



Black Country Young Coach Academy 2017 - 2018

The Black Country Young Coach Academy aims to bridge the gap between School Sport/Leadership programmes into Community Sport through:

- Identifying appropriately experienced motivated and passionate individuals aged 16-18 who wish to progress into Community Sport opportunities within a Community Club.
- Providing young people with the knowledge of working with experienced coaches operating in the Black Country.
- Providing a bursary for young people to move from the 'leadership pathway' onto the preferred NGB 'coaching' pathway.

This year's Young Coach Academy was a residential, held at Kingswood Trust in Wolverhampton. It was a good alternative way of development for the group as it was at an outdoor centre, which is a less traditional approach. Due to it being a weekend residential we thought it would have greater value and impact and allow stronger relationships to develop within the group and between the partners.

Day 1

The young coaches arrived at Kingswood Trust on Friday evening and were checked in and then given an overview and introduction to the Young Coach Academy weekend.

Task - Young Coach MasterChef

The **aim** of the task was that the young coaches were split up into 5 groups and had to make Pizza, Chilli and Flap Jacks. The **task** was for them to utilise skills that were needed to complete the task, such as communication and team work.

There were 23 young coaches in total so they had to communicate and manage their time to make sure everything was cooked and at the right timings as we only had 1 kitchen.

The **outcomes** challenged them to think about the transferrable skills utilised with this task and relate it to being a good coach and we all sat down and ate and chatted together and this was a great way to break the ice and it allowed the entire group to get to know each other.



Day 2 - Session 1 Inclusivity Training

This session aimed to give coaches the skills to adapt sessions in any sport to make them inclusive. The training included how you would tailor as session to cater for the group. The coaches were shown STEP (Space, Task, Equipment, and People). This gives structure to how you would adapt and tailor a session for any type of group or ability.



In the evening the group had a healthy meal, consisting of different pasta dishes and salad. After our meal the group held an informal 'reflecting session' around the dinner tables with flip charts that had been produced during the day. It gave the group a chance to share their thoughts and how they felt they had progressed across the day.

Later in the evening everyone took part in a team quiz, which was great fun!



Day 2 - Session 2 Team Challenges

After lunch, the group were set different challenges that were based around developing softer skills that would be needed for coaching and participants. They were split into groups and had 5 different sessions to take part in within the afternoon. An alternative method was used by utilising our outdoor centre to provide unusual locations to learn. This included a blind folded 'Trust Trail' and an activity in the Forest.

Day 2 - Session 3 CV Writing/Employability and Resilience

This session gave the group some valuable tools and techniques that they could use to gain meaningful employment in the future.

The group were introduced to Anthony Taylor, who is a personal 'Coach' specialising in Mental Toughness, Interpersonal Skills, Stress Management, Decision Making, Leadership Development and Emotional Intelligence. Anthony also helped the group with interview techniques and ways of shaping conversations and answers in an interview.

Day 3 - Session 1 How the CSP Support and Next Steps

In this session Active Black Country (CSP) delivered a short presentation to the group on the role of the CSP and the further support that was available to the young coaches if they needed it.

Links were also established with each young coach for potential deployment options if needed. This time was also used to do some v-logs of the coaches and to gain their feedback on the Young Coach Academy.

Graduation

The young coaches were presented with a certificate and parents were invited to come and support and see the presenting of the certificates. The weekend closed with an overview and reinforcement of what the Young Coach Academy aimed to do.



Impact

Jay's Story

It was my first ever residential and I felt a bit nervous at first because I didn't know anyone. Some of the other people knew each other as they went to the same school. I felt really welcomed by everyone. They looked after me and involved me in everything and I want to thank Alex, Helen, Tim and Nick for looking after me.

I really enjoyed all of the challenges we took part in. The pizza making MasterChef was good as the first task because we were in teams with people we didn't know, so we got to know them well. I enjoyed our free time when we played table tennis with Alex and Tim. It was nice that they got involved with us all because I know teachers that wouldn't get involved, however they made it competitive by playing tournaments with us. I would like to thank them as they took time out to hang out with us and get to know us.

Saturday, I enjoyed a lot, because when we had the team building challenges I felt very involved and I could demonstrate my skills to others within the set tasks.

I also found out different things about other people and the different sports they coach in which I found was beneficial because we could talk about the different ways people coach and also get to know what skills people need in their specific sport.

Thank you all for making my experience wonderful I am very glad I came and I hope you put out more residential like this because it will help people come out of their comfort zone and take part in challenges which will benefit them.

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