

Sport Events & Courses – Academic Year 2010-2011

Collated by Carmarthenshire County Council's Sport Development Unit

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9	WRU Tag Rugby Coaching Course @ Parc y Scarlets, Llanelli. £20. R Hardy / P Fisher
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15	SportsCoach UK 'Safeguarding & Protecting Children' Workshop 6-9pm @ Parc y Scarlets, Llanelli. £10-15. H Jones
16	3 Star Canoe Training @ Llandysul Paddlers – G Bryant
17	3 Star Canoe Training @ Llandysul Paddlers – G Bryant
18	White Water Safety and Rescue Training @ Llandysul Paddlers – G Bryant
19	WRU Level 2 Coaching Course (Week 1 of 4) @ Llangrannog Urdt Centre. £200. R Hardy / P Fisher White Water Safety and Rescue Training @ Llandysul Paddlers – G Bryant
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21	Hockey Organisers Workshop for school, college and club volunteers @ QE High. 9:15am-12:30pm. £15. R Ellis
22	WRU West Carmarthen Yr 8 Rugby Tournament @ Coleg Sir Gar. 12-2:30pm. R Hardy / P Fisher Carmarthenshire Primary Schools Cross Country Championships @ United Counties Showground, Carmarthen. 5pm. H Davies WRU Rugby Festival for Yrs 5 & 6 – Llanelli. Coleg Sir Gar. 9:30am-12pm. P Fisher
23	PESS Course – Keeping Learning On Track for KS2 teachers from QE High and Ysgol Bro Myrdin Development Centres. T Neumeyer-James Swimming National Curriculum training Level 1 Ammanford Leisure Centre – A Shortman
24	Netball 'Q' Umpiring Course (for beginners). Venue tbc. 10am-2pm. £20-40. L Ryland 4 Star White Water Leaders Training @ Llandysul Paddlers – G Bryant
25	WRU Level 2 Coaching Course (Week 2 of 4) @ Llangrannog Urdt Centre. R Hardy / P Fisher 4 Star White Water Leaders Training @ Llandysul Paddlers – G Bryant
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28	Urdt Yr 5 & 6 Rugby Tournament for Llanelli Area @ Coleg Sir Gar. 10am-1pm. S Fflur
29	WRU East Carmarthen Yr 8 Rugby Tournament @ Ammanford. 12-2:30pm. R Hardy Swimming National Curriculum training Level 1 Llanelli Leisure Centre – A Shortman Llanelli Dragon Hockey League (Week 1). Yr 6 Boys & Girls. Parc Y Scarlets Barn, Llanelli. 10-12:30. R Ellis
30	RYDER CUP opening ceremony – Celtic Manor, Wales Dragon Sport Fun Day for Ammanford Primary Schools (Yr 5) @ Amman Valley Comprehensive School. 10am-12pm & 12:30-2:30pm. Schools must be affiliated to WHU. R Ellis Dragon Sport & WRU TAG Rugby Tournament Yr 5 and 6 for West Carmarthen Schools @ Parc Dr Owen, Whitland. 10am-2:30pm. M Jones Swimming National Curriculum training Level 1 Ammanford Leisure Centre – A Shortman

