

CYCA

County Young Coach Academy





Welcome to the County Young Coach Academy

Congratulations for being selected to be part of this elite group and we hope that you enjoy and benefit from the programme.

The Academy will give you the opportunity to focus on yourself as a coach, consider what type of coach you want to be and help you to become the best coach you can be. Through the Academy you will have the chance to meet and engage with young coaches from other sports and hear from experienced coaches about their coaching journey. You will have the opportunity to attend workshops, work with a mentor, gain coaching experience and access qualifications.

Make the most of the opportunity you have been given to be part of this County Young Coach Academy and take some time to think about what it takes to be the best coach you can be, both in life and in sport.

Outcomes

- To increase the number of young people volunteering in school and community sport
- To increase the number of young people becoming coaches
- To improve access to and provide high quality training for young coaches locally
- To create a county mentoring system for young coaches
- To increase opportunities for more young people to participate in sport

What we expect from you?

- To attend CYCA sessions
- To undertake coaching practice
- To log your volunteering hours
- To commit to your personal development and aim to be the best you can be
- To aim to undertake a Level 1 qualification within the next 12 months

Know yourself

Reflect and answer the following questions:

Why do you WANT to coach?

WHAT and WHO do you want to coach?

Are you a GOOD coach?

What would make you a BETTER coach?

Goal Setting

In order to achieve your dream, you need to know the steps to take you there.

Create S.M.A.R.T. Goals



It is important to set goals with your mentor to achieve your dream.

Specific	Make it as Precise as possible – what is it that you want to achieve
Measurable	Can you monitor progress?
Achievable	Is the coaching goal achievable within the time frame/resources available?
Realistic	Is the goal challenging while still practical?
Time-framed	Make it time-framed.

Long term development goal	Overall development objective – what the coach ultimately wants to achieve
Short term goals	Milestones and actions that have been identified as stepping stones in achieving the overall long term development goal.

Examples of a SMART long-term development goal

Example 1: To be qualified and confident to lead a Multi-skills session for the under 9s at my local community hockey club by May 2014

Example 2: To move across to coaching the girls’ under-11s team at my local club at the start of the 2014 season, from my current role assisting the under-8’s.

Goal Setting

With your mentor, set yourself some goals to help you achieve your dream. Think about one month, six months and 12 months time – what do you want to achieve.

What is my goal?

What steps will you take to reach your goal?

When will you do this by?

Coaching Session Plan

Date: Time:	Venue/facility:
Equipment/resources:	Group and age:
	Size of group:
Session Goals for the Participants (WHAT): By the end of the session the participants will be able to...	Personal Coaching Goals (HOW): By the end of the session I will have...

Practical Session

Time	Activity/ Session Content	Coaching Points	Organisation/ Safety Key points
	Preparation & warm up		
	Practice & progressions		
	Cool Down & recap		

Coaching Session Self Evaluation

Personal Coaching Goals:

By the end of the session I will have...

Did you achieve this goal?

What did you do that may have caused this?

What went well with the session?

What was it that you did to enable this?

What went less well?

What did you do that may have caused this?

Information and feedback from mentor

What I learnt/want to improve in my coaching

Courses or training opportunities

Use this page to record the courses, workshops or training opportunities that you have attended.

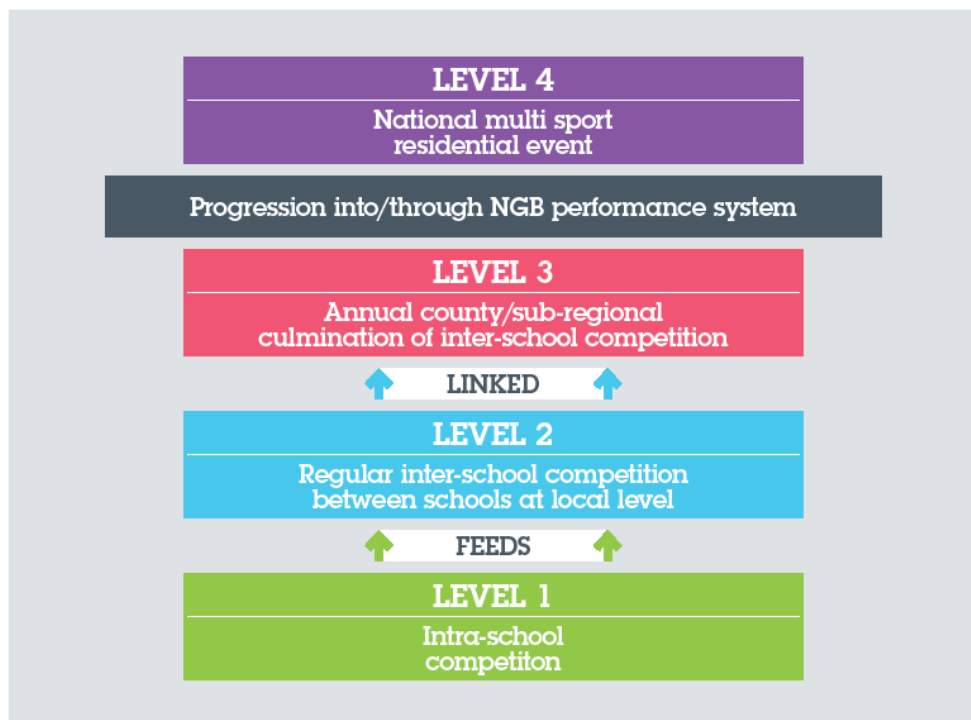
Date	Course title

The Sainsbury's School Games



The Sainsbury's School Games is a unique opportunity to motivate and inspire millions of young people across the country to take part in more competitive school sport.

