

Welcome to the sixth edition of Coaching News! I hope you found the last edition useful and informative.

Over the past 3 months, we at WASP have been continuing to support coaches in meeting the required Minimum Standards for Deployment on RightCoach in order to receive the Coach ID Badge. We have also been looking at ways to increase the number of coaches at Level 2 in sports where there is a real demand, whilst at the same time offering a number of benefits and opportunities for coaches. In our most recent round of bursary applications we were able to award 13 coaches from a wide variety of sports including Tennis, Triathlon, Judo, Swimming and Canoeing!

Please note the next bursary submission deadline date is **15th January 2012!**

Towards the end of the summer our county coaching plan was reviewed and assessed by Sport England & Sport Coach UK and I am very pleased to announce that they have agreed that we are progressively delivering and achieving the outcomes against the 8 coaching objectives!

Wiltshire & Swindon Activity & Sports Partnership now have a new website **www.wiltssport.org**, which was launched back in October. Our new website will provide you with all the latest news and information, including an area dedicated specifically to Coaching. Here you can find out how to get involved in Coaching and the qualifications and training you will be required to complete, Coach Education courses, Coach Bursaries, the Coaching System Support Network, Coach Development Days, Coaching in Schools, RightCoach and copies of all our Coaching Newsletters.

The website will also provide you with information on ClubMark, Sportivate, Sportmakers & what's happening in Wiltshire for 2012 in the run up to the Olympics. So please do visit us on www.wiltssport.org.

On behalf of the WASP team we would like to say a big thank you for the part you have played in making WASP a successful sporting county in 2011. We wish you a very Merry Christmas & a Happy New Year

Remember this is your newsletter, so if you do have any feedback, comments or any topics you would like to see covered please do let me know!

Dominique Oughton

Coaching Lead-WASP

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FIND MORE INFORMATION ON RIGHTCOACH AND WASP ON OUR WEBSITE, FACEBOOK AND TWITTER!

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Physical Literacy - what is it and why?

You may have seen in the news recently a discussion about introducing mandatory 'physical literacy' tests in school to identify weaknesses and future talents.

But what is physical literacy and why is it so important?

Physical Literacy, or Multi-skills, in its most basic form is the ability to perform fundamental physical movements in a controlled manner. The concept originates from the core principles of long term athlete development, with the emphasis on the acquisition of basic motor skills, fitness and spatial awareness. For young children, their early years are a crucial time to develop key movement skills which impact on their ability to learn technical skills, play any kind of sport, and help them to excel in sport later in life.

The ability to catch, throw, hit or kick a ball, run, jump and change direction at the drop of a hat are all core requirements for most sports. Multi-skills develop all of these skills and more, including hand-eye co-ordination, centre of gravity, twisting & turning and moving with something or someone. All of these fundamental skills rely on a combination of Agility, Balance and Co-ordination, termed 'the ABC's of movement'.

For athletes at all levels, having a strong core movement foundation is imperative for carrying out complex actions accurately and consistently. If a young person feels confident in their ability to perform even the very basic key requirements within a sport, they are more likely to engage in one or more sports, formally or informally, leading in turn to positive health and social benefits.

A multi-skills / Fundamentals workshop can teach you how to develop your own abilities and focus on developing the whole child rather than sport or situation specific skills. You will learn how to deliver a multi skills session which has impact, helping children to encounter a range of non-sport specific activities to improve their core movement skills in a challenging and fun environment.



The desired outcomes of a multi-skills / Fundamentals session are

- Student fun and participation
- Enhanced athleticism: development of ABC's of running, jumping & throwing
- Improved movement skills: ABC's of agility, balance & co-ordination
- Increase in speed, power and endurance
- Continued participation in sport and physical activity



Physical literacy is not just about developing skills for sports such as football, netball and tennis, all sports can benefit from many aspects of multi-skills development. On page 3 you will find a testimony from a Rowing coach about how attending the multi-skills course has benefited her.

In Wiltshire & Swindon, in line with opinions held by organisations such as SCUJ and the Youth Sports Trust, we believe it is crucial that all coaches have an understanding of the fundamentals of physical literacy, and have reinforced this by making it one of our Minimum Standards for Deployment for coaches delivering in schools. We ensure all workshops are delivered by leading professionals in the field, and feedback from those attending is consistently positive.

It is up to you to give each young person an excellent foundation in movement skills, and the opportunity to fulfil their potential.



