



independent
coach
education

EIGHTH ANNUAL

PE and Sports Coaching Summer Conference

**Thursday 16 – Friday 17 July 2020
at Abingdon School, Oxfordshire**

*The Largest Multi-Sport Conference
for PE Teachers and Sports Coaches in the UK*

ATHLETICS CRICKET GYMNASTICS HOCKEY NETBALL
PHYSICAL EDUCATION RUGBY SEMINARS SWIMMING WELLBEING

WELCOME

Welcome to the Eighth Annual PE and Sports Coaching Conference, again based at the extensive facilities of Abingdon School.

Through its timing, this event has always attracted a combination of teachers from a range of UK schools, as well as those working in British and International schools abroad. Its aim is to keep all teachers updated with current best practice in UK sports education. It will help them to prepare to deliver high quality sessions in the following school year, and also to improve their employability.

There is a wide selection of courses, qualifications and seminars. It is hoped that this will provide something of interest to all teachers. The Conference atmosphere is relaxed, allowing teachers to network and share views and experiences in an appealing summer environment. Delegates may attend either or both of the two days.

For those visiting from afar, accommodation is available in the heart of Oxford University at St Hugh's College. This is situated a short walk from the historic city centre, and free transport is provided each day to and from Abingdon School. This provides the opportunity for combining the Conference with the social and cultural possibilities of Oxford, including the Conference Dinner on the banks of the River Cherwell

PRICES

	ONE DAY	TWO DAYS
One Delegate	£189	£315
Two Delegates	£315	£599
Conference Dinner	£65	
<i>7.30pm 16 July Cherwell Boathouse Restaurant</i>		
Accommodation (B+B 16 July)	£125	
<i>Includes transport to and from Abingdon</i>		

Courses run 10.00am – 3.30pm. Prices include lunch, refreshments and course materials. Exclude VAT.
For discounts on bigger groups, please call 015395 60060.

PROGRAMME

THURSDAY 16 JULY 2020

British Gymnastics Teachers' Award: INTRODUCTORY LEVEL

with Gary Kirkby

Netball Coaching and Umpiring for Beginners

with Karen Greig

Building the Foundations for Physical Literacy in Key Stage 1

with Anne Higgins

Rugby Coaching and Refereeing for Beginners

with Dan Cottrell

Educational Visits Co-ordinator Qualification

with Paul Bond

The Director of Sport in an Independent School

with Neil Rollings

Pool Safety Award for Teachers

with Susan Murrell

FRIDAY 17 JULY 2020

Athletics Coaching Masterclass

with Dean Macey, Olympian

Introducing and Coaching Cricket to Girls

with Neil Rollings

An Introduction to Hockey Coaching and Umpiring

with Matt Taylor

Creative Games Teaching in Key Stage Two

with Anne Higgins

Preparing for Senior Leadership

with Jill Berry

Coaching Soccer in Schools

with Bruce Suraci

Contemporary Swimming Teaching for Schools

with Joe Roebuck and Amy Smith, Olympians

Supporting the Mental Health of School Athletes

with Adam Morris

ATHLETICS

School Athletics Masterclass with Dean Macey, Olympian

10AM – 3.30PM, FRIDAY 17 JULY
AT TILSLEY PARK, ABINGDON

Almost all schools in the world have Track and Field Athletics as a significant part of their summer programme. It is one of the most accessible GCSE practical options, and most schools enter their athletes in competitions. However, progress in the technical events is often limited. Dean Macey, one of Britain's all-time greatest Decathletes, shows how teachers can make these activities exciting, stimulating and challenging. He also illustrates how effective coaching can significantly improve student progress and competitive performances.

His unrivalled expertise, entertaining delivery and breath-taking demonstrations make this a day to remember. This course is suitable for teachers and coaches of all levels of expertise, and will help those delivering the Athletics modules at GCSE and A Level to improve student grades.

