



## Sports Leadership Programme

for young people (16-18)

### Team 6 annual report (October 2007-July 2008)

The sixth sports leadership programme to be delivered by the Sports Development Team started on 13th October 2007.

Recognised by Sport England as an example of national best practice and featured in articles by the National Youth Agency and UK Youth, this programme helps 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, volunteers completed the Sports Leaders UK Level 2 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:

- 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:

- High ropes
- Skiing, snow tubing and tobogganing
- Climbing and abseiling
- Sailing

Having completed their training, volunteers were given the chance to apply their knowledge and skills to benefit the local community by supporting the Medway Messenger Mini Youth Games, a sports leadership programme for young people with moderate learning difficulties (15-18) and the Medway Regatta at Wilsonian Sailing Club.

#### Mini Youth Games:

Event	Date	Venue
Rugby	13th November	Medway RFC
Swimming	31st January	Black Lion Leisure Centre
Mini Tennis	7th May	Rainham School for Girls
Kwik Cricket	12th June	Lordswood Cricket Club
Athletics	2nd July	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.

14 volunteers completed this challenging programme and were awarded coach development grants at their final team presentation. This event took place at Fort Pitt Grammar School on Friday 27th June.

Having gained valuable experience and nationally recognised qualifications during this sports leadership programme, volunteers' details will now be included in an event volunteer register. Exit pathways have also been established to help those who are interested in further developing their skills and identifying career opportunities in the local community.





## Annual summary of outputs:

Number of volunteers enrolling on programme	15
Number of offsite educational visits	41
Number of nationally recognised training courses	8
Number of volunteers completing Level 2 Award in CSL	14
Number of emergency first aid certificates awarded	14
Number of Sports Coach UK certificates awarded	81
Number of teambuilding residential certificates awarded	14
Number of Millennium Volunteer 50 hour certificates awarded	15
Number of Millennium Volunteer 100 hour certificates awarded	14
Number of Millennium Volunteer 200 hour certificates awarded	11
Number of coach development grants awarded	14
Total guided learning hours	3,128
Total hours spent supporting the local community	526
Number of volunteers completing programme	14
Volunteer % attendance rate	95%

The Sports Development Team would like to thank everyone who has contributed to the continued success of this unique programme and to congratulate all of this year's volunteers.

## The next programme starts on 18th October 2008

### For more information, please contact:

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