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A British Rowing coach's perspective on Physical Literacy

Sarah Harris, a coach at British Rowing, attended one of our recent FUNdamentals courses, here are her thoughts.

What were your thoughts on the concept of Physical Literacy and the FUNdamentals course before attending in October?

I had not thought too much about it. We came on the course due to it being part of WASP's minimum standards for deployment of coaches.

What were your views on the course after you attended?

The course was well structured and the tutor gave a very practical session on the coaching processes. I found it easy to buy into because the focus was on what skills participants might need for life and not just for a particular sport.

What do you think you gained the most from completing the FUNdamentals course?

Rowing is a late development sport so participants do not start until they are in their teens and older. This means we do a lot of remedial work with participants who do not have the basic movement skills. The course gave me further information on the development of movement. It concentrated on how to develop the fundamentals at any age.

How is the content of a physical literacy course relevant and adaptable to your sport?

Balance, agility and coordination are important parts of rowing so many of the exercises could be adaptable. Participants in rowing often do cross training such as using rowing machines, strength endurance circuits and weight training, yet many coaches focus only on the rowing specific element of the sport. This course would help coaches understand how to make their athletes become more robust. The tutor had looked at the sports attending and tried to make parts of the course specific to each sport in attendance.

Have you put anything that you learnt from the course into practice? How?

I have looked at the sort of exercises participants do as part of their warm up and cool down. I am taking a fresh look at the circuit training to bring in exercises that address the weaknesses participants have individually rather than everyone doing to same circuit. Hopefully that will make for a better rowing experience on the water. I am looking at the water exercises we do and try to produce levels of attainment that both challenge and allow participants to progress at their own pace.

Do you think that the concept of developing physical literacy will become an integral part of your coaching from now on?

Yes!

Would you recommend the course to colleagues and friends?

Yes!

Image courtesy of www.cuwbc.org

Arthur Belbin, a kayak and canoeing coach from Frome Canoe Club, came along to FUNs too. Arthur told us that although he may need to adapt some of the activities to make them more applicable to his sport, he absolutely believed that Multi-Skills would become an integral part of his coaching from now on. He found the course content relevant and it reinforced a number of activities he already does in training. Arthur thinks that attending the course definitely helps you to appreciate what you don't already know about fundamentals of movement in your sport, and would recommend the course!

Frome Canoe Club meets weekly, and welcome new members. Visit www.frome-canoe-club.org.uk for more information.

Very good course, well worth doing!

Richard, Golf

A new way of looking at how I coach.

Leighton, American Football

DON'T JUST TAKE THEIR WORD FOR IT!

It's very important to produce sports people with fundamental movement awareness.

Doug, Cricket & Football

Informative & Inspiring.

Tom, Basketball

A fun, practical session with interesting underlying Philosophy.

Julia, Badminton

It taught me enjoyable activities to use in land training.

Alma, Swimming

I learnt to coach core balance & co-ordination better.

Tim, Angling



British Rowing is the governing body for the sport of indoor and outdoor rowing, and is responsible for training rowers as well as participation and development throughout England.

Rowing is a truly inclusive sport. It's fun, friendly and addictive, and it's never been easier to have a go yourself. Whether you want to get fit and healthy or just enjoy the fresh air and make new friends, why not look for a club and a learn-to-row course near you!

British Rowing's new product 'Explore Rowing' is designed to help beginners, and those already rowing, to find out how to get more involved and what the sport can offer. For more information on the scheme, visit www.exploreroxing.org

So far, 77 coaches have met all of the Minimum Standards of Deployment and have received their new ID cards!

Since the previous edition of Coaching News 5 was published, we have continued to update RightCoach profiles and meet with coaches in order to give all of those meeting the MSD the RightCoach ID cards.

The Minimum Standards for Deployment (MSD) are;

- **18+ years of age**
- **UKCC/NGB Level 2 qualified**
- **Enhanced CRB Certificate**
- **First Aid Certificate**
- **Safeguarding & Child Protection Certificate**
- **Insurance Certificate**
- **Multi-Skills/FUNDamentals Certificate**

The ID cards have been introduced for independent coaches who are being paid to deliver within schools, to ensure that school sports coaching is consistent and of a high standard.

Schools across Wiltshire and Swindon are supporting the MSD and the ID card, and have been receiving updated lists of coaches who meet the standards on a monthly basis. If you are not on the list, schools are unlikely to use your services, and if you are working in schools you will be expected to present your ID card upon arrival of every session.

