

12<sup>th</sup> January 2010

Dear Coach/Volunteer.

Eastern Recreation and Leisure Services Inc. (ERLS) is a not-for-profit organisation that aims to facilitate the development of accessible and inclusive sport and recreation environments to increase the participation of people of all abilities in their community.

A Coaches/Volunteers Development and Education Project was facilitated at the beginning of 2009 in a collaborative partnership between Eastern Recreation and Leisure Services Inc. and Doncaster All Abilities Basketball Competition (DAABC). Through a series of workshops, Coaches and Volunteers affiliated with the RAID Netball and Basketball competition and the DAABC were given the opportunity to enhance their skills, therefore increasing the quality of both competitions.

Due to this success, ERLS is now offering these workshops to any interested Coaches and Volunteers.

Topics to be covered in this workshop are:

- Session 1: Player Welfare and Injury Management
- Session 2: 'Inclusion, make it your sport!'
- Session 3: Play be the Rules
- Session 4: Leadership Skills

In the attached flyer, you will find information on dates and topics. You are able to attend all sessions or choose the sessions you are most interested in. Sessions are not mandatory. Each session is held twice to make it more convenient for you to attend.

It is essential that you book to ensure a place and for catering purposes.

Please contact Michele Cutajar Access for All Abilities Coordinator by phone on 9720 5944 or email [aaa3@erls.net](mailto:aaa3@erls.net) for further information or to make a booking.

Kind regards,

Michele Cutajar  
Access for All Abilities Coordinator  
Eastern Recreation and Leisure Services Inc.  
Ph: 9720 5944  
Email:aaa3@erls.net



## Coaches and Volunteers Skills Development Project

**Eastern Recreation and Leisure Services Inc. (ERLS) is a not-for-profit organisation that aims to facilitate the development of accessible and inclusive sport and recreation environments to increase the participation of people of all abilities in their community.**

**ERLS is offering any interested Coaches and Volunteers the opportunity of enhancing their skills through a series of workshops.**

<b>Session 1</b>	<b>Player Management and Injury Welfare</b>	
<p><b>Sports Medicine Australia</b> (Victorian Branch), through their Safer Sport and Smart Play campaigns will provide Coaches and Volunteers with relevant information regarding the welfare of players</p>		
Wednesday 3 <sup>rd</sup> March 2010 7pm to 9pm TRY Activities Centre 125 George St Doncaster East Mel Ref: 33 J11		Monday 15 <sup>th</sup> March 2010 7pm to 9pm Knox Basketball Stadium, Function Room Park Crescent Boronia Mel Ref: 64 K10
<b>Session 2</b>	<b>'Inclusion, make it your sport!'</b>	
<p>Information from ERLS 'Inclusion, make it your sport!' training tool will add to the skills of Coaches and Volunteers on an inclusive philosophy in coaching along with strategies that embrace greater inclusion of people of all abilities.</p>		
Wednesday 7 <sup>th</sup> April 2010 7pm to 9pm TRY Activities Centre 125 George St Doncaster East Mel Ref: 33 J11		Monday 19 <sup>th</sup> April Knox Basketball Stadium, Function Room Park Crescent Boronia Mel Ref: 64 K10
<b>Session 3</b>	<b>Play By the Rules</b>	
<p>Victorian Equal Opportunity and Human Rights Commission will provide information on best practice and relevant policies, complaint procedures and practices that should be in place to assist sports and clubs to meet their obligations under the law.</p>		
Wednesday 5 <sup>th</sup> May 2010 7pm to 9pm TRY Activities Centre 125 George St Doncaster East Mel Ref: 33 J11		Monday 17 <sup>th</sup> May 2010 7pm to 9pm Knox Basketball Stadium, Function Room Park Crescent Boronia Mel Ref: 64 K10



Session 4	Leadership Skills
<p>Delivered by Gary Ryan – Director Organisations That Matter.</p> <p>Participants will be exposed to Four Principles of Service Leadership including:</p> <ol style="list-style-type: none"> <li>1. You can't lead others unless you can lead yourself – understanding yourself and your own beliefs about what you believe a leader 'is';</li> <li>2. Leading through personal values and behaviours – identifying core values and associated behaviours;</li> <li>3. Accepting responsibility versus blame and excuses – understanding the Figure 8 of Leadership; and</li> <li>4. Situational Leadership – adapting to circumstances and the differences in the people you are leading.</li> </ol>	
<p>Wednesday 2<sup>nd</sup> June 2010 7pm to 9pm            TRY Activities Centre            125 George St Doncaster East Mel Ref: 33 J11</p>	<p>Monday 14<sup>th</sup> June 2010 7pm to 9pm            Knox Basketball Stadium, Function Room            Park Crescent Boronia Mel Ref: 64 K10</p>

- Each session is held twice in two different locations and on two different days for your convenience. Please choose which day suits when booking.
- You are not obligated to attend all sessions. You can attend all or just the ones you have a particular interest in.

**If you require further information or you wish to make a booking, please contact:**

**Michele Cutajar**  
**Access for All Abilities Coordinator**  
**Phone: 9720 5944 or email [aaa3@erls.net](mailto:aaa3@erls.net)**