



# Beginning Coaching General Principles Bundaberg PCYC

**Date:** Sunday 10 October 2010

**Time:** 9am – 5pm

**Venue:** PCYC BUNDABERG

This workshop is part of a series of Queensland Government initiatives to discuss current issues facing the sport and recreation industry. This workshop is a great learning opportunity for coaches, administrators, instructors and volunteers operating at the grassroots level.

Presented by Complete Performance Solutions		
Topics Covered	<ul style="list-style-type: none"><li>• The role of the coach</li><li>• How to plan coaching sessions for beginner level athletes</li><li>• Understanding the basic principles of training</li><li>• Understanding the legal responsibilities of being a coach</li></ul>	<ul style="list-style-type: none"><li>• Risk management planning and principles</li><li>• How to support athlete development</li><li>• Nutrition and hydration for athletes</li></ul>

Participants will attain a Beginning Coaching General Principles Certificate

**Join us to help make our community more active!**

RSVP - before Monday 4<sup>th</sup> October 2010

Department of Communities, Sport and Recreation Services Ph (07) 41519561

or email [debbie.pedersen@communities.qld.gov.au](mailto:debbie.pedersen@communities.qld.gov.au) to register your place.

**There is no charge to attend this workshop** - Morning tea and lunch will be provided



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