38 coaches only have 1 or 2 standards missing, stopping them from obtaining the ID card. Are you one of these?

Please check your profiles on a regular basis, update your qualifications and provide us with evidence to verify your details!

You can meet some of the MSD requirements by attending courses from our Coach Education programme.

Details of these, and NGB courses, can be found on pages 7, 8 & 9.



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 **WASPSports and Rightcoach**

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The Impact of Sportivate in Year 1

We will shortly be into the second year of Sportivate, with a very successful Year 1 where 103 projects took place in a wide number of sports across the county including boxing, lacrosse, golf, hockey, table tennis and boccia.

If you are a level 2 qualified coach, working with an affiliated Clubmark sports club, and registered on RightCoach, you too can apply for funding to run a *Sportivate* project. This is a great opportunity to encourage more young people aged 14-25 years to become engaged in sporting activities in the run up to London 2012 Olympics. If you are interested in applying please contact Simon Woodhouse on wood_dog78@hotmail.com. Please note that the next deadline for Sportivate submissions is 16th January to run projects between April 2012-March 2013. (If you wish for some guidance & support with your Sportivate bid then please email it to Simon on the 2nd January)

Below is a case study on a successful Touch Rugby Project:

Over the past 6 weeks myself and a group of fierce, or maybe not too fierce, sixth formers from Hardenhuish and Sheldon have been down to the field to play Touch Rugby. The first time I walked out of the girls changing rooms and down on to the muddy pitch; where a group of intimidating looking rugby boys from my year stood, a little wave of fear spread over me. But with a lot of help and encouragement from the inspirational coach, Geraint Lewis, including: "That's not the try line Alice" and "Meg you're running the wrong way" we gradually began to improve. Geraint and Rob were brilliant coaches who not only made the sessions fun, but also encouraged all players regardless of their ability. Each week they came with different practices that made our understanding of the game of touch rugby much better.

Despite my initial doubts when walking over on my first Friday, touch rugby is such a great game and the group loved playing it. Because we enjoyed our sessions so much, we couldn't bear to give the game up so now, every Friday, we go down to Chippenham RFC to show the touch rugby players there exactly how to play the game sixth form style! Geraint has also promised he will be back in the summer to give us a few more sessions and to see just how much we have improved in our Friday sessions in the torrential rain on the Chippenham Rugby Club pitch.

Thanks Mr Lewis!

Ellen Gaunt, Hardenhuish School

I was delighted when my proposal to engage sixth form students in to one of the fastest growing recreational sports in the UK namely Touch Rugby, was successful. To ensure that the students received maximum exposure to the sport, the project coincided with the 2011 Rugby World Cup in New Zealand. The sessions were open to both boys and girls from years 12 and 13 of all ability and experience. The initial sessions concentrated primarily on the basics of Touch Rugby followed by fun invasion games focusing on catching and passing. Following 6 training sessions at the school, we then joined the Chippenham RFC Cheetahs Touch Rugby Club for their weekly Friday night social competition. The Cheetahs kindly invited the students for free to enter their weekly tournament and went they went out of their way to make us all feel welcome. It was a superb evening, with pupils that having never played Touch Rugby 6 weeks previously, not only having the confidence to mix with regular and unfamiliar players, but also holding their own on the pitch. I was absolutely thrilled to hear that a large majority of the students have continued attending the Friday night social sessions and some have even tried the Wednesday night competitive tournament.



Geraint Lewis – Up and Under Sports



Sportivate



Wiltshire & Swindon Sports Awards 2011

The second annual Wiltshire and Swindon Sports Awards ceremony, organised in partnership by Wiltshire Council, Wiltshire and Swindon Activity and Sports Partnership, Swindon Borough Council, and NHS Wiltshire, took place on 22nd September 2011, at Salisbury City Hall.

The awards recognise and honour the work and achievements of sports clubs, volunteers, coaches and schools across the whole of Wiltshire and Swindon.

The exciting evening saw over 170 people attend and was hosted by former England Rugby International Phil de Glanville, with inspirational speeches by 2004 Paralympic Champion Danny Crates, and performances by Trowbridge Rhythmic Gymnast Francesca Fox and Devizes Judoka Jemima Duxberry. 4 Coaching Awards were handed out during the evening, and below is some information on each of the winners.