- Warm up activities for young athletes
- Improving sprinting technique
- Sprint start
- Teaching hurdle technique
- High Jump/Long Jump/ Triple Jump
- Developing throws: Shot, Discus, Javelin
- Analysing technique and diagnosis
- Fault identification and correction
- Coaching for individual improvement
- Understanding Rules and Regulations

Dean Macey was England's leading decathlete for a decade. His first major triumph was a silver medal at the 1999 World Championships, which helped him win the BBC Young Sports Personality of the Year. The following year, he was fourth in the Sydney Olympics, and followed that with a World Championships Silver Medal. He was again fourth in the Athens Olympics, before winning a Gold Medal in the 2006 Commonwealth Games in Melbourne. He has a personal best of 8603 points.



CRICKET

Introducing and Coaching Cricket to Girls

with Neil Rollings

10AM – 3.30PM, FRIDAY 17 JULY
AT ABINGDON SCHOOL

Cricket is the fastest growing summer term school game for girls. However, many teachers lack experience and confidence to deliver lessons and coaching sessions. This is a course for teachers of girls' cricket who have little or no experience and are introducing the game, sometimes for the first time. It is particularly suitable for teachers involved in the 10–14 age range. No previous experience is necessary. It provides everything the beginner requires to teach the game, prepare school teams and umpire matches of both the hard and soft ball games. Basic skills and strategies will be presented, along with a variety of game formats suitable for use with inexperienced players of all ages. Simple Rules and umpiring protocols will equip teachers to officiate various types of school matches with confidence.

- Engaging beginners in Cricket
- Skill based warm ups
- Introducing batting shots
- Games and practices to develop batting
- Developing the bowling action
- The role of the wicketkeeper
- Fielding techniques and games
- Understanding Cricket strategy
- Alternative formats with soft balls
- Games for developing Cricket skills in girls
- Umpiring, managing and scoring school matches
- A simple guide to the Rules of the Game

Neil Rollings was Head of Cricket in four independent schools, over 21 years. He was a National Cricket Association Senior Coach, and pioneered innovative methods to make the game accessible to all children. He has since worked with a wide range of teachers and coaches enabling them to present a fast, exciting and skilful game to young players and beginners of both sexes.



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GYMNASTICS

British Gymnastics Teachers' Award: INTRODUCTORY LEVEL

Gymnastics for Key Stage 1 and 2 Teachers with Gary Kirkby

10AM – 3.30PM, THURSDAY 16 JULY
AT ABINGDON GYMNASTICS CLUB

This course is designed for teachers working with children at Key Stages One and Two.

IN ASSOCIATION WITH
British Gymnastics
More than a sport

It is a one-day course, which is a practical introduction to teaching Gymnastics. The course is certified by British Gymnastics, as Introductory Level Gymnastics. It is regarded as the required qualification for teaching Gymnastics to primary age pupils. No previous experience is required, neither is it necessary to be a qualified teacher, nor a PE teacher.

For teachers with experience of teaching Gymnastics, the 2-day Intermediate course is advised.

- Introduction: Warm up and Shapes
- Connection Skills: stepping, spinning, jumps, turns, leaps and cartwheel
- Rolling Skills: log, egg, side, forward, backward, teddy bear
- Balance: points and patches, including headstand and handstand
- Hand apparatus: hoops, balls and ropes
- Partner Balances: working with partner and small groups



Gary Kirby is an international performance coach, who has coached Olympic and World Championship medalists. He was appointed men's Technical Director at the 2002 Commonwealth Games. He was Gymnastics Development Officer for Liverpool, and ran PGCE and QTS courses at Liverpool John Moores University. He was one of Britain's leading gymnastics judges, having officiated at Olympic, World and European Championships, as well as two Commonwealth Games. He is a British Gymnastics Accredited Tutor.



HOCKEY

An Introduction to Hockey Coaching and Umpiring

with Matt Taylor

10AM – 3.30PM, FRIDAY 17 JULY
AT TILSLEY PARK, ABINGDON

This is a course for teachers who are new to teaching and umpiring school Hockey. It provides an overview of coaching techniques for individual player development, as well as tactical considerations for team play. The game has changed significantly in recent years, with new skills and strategies to accommodate rule changes. These will be carefully introduced and explained to ensure that novice coaches are confident that their session content is contemporary and stimulating. Basic rules and approaches to umpiring the game in school - at a range of abilities and ages - will be presented to equip teachers with the ability to officiate school matches.

