



February 16th – 22nd



**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.



1

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 8th February 2026

Saturday 21st February 2026

Sunday 22nd 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

3

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

4

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

5

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

6

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

7

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

8

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

10

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 8th February 2026

Saturday 21st February 2026, Sunday 22nd 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 21st 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** for further information