

**Would you like to help us and train as a Coaching Assistant?**

Longwood has grown in the last few years and we continue taking in new members almost weekly, yet we are not increasing our pool of coaches. Consequently we are asking if any of you would be prepared to undertake training as a Coaching Assistant (paid for by the club) and agree to become part of our coaching team? If you are not personally interested perhaps there is someone you know who would be? No experience is needed. Details are given below.

If you don't wish to coach, we also need regular help at the desk collecting fees and recording attendance. This involves being there as athletes arrive on as many training nights as you can offer from 6:25 pm for about an hour.

We would be really grateful if you could consider helping the club with this; we want to avoid the need to restrict training or close membership which would benefit no one, particularly developing athletes.

Please complete the slip below and return to us at training. It will also be added to the club website for you to send electronically or pass on to others. Thank you

*Tom Reed, Coaching Coordinator*

**Details of the coaching course**

The coaching course (to qualify as a 'Coaching Assistant') involves training at a local centre from a choice for two days over one weekend and building up a portfolio of experience by joining us at training. For more details take a look at the England Athletics Website ([englandathletics.org](http://englandathletics.org) - look for 'volunteers> qualifying as a coach'). We will send off the application with payment so you are not charged. We would then ask you to work with us regularly for at least 12 months after training (to justify the cost of a training course to our committee and auditors). The qualification is a nationally recognised one, and some employers will allow time for those who volunteer. Qualification involves three things: course completion; experience and a DBS check, all of which will be paid for (travel not included).

As a Coaching Assistant you will see young athletes develop and watch them compete, knowing that you had a strong influence on their development and performance. You will become part of the Athletics community that all top athletes frequently cite as the bedrock of their own achievements. For one of our coaches it has enabled him to be on the track at two Commonwealth Games and the London Olympics. Why not you?

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 Please add my name to the list to be considered for the next available 'Coaching Assistant' course **or**

Please add my name to the list of training night helpers (**tick as appropriate**)

Surname ----- First name ----- Contact no. -----

Please say how you are known to the club? (e.g. parent of an Athlete - please provide that athlete's name)

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Date ----- Signature -----