IN ASSOCIATION WITH



COACHING

- Introducing and developing core skills
- Pushing, slapping and hitting
- Individual and team defence
- 20 fun-based training drills
- Developing set piece skills: Long Corner and Self Pass
- Basic penalty corner strategies
- Small-sided games for skill development
- Playing formations

UMPIRING

- An overview of all major rules
- Creating and applying advantage
- Communication: whistle, signal and voice
- Umpiring the self pass
- New rules at the Long Corner
- Understanding the Penalty Corner

Matt Taylor is the current Head Coach of Nottingham University, who won the BUCS Gold Medal in 2015. He was previously Head Coach of Beeston HC in the Men's Premier League, winning three Championships between 2010 and 2014. Prior to that, he was coach of the Cannock Ladies' side, winning promotion to the Premier League in 2009. He is a former England international, and won several Premier League titles with Cannock HC.



NETBALL

Netball Coaching and Umpiring for Beginners

with Karen Greig

10AM – 3.30PM, THURSDAY 16 JULY
AT ABINGDON SCHOOL



This is a course for teachers who are new to delivering Netball sessions in schools. No previous experience of playing or teaching the game is necessary, though most participants have a basic understanding. Content includes basic skills and ways of practising them, simple strategies for team play, as well as explaining the Rules and the way the school game is umpired. The course will provide a range of practices, an awareness of techniques in shooting and passing as well as simple tactical understanding. Teachers will gain confidence that they have the skills and understanding to run a school team, or deliver curriculum lessons.

- Skill based warm ups for young players
- Ball handling techniques and practices
- Passing drills and games
- Developing effective footwork
- Getting free in attack
- Man to man defence
- Sound shooting technique
- Developing options and court balance
- Understanding the Rules, including recent changes

Karen Greig is the current Head Coach of Manchester Thunder. She is a former captain, and Superleague winner with the same team, and was the 2018 Superleague "Coach of the Year". Karen won 40 England caps as a Goal Shooter. She was Assistant Coach of the full England team on their 2015 tour of Australia, and Head Coach of England Under 21.



PRIMARY PE

Building the Foundations for Physical Literacy in Key Stage One

with Anne Higgins

10AM – 3.30PM, THURSDAY 16 JULY
AT ABINGDON SCHOOL

Many children arrive in school without a wide and varied movement vocabulary. Changes in childcare practices and technological developments, mean it is less likely that children have been allowed to play out, jump in puddles, climb trees and take part in rough and tumble play. Children spend increasing amounts of time sitting, watching educational videos, playing with smart toys and in general being much more sedentary than in the past. Movement, however, is an essential ingredient for a child's development and capacity to learn.

This introductory course is suitable for both specialist and non-specialist teachers and secondary teachers who teach Key Stage One. It will provide a range of fun physical development activities from Early Years upwards, giving children the firm foundations they need, to become physically literate and able to access Physical Education and Sport in later years. The course will focus on:

- The importance of movement and play in child development
- Creating an environment for children to explore and consolidate movement skills
- Building the skills of locomotion, stability and object control in a developmentally appropriate way
- Progressing from fundamental movement skills into games and activities
- Pedagogical approaches to developing physical literacy
- The importance of progression in cognitive skills alongside physical skills

Anne Higgins is a primary PE consultant working with Love PE CPD. She works nationally as a PE specialist CPD teacher working with schools and further education to upskill practitioners. She has over 25 years of experience working within the primary sector and some of her training she has delivered internationally. She also works as a tutor/assessor for British Gymnastics specialising in trampolining.



PRIMARY PE

Creative Games Teaching for Key Stage Two

with Anne Higgins

10AM – 3.30PM, FRIDAY 17 JULY
AT ABINGDON SCHOOL

Games teaching with young children can be challenging. Progress can be difficult to achieve. This is a course for teachers who wish to embrace a new, relevant and effective approach to teaching games at Key Stage Two. It acknowledges the growing appreciation of the need to engage this age group in positive early physical experiences, which the “skills and drills” approach struggles to achieve. This practical seminar looks at a range of other teaching approaches and curriculum content in order to ensure progress for all pupils, whilst still promoting excellence and achievement.

