

Hertfordshire ASA

Development Weekend 2017

18th February- 19th February



Hertfordshire Sports Village, Hatfield, AL10 9EU

Organised by the Hertfordshire County Association, this annual event features top speakers from the ASA England Programmes Team, and specialists around the country and region, who will lead on the insightful, innovative and educational workshops within the programme. All workshops are FREE to attend. The weekend's programme is as follows;

Saturday 18th February

SCUK Safeguarding & Protecting Children Workshop- 9.30am- 12.30pm

Essential every three years for all coaches, teachers, Team Managers and workforce regularly in contact with children and young people.

NSPCC Time to Listen Course- 1pm- 4.15pm

Essential all Welfare Officers to attend every three years. It is recommended that a club also sends a committee member to attend this course in the case that the Welfare Officer is unavailable in the event of an incident.

ASA Learn to Swim Framework Workshop 10am- 1pm

The ASA Learn to Swim Pathway offers progression for every type of swimmer, including those who are unable to swim at all, to those who are more advanced and ready for competitive swimming. This workshop delves into detail around the four frameworks within the Learn to Swim Pathway, badges and certificates on offer and an overview of the resources and training available.

Judge 1 Part 1- 10.30am- 12.30pm

This workshop will include a formal introduction of becoming a Timekeeper, Chief Timekeeper or Inspector of Turns. Aged 15 or over.

Judge 1 Part 2- 1pm- 3pm

Aimed at those officials who have completed Judge 1 part 1 and completed some hours on poolside, being mentored and working at galas.

Promoters Workshop- 9.30am- 11am

This workshop will provide an insight into organising and running meets, and will include the dos and don'ts of writing a set of conditions. This will be delivered by the Regional Licensing Officer.

UKAD Understanding Drugs in Sport, 100% ME- 1.30pm- 3.30pm

Run by UK Anti-Doping, this workshop informs and educates about anti-doping rules and their responsibilities throughout their sporting career. It aims to ensure that talented sports people understand and champion the values of clean sport. This workshop is open to parents, athletes, team managers, and coaches to inform, educate and share examples of the do's and don'ts with drugs in sport. Did you know that 'off the shelf' nutrition bars or energy drinks may contain banned substances? Do you know where to check? Do you know the process for medicine taking during training?

ASA England Programmes, Parents Guide to Swimming- 9.30am- 11.30am

This workshop will be led by the Head of ASA England Programmes, Grant Robins and will be aimed at parents of swimmers from all levels, specifically those aiming for county times and higher. Coaches and other club workforce are also welcome. Grant will speak about the athlete development, what to expect at the different stages, the pathway and how parents can best support their child.

ASA Para Swimming Guide for Coaches- 3.30pm- 5pm

This workshop will be led by the ASA Para Swimming Pathway Officer and will cover the following information; what is Para-Swimming; An overview of Para-Swimming resources and the support available to teachers and coaches; The talent pathway – what support is available for athletes and what is expected of them; and Early practices through to Elite performers.

Para Swimming Regional Squad Training Observation Opportunity- 5pm- 7pm

This session will comprise of a briefing for coaches, and the training session in the pool, to which coaches can observe and ask questions if needed. It is a great opportunity for coaches to come along and learn new ideas and see what happens at Regional training for the Para Swimmers.

Sunday 19th February

Guide to swim21 workshop- 11am- 12.30pm

Whether your club is considering gaining swim21, or already has the quality standards mark, this workshop will provide detail on how the process of accreditation works, what it entails, and insight into the benefits available to you afterwards. It will be delivered by the East Region Development Manager, Leanne Brace.

Introduction to Refereeing- 9.30am- 11.30pm

This workshop is aimed at Starters and is a useful opportunity to refresh yourself on the role and to ask any questions you may have. This will be led by Sheila Mackenzie.

Introduction to Refereeing- 12noon- 2pm

This workshop is a useful opportunity to refresh yourself on the role and to ask any questions you may have. This will be led by Sheila Mackenzie.

Judge 2 Part 1- 10.30am- 12.30pm

This workshop covers all aspects of judging and the theoretical role and duties of a Starter. Requirements- Aged 16 or over and completed Judge 1.

Judge 2 Part 2- 1pm- 3pm

Aimed at those officials who have completed Judge 2 part 1 and completed some hours on poolside, being mentored and working at galas.

Helpers course (13-16 year olds) - 1pm- 7pm

This workshop has been designed for young people between 13 and 16 years of age, who wish to actively assist on poolside in any aquatic environment. The workshop consists of 3 hours of theory and 3 hours practical work.
Booking via IOS online is ESSENTIAL for this course. See below.

To book a place the above workshops please see booking details below;

The following workshops/ courses can be booked using this link [HERE](#);

SCUK Safeguarding

NSPCC Time to Listen

ASA Learn to Swim Framework

Promoters Workshop

Understanding Drugs in Sport: 100%ME

ASA England Programmes- A Parent's Guide to Swimming

ASA Para Swimming Guide for Coaches

Para Swimming Regional Squad Observation

Guide to swim21 Workshop

Introduction to Refereeing

Introduction to Refereeing

The following Workshops need to be booked using the same online form as above, with an **additional** form completed as per below;

Helpers Course- [HERE](#)

Judge 1 Part 1

Judge 1 Part 2

Judge 2 Part 1

Judge 2 Part 2