












Course Title	Date and Time	Booking Details	Venue	Cost	Description
<b>First Aid</b> 	02/02/10 6-10pm	Neil Gulliver 01904 553432 neil.gulliver@york.gov.uk	York St John Lord Mayors Walk York	Full Price- £20 Students- £15 AVCA/ YSCA/ Club Mark Club Member- £10	<b>Course content :</b> Insight into Health and Safety (First Aid) Regulations Managing an incident Priorities of First Aid Resuscitation Blood loss Treatment of an unconscious casualty and shock General discussion on common sporting injuries
	25/02/10 6-10pm		YO31 7EX Global Centre Formerly Manor School Boroughbridge Rd		
	11/03/10 6-10pm				
<b>Legal Issues for New organisations</b> 	23/02/10 6-8.30pm	01904 621133 yorkcvs@yorkcvs.org.uk	Priory St Centre York	Variable	This course will introduce the basic legal issues which new organisations in the voluntary and community sector need to be aware of, including: What sort of organisation are you? Legal forms and governing documents; How do you go about registering a charity? How do you make sure that your planned activities are safe and legal – including an introduction to health and safety, insurance, equalities law, and child protection/protection of vulnerable adults.
<b>Legal Issues for New organisations</b> 	23/02/10 6-8.30pm	01904 621133 yorkcvs@yorkcvs.org.uk	Priory St Centre York	Variable	This course will introduce the basic legal issues which new organisations in the voluntary and community sector need to be aware of, including: What sort of organisation are you? Legal forms and governing documents; How do you go about registering a charity? How do you make sure that your planned activities are safe and legal – including an introduction to health and safety, insurance, equalities law, and child protection/protection of vulnerable adults.
<b>Managing Your Finances and Understanding Accounts</b> 	25/02/10 10am-12.30pm	01904 621133 yorkcvs@yorkcvs.org.uk	Priory St Centre York	Variable	The course will look at some of the basic financial systems and controls every organisation should have in place, look at a selection of simple finance reports to help you manage your finances, and guide you through some of the day-to-day accounting 'terminology' use.

<b>Volunteering Policies and Procedures</b> 	26/02/10 10am-3pm	01904 621133 yorkcvs@yorkcvs.org.uk	Priory St Centre York	Variable	The course looks at the development & evaluation of volunteering strategies & policies. Looking at: How volunteering can contribute to your organisation's strategies; The policies that need to be in place; The organisational structures and systems to support volunteers; Developing plans that meet your organisational goals; How to evaluate volunteers' contributions to your organisational goals.
<b>Writing a Business Plan</b> 		01904 621133 <a href="mailto:yorkcvs@yorkcvs.org.uk">yorkcvs@yorkcvs.org.uk</a>	Priory St Centre York	Variable	What is a Business Plan, what should go in it, and do you really need one? This session will explore how a business plan can help with the smooth running of your organisation, and how to prepare one. It builds on knowledge gained in the 'Funding Training Programme' courses, but is also suitable for those new to this programme.
<b>Legal Issues for the Voluntary Sector- Established Organisations</b> 		01904 621133 yorkcvs@yorkcvs.org.uk	Priory St Centre York	Variable	This course is aimed at people working or volunteering within an established organisation, and covers the legal issues that you need to be aware of in helping to run your organisation. It will be particularly relevant to those new to the sector, or taking on a trustee or management role for the first time, within an established organisation.
<b>Understanding Sport Specific Strength and Conditioning</b> 	22/04/10 6.30-9pm	Neil Gulliver 01904 553432 <a href="mailto:neil.gulliver@york.gov.uk">neil.gulliver@york.gov.uk</a>	York St John Lord Mayors Walk York YO31 7EX	Full Price- £20 AVCA/ YSCA/ Club Mark Club Member- £10	This workshop will focus on the key aspects of physical preparation for sports performance. Drawing upon physiological and biomechanical models, coaches will gain an understanding of how to apply scientific principles of fitness training to their sessions and give their athletes the basis for improved performance, injury prevention and motivation.
<b>Understanding Sport Specific Strength and Conditioning</b> 	22/04/10 6.30-9pm	Neil Gulliver 01904 553432 <a href="mailto:neil.gulliver@york.gov.uk">neil.gulliver@york.gov.uk</a>	York St John Lord Mayors Walk York YO31 7EX	Full Price- £20 AVCA/ YSCA/ Club Mark Club Member- £10	This workshop will focus on the key aspects of physical preparation for sports performance. Drawing upon physiological and biomechanical models, coaches will gain an understanding of how to apply scientific principles of fitness training to their sessions and give their athletes the basis for improved performance, injury prevention and motivation.

<p><b>Nutrition for sports performance</b></p> 	<p>06/05/10 6.30-9pm</p>	<p>Neil Gulliver 01904 553432 neil.gulliver@york.gov.uk</p>	<p>York St John Lord Mayors Walk York YO31 7EX</p>	<p>Full Price- £20 AVCA/ YSCA/ Club Mark Club Member- £10</p>	<p>This workshop is intended to give coaches a basic understanding of the components which make a healthy diet and the impact nutritional factors can have on sports participation. Focusing on the macronutrients, this workshop will explore how these components can affect performance during, and recovery from, training and competition.</p>
<p><b>Mental preparation for sport performance</b></p> 	<p>20/05/10 6.30-9pm</p>	<p>Neil Gulliver 01904 553432 neil.gulliver@york.gov.uk</p>	<p>York St John Lord Mayors Walk York YO31 7EX</p>	<p>Full Price- £20 AVCA/ YSCA/ Club Mark Club Member- £10</p>	<p>This workshop will discuss the other half of successful sports participation through a focus on the psychological techniques and skills used by top performers. Coaches will gain an understanding of confidence and motivation to help athletes deal with anxiety and negative emotions which can undermine both training and performance.</p>
<p><b>The Courageous Athlete</b></p> 	<p>27/05/10 6.30-9pm</p>	<p>Neil Gulliver 01904 553432 neil.gulliver@york.gov.uk</p>	<p>York St John Lord Mayors Walk York YO31 7EX</p>	<p>Full Price- £20 AVCA/ YSCA/ Club Mark Club Member- £10</p>	<p>Drawing on the profiles of elite performers this workshop will discuss how top athletes demonstrate and use a unique mindset. Rather than viewing the athlete as a set of discrete physical and psychological skills this session will explore how coaches can develop an environment which allows for greater motivation, enjoyment and ultimately performance.</p>