



Fiona Ward
Sports Director, Southland Secondary Schools Sport
Stadium Southland; 1 Isabella Street, PO Box 6154 Invercargill North 9841
Phone 03 217 7244; E-Mail: info@southlandschoolsport.org.nz

Invest in Sport / Growing Coaches Programme 2018

Dear Regional Sports

We are looking for students to register for our 2018 student coaching course. The information has been sent to schools and at this point 48 students have been registered. If you know of students through your sport that may be interested or you can encourage to get involved in coaching it would be great if you can help advertise.

This course is a blend of the Growing Coaches resources from Sport NZ and the Invest in Sport Programme. There are unit standards attached to the course but schools must have consent for these in order for them to be offered.

There will be 3 workshops offered but the third workshop will be more practical instead of working through an assessment book for schools that do not have consent. Any schools that have consent students will definitely be given the option of completing the assessment material to gain the unit standards.

The program will involve six hours of training for the students and then a requirement for 15 hours of practical coaching experience. Therefore the students must coach a team or individuals through a sports season.

The six hours of training is divided into three workshops of generic coaching training, and sport specific tactical and technical coach training. student coaches school in this course will receive a good grounding in the basic principles of coaching which will help self-confidence and benefit the teams or individuals they are coaching. It will show a level of dedication on their part towards their interest in coaching.

Southland Secondary School Sport will play a crucial role in promoting Invest in Sport to the secondary schools then Sport Southland will facilitate the relationship between the schools that adopt the program and the Regional Sports Organisation (or club) for the sport/s chosen for the technical / tactical sport specific component of the program.

Students can also join Sport Southlands Connecting Coaches network.

Delivery of the Programme

We are wanting to be flexible in the delivery of this programme and are willing to come out to schools to deliver certain parts of the coaching programme (especially to rural schools).

Student Requirements for the Programme

We will accept students from years 10-13 in to the programme. This means schools will retain hopefully the majority of these student coaches for at least another year to three years to benefit from their coaching.

If students just want a grounding and some generic training for coaching they can just complete the first part of the programme .

If Requiring Assessment

Assessments for the programme will be carried out by me throughout the programme. I am a trained assessor through Skills Active. We will also work with teachers in charge of sport at schools. Assessment of the practical coaching can be also done by someone at the school e.g. a sports coordinator / teacher in charge of that sport or a nominee from the Regional Sports Organisation if agreed upon)

Cost

There will be no cost to students .Costs will be covered by sponsorship.

Introductory Course for the programme

We will begin with an introductory Getting Started in Coaching Workshop. Dates for the delivery will be in term two and set in consultation with schools that have students involved.

Coaching Opportunities

There will be practical coaching opportunities for students provided by in some cases Regional Sports Holiday programmes. This involves volunteering to work alongside the Regional Sporting Organisation coaching 5-12 year olds. They can volunteer for one or a number of sessions and these take place in a number of locations around Southland. Students will receive a reference letter for their CV.

Proposed Time Line for Invest in Sport/Growing Coaches Workshops

<p>Workshop One</p> <p>Getting Started in Coaching Workshop (90 minutes - Term Two)</p>	<p>Date</p> <p>In consultation with schools involved dates set as will deliver at schools Must be completed by the 15th June</p>
<p>Workshop Two</p> <p>Sport Specific Training with Sport (three hours).</p> <p>ACC Sports smart course included. Certificates awarded for students who attend</p> <p>It is recommended all students involved attend this. Some may attend sports specific workshops run by sports at other times if there is an opportunity such as Water Polo etc.</p>	<p>Date</p> <p>Tuesday 26th June – Stadium Southland. If schools have students focusing on one sport.</p>
<p>Work Shop Three</p> <p>Communication and Leadership in Coaching (90 minutes - Term 3)</p>	<p>Date</p> <p>In consultation with schools involved - dates set as will deliver at the individual schools</p>
<p>Assessments –If required</p> <p>Student individual assessments when coaching their team (60 minutes from Term 3 – Term 4)</p>	<p>Date</p> <p>Likely to be late term 3 and term 4 as set in consultation with schools and students.</p>
<p>Requirement</p> <p>To complete all aspects of this course to gain accreditation and the Growing Coaches certificate students must attend and complete all workshops and complete at least 15 hours of coaching – which is a season at least with a team or individual.</p>	<p>15 hours practical coaching</p>



Fiona Ward
Sports Director, Southland Secondary Schools Sport
Stadium Southland; 1 Isabella Street, PO Box 6154 Invercargill North 9841
Phone 03 217 7244; E-Mail: info@southlandschoolsport.org.nz

Registration Form

Southland Secondary Schools Invest in Sport 2018

Coaching Development Programme

Sport nominating _____

Student Name	School	Year at school

Please Return by Friday 18th May

Southland Secondary School Sports Director
Email info@southlandschoolsport.org.nz