



**February 16<sup>th</sup> – 22<sup>nd</sup>**



**Hertfordshire's Year of  
Disability Sport & Physical Activity**

**No Limits  
2026**

# Introduction

The Herts Sport & Physical Activity Partnership (HSP) runs Coach Education Week (CEW) annually.

The programme seeks to provide development opportunities for sports coaches, physical activity deliverers and others involved in the sport and physical activity sector.

In it's 18th year, the programme allows individuals to develop their skills, knowledge, and qualifications around a range of important issues including; safeguarding, mental health, dealing with challenging behaviour and inclusive practice.

This year, the programme will be supporting the No Limits 2026 Campaign, part of the Hertfordshire Year of Disability Sport & Physical Activity.



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# In the run up to CEW

Click the title  
of a course to  
book

## Strength & Conditioning Level 1

**Delivered by** – Performance Herts

**Location** – Hertfordshire Sports Village, Hatfield, AL10 9EU

**Date and Time** – Saturday 14th February, 9:30am – 3:45pm

**Cost** – £95 per person

## ECB Coach Core (Level 2)

**Delivered by** – Hertfordshire Cricket

**Location** – Chancellor's School, Brookmans Park, AL9 7BN

**Date** – Saturday 7th February 2026

Sunday 8<sup>th</sup> February 2026

Saturday 21<sup>st</sup> February 2026

Sunday 22<sup>nd</sup> February 2026

**Time** – 9am – 1pm

**Cost** – £300



# Monday 16th February

## Strength and Conditioning Level 2

**Delivered by** - Performance Herts

**Location** - Hertfordshire Sports Village, Hatfield, AL10 9EU

**Time** - 9:45am-3:45pm

**Cost** - £85 per person

## Youth Mental Health First Aid Awareness

**Delivered by** - Street Games

**Location** - Online

**Time** - 6pm-9pm

**Cost** - Free

## Deaf Awareness & Introduction to BSL in Sport

**Delivered by** - The Phoenix Group for Deaf Children & Young Adults

**Location** - Online

**Time** - 6:30pm-8:30pm

**Cost** - Free

## Safeguarding and Protecting Children

**Delivered by** - Apex

**Location** - Online

**Time** - 6:30pm-9:30pm

**Cost** - Free

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# Tuesday 17th February

## Hertfordshire Health Walks- Volunteer Training

**Delivered by** - Hertfordshire Health Walks

**Location** - Broxbourne Borough Council Offices, EN8 9XQ

**Time** - 9:45am - 2:30pm

**Cost** - Free

**Note:** Email to Book Your Place

## Building An Active School Community

**Delivered by** - Daniel Chaplan (Schools Active Community Coach)

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 10am - 12pm

**Cost** - £15 per person

## Junior Coach Award (For 12-16 year olds)

**Delivered by** - Hertfordshire FA

**Location** - Herts FA, Letchworth, SG6 2EN

**Time** - 10am - 2pm

**Cost** - £50 per person

## Inclusive Sports Coach Workshop

**Delivered by** - Inclusive United

**Location** - Hertfordshire Sports Village, Hatfield, AL10 9EU

**Time** - 11am - 12:30pm

**Cost** - Free



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# Tuesday 17th February

## **Stress Management & Burnout**

**Delivered by** - Hertfordshire Mind Network

**Location** - Online

**Time** - 2pm - 4pm

**Cost** - Free

## **Safeguarding Adults**

**Delivered by** - Ann Craft Trust

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 6pm - 9pm

**Cost** - Free

## **Domestic Abuse Awareness for Coaches & Instructors**

**Delivered by** - Domestic Abuse Response Training

**Location** - Online

**Time** - 6:30pm - 8pm

**Cost** - Free

## **Disability Inclusion in Community Sport**

**Delivered by** - Access Sport

**Location** - Online

**Time** - 6:30pm - 8:30pm

**Cost** - Free

## **Disability Inclusion in Community Sport**

**Delivered by** - Access Sport

**Location** - Online

**Time** - 6:30pm - 8:30pm

**Cost** - Free

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**Wednesday 18th February**

### **Embracing Neurodiversity in Community Sport**

**Delivered by** - Access Sport

**Location** - Online

**Time** - 10am - 12pm

**Cost** - Free

### **Safeguarding Adults**

**Delivered by** - Ann Craft Trust

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 10am - 1pm

**Cost** - Free

### **Making Sports Organisations Equitable**

**Delivered by** - Sports Structures

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 10am - 1pm

**Cost** - Free

### **Olympic Weightlifting Masterclass**

**Delivered by** - Performance Herts

**Location** - Hertfordshire Sports Village, Hatfield, AL10 9EU

**Time** - 1pm - 3:30pm

**Cost** - £40 per person

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# Wednesday 18th February

