



## Sports leadership programme

for young people (aged 16 to 18 years)

### Team 7 annual report (October 2008 to July 2009)

The seventh sports leadership programme to be delivered by the Sports Development Team started on 18 October 2008.

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 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 the knowledge and skills they had gained to benefit the local community by supporting the Medway Messenger Mini Youth Games, the Medway Youth Games, a sports leadership programme for young people with global moderate learning difficulties (aged 15 to 18 years) and the Medway Regatta at Wilsonian Sailing Club.

#### Mini Youth Games:

Event	Date	Venue
Rugby	11 November	Medway RFC
Swimming	29 January	Strood Sports Centre
Tennis	29 April	Frindsbury Tennis Club
Badminton	7 May	Black Lion Leisure Centre
Cricket	11 June	High Halstow Cricket Club
Athletics	1 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.

15 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 3 July.

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	42
Number of nationally recognised training courses	8
Number of volunteers completing Level 2 Award in CSL	15
Number of emergency first aid certificates awarded	15
Number of Sports Coach UK certificates awarded	82
Number of teambuilding residential certificates awarded	15
Number of v50 certificates awarded	15
Number of coach development grants awarded	15
Total guided learning hours	2,735
Total hours spent supporting the local community	975
Number of volunteers completing programme	15
Volunteer attendance rate	94%



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 17 October 2009

### For more information, please contact:

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