

# We Coach Wales - 30 Day Stay Involved Challenge

The challenge is on... who can spend the next 30 days staying home, staying active and staying involved ? You can complete the challenge in any order and let us know how you get on! Connect with us on social media, or via email - we are here to help all coaches thrive and learn

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Keep up to date with athletics [news](#) on the Welsh Athletics website

<p>Film yourself demonstrating a warm up move of your choice with teaching points and share with a fellow coach or even better us! Post your video and tag us! #stayhome #stayinvolved</p>	<p>Find an item in your home that you would use in a warm up, the more creative the better, share your idea/game/activity with a colleague and us! #stayhome #stayactive</p>	<p>Access and explore the new <a href="#">Athletics Hub Coaching Resource Library</a></p>	<p>Find your favorite video from the Athletics Hub Coaching Resource Library and share it with us to spread the word! #stayinginvolved</p>	<p>Mental Health and Well being is important for all coaches. Listen to this <a href="#">podcast</a> about the importance of coaches maintaining good mental health; to best serve themselves and their athletes</p>	<p>Pick a skill you cannot do i.e handstand. Go online find a 'how to' video. Over the next thirty days practice your new skill. By day 30 you will potentially be able to do the skill but also teach someone else! #stayhome #stayactive</p>	<p>Create 5 NEW Games/Activities ideas that others can use in home sessions – what, how, why. Share with your group and us! #stayhome #stayinvolved #stayactive</p>
<p>What are your Top 5 reasons for being a leader/coach. Share with Welsh Athletics to inspire future volunteers to your club and the sport #Supportyourclub</p>	<p>Log onto your UKA myathletics portal to check that your coaching certificate is up to date (DBS, Safeguarding etc)</p>	<p>Download a coaching app and have go at filming and playing with the functions</p>	<p>Share how technology and have made a difference to your club #Supportyourclub</p>	<p>Check out the <a href="#">Keep Coaching</a> and <a href="#">Stay active</a> pages on Welsh Athletics website</p>	<p>Share 5 facts about athletics with your club community that they didn't already know.</p>	<p>Check in on a coach/leader/friend/ group member to brighten their day and have a virtual coffee!</p>
<p>Share your favourite coaching book or youtube video so that we can share it with our coaching community #stayinvolved</p>	<p>Watch this 15 min TED Talk about <a href="#">what makes a good teacher GREAT?</a> Write down how it made you feel and what you learnt</p>	<p>Film yourself and family do the running man dance move (Tiktok style) to your favourite music and challenge other coaches to do the same #stayhome #stayactive</p>	<p>If you're Coach Assistant trained why not consider becoming an Athletics Coach? And for all you qualified Athletics Coaches why not do your Event Group qualification?</p>	<p>Try this <a href="#">hip mobility</a> challenge. Fun for all the family</p>	<p>Create a 10 second video of yourself saying why you love being a coach, don't forget to tag #Supportyourclub #stayinvolved</p>	<p>Find a video from another sport to learn from &amp; transfer ideas into athletics. Share the video with other coaches from your club and beyond #Wecoachwales</p>
<p>Create a visual resource you could use to support your athletes to re-enforce fundamental movements or fitness circuits, think</p>	<p>Start a '3 things' diary – in the morning: 3 goals to achieve that day and before bed, 3 great things that happened, however</p>	<p>Write a 5 session return to athletics experience to welcome back your athletes when the we all get</p>	<p>Create a fun activity or game that could be done in the garden that you can share with parents to keep</p>	<p>Tell us how we can help you! Contact Welsh Athletics and give us some ideas for new online CPD or learning we can introduce</p>	<p>Research 10 Athletics words in a the welsh language to use in future</p>	<p>What is your favourite club athletics moment of all time? Share with us #stayhome #stayactive</p>