## Dispelling the myths around arthritis and physical activity.

**Delivered by** - Arthritis UK

**Location** - Online

**Time** - 1pm - 3pm

**Cost** - Free

## Developing and Fostering Emotional Regulation

**Delivered by** - Dani Fort, Sport and Exercise Psychologist in Training

**Location** - Online

**Time** - 2pm - 3:30pm

**Cost** - Free

## From Self-Criticism to Self-Compassion

**Delivered by** - Hertfordshire Mind Network

**Location** - Online

**Time** - 6pm - 8pm

**Cost** - Free

## Time To Listen- Welfare Officer Workshop

**Delivered by** - Apex

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 6:30pm - 9:30pm

**Cost** - Free

## Sport and Performance Nutrition

**Delivered by** - Lindsay Kass

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 7pm - 9pm

**Cost** - Free



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# Thursday 19th February

## Finding your WHY to Coaching' – Exploring your values, identity and building your coach philosophy

**Delivered by** – TE Sport Psyche

**Location** – University of Hertfordshire, Hatfield, AL10 9EU

**Time** – 10:30am – 11:30am

**Cost** – Free

## Emotional Resilience and Self-Esteem

**Delivered by** – Hertfordshire Mind Network

**Location** – Online

**Time** – 10am – 12pm

**Cost** – Free

## Lead the Game: An Introduction to Coaching & Leadership

**Delivered by** – London Mavericks Netball

**Location** – University of Hertfordshire Sports Village, Hatfield, AL10 9EU

**Time** – 1:30pm – 3:30pm

**Cost** – £15/£20 per person

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**Thursday 19th February**

**Using Yoga In Fitness Settings: Supporting Strength & Balance in Older Adults**

**Delivered by** - Accessible Chair Yoga CIC

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 6:30pm - 9pm

**Cost** - Free

**Injury Prevention Strategies for Female Football**

**Delivered by** - Hertfordshire FA

**Location** - Online

**Time** - 7pm- 8pm

**Cost** - £10 per person

**Motivation for Exercise & Movement**

**Delivered by** - John Harris

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 7pm - 8pm

**Cost** - Free



# Friday 20th February

## Sport Based Youth Mentoring

**Delivered by** - The Mentoring Lab

**Location** - Hertfordshire Sports Village, Hatfield, AL10 9EU

**Time** - 9am - 4pm

**Cost** - Free

## Safeguarding & Protecting Children

**Delivered by** - Apex

**Location** - University of Hertfordshire, Hatfield, AL10 9EU

**Time** - 10am - 1pm

**Cost** - Free

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# Saturday 21st / Sunday 22nd February

## Strength & Conditioning Level 3

**Delivered by** - Performance Herts

**Location** - Hertfordshire Sports Village, Hatfield, AL10 9EU

**Date** - Saturday 21st February 2026

**Time** - 9:30am - 3:45pm

**Cost** - £95 per person

## ECB Coach Core (Level 2)

**Delivered by** - Hertfordshire Cricket

**Location** - Chancellor's School, Pine Grove, Brookmans Park, AL9 7BN

**Date** - Saturday 7th February 2026, Sunday 8<sup>th</sup> February 2026

Saturday 21<sup>st</sup> February 2026, Sunday 22<sup>nd</sup> February 2026

**Time** - 9am - 1pm

**Cost** - £300

## An Intro to Coaching Basketball (previously Level 1)

**Delivered by** - Sport Structures

**Location** - Hitchin Boys' School Sports Centre, SG5 1JB

**Date** - Sunday 23rd February 2025

**Time** - 12pm - 4pm

**Cost** - £115 per person

## Foundation Award

**Delivered by** - Badminton England

**Location** - Beaumont School, St. Albans, AL4 0XB

**Date** - Saturday 21<sup>st</sup> February & Sunday 22nd February 2025

**Time** - 9am - 4pm

**Cost** - £230 per person

# FAQ

**Q**

**Can I access the courses if I'm not in Hertfordshire?**

**A**

**Of course! Our courses are open to all clubs and coaches.**

**Q**

**Do you provide accredited courses?**

**A**

**Yes. We have multiple accredited courses on offer.**

**Q**

**Who can attend?**

**A**

**Anyone! Whether you are new to coaching or not, we have a course available for you.**

**Q**

**Are there courses online?**

**A**

**Yes! There are a mixture of online and in-person courses.**

**Q**

**What else can HSP offer me?**

**A**

**We can support you with safeguarding, funding and networking. [Check out more on our website.](#)**

Want more courses  
throughout the year?

Check out our **training  
courses page**



**Coach  
Education  
Week 2026**

Contact **[hspinfo@herts.ac.uk](mailto:hspinfo@herts.ac.uk)** for further information