Cliff Garland

Participation Coach of the Year

Since Cliff started coaching at Minety RFC Juniors the number of youth players has increased from 12 to over 250, the Youth and Junior squads have been awarded an RFU Seal of Approval, and he has recruited and mentored 30 coaches.



Deb Hows

High Performance Coach of the Year

Over the last 12 months, Deb has coached Laura Halford, the 2011 Junior British Champion, Stephanie Sherlock, Junior British Championship silver medallist, and 11 medal winners at the 2011 British Championships.



Lewis Bird

Inclusion Coach of the Year

Lewis currently coaches the Swindon Shock Wheelchair Basketball Club, Uplands Special Educational Needs School (SEN) Duke of Edinburgh Award sessions and the SEN Holiday Trampoline groups. A natural leader, his calm, thoughtful approach ensures that all participants have the opportunity to succeed.



Ollie Lennard

Young Coach of the Year

Ollie coaches up to 7 hours a week for Bemerton Heath Football Club in Salisbury, and also helps with running the club and grounds maintenance. As well as coaching and managing the U16 team, he recently formed and manages the new U8 team, which proved so popular that 2 teams had to be formed!



WASP Coach Education Programme 2011 – 2012

Please contact Cassie Reid on cassie@wiltssport.org for further information or to book a place.

Safeguarding & Child Protection 1:

Every child deserves to enjoy their sport. This workshop will raise your awareness of the telltale signs of abuse and poor practice, and give you the tools you need to deal with any issues sensitively, appropriately and effectively should the need ever arise in your coaching career.

This workshop is a Minimum Standard for Deployment requirement. These Minimum Standards are seen as the basic standard every coach needs to carry out their role safely and effectively. This is also a nationally recognised certificate. Cost £30

Date	Venue	Time
24 th January 2012	Five Rivers Leisure Centre, Salisbury	6.30 – 9.30pm
7 th February 2012	St John's School, Marlborough	6.30 – 9.30pm
29 th February 2012	Dorcan Recreation Complex, Swindon	6.30 – 9.30pm
20 th March 2012	The 8truim, Wiltshire Council, Trowbridge	6.30 – 9.30pm
24 th April 2012	Stanley Park Sports Ground, Chippenham	6:30 – 9:30pm
15 th May 2012	Stanley Park Sports Ground, Chippenham	6:30 – 9:30pm

Safeguarding & Child Protection 2: Reflecting on Practice

In this refresher session you will consolidate and update everything you learned in the first workshop. You'll have the opportunity to share best practice and learn from each other's experiences to help you create a positive, child-centred sporting environment. *(Only those that have attended 'Safeguarding & Child Protection 1' will be eligible to attend)* **Cost £30**

Date	Venue	Time
23 rd February 2012	St John's School, Marlborough	6.30 – 9.30pm
13 th March 2012	Five Rivers Leisure Centre, Salisbury	6.30 – 9.30pm
22 nd May 2012	Stanley Park Sports Ground, Chippenham	6:30 – 9:30pm

Emergency First Response (Primary Care)

This first aid course will cover specific sporting injuries related to the sport of the coaches on the course. The minimum age to attend this course is 16 years of age, and the qualification is valid for 2 years. The content will cover: The aims of first aid, becoming aware of an incident, action in an emergency, primary assessment, automated external defibrillator (AED), principles of resuscitation, and other sport related injuries. It will also cover sporting injuries related to specific sports where requested.

This workshop is a Minimum Standard for Deployment requirement. These Minimum Standards are seen as the basic standard every coach needs to carry out their role safely and effectively. This is also a nationally recognised certificate. Cost £30

Date	Venue	Time
18 th January 2012	Dorcan Recreation Complex, Swindon	6.00 – 10.00pm
6 th March 2012	The 8truim, Wiltshire Council, Trowbridge	6.00 – 10.00pm
15 th April 2012	Amesbury Sports Centre	10.00 – 2.30pm
10 th May 2012	St John's School, Marlborough	6:00 – 10:00pm

Equity in your Coaching

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. This workshop will show you the best ways to make this a reality. Your tutor will give you practical advice on how to adapt your existing skills to make your coaching sessions attractive to everyone. **Cost £30**

Date	Venue	Time
8 th February 2012	Dorcan Recreation Complex, Swindon	6.30 – 9.30pm
1 st May 2012	Five Rivers Leisure Centre, Salisbury	6.30 – 9.30pm

