



Sports Leadership Programme

for young people (16 - 18)

Team 5 annual report (September 2006-August 2007)

The fifth sports leadership programme to be delivered by the Sports Development Team started on 21 October, 2006.

Recognised by Sport England as an example of national best practice, this programme (previously delivered as part of the Medway Active Communities Project) enables young people to develop their confidence, motivation and skills while promoting access to nationally recognised sports leadership and coaching courses.

During this 10-month programme, 18 volunteers completed the Sports Leaders UK Level 1 Award in Community Sports Leadership that included a training course in emergency first aid, attended a selection of Sports Coach UK workshops and participated in regular activity sessions.

Sports Coach UK workshops attended:

- What is sports coaching?
- How to coach sport safely
- How to coach sport effectively
- How to coach children in sport
- How to coach disabled people in sport
- Safeguarding and protecting children

Activity sessions participated in:

- High ropes
- Skiing, snow tubing and tobogganing
- Climbing and abseiling
- Dragon boat racing

Having completed their training, volunteers were given the opportunity to apply their knowledge and skills to benefit the local community by supporting the Medway Messenger Mini Youth Games.

Mini Youth Games supported:

Event	Date	Venue
Rugby	7 November, 2006	Holcombe Hockey Club
Swimming	1 February, 2007	Black Lion Leisure Centre
Mini Tennis	8 May, 2007	Stirling Leisure Centre
Kwik Cricket	13 June, 2007	Lordswood Cricket Club
Athletics	4 July, 2007	Deangate Ridge

While undertaking this valuable work experience, volunteers were also invited to take part in a six-day teambuilding course based in Dartmoor National Park. This residential experience was delivered by Spirit of Adventure, one of the leading providers of adventurous activities in southern England.

All 18 volunteers completed this challenging programme and were awarded coach development grants at their final team presentation. This event took place at The Hundred of Hoo School on Friday, 6 July.

Having gained valuable experience and nationally recognised qualifications during this sports leadership programme, volunteers' details will now be included in Medway's register of sports coaches. Updated regularly, this register will help to publicise future coach development opportunities while providing an invaluable resource for schools and other community organisations wishing to develop local sports provisions. Exit pathways have also been established to help those who are interested further develop their skills and identify appropriate career opportunities in the local community.



Annual summary of outputs

Number of volunteers enrolling on programme	18
Number of training workshops	8
Number of offsite educational visits	18

Number of volunteers completing Level 1 Award in CSL	18
Number of emergency first aid certificates awarded	18
Number of Sports Coach UK certificates awarded	96
Number of teambuilding residential certificates awarded	18
Number of Millennium Volunteer 100-hour certificates awarded	18
Number of coach development grants awarded	17

Total guided learning hours	2,732
Total hours spent supporting the local community	513

Number of volunteers completing programme	18
Volunteer % attendance rate	89%

The Sports Development Team would like to thank all the individuals and organisations that have contributed to the continued success of this unique programme and to congratulate this year's volunteers for a job very well done.



The next programme starts on 20 October, 2007.

For more information, please contact:

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