- Teaching exercise principles through games – the distraction theory
- Teaching games for understanding – adapted to this age group
- Tactical games and play practice models
- Fundamental movement skills
- Pupil designed games
- STEP principles (space, time, equipment, people)

Anne Higgins is a primary PE consultant working with Love PE CPD. She works nationally within primary settings as a PE specialist CPD teacher working with schools and further education to upskill practitioners. She has over 25 years of experience working within the primary sector and some of her training she has delivered internationally. She also works as a tutor/assessor for British Gymnastics specialising in trampolining.



Dan Cottrell is a Rugby coach and author, who specialises in producing innovative coaching content for age group coaches of all levels of experience. His newsletter, “Rugby Coach Weekly”, is read by 100,000 coaches worldwide, and is supplemented by a range of other resources. Dan played first class Rugby for both Bristol and Bath, and was Head of Rugby at Cranleigh School for six years.



RUGBY

Rugby Coaching and Refereeing for Beginners

with Dan Cottrell

10AM – 3.30PM, THURSDAY 16 JULY
AT ABINGDON SCHOOL

This is a course for teachers and coaches involved in delivering rugby coaching, and refereeing matches and practices for the first time. It focuses on the practicalities of organising a coaching session, and introduces a range of techniques and ways to practise them.

The emphasis is on modern techniques and simple, imaginative practices. The safety elements of coaching the scrum and contact area are included to give coaches confidence and protection from allegations of negligence.

The afternoon is devoted to refereeing the game at school level. This focuses not only on the basic laws, but also the practicalities for the referee of creating a safe and even contest and using specific methods of communication to ensure that the match day experience is safe and enjoyable for all involved.

Particular attention is paid to considering how to deal with parents on the touchline, and prevent the emergence of dissatisfaction in that area. This course is designed to build confidence in teachers who are new to coaching the game, or who are not comfortable with the idea of refereeing a school match.

COACHING

- Understanding and coaching core skills
- Building the skill set for young players
- The contact area and ways to practise it
- Creating a basic backline
- Safe scrummaging

REFEREEING

- Applying the law in school matches
- Ensuring safe procedures at scrum and ruck
- Managing the game through communication
- When and why to blow the whistle – and when not to
- Coping with the mismatch
- Dealing with parents on the touchline

SEMINAR

Educational Visits Coordinator Training

Suitable for New and Aspiring EVCs with Paul Bond – Chair, Outdoor Education Advisory Panel South-East region

**10AM – 3.30PM, THURSDAY 16 JULY
AT ABINGDON SCHOOL**

This training is certified by the Outdoor Education Advisers' Panel. It is based on their National Guidance and resources. Adopting National Guidance removes the need for each school to write and maintain their own comprehensive guidance (School Visits Policy) and gives users easy access to regularly updated and nationally recognised guidance. This seminar is suitable for all Educational Visits Coordinators, including those newly appointed – or teachers aspiring to this role. It is also appropriate for other teachers, such as Directors of Sport and Heads of Outdoor Education, who regularly deal with off-site activities.



The focus will principally be upon potentially hazardous activities, such as tours, ski trips, outdoor education, field work, cultural visits, overseas trips and sports fixtures. However, it will consider all off-site trips. It will look at the special responsibilities incurred by residential trips. The content of this guidance is endorsed by the Health and Safety Executive, and also by the National Association of Head Teachers. A section of the seminar is devoted to Government advice and the Panel's guidance in light of recent terrorist attacks.

- The role and responsibilities of the EVC and Visit Leader
- Consideration of resources (HSE, AALA, OEAP)
- Sports and cultural tours – hosting and accommodation arrangements
- Legal perspectives
- Resources and information for the EVC to provide Visit Leader training
- Awareness of recent incidents – some scenarios
- Preparing for Inspection
- School policy documentation
- Transport issues and minibuses
- Outdoor expeditions
- Contracting to Third Parties
- Staff to Pupil Ratios
- Emergency Procedures exercise
- Assessing competency of leaders and assistants
- Threats owing to terrorism