Inclusive Coaching: Disability

Improve your ability to coach sport for disabled people by becoming a more inclusive coach. Attend this workshop and gain the knowledge and skills that will enhance your current coaching skills so that your practice can be more inclusive. This workshop is both theory and practical based and will include hands on experience. Please bring a packed lunch with you. **Cost £40**

Date	Venue	Time
26 th February 2012	St John's School, Marlborough	10 – 3pm

A Club for All

This workshop identifies the benefits of opening up your club to include a wider membership base - meaning more coaches, players and officials. It **is a pre-requisite for achieving Clubmark status and accessing some lottery funding. Cost £30**

Date	Venue	Time
22 nd February 2012	Dorcan Recreation Complex, Swindon	6.30 – 9.30pm
27 th March 2012	Five Rivers Leisure Centre, Salisbury	6.30 – 9.30pm
17 th April	Stanley Park Sports Ground, Chippenham	6.30 – 9.30pm

2012 NGB courses

British Weightlifting Courses

For more information on all courses, please contact Felicity Ball on 01138 127098

Level 1 Assistant Club Coach Course

7th & 8th January 2012, Wasps RFC, Twyford Ave Sports Ground
14th & 15th January 2012, York Barbell, Daventry
£220 (BWL members) £250 (Non-members)

Fitness Level 1: Introduction to Resistance Training

14th & 15th January 2012, Perform Centre, Rossendale, Lancashire.
£175 (BWL members) £195 (Non-members)



South West Gymnastics Courses

General Gymnastics Level 1	Starts 18th Feb 2012	Olympiad L.C, Chippenham
Preschool Level 1	Starts 31st March 2012	City of Bristol GC
General Gymnastics Level 2	Starts 10th March 2012	Olympiad/Esprit, Swindon
Preschool Level 2	Starts 28th April 2012	Gemini GC, Somerset
Trampoline Level 1	Starts 21st January 2012	Bristol

Full details on www.southwestgym.org.uk and booking through www.british-gymnastics.org

Western Counties Amateur Boxing Association Courses

For more information on all courses, please contact Roger Eady on 07872 619426

New Assistant Coach Course

14th & 15th, 28th & 29th January 2012, Broadplain, Bristol.
£120 (includes cost of later A.B.A Coach Course)

A.B.A Coach Course

14th & 15th, 28th & 29th January 2012, Broadplain, Bristol.
(Cost covered during Assistant Coach Course—must have completed this before attending)

1st4Sport QCF Level 1 Award in Coaching Volleyball

Ernest Bevin College, Tooting, London. 11th & 12th February, and 17th March, 9am-5pm
£47.50. To book please visit <http://tinyurl.com/89j47a7>

1st4Sport Level 1 Award in Coaching Basketball

UWIC, Cardiff. 11th & 25th February 2012, 9am-6pm
£176. To book please contact UWIC on 02920 416777

Rebound Therapy

Learn to deliver therapeutic exercise and recreation with a trampoline for people with a wide range of Special Needs.

14th & 15th January 2012, Rowdeford School, Rowde.
£100. To book email admin@rowdeford.wilts.sch.uk or call 01380 850309



Check out www.rfu.com/TakingPart/Coach/FindACourse/Southern.aspx for Rugby Union courses



2012 NGB courses



EHA Level 1 Certificate in Coaching Handball
 Dame Elizabeth Cadbury Technology College, Bournville.
 12th February 2012, 9am-3pm
 £55. To book please contact charlotte.montebello@sportstructures.com

Wiltshire County Football Association Course Programme

For more information on all courses, please visit www.wiltshirefa.com, or contact Rod Carter on (01793)486047. To discuss **coaching courses**, please contact Adrian Riddiford on (01453) 872489.

Level 1 Club Coach	£175	27/01 & 12/02	Greendown School, Swindon
Youth Award Module 1 (McDonalds Sponsored**)	£FREE	02,03,09,10 & 11/02	tba 9AM-5PM DAILY
Level 1 Club Coach	£175	17/02 & 04/03	Devizes School, Devizes
Level 1 Club Coach	£175	24/02 & 11/03	Wyvern College, Salisbury
Level 3 Medical	£225	15/03 & 13/05	Greendown School, Swindon
Level 1 Club Coach	£175	23/03 & 14/04	Sheldon School, Chippenham

**By invitation only.



1st4Sport QCF Level 2 Certificate in Coaching Basketball

Dunraven School, London SW16 2QB. 11th & 12th February, 10th, 11th & 17th March 2012, 9am-5pm
 £82.50. To book please contact Becky.McGrath@sportsstructures.com

Wiltshire Cricket Coach Education Courses

For more information on all courses, please contact Ali Goddard on 07786 361222.

