



SPORT EDUCATION PROGRAM

May – June 2010

Running your Club - It's Your Business

How healthy is your club? Is it fighting fit, or are you struggling to find a pulse?

This 'check-up' for your sporting club or association provides a range of self-assessment tools that will improve the health of your club or ensure it stays in good shape.

This workshop will help you to:

- Assess the state of your club constitution and rules
- Understand the legal and governance obligations of your club
- Learn the steps to sound risk and financial management
- Run fast and effective club meetings.

This workshop will also look at the current issues facing clubs, including:

- Volunteers in grassroots sport – how to attract and retain them
- Finding the funding – innovative approaches to sponsorship, fundraising and grants.

A question and answer session is included for you to discuss any issues specific to your club.

*Campbelltown Civic Hall
Monday 10 May
6.30pm – 10pm
Cost: FREE*

Sports Taping and Strapping

Sports taping is an important skill for coaches, trainers, administrators, teachers, parents and players involved in sport.

This sports taping workshop is run by an experienced presenter who is ready to help you develop your skills and knowledge and ensure you stay safe in the sporting arena. Correct sports taping can help prevent injury and also help with injury rehabilitation.

This level one sports taping workshop offers the beginner technical and practical advice about strapping athletes. Ankles, fingers and thumbs are covered in this workshop.

Supported by Elastoplast and Sports Medicine Australia

*Campbelltown Civic Hall
Monday 24 May 2010
6.30pm – 9pm
Cost: FREE*

Sponsorship, Fundraising and Grants / Recruiting and Retaining Volunteers

Most clubs and associations operate in difficult financial circumstances and generally tend to find themselves under-resourced. Securing additional financial support is an important and growing responsibility facing management committees.

This workshop will:

- Define fundraising and explain the main fundraising techniques, including grants and sponsorship
- Discuss philanthropic trusts and how to identify ones that may support your club or association
- Offer alternatives for grants applications

Retaining and recruiting volunteers is one of the greatest challenges that sporting clubs face. This workshop will also provide participants with tools to enable their sporting clubs to attract, sustain and retain volunteers.

*Campbelltown Civic Hall
Monday 7 June 2010
6.30pm – 10pm
Cost: FREE*

Speed and Agility Workshop

This workshop explores speed and agility in the context of today's sporting arena and how they can be learned as skills. This will be a theory and practical workshop which will provide coaches with information on how to design their own speed and agility programs.

*Coronation Park Netball Complex, Minto
Wednesday 9th June 2010
6.30pm – 9pm
Cost: FREE*

Core Strength and Flexibility Workshop

Help your athletes to become stronger and remain injury-free. This workshop provides you with practical ideas that can be easily adapted to your sport. A free core stability DVD will be issued to every participant.

*Coronation Park Netball Complex, Minto
Wednesday 23 June 2010
6.30pm – 9pm
Cost: FREE*

*Please RSVP at least 5 days before each of the workshops to
Carole Toth on 4645 4623 or carole.toth@campbelltown.nsw.gov.au*