October	
1	RYDER CUP TOURNAMENT – Celtic Manor, Wales Urdt Yr 5 & 6 Rugby Tournament for Ammanford Area. 10am-1pm. S Fflur Hockey – Dragon Sport Fun Day for Llandello/Landover Primary Schools (Yr 5) @ Tregib. 10am-12pm & 12:30-2:30pm. Schools must be affiliated to WHU. R Ellis WRU Rugby Ready & Level 1 combined course (Part 1) @ Carmarthen Athletic. £120. R Hardy / P Fisher Primary Schools Aquasplash festivals for Carmarthen Block 1, Llanelli Block 1 and Ammanford Block 1 Clusters. A Shortman
2	RYDER CUP TOURNAMENT – Celtic Manor, Wales
3	RYDER CUP TOURNAMENT – Celtic Manor, Wales, COMMONWEALTH GAMES, Delhi McDonald's Coaching Workshop @ Llanelli LC. 11am-1pm. C Staples WRU Rugby Ready & Level 1 combined course (Part 2) @ Carmarthen Athletic. R Hardy / P Fisher
4	COMMONWEALTH GAMES, Delhi
5	Hockey 'Fundamentals' course for primary school teachers, students & junior club coaches. Amman Valley LC. 9am-12pm. £30. R Ellis Hockey 'Transition' course for primary school teachers, students & junior club coaches. Amman Valley LC. 1-4pm. £30. R Ellis WRU Girls Rugby Tournament for Yr 7, 8 & 9 @ Coleg Sir Gar. 9:30am-12pm. P Fisher / R Hardy
6	COMMONWEALTH GAMES, Delhi Urdt Yr 5 & 6 Rugby Tournament for Llandello/Landover Area @ Llandello. 10am-12pm. S Fflur SportsCoach UK Funding 'Your Club' Workshop 6-9pm @ Carmarthen LC. £10-15. H Jones Llanelli Dragon Hockey League (Week 2). Yr 6 Boys & Girls. Parc Y Scarlets Barn, Llanelli. 10-12:30. R Ellis
7	COMMONWEALTH GAMES, Delhi Urdt Yr 5 & 6 Rugby Tournament for Carmarthen, St Clears & Gwendraeth Area. Venue tbc. 10am-1pm. S Fflur Llanelli Cross Country Competition for primary schools @ Penyaer. 1-2:30pm. P Bennett WRU Level 2 Coaching Course (Week 3 of 4) @ Llangrannog Urdt Centre. R Hardy / P Fisher
8	COMMONWEALTH GAMES, Delhi Dragon Sport & WRU TAG Rugby Tournament Yr 5 and 6 for Llanelli Schools @ Coleg Sir Gar. 10am-2:30pm. M Jones PESS Course – Keeping Learning On Track for KS2 teachers from Maes yr Yfa and Gwendraeth Development Centres. T Neumeyer-James
9	COMMONWEALTH GAMES, Delhi
10	COMMONWEALTH GAMES, Delhi WRU Rugby Ready & Level 1 combined course (Part 3) @ Carmarthen Athletic. R Hardy / P Fisher
11	COMMONWEALTH GAMES, Delhi
12	COMMONWEALTH GAMES, Delhi WRU West Carmarthen Yr 9 Rugby Tournament @ Coleg Sir Gar. 12-2:30pm. R Hardy / P Fisher
13	COMMONWEALTH GAMES, Delhi Urdt mixed 7 a side football for Yr 4, 5, 6 Ammanford area @ Y Bedol. 10am-1pm. S Fflur (TBC) Hockey – Dragon Sport Fun Day for Carmarthen Primary Schools (Yr 5). Venue tbc. 10am-12pm & 12:30-2:30pm. Schools must be affiliated to WHU. R Ellis Llanelli Dragon Hockey League (Week 3). Yr 6 Boys & Girls. Parc Y Scarlets Barn, Llanelli. 10-12:30. R Ellis
14	COMMONWEALTH GAMES, Delhi Dragon Sport & WRU TAG Rugby Tournament Yr 5 and 6 for Llandello/Landover Schools @ Llandello RFC. 10am-2:30pm. M Jones WRU Level 2 Coaching Course (Week 4 of 4) @ Llangrannog Urdt Centre. R Hardy / P Fisher
15	Urdt girls 7 a side football for Yr 4, 5, 6 Llanelli area @ Llanelli LC. 10am-1pm. S Fflur Dragon Sport & WRU TAG Rugby Tournament Yr 5 and 6 for Gwendraeth Schools @ Pontyberem School. 10am-2:30pm. M Jones Carmarthenshire Netball Development Centre league date for clubs (U11's, U14's). 9am-2pm. The pod, Trinity College. L Ryland Swimming Introduction to Breaststroke CPD Carmarthen Leisure Centre. A Shortman
16	Carmarthenshire Hockey Development Centre league date for clubs (U11's, U13's, U15's). 9:30am-1:30pm. Parc y Scarlets. R Ellis
17	Urdt mixed 7 a side football for Yr 4, 5, 6 Llanelli area @ Llanelli LC. 10am-1pm. S Fflur Swimming National Curriculum training Level 1 Llanelli Leisure Centre. A Shortman
18	WRU East Carmarthen Yr 9 Rugby Tournament @ Ammanford. 12-2:30pm. R Hardy
19	Urdt mixed and girls 7 a side football for Yr 4, 5, 6 Llandello/Landover area. Venue tbc. 10am-1pm. S Fflur
20	Dragon Sport & WRU TAG Rugby Tournament Yr 5 and 6 for Ammanford Schools @ Amman Valley Playing Fields. 10am-2:30pm. M Jones Swimming National Curriculum training Level 1 Carmarthen Leisure Centre. A Shortman
21	Dragon Sport & WRU TAG Rugby Tournament Yr 5 and 6 for Carmarthen Schools @ Abergwili Playing Fields, Carmarthen. 10am-2:30pm. M Jones
22	Swimming National Curriculum training Level 1 Ammanford Leisure Centre. A Shortman Primary Schools Aquasplash festivals for Carmarthen Block 2, Llanelli Block 2 and Ammanford Block 2 Clusters. A Shortman
23	
24	Football Leaders Award (Part 1) @ Llanelli LC. 9 – 5pm. £40 C. Staples
25	Netball 'Starting Out' coaching & umpiring courses. 9am-4:30pm. Venue & cost tbc. L Ryland Football Leaders Award (Part 1) Ammanford/Llanelli. 9 – 5pm. £40 C. Staples (for school and college students).
26	Football Leaders Award (Part 2) Ammanford/Llanelli. 9 – 5pm. C. Staples (for school and college students).
27	Football Leaders Award (Part 1) @ Carmarthen. 9 – 5pm. C. Staples £40 (for school and college students) Hockey Organisers Workshop for school, college and club volunteers @ Parc y Scarlets, Llanelli. 9:15am-1pm. £15. R Ellis
28	Dodgeball Level 1 course. 1-4pm. Venue tbc. £35. M Adams
29	Football Leaders Award (Part 2) @ Carmarthen. 9 – 5pm. C. Staples (for school and college students)
30	Netball Level 1 umpiring course. Llanelli. 10am-4pm. £35-70. L Ryland
31	Football Leaders Award (Part 2) @ Llanelli LC. 9 – 5pm. C. Staples