UKCC Level 1 Coach	07.01.12 14.01.12 15.01.12	Lavington School, Devizes.
UKCC Level 1 Coach	07.04.12 14.04.12 21.04.12	Dauntsey School, Devizes.



A Level 3 CYQ Teacher in Exercise Movement and Dance (EMD) qualification is a fantastic opportunity for individuals who wish to equip themselves with the knowledge and fundamentals to deliver EMD classes to adults.

For courses delivered by the Exercise, Movement & Dance Partnership, visit www.emdp.org/courses or call 01403 266000

ABUSE IN SPORT

Steve Boocock, WASPs Chief Executive Officer, has many years valuable experience not only working within sport, but also with Child Protection and Safeguarding. Below, Steve reports on findings from a major UK study into abuse in sport.

In 2001 I was responsible for establishing the NSPCC Child Protection in Sport Unit, and in October I was invited to attend the 10 year celebration event. The event highlighted the significant progress that has been made by sports organisations in the UK in the last decade and how British sport has become the world's leading authority on this issue. When the CPSU was established there little research available about the extent and nature of abuse in sport and what was available came from outside of the UK. Therefore one of the highlights for me from the conference was the launch of the first major study of the extent and nature of abuse in sport in the UK.

Undertaken by the University of Edinburgh and NSPCC Centre of UK-wide Learning in Child Protection the three year study of young adult childhood experiences of harm in sport has some key findings for coaches and others working in sport. In the study 6000 students completed an on line survey and 89 participated in telephone interviews. The study found;

- 75% of respondents reported emotional harm
- 29% reported sexual harassment
- 24% reported physical harm
- 10% reported self harm
- 3% reported sexual harm

The research offers new insights into the experiences of child athletes participating at all levels of competition in a wide range of sports.

Overall, participating in organised sport is a positive experience for most children and young people.

While experience of harm occurs at every level of sport, there is a tendency for it to increase with level of participation. Very serious harm of young people in organised sport is an issue but it was not reported in large numbers by young people in the study.

However, young people in the survey did report wide-spread, emotionally harmful treatment. Three quarters of all young people responding to the survey had experienced this in some form, including being criticised about performance in ways that could be disproportionate or unhelpful, being embarrassed humiliated, teased or bullied.

There were unacceptable levels of sexual harassment of young people in sport (29% of all respondents). This was mainly an issue for girls (34%). However, it was also relatively common for boys (17%). For girls this tended to begin around puberty at a time when they were becoming more self-conscious about looks and appearance. This could be exacerbated by wearing revealing sports clothing.

Sexualised bullying was a relatively common occurrence in some sports, notably rugby, football and to some extent swimming. This may be a particular problem for young people who were gay.

Physical harm of young people in sport was common: 26% of young men and 23% of young women reported this. There were examples of young people training or being forced to train through injury and exhaustion, sometimes to the point of being sick and passing out. Sometimes coaches were unaware of the effect of overtraining, with young athletes unable to speak up. Sometimes coaches did it deliberately as a way of 'toughening them up'.



Occasionally physical harm was inflicted punitively as a result of poor performance. In performance sports such as gymnastics and dance, as well as the technical challenges, there was a strong emphasis on appearance and being the perfect weight. There were graphic accounts of young women struggling to reach and maintain the perfect weight. Sometimes this had a negative impact on self image, on occasion resulting in eating disorders.

10% of young people responding to the survey reported self-harm. Some young people self-harmed outside sport but issues particular to sport, such as the rigours of competing and the sporting ethos could exacerbate this. For some young people, self harming behaviour was directly attributed to participation in sport.

There was widespread acceptance of all forms of harm as normal and 'just what happens in sport'. Behaviours which would have been intolerable in other settings such as adult work places or school were often accepted as normal and condoned in sport.

Peers were the most common perpetrators of all forms of harm reported in the research. Coaches were the second most common perpetrators of all forms of harm. Their role in harm increased as young athletes advanced through the competitive ranks, and in the case of physical harm, they overtook peers as the main perpetrators at elite levels.

Coaches' involvement in harm could be direct, or indirect by condoning it or not dealing with it effectively. Young people reported that they often felt that coaches were not effectively handling cases of peer to peer harm.

