

YOUTH SPORT TRUST YOUNG COACH ACADEMY & WATERESPORTS HUB



BLESSED ROBERT SUTTON CASE STUDY 2016



YOUNG COACH ACADEMY

The Young Coach Academy is a unique opportunity to focus on the coaches of the future. It helps participants reflect upon what type of coach they want to be, and improve and develop their personal coaching skills. Its learning programme is deeply rooted in developing the people and coaching skills of the young coaches. After receiving over 40 applications from students county-wide the selection process became very competitive.

30 successful students were informed of future sessions that have been planned which included coaching sessions and topics that would be relevant and of interest to the young coaches. One of the huge successes of this programme has been it's ability to attract students that are involved in alternative and mainstream sports. Within our coach academy we have over eight different sports including; climbing, archery, rugby and football. The first of the sessions focused on their journey as part of the Young Coach Academy and articulating the skills and qualities required of a good coach. The session also identified development opportunities for many of the students through identifying a club or community environment where they would be able to put their skills into practice.

The second of the sessions focused on inclusive coaching, giving the students practical ideas on how to make coaching sessions inclusive for all. The PE specialist from the local special school delivered this session which allowed the students to appreciate real-life scenarios. Although the specific sports of each of the students varied, it was incredibly useful as they were able to take elements and adapt and change to make appropriate for individual disciplines. Between sessions, the coaches were asked to put what they had learnt into practice in their community clubs with the help of their mentors. After doing this, the next session focused on using the group to share their experiences and best practices as well as looking at the Change4Life and how this is particularly relevant in primary schools. The coaches looked at some of the themed activity cards and how these can be adapted to engage young people in sport and physical activity.

CAROLINE SMITH (SGO - EAST STAFFORDSHIRE)

"Through the Young Coach Academy we have been able to develop young people, leaders and volunteers to enhance the number of opportunities available to them. With the support of the Youth Sport Trust we have planned termly sessions for the young coaches that have supported them in their delivery of their specific sports in a community environment."



**YOUNG
COACHES**



The rest of the academic year includes three more sessions for the young coaches including; Coaching Philosophy, Coaching Children and Young People (including goal setting and session planning) and a First Aid course. We are confident that these sessions will support and develop the young coaches and give them the skills to continue working in their community clubs.

WATERSPORTS HUB

Since 2014, after successfully applying to become a Watersports Hub, Blessed Robert Sutton have been working to develop young people's participation in watersports through indoor and outdoor activity. We are able to offer new and exciting opportunities to primary and secondary schools in the local area through a programme with the Youth Sport Trust, Canoe England and British Rowing. Since then we have engaged over 8 local schools in the project working with several clubs such as Burton Canoe Club and Burton Rowing Club. We are very proud to be able to support work like this giving students the opportunity to take part in adventurous activities that are not easily accessible.

This year, as part of our competition programme we ran an indoor canoeing competition which saw 6 primary schools take part with over 50 pupils in years 3-6 take part and engage in new activity. As well as this, we have ran a 6 week after school programme for a local junior school enabling them to use the ergos to engage pupils in activity who are disengaged in traditional team sports.

As a hub school, a huge part of this is to support the transition from schools to community, this is something we have worked extremely hard on this year in partnership with Burton Canoe Club who have been on board since the start of the project. Since September 2016, six students in Year 8 took part in an eight week canoeing programme which involved both on and off water activities. The students completed 2 weeks of land-based canoeing activities at Blessed Robert Sutton using the new ergo machines followed by 6 weeks of practical canoeing at Burton Canoe Club. The experience was completely new for all the students which has enabled them to learn new skills along the way.

STUART BRIGGS (BURTON CANOE CLUB)

"All the participants have adapted well both mentally and physically, evidenced by their willingness, and indeed excitement at being challenged by adverse conditions. Accumulatively the sessions have given the pupils a wide range of experiences and they have learnt to adapt and amend specific techniques to suit the requirements of each occasion."

As a result of this 8 week programme, the students have all successfully completed their Level 1 Paddlepower Award which requires them to understand and demonstrate; how to get in and out of a boat correctly, paddle forwards in a straight line, turn a boat and move sideways. It has been fantastic to see the boys develop their skills whilst having fun in a new environment. During the 6 weeks the students had paddled an incredible 3 miles on the River Trent whilst facing some unpleasant weather conditions. The students have dealt with very fast river flow, high water levels and heavy rain. From the success of the programme and the commitment and enthusiasm of the students, they are continuing their involvement in watersports and are attending Burton Canoe Club every week whilst progressing through the Paddlepower Awards.

LOUIS (STUDENT & PARTICIPANT)

"I have really enjoyed taking part in the canoeing sessions each week as I have been able to develop new skills and take part in something completely different. Each week we learn new techniques and skills on and off the water."



LEADERSHIP ACADEMY

The Leadership Academy in East Staffordshire aims to offer opportunities to young people which can enable them to develop and progress in their chosen sports. Over the years, the academy has spread its support county-wide through the support of other SGOs.

The Young Ambassador programme has been an integral part of this as new students have joined the programme each year, attending termly sessions that develop their confidence as leaders and officials whilst working towards an end of year event for local primary schools.

During the past year, the Academy has supported six students in completing their FA Level 1 Referee course with a further three students preparing to complete the course by the end of this academic year. These students now support their local leagues and SGOs with competitions and events. Following this, one student was awarded Youth Referee of the Year by Burton Junior Football League.

Not only this, we have also seen over 30 female students (14-19 yrs) complete a Youth Umpire Award for Netball. These students now support teachers with after-school and lunchtime provision as well as their local netball clubs.

One of our biggest successes has been the link with Burton Rugby Club which has enabled us to provide a Rugby Ready and Level 1 Referee course for 22 young people (14-19 yrs). From this, they are now coaching on Sunday mornings with the support of mentors from the Rugby club. In partnership with the club we are now looking to establish a Young Referees Academy where we hope to support more young people in their pathway to becoming qualified coaches and officials.