Contacts	
Allison Rees (Manager): 01554 744344	Gareth Bryant (Watersports): 01559 363209
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Mari-Ann Jones (Dragon Sport): 01554 744352	Paul Fisher (Llanelli Rugby): 01554 783935
Aled Parry/Rhian Davies/Lyn Brodric/Laura Thomas/	Rae Ellis (Hockey): 01554 744351
Matt Adams/Jonathan Anthony/Hywel Thomas /	Lyn Ryland (Netball): 01554 744350
Colin Staples (Football): 01554 744347	Sioned Fisher (Urdt): 01267 676678
Lisa Pudner (Disability): 01554 744345	Tanja Neumeyer-James (PESS): 01267 246632
Phil Bennett (Generic): 01554 744346	Phil Bennett (Swimming): 01267 224719


















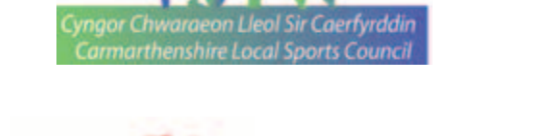




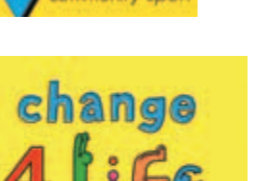
For General Information	
Telephone: 01554 744350	
E-mail: leisure@carmarthenshire.gov.uk	
Website: www.carmarthenshire.gov.uk/leisure	

Key	
Green text	Primary school age specific events
Blue text	Secondary school age specific event
Black Text	Event open to multiple age ranges
Red Text	Coach/Teacher event or course
	Weekends
	School Holidays

