



## Coaches – why attend the 2019 National Conference?

**Author:** Paul Stimpson

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There's just one week left to book your place on the 2019 National Conference – and if you book your place by 5pm today, you could win a £100 Tees Sport voucher!

On March 30-31, the table tennis community will come together to talk all things table tennis. The two-day get-together features a packed programme – including workshops and talks tailored to coaches!

As well as the chance to network with fellow coaches and meet Table Tennis England staff, you'll also be able to hear expert advice and guidance from guest speakers from organisations including Sport England Club Matters and the English Institute of Sport.

There's four coaching specific workshops that you can attend, including three CPDs:

**Workshop one: Opportunities for Coaching & Officiating**

**Speakers:** Aled Howell (Coach Education Manager), Sally Shutt (Coach Education Officer), Charlie Childs (Generation 2 Lead Coach).

An update from Coaching Department about current courses, the coaching pathway, and officiating including:

- The rationale behind the recently launched level 1 Session Coach Award
- Plans to change the current Level 2 Lead Coach Award
- An update on the current Level 3 Head Coach Award and Level 4 High Performing Coach Award.
- Information on the new TT Kidz Activator Award & the proposed new Teachers Award.

The update will be followed by an open question and answer forum on the current CPD offer with regard to requested content from clubs and coaches. This will help inform our future planning to offer CPD modules to include online content as well as workshops.

Charlie Childs will be providing an update of a new website we are launching to provide coaches with additional support for their coaching.

#### < class="collapseomatic " id="id6981e24eb6497" tabindex="0" title="Workshop two: CPD Coaching Fundamental Movement Skills linked with TT Kidz" >Workshop two: CPD Coaching Fundamental Movement Skills linked with TT Kidz

**Speaker:** Ben Young

Fundamental movement patterns are integral to the development of athletic qualities that underpin all sports. Being able to move effectively and efficiently not only reduces the risk of injury, but provides a foundation from which technical and tactical proficiency can be achieved. The aim of the session is to practically and theoretically demonstrate how fundamental movement patterns link with key technical table tennis specific skills, and in doing so, how they will form a foundation for further athletic development and performance enhancement.

**About the Speaker:** Ben Young is a certified strength and conditioning coach (ASCC) with the UKSCA. He currently works with the English Institute of Sport in Bath, providing S&C support to GB Pentathlon, Swimming and Skeleton. He currently leads the physical development for the Severn Stars Super League netball pathway squads and oversees the athletic development of a U19 squash academy, having previously lead the physical conditioning for a U14 tennis academy.

#### < class="collapseomatic " id="id6981e24eb64d9" tabindex="0" title="Workshop three: CPD Delivering Engaging Sessions" >Workshop three: CPD Delivering Engaging Sessions

**Speakers:** Sally Shutt (Coach Education Officer), and Mark Dare (Head Coach at Wensum TTC)

In a world where we are competing with a host of different sports and activities it is more crucial than ever that we get our offer right! This workshop will consider the Sport England 'C System' and look at how good coaching inspires people to get active and stay active. In short good coaching has benefits for both the people who participate and the people who coach.

In the light of Table Tennis England's new TT Kidz programme, which is designed to attract and retain more young people in to the sport, we look at how the correct offer in our clubs will ensure these people continue to enjoy their development in Table tennis.

**About the Speakers:** Sally is a UKCC Level 4 Coach, Table Tennis England Tutor/Assessor and has been heavily involved in the inception of the TT Kidz programme and has a passion for developing youth programmes.

Mark Dare is a UKCC Level 3 Coach, Table Tennis England Tutor/Assessor and has a wealth of experience working with players at all levels. He successfully established Wensum TTC in 2003 which now has around 130 members.

#### < class="collapseomatic " id="id6981e24eb6509" tabindex="0" title="Workshop four: CPD Para GB Coaching" >Workshop four: CPD Para GB Coaching

**Speaker:** Shaun Marples, British Para Table Tennis Pathway Manager

The workshop provides an opportunity to get an understating of Para table tennis and the journey an athlete may take. This will include:

- Their journey
- The various classifications
- How to get involved

It's an opportunity to gather a greater understanding of Para Table Tennis and how coaches can get players into the pathway.

The Conference takes place at College Court Conference Centre, Knighton Road, Leicester, and also features the Pride of Table Tennis Awards dinner, where we honour our amazing volunteers.

Tickets are available now and are heavily subsidised. One-day tickets start from just £19, with full weekend tickets, including overnight accommodation and tickets to the Pride of Table Tennis Awards dinner, starting from just £50.

Bookings close on March 22 but, as an added incentive, all those who book before 5pm on Friday March 15 will be entered into a draw to win a £100 Tees Sport voucher. Don't worry if you have already booked – you will still be entered into the draw.

Don't miss out – [click here to book today!](#)

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