



# **SOUTH WEST REGIONAL COACHES** **CONFERENCE** **2018**

Will be held on Saturday 23<sup>th</sup> June at

**The Holiday Inn,**

Taunton, Somerset, TA1 2UA

Aimed towards Level 2 coaches.

Free places are booked for the appointed Head Coach/Skills Coaches for the Regional Pathway Programme.

***The conference is also open to all other Coaches in the Region at a cost of £10.00 per head Swim21 accredited clubs or £20 for non-Swim21 clubs.***

***Lunch will be provided.***

To book a place please email [Stacey.Millett@swimming.org](mailto:Stacey.Millett@swimming.org) with your name, club, and tel no. by **Thursday 1<sup>st</sup> June** and pay by BACS to account no. 04630314 Sort Code 30-90-54 using reference 'RConf' followed by your surname.

Or send a cheque payable to ASA SW Region to  
ASA SW Regional Office, Castle Business Centre, Castle Road,  
Chelston Business Centre, Wellington TA21 9JQ to arrive by Mon 29<sup>th</sup>  
May.

**BOOKINGS AFTER 1<sup>ST</sup> JUNE WILL NOT BE ACCEPTED.**

# Programme of the Day

## Regional Conference Programme 2018

Time	Coaching Conference
09:00 – 09:15	<b>Registration for Regional Skills Coaches and briefing meeting with the Regional Head Coach 09:15 – 09:45</b>
09:30 – 10:00	<b>Registration</b>
10:00 – 10:15	<b>Welcome</b>
10:15 – 11:15	<p style="text-align: center;"><b><u>Head for Talent – 2 (Part 1)</u></b>            Healthy Minds and Mind – Set            Developing Resilience and Grit  <b><i>Speaker TBA</i></b></p>
11:15 – 11:30	<b>Break</b>
11:30 – 12:30	<p style="text-align: center;"><b><u>Head for Talent – 2 (Part 2)</u></b>            Healthy Minds and Mind – Set            Developing Resilience and Grit  <b><i>Speaker TBA</i></b></p>
12:30 – 13:15	<b>Lunch</b>
13:15 – 14:15	<p style="text-align: center;"><b><u>Understanding Emotional Intelligence</u></b>            Emotional Responses and their IMPACT  <b><i>Speaker TBA</i></b></p>
14:15 – 14:30	<b>Break</b>
14:30 – 16:00	<p style="text-align: center;"><b><u>Further Planning Considerations</u></b>            Planning the transition for Age to Youth Swimming            Progressing Female Swimmers            Adaptable Coaching Philosophy            Advancing the Swimmer through PHV            Land Work Considerations  <b><i>Speaker TBA</i></b></p>
16:00 – 16:15	<b>Conference Close</b>
16:15 – 16:45	<b>Debrief for Regional Skills Coaches with the Regional Head Coach</b>