November	
1	First Aid for Football Awareness @ Llanelli LC. 6.15 – 9.30pm. £25 C.Staples
2	Urdt Swimming Gala St.Clears, Carmarthen & Gwendraeth area for Yrs 3-13. Venue tbc. 9am-4pm. S Fflur
3	WRU Rugby Festival for Yrs 5 & 6 – Ammanford. Amman Valley Comprehensive School. 10am-12pm. R Hardy Llanelli Dragon Hockey League (Week 4). Yr 6 Boys & Girls. Parc Y Scarlets Barn, Llanelli. 10-12:30. R Ellis
4	Urdt Netball Tournament Llandello/Landover area for Yr 4, 5, 6. Venue tbc. 10am-1pm. S Fflur WRU Rugby Festival for Yrs 5 & 6 – Gwendraeth Valley, Pontyberem School. 9:30am-11:30pm. R Hardy
5	Swimming Teaching UKCC Level 1 course Llanelli Leisure Centre. A Shortman
6	Carmarthenshire Netball Development Centre league date for clubs (U11's, U14's). 9am-2pm. Llanelli LC. L Ryland Swimming Teaching UKCC Level 1 course Llanelli Leisure Centre. A Shortman Mini Polo CPD Carmarthen Leisure Centre. A Shortman
7	Swimming Teaching UKCC Level 1 course Llanelli Leisure Centre. A Shortman
8	Urdt girls 7 a side football for Yr 4, 5, 6 Ammanford area – Y Bedol. 10am-1pm. S Fflur
9	Urdt Swimming gala Llanelli, Llandello, Landover & Ammanford area for Yrs 3-13. Venue tbc. 9am-4pm. S Fflur WRU West Carmarthen Yr 7 Rugby Tournament @ Coleg Sir Gar. 12-2:30pm. R Hardy / P Fisher
10	Urdt girls 7 a side football St.Clears, Carmarthen and Gwendraeth area for Yr 4, 5, 6. Venue tbc. 10am-1pm. S Fflur Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones WRU Rugby Festival for Yrs 3 & 4 – Llanelli. Coleg Sir Gar. 9:30am-12pm. P Fisher
11	Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones WRU Rugby Festival for Yrs 5 & 6 – Carmarthen. Abergwili. 9:30am-11:30pm. R Hardy
12	Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones
13	Swimming Teaching UKCC Level 1 course Llanelli Leisure Centre. A Shortman
14	Swimming Teaching UKCC Level 1 course Llanelli Leisure Centre. A Shortman
15	Urdt Netball Tournament Llanelli area for Yrs 4, 5, 6. Venue tbc. 10am-1pm. S Fflur
16	Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones WRU East Carmarthen Yr 7 Rugby Tournament @ Ammanford. 12-2:30pm. R Hardy
17	Urdt mixed 7 a side football St.Clears, Carmarthen and Gwendraeth area for Yrs 4, 5, 6. Venue tbc. 10am-1pm. S Fflur Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones Run, Jump Throw Athletics Workshop for primary teachers & volunteers @ Parc y Scarlets, Llanelli. 9:30am-12:30pm. M Jones WRU Rugby Festival for Yrs 5 & 6 – Whitland/St Clears, Parc Dr Owen. 10am-12pm. R Hardy
18	Urdt & WNA Secondary Schools National Netball Tournament. Cardiff for Yrs 7 – 13. S Fflur Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones WRU Rugby Festival for Yrs 5 & 6 – Llandover/Llandello. Llandello RFC. 10am-12pm. R Hardy
19	Primary Schools Aquasplash festivals for Carmarthen Block 3, Llanelli Block 3 and Ammanford Block 3 Clusters. A Shortman
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21	Carmarthenshire Hockey Development Centre league date for clubs (U11's, U13's, U15's). 9:30am-1:30pm. Parc y Scarlets. R Ellis
22	Urdt Netball Tournament for Ammanford area Yrs 4, 5, 6. Ammanford Comprehensive School 10am-1pm. S Fflur
23	Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones WRU Girls Rugby Tournament for Yr 10, 11, 12 @ Coleg Sir Gar. 9:30am-12pm. P Fisher / R Hardy
24	WRU Rugby Festival for Yrs 5 & 6 – Newcastle Emlyn. NCE RFC. 10am-12pm. R Hardy Urdt Netball Tournament for St.Clears, Carmarthen and Gwendraeth area for Yrs 4, 5, 6 @ Trinity College 10am-1pm. S Fflur Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones SportsCoach UK 'Safeguarding & Protecting Children' Workshop 6-9pm @ Ammanford. £10-15. H Jones
25	Dragon Sport 10 Year Anniversary Celebration Events. Details tbc. M Jones Urdt Gymnastics Competition for Carmarthenshire Schools Yrs 3-10 @ Ammanford Comprehensive School 10am-2pm
26	Swimming National Curriculum training Level 1 Llanelli Leisure Centre. A Shortman
27	Netball 'Starting Out' coaching course. Venue tbc. £20-40. L Ryland
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29	Urdt 5 a side football for Yrs 3-6 from schools with under 50 pupils – Venue tbc. 10am-12pm. S Fflur Swimming National Curriculum training Level 1 Carmarthen Leisure Centre. A Shortman
30	Urdt 5 a side football for Yrs 3-6 from schools with under 50 pupils – Venue tbc. 10am-12pm. S Fflur

