

Overview of FMR Coach qualification.

Overview of course

The course is a mix of practical and theory developing generic coaching skills like observation, analysis, communication, demonstration and feedback in a fell and mountain running context. Much of the course will be delivered outside and will involve all candidates acting as coaches and athletes in practical sessions. The course will cover coaching skills, how runners learn skills, safety, nutrition, warm ups, cool downs, the difference between coaching adults and younger athletes, how to deliver a session, plan a yearly programme and more. Coaches will receive a pre course booklet they will need to complete before the first weekend and submit a CRB form to UK Athletics together with a photo. In between the 2 weekends, coaches will have to complete a required number of coaching sessions at their club and a log.

Candidates who complete the course and a CRB check, submit a logbook and pass the final assessment to established criteria will achieve a UK Athletics Fell & Mountain Coach qualification, enabling coaching independently coach off road on fell and mountain terrain. Coaches will benefit from UK Athletics insurance cover and England Athletics / FRA coach development opportunities.

Course structure

The course consists of 2 weekends (0900 -1730) followed by a half day assessment at a venue and date TBC.

The first weekend is based at Mytholmroyd Community Centre, Caldene Avenue, Mytholmroyd, Hebden Bridge, HX7 5DY near Hebden Bridge on the 11th and 12th of September and the second is at Woodbank Stadium (<http://www.stockportharriers.com/index.php?q=club-facilities>), Stockport on the 20th and 21st September. Candidates must attend all 4 days to move to final assessment.

Who is it aimed at ?

Anybody who does, or wants to, coach athletes to run or race on fells and mountains and wants a qualification in coaching.

What coaches can expect to happen on the course.

A typical day might consist of an introduction to the day's objectives, followed by a series of sessions where the course tutors outline theory and practise on an individual topic eg. uphill technique, followed by a practical session outside where candidates practise coaching. Coaches will receive individual feedback and action points to improve their coaching for later in the course.

Cost

The cost will be £370. FRA members who complete the course will receive a rebate of £20. This includes all pre course and on course documentation, tuition for the 4 days, logbook and assessment.

How do I apply ?

Send a completed FMR Coach application form and a cheque payable to ‘ The Fell Runners Association’ to Graeme Woodward, FRA Coaching Coordinator, 16 The Brook, Mytholmroyd, Henden Bridge, West Yorkshire. HX7 5ED.

Further information

Contact Graeme Woodward at the above address, on 01422 885185 or graemewoodward@hotmail.com.