SEMINAR

The Director of Sport in an Independent School

with Neil Rollings

**10AM – 3.30PM, THURSDAY 16 JULY
AT ABINGDON SCHOOL**

This course is intended for recently appointed Directors of Sport, and those who intend to apply for these roles in the near future. The landscape of school sport has changed significantly in recent years, which has impacted upon this role, and what schools are now looking for in their appointments. The course seeks to clarify the success criteria of this position, and considers the role of the Director of Sport as a leader, and culture builder. The issues surrounding establishing a programme which can deliver performance and participation are also considered, along with topical issues such as compulsion, health and fitness and the future of team games. It also suggests how candidates for jobs can strengthen their applications, and prepare for interviews.

- What is a Director of Sport?
- Becoming a leader
- Culture building and quality control
- Leadership, management and administration
- The importance of 360 degree leadership
- Establishing aims and goals
- Building structures and systems
- Satisfying parental expectations
- Dealing with difficult colleagues
- Creating the games programme
- Participation v performance
- Choice v compulsion
- Quality and equality
- What does “Sport for All” really mean?
- Building a communication strategy
- Creating a culture of health and fitness
- Working with the Head and Bursar

Neil Rollings was Director of Sport in four HMC schools, over a 21 year career. He was an ISI Inspector and he now works with schools to develop and audit modern sports programmes and with Heads to appoint Directors of Sport. He is a regular conference speaker, influential blogger on school sport issues, and Chairman of PADSIS.





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SEMINAR

Preparing for Senior Leadership with Dr Jill Berry

10AM – 3.30PM, FRIDAY 17 JULY
AT ABINGDON SCHOOL

This is a course for teachers who are intending to apply for senior leadership positions in the near future or have been recently appointed to them. It will support aspiring leaders to manage the transitional process into new roles, and also in applying for them. Jill Berry is committed to supporting and challenging aspiring educational leaders to achieve their professional best.

- What makes a senior leader distinctive?
- What effective leadership looks like
- Structured reflection
- Managing transition
- Where are you going, and how can you get there?
- Crafting a compelling job application
- Preparing for strong interview performance

Jill Berry taught for 30 years in both state and independent sectors, and was a head for the last ten years. Since 2010 she has completed a doctorate, researching the transition from deputy headship to headship; written a book about this, 'Making the Leap - Moving from Deputy Head'. She has carried out extensive leadership consultancy work, written extensively about educational leadership, and recorded a Ted talk.



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The ICE Newsletter is published fortnightly in term time. It provides a range of articles and information on issues surrounding PE and School Sport, helping sports coaches and PE professionals keep abreast of news and developments.

The ICE newsletter is completely FREE

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www.independentcoachededucation.co.uk

SOCCER

Coaching Soccer in Schools with Bruce Suraci

10AM – 3.30PM, FRIDAY 17 JULY
AT TILSLEY PARK, ABINGDON



This practical course introduces teachers to how the game is currently being coached in Premier League Academies, and the ways in which young players are being developed. It will enable teachers to be confident that their sessions reflect the best of contemporary practice, and will inform planning for the school year ahead. Through a demonstration of coaching method and technique, the course will focus both on delivering the basics well and also keeping school players engaged and excited about the game.

ATTACKING

- Passing principles
- Passing with purpose and creativity
- Different attacking skills
- Varying the attack to score
- Small sided games to encourage attack

DEFENDING

- Individual and team defence
- 1v1 defence
- Introducing the press
- Variations of defensive set up
- Small sided games for defensive pressing

Bruce Suraci is the Academy Head of Coaching and Development at AFC Bournemouth. He was previously Lead Foundation Phase Coach, working with players age 9-11, and later the Lead Youth Development Phase coach (U-12 to U-14) at the same club. He is a UEFA A Licence coach, has a Masters' Degree in Coaching Science and the Premier League's Elite Head of Coaching qualification



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BOOK BY TELEPHONE **015395 60060**

SWIMMING

STA Pool Safety Award for Teachers**with Susan Murrell****10AM – 3.30PM, THURSDAY 16 JULY
AT ABINGDON SCHOOL**

The STA (Safety Training Awards) is the Awarding Organisation of The Swimming Teachers Association. *Qualification Number 601/5519/X.*

This qualification allows teachers to provide safety cover for swimming lessons, and pool sessions in schools. The training is in accordance with British Standard BS EN 15288, and the qualification is regulated by Ofqual and Qualifications Wales. It is the industry standard award for teachers of swimming in schools. It provides the confidence and knowledge to deal with an emergency which may occur in swimming lessons. The qualification lasts for two years.