December	
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4	Carmarthenshire Netball Development Centre league date for clubs (U11's, U14's). 9am-2pm. Llanelli LC. L Ryland
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6	Swimming Parent and Child CPD (for Level 2 teachers) Carmarthen Leisure Centre. A Shortman
7	Swimming Parent and Child CPD (for Level 2 teachers) Carmarthen Leisure Centre. A Shortman
8	Swimming Parent and Child CPD (for Level 2 teachers) Carmarthen Leisure Centre. A Shortman
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11	Primary Schools Aquasplash festivals for Carmarthen Block 4, Llanelli Block 4 and Ammanford Block 4 Clusters. A Shortman
12	Carmarthenshire Hockey Development Centre league date for clubs (U11's, U13's, U15's). 9:30am-1:30pm. Parc y Scarlets. R Ellis
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25	CHRISTMAS DAY
26	BOXING DAY
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January	
1	NEW YEARS DAY
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9	Football Leaders Award (Part 1) @ Llanelli LC. 9 – 5pm. £40 C. Staples
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11	WRU West Carmarthen Yr 10 Rugby Tournament @ Coleg Sir Gar. 12-2:30pm. R Hardy / P Fisher
12	WRU Rugby Festival for Yrs 5 & 6 – Newcastle Emlyn. NCE RFC. 10am-12pm. R Hardy
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16	Football Leaders Award (Part 2) @ Llanelli LC. 9 – 5pm. C. Staples Carmarthenshire Hockey Development Centre league date for clubs (U11's, U13's, U15's). 9:30am-1:30pm. Parc y Scarlets. R Ellis
17	First Aid for Football Awareness @ Llanelli FC. 6.15 – 9.30pm. £25 C.Staples
18	WRU East Carmarthen Yr 10 Rugby Tournament @ Ammanford. 12-2:30pm. R Hardy
19	WRU Rugby Festival for Yrs 5 & 6 – Ammanford. Amman Valley Comprehensive School. 10am-12pm. R Hardy
20	FAW Welfare & Child Protection @ Llanelli LC. 6.15 – 9.30pm. £25 C.Staples WRU Rugby Festival for Yrs 5 & 6 – Carmarthen. Carmarthen Athletic Barn. 9:30am-11:30pm. R Hardy
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22	Netball Level 2 umpiring course – Llanelli. 9am-4pm. £70. L Ryland
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26	Carmarthenshire Sports Personality Awards @ Lyric Theatre, Carmarthen. H Jones WRU Rugby Festival for Yrs 5 & 6 – Whitland/St Clears. Parc Dr Owen. 10am-12pm. R Hardy
27	WRU Rugby Festival for Yrs 5 & 6 – Gwendraeth Valley, Pontyberem School. 9:30am-11:30pm. R Hardy
28	Primary Schools Aquasplash festivals for Carmarthen Block 5, Llanelli Block 5 and Ammanford Block 5 Clusters. A Shortman
29	Urdt National Primary Schools (Yrs 3-6) swimming gala – Cardiff International Swimming Pool. S Fflur Carmarthenshire Netball Development Centre league date for clubs (U11's, U14's). 9am-2pm. Llanelli LC. L Ryland
30	McDonald's Coaching Workshop @ Carmarthen LC. 11am-1pm. C.Staples Urdt National Secondary Schools (Yrs 7-13) swimming gala – Cardiff International Swimming Pool. S Fflur
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February	
1	Dragon Sport Mini Decathlon @ Newcastle Emlyn LC. 10am-12pm for NCE cluster. H.Jones
2	Dragon Sport Mini Decathlon @ Llandoverey College. 10am-12pm for Landoverey cluster. H.Jones
3	Dragon Sport Mini Decathlon @ Dyffryn Tal School. 10am-12pm for Whitland cluster. H.Jones WRU Rugby Festival for Yrs 5 & 6 – Llandoverey/Llandello. Llandello RFC. 10am-12pm. R Hardy
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5	Netball – U14/U16 Inter-Area Championships @ North Wales (Venue tbc)
6	Netball – U14/U16 Inter-Area Championships @ North Wales (Venue tbc)
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8	Dragon Sport Mini Decathlon @ Ysgol Bro Myrdin. 10am-12pm for Carmarthen cluster. H.Jones WRU West Carmarthen Yr 11 Rugby Tournament @ Coleg Sir Gar. 12-2:30pm. R Hardy / P Fisher
9	Dragon Sport Mini Decathlon @ Tregib School. 10am-12pm for Llandello cluster. H.Jones WRU Rugby Festival for Yrs 5 & 6 – Llanelli. Coleg Sir Gar. 9:30am-12pm. P Fisher
10	Dragon Sport Mini Decathlon @ Parc y Scarlets, Llanelli. 10am-12pm for Llanelli cluster. H.Jones
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13	Carmarthenshire Hockey Development Centre league date for clubs (U11's, U13's, U15's). 9:30am-1:30pm. Parc y Scarlets. R Ellis
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15	Dragon Sport Mini Decathlon @ Ysgol Maes yr Yfa. 10am-12pm for Gwendraeth cluster. H.Jones WRU East Carmarthen Yr 11 Rugby Tournament @ Ammanford. 12-2:30pm. R Hardy
16	Urdt National Primary Schools (Yrs 3-6) gymnastics competition – Aberystwyth Leisure Centre Plasrugg. S Fflur Dragon Sport Mini Decathlon @ Amman Valley Comprehensive School. 10am-12pm for Ammanford cluster. H.Jones Urdt National Secondary Schools (Yrs 7-10) gymnastics – Aberystwyth Leisure Centre Plasrugg. S Fflur Invite Only – WRU Dyfed 10's Tournament @ Coleg Sir Gar. 9:30am-12pm. R Hardy / P Fisher 5x60 Boys Hockey Tournament – U16's and U13's. 10am-2pm. Venue TBC. L Brodric / R Ellis Carmarthenshire Local Disability Sport Wales Swimming Gala. Llanelli Leisure Centre. 10:30am-1pm. L Pudner
18	Primary Schools Aquasplash festivals for Carmarthen Block 6, Llanelli Block 6 and Ammanford Block 6 Clusters. A Shortman
19	Carmarthenshire Netball Development Centre league date for clubs (U11's, U14's). 9am-2pm. Llanelli LC. L Ryland
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21	(This week – date tbc) SportsCoach UK 'Safeguarding & Protecting Children – A reflection on practice' Workshop 6-9pm @ Carmarthen. £10-15. H Jones
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24	Sticks with stars' hockey day for 11-15yrs boys & girls @ Parc y Scarlets, Llanelli. £25. 9am-4pm. R Ellis Introduction to Cricket Course 10am-2pm. Venue TBC. L Brodric
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28	Dragon Hockey Programme for Llanelli Primary Schools (Yr 5) @ Coleg Sir Gar. 10am-12:30pm. Schools must be affiliated to WHU. R Ellis