The research raises important issues about the relationship between sport, and body image, diet, cultures of excellence and a sporting ethic which accepts as normal a culture of bullying, humiliating treatment, sexualised behaviour and of training and competing through exhaustion and injury.

For a full copy of the research visit; www.nspcc.org.uk/Inform/research/findings/experiences_children_sport_wda85008.html



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Need a coach?

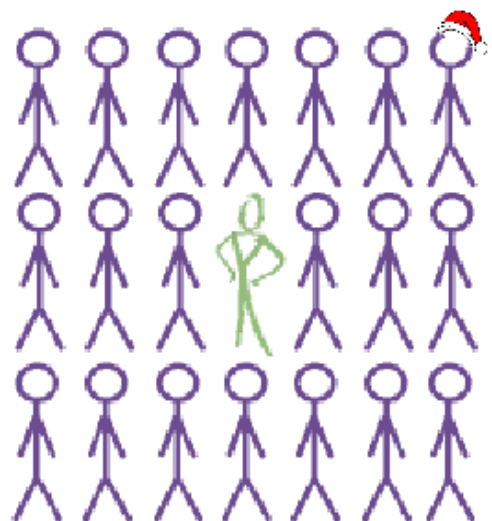
We have the quick and easy solution!

Right Coach

Right Coach is the official online coach database for Wiltshire & Swindon

There are **620** people using RightCoach delivering over **60** different sports & activities, so contact us now and we can help find the **'right coach'** for you!

Visit
www.rightcoach.org.uk
for more information



SCUK news



Become a SCUK full member and benefit from carefully developed insurance cover. Coach in more than one sport? No problem – that's covered too, at no extra cost! (T&C apply) Other benefits include receiving a regular SCUK e-newsletter, exclusive access to the SCUK resource bank and a quarterly subscription to the UK's leading coaching magazine, *Coaching Edge*. Membership costs just over £7 per month.

Visit:

www.sportscoachuk.org/coaches/membership

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<http://www.contrastpartnership.co.uk>

HMRC Coach and Private Tutor Campaign

Coaches and private tutors have until **6 January 2012** to register for the 'Tax Catch-up Plan' as part of the HMRC's latest campaign to encourage disclosure of undeclared tax liabilities.

Coaches and tutors who register for the plan will have until 31 March 2012 to let HMRC know about any tax owed for the years up to 5 April 2010, and pay the outstanding amount.

By doing this the terms of payment will be more favourable compared to waiting for the HMRC to come to you, with reports suggesting that the penalty for those who register will be set at no more than 20 per cent.

More information available at <http://www.hmrc.gov.uk/ris/tcup/index.htm>

Sports Coaching Conference

Bookings are now being taken for the Sports Coaching Conference which takes place 16 April, 2012 at Leeds Trinity University. This unique and highly focused CPD conference provides an opportunity to learn how to develop mental toughness in sports people. The programme includes case studies and leading edge ideas from practitioners as well as academics.

Delegate Fee: £120 + vat

Early bird booking fee **£90 + vat** if booked before 31st January 2012. ***See page 1 for WASP's offer to attend this event***

For further information or to book your place please contact **Monika 01244572059** or email monika@aqr.co.uk.

CASE STUDY: SCUK & ECB develop accessible learning resources for visually impaired people

SCUK and staff from the ECB have been working in partnership to redevelop resources to make them more accessible for visually impaired cricket coaches. They worked for 4 months editing UKCC Level 1 & 2 Pre-Course and On-Course documents, producing audio versions and changing formatting to enable use with specialist PC software. Tutors were also trained in how to use the different formats.

"What is the impact of these products being available?"

These resources can be used to make the courses more accessible, and will provide the opportunity for more visually impaired cricketers to become qualified coaches. This in turn can lead to them being role models for other visually impaired cricketers and lead greater participation with a more varied audience.

For more information please visit:

www.sportscoachuk.org/resource/creating-accessible-learning-resources-visually-impaired-people

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VISIT www.facebook.com/WASPRightCoach

LOCAL & NATIONAL NEWS

In May next year the Olympic Torch will travel through Wiltshire on its way to London. Towns that will be visited include **Trowbridge, Bradford on Avon, Chippenham, Calne, Marlborough, Wroughton, Royal Wootton Bassett, Swindon, Amesbury, Salisbury and Tidworth.** Keep your eye on the WASP and Wiltshire Council websites for Torch Relay events in your area.

