshire Coaches**

To book your place at the conference, click here   
Booking closes on 6th May 2013



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