March	
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7	Dragon Hockey Programme for Llanelli Primary Schools (Yr 5) @ Coleg Sir Gar. 10am-12:30pm. Schools must be affiliated to WHU. R Ellis
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9	Dragon Sport Mini Decathlon FINAL. Venue tbc. 10am-1pm. H.Jones WRU Rugby Festival for Yrs 5 & 6 – Ammanford. Amman Valley Comprehensive School. 10am-12pm. R Hardy
10	5x60 Badminton Tournament @ Llanelli LC. H Thomas
11	NETBALL EUROPE U17 (Dublin) & U19 (Deeside) CHAMPIONSHIPS
12	NETBALL EUROPE U17 (Dublin) & U19 (Deeside) CHAMPIONSHIPS
13	NETBALL EUROPE U17 (Dublin) & U19 (Deeside) CHAMPIONSHIPS
14	Dragon Hockey Programme for Llanelli Primary Schools (Yr 5) @ Coleg Sir Gar. 10am-12:30pm. Schools must be affiliated to WHU. R Ellis Llanelli Primary Schools Netball Competition @ Llanelli LC. 9:30am-3pm. P Bennett (This week – date tbc) Primary Teachers Tennis Course in Carmarthen and Dragon Golf Activators Course in Peniel, Carmarthen. M Jones
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16	WRU Rugby Festival for Yrs 5 & 6 – Whitland/St Clears. Parc Dr Owen. 10am-12pm. R Hardy
17	WRU Rugby Festival for Yrs 5 & 6 – Gwendraeth Valley, Pontyberem School. 9:30am-11:30pm. R Hardy
18	Primary Schools Aquasplash festivals for Carmarthen Block 7, Llanelli Block 7 and Ammanford Block 7 Clusters. A Shortman
19	Netball 'Q' Umpiring Course (for beginners). Venue tbc. 10am-2pm. £20-40. L Ryland
20	Carmarthenshire Hockey Development Centre league date for clubs (U11's, U13's, U15's). 9:30am-1:30pm. Parc y Scarlets. R Ellis NETBALL – Ann Smart & Presidents Cup. Venue tbc. L Ryland
21	Dragon Hockey Programme for Llanelli Primary Schools (Yr 5) @ Coleg Sir Gar. 10am-12:30pm. Schools must be affiliated to WHU. R Ellis
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23	WRU Rugby Festival for Yrs 3 & 4 – Llanelli. Coleg Sir Gar. 9:30am-12pm. P Fisher
24	WRU Rugby Festival for Yrs 5 & 6 – Carmarthen. Abergwili. 9:30am-11:30pm. R Hardy
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26	Swimming Improving Freestyle CPD Carmarthen Leisure Centre. A Shortman Swimming Improving Butterfly CPD Carmarthen Leisure Centre. A Shortman
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Digwyddiadau a Chyrsiau Chwaraeon – Blwyddyn Academaidd 2010–2011