The Wiltshire & Swindon School Sports Partnership are looking for three young sport enthusiasts to join their team and support the upcoming 2012 Wiltshire & Swindon School Games!

A voluntary 3.5 hrs/week role, this will provide excellent experience for someone wanting to work in this field. Main duties will include competition delivery, promoting the Olympic & Paralympic values to schools, website development, administration and event reports. Training provided will include First Aid, Safeguarding, Enhanced CRB, UKCC L1 or 2 qualification, FUNdamentals qualification, and more.

For more information on the roles and who to contact visit www.wiltssport.org and click 'School Sports Apprentices'

The organisers of the London Olympics have revealed the first photos of the uniforms that will be worn by over 80,000 Games Maker volunteers, staff and officials.



Inspired by the iconic Grenadier Guards uniform, attributes include lining and embroidery featuring iconic buildings and skylines, and buttons engraved with images of Big Ben and the Houses of Parliament.

Uniforms include a jacket, polo shirt, trousers, trainers, socks, cap, bag, umbrella and water bottle, among other things.

Designed by Locog with Adidas, the uniforms have been made using sustainable or recycled materials.

Students from across the UK who took part in the London 2012 mascot design competition have seen their designs come to life as official pin badges. A winner from each region had designed a version of the official mascot to represent their area. Badges can be bought in store or online at www.johnlewis.com



Swindon Borough Council and the Lavington Track & Field Coaching Trust have organised an indoor Athletics morning for young people (age 12+) with learning disabilities and Down Syndrome.

When? Sunday 29th January 9.30am-1.30pm

Where? The Link Centre, Whitehall Way, Swindon

£2 per person entry fee

Please contact Deborah Bray (07752 255607) or Ben Humphrey (01793 465404) for more information.

Also required: Volunteers to help run the event! Please contact Deborah if you can lend a hand for a few hours.

As part of the County Sports Partnership Network, WASP are undertaking a survey to gain an understanding of the views and opinions of WASP by their partners. If you have something to say and would like to give us some feedback, visit <http://wiltssport.org> and click the link on the homepage.

Sported has come to Wiltshire

Sported is a charity set up to support non-statutory organisations that use sport as a tool to engage with disadvantaged young people, and uses that sporting opportunity to support them whether that be through education, social interaction, youth work support or training. We offer our membership for **free** to groups that use sport, or would like to use sport but are unsure how to get started, to target 11-25yrs olds, who would be classed as deprived, disadvantaged or disengaged.

Sported has a number of support packages for its members including a small and large grants programme, mentor support for income / expenditure and project planning, and an expert support process where members can ask questions about their projects and get expert advice.

If you feel you fit the membership criteria at your organisation please join us at <https://www.sported.org.uk/join-us/members/application-form>



FIND MORE INFORMATION ON RIGHTCOACH AND WASP ON OUR WEBSITE, FACEBOOK AND TWITTER!

www.wiltssport.org

WASPSports and Rightcoach

@Wiltssport

We are very pleased to welcome to the team, our new Senior Sports Consultant, Ben Maxfield. Ben has many years experience working within the sports industry and is proving to already be an excellent addition to the team.

Ben's role will focus primarily on the organisation and implementation of the Sport Makers programme in Wiltshire and Swindon. Ben will also be working with the team to support NGBs and assisting with coach recruitment and the coaching pathway.

Ben can be contacted via email on ben@wiltssport.org



Sport Makers is coming to Wiltshire & Swindon!



The Sport Makers programme, funded by the National Lottery and Sport England, will recruit tens of thousands of new sports volunteers aged 16 years and over to organise and get involved in community sporting activities across the country.

The programme forms part of the 'People' strand of the 'Places People Play' Mass Participation Legacy from Sport England.

Every Sport Maker will attend a free, inspiring workshop, and then be supported by the CSP to find local volunteering opportunities.

Clubs & Organisations-upload your volunteering opportunities in 3 quick and easy steps! You only need to register once, and can add as many opportunities as you like! Examples can include helping with coaching sessions, marketing, facility maintenance, fundraising, event organising/running, and much more!



Go to www.sportmakers.co.uk and scroll down to here on the left hand side. Click the link!

Register as a provider by selecting your county or entering your postcode and clicking continue!

Add opportunities with as much detail as possible!



Sport Makers in Wiltshire will start being deployed from **January 2012** onwards, so post your opportunities now!