



## Girls Young Coaches Academy 2018/19 – Information for South London Candidates

We are pleased to announce the launch of the application process for the 2018/19 London Young Coaches Academy. Following the successful pilot of the project over the last three years we are now offering young people – specifically girls from Bromley, Croydon, Merton, Kingston, Sutton and Richmond access to this year's edition of the programme.

The Young Coaches Academy is a national initiative created by the Youth Sport Trust, managed and delivered in London by five Leadership, Coaching & Volunteering Lead Schools/Organisations representing East, West, North, South and Central parts of the capital. The local partner for South London is Croydon School Sport Partnerships. The project is directly linked to the Sport England Funding for Coaching in an Active Nation: The Coaching Plan for England.

The Girls Young Coaches Academy is different to the sports leadership courses as it provides the in-depth knowledge of the coaching role. It requires young people to be pro-active, committed, mobile and able to make their independent decisions. The aim of the Girls Young Coaches Academy is to identify, develop and support the successful candidates by providing them with opportunities to motivate them to start career in coaching, develop their skills and improve their knowledge about the coaching role. The project will provide mentoring support for young people from experienced coaches as well as sustainable exit routes leading to increased employability combined with improved self-confidence and self-esteem.

The focus for this year is the development of female workforce as evidence tells us that the power of girls only sessions to increase participation is incredibly influential. The project is offered to students aged 14-17 with an interest in coaching who want to develop as coaches and are committed to getting actively involved in coaching within a school and later on a community setting. We are looking for mature and motivated girls, with or without previous coaching experience, who are passionate about coaching and wish to either become or pursue their career as a sports coach and have a desire to work with those who are at entry level into a sport/activity/multi sport environment.

The successful candidates will be required to commit to attending two training sessions delivered at a central venue in Croydon followed by getting involved in delivery of sporting activities within their school or a selected primary school for a group of a minimum 10 girls in spring/summer 2019. The girls will also have a chance to run a Girls For The Girls sporting festival in spring/summer 2019 in order to further master their skills and get valuable experience. **Three girls will additionally be offered an opportunity to attend the Girls Active Coaches Camp held between 5<sup>th</sup> and 7<sup>th</sup> April 2019 at Loughborough University.**

The course will be based on both theoretical and practical units. The modules will include:



- Theory Modules – philosophy of coaching, safeguarding, inclusion, communication, employability, planning, sport structure in London, understanding your participants etc.
- Practical Modules – different coaching experiences based on multi-skills / multisport coaching ideas.
- ‘Practical Experience’ – deployment into school setting aimed at delivering sporting sessions for a minimum of 10 girls. This will be supported and organised in liaison with the LCV Lead and the school where Young Coaches wish to deliver their activities.

### Application process

Anyone who would like to be part of the Girls Young Coaches Academy needs to fill in an on-line application form.

**Follow the link below to access the form:**

[Click here to enter the project](#) (you might have to press Ctrl + Click to follow the link)

Should you experience any difficulties with accessing the link above please use the alternative link below (or copy and paste it into your browser window).

<https://goo.gl/forms/0aNHx1ubNwwzPWA03>

**Application deadline is Friday 25<sup>th</sup> January 2019.**

**Successful candidates will be notified by Friday 1<sup>st</sup> February 2019. Sessions dates below.**

Each school/borough is encouraged to promote the project to as many young people as they like as each application will be assessed individually. The Academy can cater for up to 30 participants.

### Delivery dates

Modules will be delivered on the following dates:

- 1) **Session 1** - Thursday 7<sup>th</sup> February 2019 from 4pm to 6pm at St Mary’s Catholic High School, Woburn Rd Croydon CR9 2EE.
- 2) **Session 2** - Monday 11<sup>th</sup> February 2019 from 4pm to 6pm at St Mary’s Catholic High School, Woburn Rd Croydon CR9 2EE.
- 3) Post-Academy Support & Practical In-School Experience - late February – May 2019
- 4) Girls for The Girls Festival – Spring/Summer Term 2019 – exact date tbc depending on students’ availability

### Contact:

For more information please contact Agata Maj – Senior Sport & PE Development Officer / SGO (Croydon School Sport Partnerships) – project lead for South London on [amaj@st-peters.croydon.sch.uk](mailto:amaj@st-peters.croydon.sch.uk) or 07914272481.