Cydgasglwyd gan Uned Datblygu Chwaraeon Cyngor Sir Caerfyrddin

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8	Cwsr Hyfforddi gan Undeb Rygbi Cymru – Rygbi Tag yn yr Ysgubor, Parc y Scarlets. £20. R Hardy / P Fisher
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16	Gweithdy gan SportsCoach UK: Diogelu ac Amddiffyn Plant. 6-9pm. Parc y Scarlets, Llanelli. £10-15. H Jones
17	Hyfforddiant Canwio 3 Seren. Padwyr Llandysul – G Bryant
18	Hyfforddiant Canwio 3 Seren. Padwyr Llandysul – G Bryant
19	Hyfforddiant Diogelwch ac Achub mewn Dŵr Gwyn. Padwyr Llandysul – G Bryant
20	Cwsr Hyfforddi URC Lefel 2 (Wythnos 1 o 4). Canolfan yr Urd, Llangrannog £200. R Hardy / P Fisher
21	Hyfforddiant Diogelwch ac Achub mewn Dŵr Gwyn. Padwyr Llandysul – G Bryant
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Cysylltiadau	
Allison Rees (Rheolwr): 01554 744344	Gareth Bryant (Chwaraeon Dŵr): 01559 363209
Carl Daniels (Campau'r Ddraig & 5x60'): 01554 744349	Richard Hardy (Rygb): 01554 744348
Mari-Ann Jones (Campau'r Ddraig): 01554 744352	Paul Fisher (Rygb): 01554 783935
Aled Parry/Rhian Davies/Lyn Brodrick/Laura Thomas/Matt Adams/Jonathan Anthony/Hywel Thomas/Lyn Ryland ('5x60'): 01554 744354	Lyn Ryland (Pêl Rwyd): 01554 744353
Colin Staples (Pêl Droed): 01554 744347	Stoned Fflur (Urdd): 01267 676678
Lisa Pennet (Chwaraeon Anabled): 01554 744345	Tanja Neumayer-James (PESS): 01267 246632
Phil Budner (Chwaraeothol): 01554 744346	Austin Shortman (Nofo): 01267 224719

Am wybodaeth cyffredinol	
Ffôn: 01554 744350	
E-mail: leisure@cararthenshire.gov.uk	
Website: www.cararthenshire.gov.uk/leisure	

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