

BDFPA COACHING AWARD - COURSE DETAILS

This two-day course covers the basic skills and knowledge which are needed for any Powerlifting coach to carry out basic duties in a safe and competent manner.

There will be several senior BDFPA officials, international referees and coaches on hand to mentor and advise candidates over the weekend.

The BDFPA Coaching Award is intended for candidates who are new to coaching and require a qualification for coaching lifters within the BDFPA organisation.

The final assessment consists of a written examination with a pass mark of 60%. Successful candidates will be rewarded with a certificate, trophy award and membership of the BDFPA Coaching register.

The course syllabus is as follows.

THE BDFPA – BDFPA Aims and Drug Control
MECHANICS AND ANATOMY – Muscles and Mechanics
PRE-CONTEST PREPARATION – Do's and Don'ts
STRENGTH DEVELOPMENT - Training principles & programming
COMPETITION PROCEDURE - The 'rounds' system
RULES OF PERFORMANCE – The Three Lifts
POST COMPETITION – What Happens Next? – Overcoming Problems
ASSESSMENT – Multiple Choice Exam with 60% pass mark
COACHING AWARD – Handbook, Certificate and Award

COURSE DATE **Saturday 30th June and Sunday 1st July 2012**

TIMES OF COURSE **9.00 AM TO 5.00 PM both days**

VENUE **Bradford University Gym, Richmond Road, Bradford, B7 1DP**

CLOTHING **Normal Sportswear / Tracksuit**

EQUIPMENT **Please bring a notebook and pen**

COURSE FACILITATOR **Chris Morgan, BDFPA Coaching Secretary, 07545 781455**

Eligibility **Candidates need to have been current members of the BDFPA for a minimum 12 months.**

COURSE FEES **£95.00 for the two days course**

(This fee can be payable in two instalments. Applicants wishing to secure a place should forward the form below, along with a deposit cheque for £47.50 by the 1st March. The second instalment of £47.50 then becomes due on the 1st May).

APPLICATION **Candidates should forward the form at the bottom of these details.**

HOST HOTEL The Westleigh Hotel, 4 Easby Road, Bradford, West Yorkshire, BD7 1QX

Phone 01274 727 089 Email info@TheWestLeighHotel.com

www.thewestleighhotel.com

(Hotel is only a 3 minute walk from the University)

ROOM RATES SINGLE ROOM £35 per night

DOUBLE ROOM £39 per night

TWIN ROOM £39 per night

BOOKINGS BOOK AND PAY FOR ROOMS DIRECTLY WITH SIMON AT THE HOTEL
QUOTING 'BDFPA' SPECIAL ROOM RATE

FOOD Full English Breakfast is available at the Westleigh Hotel at £6.00 per head

Canteen is available at the University for lunch, along with lunch and evening meal options at the Westleigh hotel

Saturday evening the group intends to visit the Chino Thai Lotus. Restaurant in Centenary Square. (All you can eat Chinese buffet)

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BDFPA COACHING COURSE – CANDIDATE APPLICATION

NAME:

ADDRESS:

TELEPHONE NUMBER:

MOBILE NUMBER:

EMAIL ADDRESS:

DEPOSIT FEE ENCLOSED:

PLEASE MAKE CHEQUES PAYABLE TO CHRIS MORGAN then return to CHRIS MORGAN, FOUNTAIN COTTAGE, WIDWORTHY COURT, WILMINGTON, DEVON, EX14 9JN

I understand that neither the British Drug Free Powerlifting Association, nor its staff, is under any liability whatsoever in respect of personal injury, loss or damage, however arising, whilst in attendance on the course. I participate in the course at my own risk.

Signature

Date