The Games are made up of four levels of activity: competition in schools, between schools, at county/area level and a national finals event.



The Cambridgeshire & Peterborough Level 3 finals will involve 15 sports held over two days during in 2015.

Spring Finals Thursday 19th March St Ives area

Summer Finals Thursday 25th June St Ives area



Primary School Competition Dates 2014-2015

The School Sport Partnerships in Cambridgeshire & Peterborough organise and deliver a programme of competitions and Level 2 School Games events for local primary schools at venues across the county. We rely on volunteers to help us run these events by taking on roles such as coach, team manager and official.

Date	Time	Yr Grp	Sport/Format	Venue
14/11/2014	10am-12pm	5/6	Fenland Tag Rugby	Witchford Village College
14/11/2014	10am-12pm	5/6	East Cambs Tag Rugby	Cromwell Community College
30/01/2015	1pm-3pm	3/4	Key Steps 2 Gymnastics	Witchford Village College
22/05/2015	10am-2pm	5/6	Fenland Quicksticks Hockey	Sir Harry Smith Community College
05/06/2015	10am-2pm	5/6	East Cambs Quicksticks Hockey	Littleport Leisure Centre
22/05/2015	10am-2pm	5/6	Fenland Quadkids Athletics	Sir Harry Smith Community College
05/06/2015	10am-2pm	5/6	East Cambs Quadkids Athletics	Littleport Leisure Centre
22/05/2015	10am-2pm	3/4	Fenland Mini Red Tennis	Sir Harry Smith Community College
05/06/2015	10am-2pm	3/4	East Cambs Mini Red Tennis	Littleport Leisure Centre
18/11/2014	12.30 – 4.30pm	5/6	Tag Rugby (inc Small Schools)	Huntingdon RFU (Racecourse)
03/03/2015	12.30pm – 3pm	3/4	Key Steps 2 Gymnastics	Huntingdon Gymnastics Club
19/05/2015	12.30pm – 4pm	3/4	Mini Red Tennis (inc Small Schools)	Huntingdon Tennis club
02/06/2015	12.30pm – 4pm	5/6	Quicksticks Hockey	St Ives Outdoor Centre
09/06/2015	12.30pm – 4pm	5/6	Quad Kids Athletics	St Ives Outdoor Centre
12/02/2015	1.30pm-3.30pm	5/6	Tag Rugby	Shelford RFC
24/02/2015	4pm-6pm	3/4	Key Steps 2 Gymnastics	North Cambridge Academy
12/03/2015	1.30pm-3.30pm	5/6	Quicksticks Hockey	Abbey Complex
19/05/2015	1.30pm-3.30pm	3/4	Mini Red Tennis	Cambridge Lawn Tennis Club
04/06/2015	1pm-3pm	5/6	Quad Kids Athletics	University Athletics Track
18/11/2014	1pm-3pm	5/6	Tag Rugby (inc Small Schools)	Melbourn Village College
11/02/2015	4pm-6.30pm	3/4	Key Steps 2 Gymnastics	Comberton Village College
26/02/2015	1pm-3pm	5/6	Tag Rugby	Swavesey Village College
17/03/2015	1pm-3pm	5/6	Quicksticks Hockey	Comberton Village College
19/05/2015	4pm-6pm	3/4	Mini Red Tennis	Melbourn Village College
20/05/2015	4pm-6pm	3/4	Mini Red Tennis	Comberton Village College
04/06/2015	4pm-6.30pm	5/6	Quadkids Athletics	Wilberforce Road Athletics Ground
09/10/2014	11:30am - 3.00pm	5/6	Tag Rugby	Peterborough Rugby Club
18/11/2014	1.30pm - 3.00pm	5/6	Quicksticks Hockey	Peterborough Town Sports Club
25/11/2014	1.00pm - 3.00pm	3/4	Key Steps 2 Gymnastics	Spirrals Gymnastics club
11/02/2015	3:30pm - 5.30pm	5/6	Sports Hall Ath	Stanground Academy
21/05/2015	1.00pm - 3.00pm	3/4	Mini Red Tennis	Virgin Active

If you would like to volunteer to help with one or more of these events please let us know by emailing Julie Pashley at jpashley@comberton.cambs.sch.uk

Key contacts

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Helen Clarke
Living Sport

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Key websites

Local Sports Organisations

South Cambs School Sports Partnership
Cambridge School Sports Partnership
Witchford School Sports Partnership
Hunts School Sports Partnership
Peterborough School Sports Partnership
Living Sport

www.scssp.co.uk
www.cambridgessp.com
www.witchfordssp.co.uk
www.huntsssp.org
www.peterboroughssp.co.uk
www.livingsport.co.uk

National Sports Organisations

Youth Sport Trust
Step into Sport Volunteering Passport
Sport England
Sports Coach UK
UK Sport
Sports Leaders UK
English Institute of Sport
English Federation of Disability Sport

www.youthsporttrust.org
www.sisvp.com
www.sportengland.org
www.sportscoachuk.org
www.uksport.gov.uk
www.bst.org.uk
www.eis2win.co.uk
www.efds.co.uk

National Governing Bodies of Sport

Amateur Swimming Association
Badminton England
British Rowing
England Athletics
England Basketball Association
England Hockey Board
England Netball
English Table Tennis Association
Football Association
Lawn Tennis Association
Rugby Football Union
Volleyball England

www.swimming.org
www.badmintonengland.co.uk
www.britishrowing.org
www.englandathletics.org
www.englandbasketball.co.uk
www.englandhockey.co.uk
www.englandnetball.co.uk
www.etta.tv
www.thefa.com
www.lta.org.uk
www.rfu.com
www.volleyballengland.org