Sport and Recreation ACT along with the Australian Sports Commission will be running a number of workshops for community level coaches and officials. Our aim is to provide generic education, professional development and networking opportunities in the ACT at no cost to the participant or the club.

The workshops will be held monthly between March and September 2006. A different topic will be explored each month and will be delivered by a number of high profile guest speakers. The topics will include:

- **“Y” Generation** Come and learn about the children of today, their needs, wants and how to keep them motivated and excited.

- **Becoming a top Coach/Official** Listen to a high profile coach speak about the transition between community and elite coaching.

- **Stretching and injury prevention** Appreciate the benefits of different stretching and injury techniques.

- **Managing Parents** Hassled by parents? Learn how to manage parents effectively and view them as an asset to your program.

- **Warm up and training games** Come and be taught about different types of warm ups and games to be used at training sessions.

- **Review program and plan for 2007** An opportunity to gain tips on reviewing and planning effectively for seasons ahead.

**When, Where & What?**

**Dates:**
- Tuesday 11th April 2006
- Thursday 11th May 2006
- Tuesday 13th June 2006
- Thursday 6th July 2006
- Tuesday 8th August 2006
- Thursday 14th September 2006

**Venue:**
Australian Institute of Sport, Bruce ACT

**Times:**
All Sessions will run from 6:30pm – 8:30pm

**Cost:**
FREE

**How do I register?**

***Please make sure that all registrations are completed no less than 2 weeks prior to workshop***

✔ Complete the attached registration form and:

Mail to
Coaching & Officiating Workshops Registration SRACT.
PO Box 147, Civic Square ACT 2608

OR;

Email
Grant.Vosey@act.gov.au or Ashley.Synnott@act.gov.au

For further information please contact
Grant on 02 6207 2073, or Ash on 02 6205 4701
Coaching and Officiating workshops Calendar for 2006

Please place a tick √ under the registration column if you are interested in attending the workshop/s listed.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Subject</th>
<th>Presenter/s</th>
<th>Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 April</td>
<td>6.30pm – 8.30pm</td>
<td>AIS Bruce, ACT</td>
<td>&quot;Y&quot; Generation</td>
<td>Mark McCrindle</td>
<td></td>
</tr>
<tr>
<td>11 May</td>
<td>6.30pm – 8.30pm</td>
<td>AIS Bruce, ACT</td>
<td>Becoming a top coach/official</td>
<td>Carrie Graf</td>
<td></td>
</tr>
<tr>
<td>13 June</td>
<td>6.30pm – 8.30pm</td>
<td>AIS Bruce, ACT</td>
<td>Stretching and injury prevention</td>
<td>TBA</td>
<td></td>
</tr>
<tr>
<td>6 July</td>
<td>6.30pm – 8.30pm</td>
<td>AIS Bruce, ACT</td>
<td>Managing Parents</td>
<td>TBA</td>
<td></td>
</tr>
<tr>
<td>8 August</td>
<td>6.30pm – 8.30pm</td>
<td>AIS Bruce, ACT</td>
<td>Warm up and Training games</td>
<td>TBA</td>
<td></td>
</tr>
<tr>
<td>14 Sept</td>
<td>6.30pm – 8.30pm</td>
<td>AIS Bruce, ACT</td>
<td>Review program and plan for 2007</td>
<td>TBA</td>
<td></td>
</tr>
</tbody>
</table>

For further information please contact
Grant on 02 6207 2073, or Ash on 02 6205 4701

Return form to: Coaching & Officiating Workshops Registration SRACT
PO Box 147
Civic Square ACT 2608