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| **Level 3 NCFE Sport Coaching** **Year 1** |  |
| Duchy College - Stoke Climsland |
| **Course Details:**10290-DSC10288-DSC**Course Manager: Stewart May****YOU ARE ADVISED TO PROVIDE THE FOLLOWING ACADEMIC RESOURCES FOR YOUR COURSE:*** 1 A4 lever arch files and 1 pack of file dividers
* A4 pad of ruled paper
* Plastic folder for storing handouts
* Pens, pencils, ruler etc

*All college coursework is completed and submitted electronically, so it is advisable that learners have access to a smart device (laptop, desktop, tablet or smartphone) in order to complete coursework while at home.***Essential Kit List**In order to safely and effectively participate in all of your timetabled practical sessions, and also to represent the College when working with external groups, you will be required to purchase college branded clothing. Learners wishing to study on the football pathway in conjunction with Plymouth Argyle Community Trust are required to purchase as minimum, the Plymouth argyle training Jersey and ¼ Zip or training sweat top. Which can be purchased by following this link – [Duchy College Plymouth – Football Development Programme – Puma Teamwear](https://www.pumateamwear.co.uk/microsite/duchy-college-plymouth-football-development-programme/)(The online site will be live from 24/07/23)This along with black shorts and football socks are a requirement for all training sessions and match day warm ups, playing kit will be provided for learners on the day. Learners who will study on the fitness pathway will be expected to purchase enough kit for your practical sessions, this can be purchased from Snowland Embroidery [DUCHY COLLEGE FITNESS (snowlandembroidery.com)](https://snowlandembroidery.com/webshop/duchy-college/duchy-college-fitness/) – If you have any request regarding additional items, please let us know and we can add this to the catalogue. Additional non-compulsory items are also available from the online stores throughout the year should you wish to purchase these. *\*Duchy College clothing is required to be worn during all practical training sessions and during fixtures\**For your own comfort during practical sessions it’s advised that you have access to the following:Rain JacketTracksuit Bottoms (Black) [Not joggers]Sports ShortsTraining/Running ShoesWater BottleA TowelFootball Pathway only:All of the above, plusFootball Boots (Soft ground & Firm ground Ideally, but not essential)Shin Pads and long socksIndoor football shoes/ trainersPlease be advised that you will have several practical sessions per week and most likely at least one each day you are in college, and therefore it is advisable to have some spare clothing with you every day.All learners are expected to be in college branded kit by the end of the first half term, allowing for purchase of this kit and any delivery delays that may occur.**Trips, visits and additional qualifications**As we did last year, we will endeavour to provide as many opportunities as possible for learners to take part in trips, visits and additional qualifications and this year we will be taking part in a 2-day residential in early October. This residential will be used as an opportunity for learners on both years of the programme to spend time together and get to know each other. It will help to challenge the learners and build some resilience early in the year. During this residential learners will spend two days (one night) at the Roseland outdoor centre, taking part in a range of team building activities as well as outdoor adventure activities such as Canoeing, Kayaking, indoor climbing, mountain biking and more. This will come at a small cost of approximately £60 which includes the nights stay and two days of outdoor activities led by specialist instructors. **Football Programme Pre-Season**For any learners interested in studying on our football pathway, we will be hosting two pre-season days during the summer run by Plymouth Argyle coaching staff. These will be a great opportunity to meet the coaching team and fellow teammates ahead of the season. Dates of these sessions will be 11th August & 1st September from 10.00-13.00, it would be great to see as many people attend these as possible. The first college fixture will take place during the learners induction week, so these pre-season days will influence team selection for that first fixture. Please could you confirm your attendance by responding to the email when this is received. Or, if you are unable to attend could you also acknowledge this via email so that we continue to involve you in any future communications prior to the course delivery.**Induction Week**All first-year learners will be involved in a two-day induction process. This will allow learners the opportunity to explore the college campus, get to know their peers and staff before the second-year learners return to campus.The induction days will take place on Monday 4th and Tuesday 5th September, with the learners following an induction timetable for those two days. This timetable will include a range of activities such as a freshers fair, ice breaker activities, online enrolment, gym inductions and team building challenges. There will also be a range of practical sessions taking place each day, so please ensure a suitable practical kit is available on those days. (College Transport will be available for these days).Those learners on the football pathway will also be involved in their first fixture on Wednesday 6th September, and should they wish to be selected will travel to Hayle to take on the west Cornwall PAFC education programme. Learners are to attend college as they did on the 4th & 5th and will be transported to Hayle via college minibus, before returning to college in time to catch the college buses home.Delivery of the core programmes will begin W/C 11th September, with learners on our level 3 first year qualifications being timetabled from 9.00-16.15 Monday-Wednesday, including a 45 minute lunch break each day. If you have any further questions please do not hesitate to contact Stewart May by email on stewart.may@cornwall.ac.ukKind regards and we look forward to seeing you soon.Stewart MayStudy Programme Manager for Sport |