- Understanding Pool Safety Operating Procedures
- Administering First Aid and life support in a pool environment
- Rescue skills in pools
- Responding to a range of emergency situations
- Recording, reporting and analyzing pool incidents
- Assessment method: satisfactory completion of portfolio and worksheet

Susan Murrell has trained swimming teachers and lifeguards for nationally recognised qualifications since 2004. She also delivers training in First Aid. Having worked in the Middle East managing a major waterpark, she now lives in the UK and is a Community First responder, working alongside the West Midlands Ambulance Service.



SWIMMING

Contemporary Swimming Teaching for Schools**with Joe Roebuck and Amy Smith****10AM – 3.30PM, FRIDAY 17 JULY
AT ABINGDON SCHOOL**

This is a course for teachers of curriculum Swimming lessons who wish to update their subject knowledge and make lessons more relevant, varied and effective. Inspectors often identify these lessons as unimaginative and outdated: this course will allow teachers to be confident that they can maximise progress with contemporary content. It is also appropriate for coaches of school swimming teams, who are aspiring to improve the techniques of their swimmers. A combination of practical demonstrations and video analysis will present modern techniques, practices to develop each stroke and fault correction.

Joe and Amy will conduct all courses in partnership, ensuring a constant and unique combination of demonstration and poolside explanation.

- Basic aquatic skills
- Technique of the major strokes
- Practices to ensure student progress
- Analysing and correcting faults
- Improving starts (from poolside and blocks)
- Progressive teaching of turns and tumble turns
- Swimming in competition
- Using innovative aids to maximise progress

Joe Roebuck competed in three events in the 2012 London Olympics, in addition to the Commonwealth Games of Delhi and Glasgow, where he won two Silver medals. He is a ten-time British champion, and holds both British and Commonwealth records.



Amy Smith competed in the 2012 London Olympics in the 50m freestyle. She has participated in three Commonwealth Games, winning silver medals in each. She is European Championships Gold medalist and World Championships finalist.



WELLBEING

Supporting the Mental Health of School Athletes**with Adam Morris****10AM – 3.30PM, FRIDAY 17 JULY AT ABINGDON SCHOOL**

The last ten years have seen most educational and sporting organisations become more aware of the issues, and responsibilities, surrounding mental health. Teachers and coaches of school sport are in a unique position to influence this, and to help young athletes manage their wellbeing by building their psychological toolbox. Coaches need a sound awareness of mental health problems to be capable of supporting athletes to learn, utilise and practise coping strategies. This will also help them improve athletic performance. Common mental health problems will be explored, alongside strategies that coaches can include within their coaching.

- An introduction to the mental health continuum
- How to monitor and assess mental health
- What is cognitive behavioural therapy?
- How coaches can promote coping skills
- How coaches can incorporate mental health into every day coaching
- How to apply cognitive behavioural techniques with athletes
- Mental health in school sport

Adam Morris is Managing Director of BelievePerform which he founded in 2012. Adam has a passion for inspiring, educating and helping others. With experience within mental health, Adam loves helping people to overcome problems and develop positive mental health. He is focused on reducing the stigma attached to mental health and building online content that can be used to help build people's resilience and coping skills.

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“I applied for a graduate role after finishing university through Dan Scargill at Independent Coach Education, back in 2009. I was guided through the whole interview process and secured a Sports Graduate role. It was a year I loved! I am now a Director of Sport in an Independent school and recruit graduates through ICE. I could not recommend this recruitment service highly enough.”

SARAH PARKINSON-MILLS, DIRECTOR OF SPORT, KINGS HIGH WARWICK



Contact Daniel Scargill, Recruitment Director

📞 015395 60060 📠 07500 701878

✉️ daniel@independentcoacheducation.co.uk



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