



### How to Coach Disabled People in Sport

#### Cost £10

This workshop aims to answer all the commonly asked questions about disabled participants in sport and how to set up coaching sessions to their needs. It gives advice on how to plan a session or make minor adjustments to the way you work, to make coaching more effective.

This workshop will help you, the coach to:

- Determine how to include disabled people in sport
- Select appropriate coaching activities
- Create effective coaching environments

Venue	Date	Time	Contact Person
Eden (Penrith Leisure Centre)	Tues 16th Mar 2010	6.30pm - 9.30pm	Jackie Hayhow T: 01228 266885
Allerdale (Allerdale House)	Mon 13th Sept 2010	6.00pm 9.00pm	Jackie Hayhow T: 01228 226685
Barrow (Furness College)	Tues 7th Dec 2010	5.30pm - 8.300pm	Stuart Meredith T: 01229 844766



*Upskilling the Sports Workforce in Cumbria*

