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# ISPEC2010

## 13/14 April 2010 Bryanston School

### APPLICATION FORM

If you wish to attend the BRYANSTON SCHOOL ISPEC Conference 2010 please complete **one separate form per delegate attending** (please photocopy any extra forms or download from [www.ispeconline.co.uk](http://www.ispeconline.co.uk)) and return to:

Helen Oliver  
Independent Coach Education  
Helm Bank, Kendal, LA9 7PS  
Phone: 015395 60060 Fax: 015395 60009  
Email: [helen@independentcoacheducation.co.uk](mailto:helen@independentcoacheducation.co.uk)

**You can also apply online by visiting**  
[www.ispeconline.co.uk](http://www.ispeconline.co.uk)

Please tick your option.

**RESIDENTIAL DELEGATE:** To include - Full board and accommodation, access to all lectures, complimentary clipboard and polo shirt, exhibition, evening entertainments, use of sports' facilities, an emailed copy of the published papers (lecture notes), dinner dance and invitation to play in the ISPEC Golf Tournament.  
1 delegate £325 (£300\*), 2 delegates £600 (£575\*), 3 delegates £850 (£800\*)  
\*Discounted prices only apply if payment received by Friday 18th December

**NON-RESIDENTIAL:** To include - Access to all lectures, lunch, tea and coffee, complimentary clipboard and polo shirt, an emailed copy of the published papers, an invitation to play in the ISPEC Golf Tournament and use of the sports' facilities @ £100 per day

**NON-ATTENDEE:** For delegates who are unable to attend the conference we offer associate membership to receive the conference papers at a cost of £25

Closing date for applications is 12th February 2010  
**LATE ENTRIES CANNOT BE ACCEPTED**

### SCHOOL DETAILS

School Name \_\_\_\_\_  
Address \_\_\_\_\_

Tel \_\_\_\_\_  
Fax \_\_\_\_\_  
Email \_\_\_\_\_

### DELEGATE DETAILS

Name \_\_\_\_\_  
Address \_\_\_\_\_

Tel \_\_\_\_\_  
Email\* \_\_\_\_\_

Special Dietary Req's \_\_\_\_\_

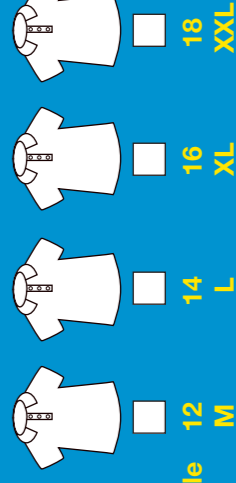
Is this your first conference? YES/NO \_\_\_\_\_

Where did you hear of the conference? \_\_\_\_\_

\* E-mail address compulsory - confirmation details will be sent electronically on 15th March 2010

This year ISPEC are giving complimentary polo shirts to all delegates.

Please indicate the size you would like.



I enclose a cheque for £\_\_\_\_\_ as payable for the conference.  
**Please make cheques payable to I.S.P.E. Conference.**

Please indicate the lectures you would like to attend on the reverse of this form.

### CONTACT/BOOKING DETAILS

Helen Oliver  
Independent Coach Education  
Helm Bank, Kendal,  
LA9 7PS  
Phone: 015395 60060  
Fax: 015395 60009  
Email: [helen@independentcoacheducation.co.uk](mailto:helen@independentcoacheducation.co.uk)  
[www.independentcoacheducation.co.uk](http://www.independentcoacheducation.co.uk)

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OPRO mouthguards are the largest mouthguard organisation in the world. We provide custom-fitted mouthguards to schools, colleges, clubs and individuals the world over, wherever a mouthguard is required.



Independent Coach Education exists to provide high quality coach education for teachers and coaches of games at all levels.



Sports Tours are our speciality. We have almost 30 years experience and are your dependable choice for turning your dream tour into a reality



Gullivers Sports Travel is the world's leading sports tour operator. We pride ourselves on our personal service, whatever the size of the tour or event



Kukri are Sports clothing & equipment suppliers and are all about sport. Kukri love teams, love being part of a great team and want you to be proud of being part of our team too.

# ISPEC 2010

For 2010, ISPEC has again teamed up with Neil Rollings and Independent Coach Education. Neil is delighted to continue his involvement, especially having attended the conference himself as a teacher on 15 occasions. All involved are very much aware of the value in providing contemporary coach education, academic Physical Education opportunities, as well as unrivalled networking occasions. Neil brings with him a number of highly qualified elite coaches to compliment the already strong programme. We are delighted to again be returning to Bryanston, following the success of the 2009 Conference.

## 2010 Presenters include:

**BRIAN ASHTON MBE:** Brian was Head Coach of the England team that reached the final of the Rugby World Cup in 2007. He had previously been Attack Coach under Sir Clive Woodward between 2000-2002, before becoming the founder manager of the National Academy. He has had two spells as coach of Bath RFC and was also Head Coach of Ireland between 1997-98.

**KEITH MEDLYCOTT:** Keith took 357 first-class wickets and also scored 3,684 runs during his professional career. He toured the West Indies with England in 1989-90. He returned to Surrey as coach in 1997, helping them to win three County Championship titles and four one-day trophies.

**TOSH ASKEW:** Tosh is a Rugby Football Union specialist skills coach, and coach to England A. He was full time coach to the England Under 19s for four seasons and is currently a coach to the RFU National Academy at Bath.

**JIMMY WALLIS:** who was a member of the British squad that finished ninth at the 2004 Summer Olympics. Jimmy was also a member of Team GB at the 2000 Sydney Olympics. Jimmy has won over 50 caps for Great Britain and 130 caps for Scotland.

**KAREN ATKINSON:** With over 100 caps, Karen is currently the most capped England player. The current England captain has won two Bronze medals at the Commonwealth Games in 1998 & 2006, along with Bronze at the 1999 World Championships.

**PAUL MAGGS:** Paul was a professional tennis player from 1994 to 2002, achieving a top 20 UK ranking and World ranking of 998. He has played senior men's county tennis for over 15 years, and is now Head Tennis Coach at the Next Generation Club in Bristol.

**CAROLINE PARK:** Caroline is Head Coach of the England Senior Rounder Team. She combines this role with running the training of National coaches at all age groups. Caroline is currently Head of Girl's Games at Cheltenham College.

**OWEN COLLINGBOURNE:** Owen has country representation over a 10 year period, in both Volleyball & Badminton, where he has won National Competitions in both singles and doubles. Owen has also coached the Yorkshire U12, U14 and U16 squads.

**A-LEVEL - DIANE SKELLY:** Diane is currently employed in a large, successful school, having spent many years as Head of Department in the sixth form sector. She is Principal Examiner, AS and A2 question setter and Practical Moderator for the OCR examination board.

Lecturers are subject to change.



# ISPEC ITINERARY 13<sup>th</sup>-14<sup>th</sup> April 2010

Please tick items you would like to attend

## Monday 12<sup>th</sup> April

**GOLF TOURNAMENT**  
(contact Mervyn Watch m.watch@wellscs.somerset.sch.uk)



Additional night's accommodation (£30.00)

## Tuesday 13<sup>th</sup> April

- 9.30-11.00am **A LEVEL** Sports Psychology TBC
- RUGBY** Core Skills TOSH ASKEW
- NETBALL** Skills and Drills KAREN ATKINSON
- VOLLEYBALL** Skills and Ideas for All OWEN COLLINGBOURNE
- 11.30-1.00pm **A LEVEL** Skill Acquisition TBC
- RUGBY** Continuity TOSH ASKEW
- NETBALL** Set Plays KAREN ATKINSON
- BADMINTON** Ideas for all All OWEN COLLINGBOURNE
- 2.00-3.30pm **CRICKET** Fielding Drills KEITH MEDLYCOTT
- RUGBY** Core Skills TOSH ASKEW
- TENNIS** Team Practices PAUL MAGGS
- ROUNDERS** Tactics & Strategies CAROLINE PARK
- SPORTS INJURIES CERTIFIED COURSE** RAY PORTER
- 4.00-5.30pm **CRICKET** Drills for the Masses KEITH MEDLYCOTT
- DANCE** Jazz, Street & Hip Hop TBC
- TENNIS** Drill for All PAUL MAGGS
- ROUNDERS** Striking and Fielding CAROLINE PARK
- SPORTS INJURIES CERTIFIED COURSE** RAY PORTER
- 7.00pm **New Delegates Meeting**
- 7.15pm **Pimms Reception**
- 7.45pm **Dinner / Brendan Keeley**



Accommodation required. No extra charge, included in package

## Wednesday 14<sup>th</sup> April

- 9.00-10.30am **A LEVEL** Sports Psychology
- HOCKEY** Drills for All JAMES WALLIS
- RUGBY** Attacking from Set Pieces (Part 1) BRIAN ASHTON
- GYMNASTICS** Olympic Gym CAROL KING
- SPORTS INJURIES CERTIFIED COURSE** RAY PORTER
- 11.00-12.30pm **A LEVEL** Exam Tips
- HOCKEY** Drills for All JAMES WALLIS
- RUGBY** Attacking from Set Pieces (Part 3) BRIAN ASHTON
- GYMNASTICS** Educational Gym CAROL KING
- SPORTS INJURIES CERTIFIED COURSE** RAY PORTER
- 1.30-3.00pm **A LEVEL** Skill Acquisition
- HOCKEY** 7-a-side understanding JAMES WALLIS
- RUGBY** Coaching through Games BRIAN ASHTON
- BADMINTON** Prep Schools Badminton OWEN COLLINGBOURNE
- SPORTS INJURIES NON-CERTIFIED COURSE** RAY PORTER
- 3.00-5.00pm **Trade Exhibition**
- 5.00-6.00pm **Volleyball Tournament**
- 7.30pm **Champagne Reception**
- 8.00pm **Black Tie Dinner Dance**

Accommodation required. No extra charge, included in package

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