

# NLSQBC- Sports Leaders UK Awards

Dear member.

I am now getting back to you concerning your shown interest in completing the following Awards. The club has been able to secure funding from “**Money Back to Communities**” to provide training opportunities over the winter period for club members.

**These Sports Leaders UK Awards** will allow you to achieve a certificated qualification in Youth Leadership and Coaching

All Courses will be held at the Ravenscraig, Regional Sports Centre, Motherwell.

The programme provides opportunities for around 30 club members who are nine years of age and over

These courses when completed will result in receiving your certificate in whatever topic you qualify in (*please note: these courses are about participation, not class room, or paper work based*)

All Certificates achieved will be presented at the Club’s Annual General Meeting on the 1<sup>st</sup> of April 2012 at Strathclyde Country Park

Please note all courses will be completed by the end of March, so it is a great opportunity to gain new skills and experiences over the winter period

These Courses can be a starter of a Pathway into formal College Courses in Sports Coaching as a Profession It will also be impressive to any Employer or College or University entry

While this programme starts with the inclusion of young members who are only nine years old it also follows through to members being able to complete level 1 and level 2, this carries accreditation within the Qualification and Credit Framework (QCF)

These are Courses which will assist YOU in building your portfolio for the future  
You can also register for your Unique Learning Number (ULN) if you are over 14+

**I now need you to confirm that you are still interested in signing up for these various courses**

## Conditions

**Please, NOW** email me to secure a place at [www.rangerbob Reid@gmail.com](mailto:www.rangerbob Reid@gmail.com) this will mean that I will be able to contact you quickly and directly

All these courses are being provided **free** on the understanding that participants are required to attend all sessions involved in their choice of course.

As you will see at level 1 and 2, substantial costs are being allocated to allow members to gain a qualification in Coaching

## **Courses on Offer**

Will be at weekends

**Youth Leader Award**- *is a one day course / Age nine to 13 years*

*Course cost per participant valued @ £33.00*

**Date 15<sup>th</sup> January at Ravenscraig Regional Sports Centre, Motherwell** time am to pm

**The Young Leader Award** is a programme of leadership training for young people between the ages of nine and 13 that promotes them working with younger children, teaching leadership skills through a range of games and activities. The Young Leader Award has been designed for use in a variety of different delivery settings, including primary and secondary schools, uniformed organisations and sports and community groups. The award focuses on specific skills such as giving instructions, the organisation of people and equipment, and the use of space. Rather than breaking leadership down into its constituent parts, the award teaches these topics through a practical, activity based, holistic approach. In this way, the Young Leaders 'learn by doing' and, by the end of the course, will not only have the confidence and ability to lead others but will also have knowledge and experience of an extensive range of games and activities.

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**Certificate in Sports Leadership**- *is a one day course / Age*

*Course cost per participant valued @ £33.00*

## **Date**

### **Day Certificate in Sports Leadership**

The Day Certificate in Sports Leadership is a practical course in which learners must demonstrate knowledge and understanding through physical competence (leading their peers) rather than written work.

The Day Certificate in Sports Leadership is divided into eight small and simple sections of work:

1. **Introduction to sports leadership**  
Exploration of the skills, attributes and qualities required by a Sports Leader.
2. **Communication for sport**  
Through the delivery of a tutor led warm-up, different types of communication skills should be demonstrated. Practical activity should then be played in order to develop the learner's own skills.
3. **Taking control of a group**  
Using the communication skills learnt from the previous section, learners should practice taking control and leading simple activities.
4. **Organisational tools**  
Exploration of the types of sessions that the learners could potentially be involved in and what questions they need to ask prior to a session.
5. **Where to and what next**  
The learners should be provided with local contacts within their community for the progression of young people. Plus, information on how to build upon their own leadership on completion of the Day Certificate in Sports Leadership.
6. **Safety in sport**  
Learners should use the 'safety' worksheet to establish what types of hazards to look out for. There is no First Aid delivery within this course and learners should make their own provision if this is required.
7. **Adaptation of simple activities**  
The learners should develop an improvised game using various items of equipment and lead the rest of the group through the activity.
8. **Putting it all into practice**  
The 'grand finale' where the learners lead simple activities for the rest of the group.

### **Level 1 Award in Sports Leadership**

The Level 1 Award in Sports Leadership provides the ideal starting point for candidates aged 13 years and over who wish to develop their leadership skills, whilst under the direct supervision of their tutor.

The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the candidate.

The Level 1 Award in Sports Leadership is a practical qualification in which candidates must demonstrate their ability to lead others in simple sport/activity.

- **Age:** 13+ (please note, there is no upper age limit for this qualification)
- **Guided learning hours:** 33 hours (including one hour demonstration of leadership)

**Level 1 Award in Sports Leadership-** commitment of 8 days / age 13 +

**Sport Coaching Demonstration Placement-** commitment 1 hour

*Course cost per participant valued @ £170.00*

**Start Date**

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### **Level 2 Award in Sports Leadership**

The Level 2 Award in Sports Leadership will give candidates the chance to develop their organisational, motivation and communication skills, whilst also focusing on positive role models in sport, how to mentor others, and how to use leadership skills in a variety of settings.

Candidates may have already gained their Level 1 Award in Sports Leadership or this may be their first step onto the volunteering pathway. There is no requirement that candidates wishing to embark on the Level 2 Award in Sports Leadership must have previously completed the Level 1 Award in Sports Leadership.

- **Age:** 14+ (please note, there is no upper age limit for this qualification)  
(including 10 hours demonstration of leadership)

**Level 2 Award in Sports Leadership-** commitment of 10 days/

**St Andrew's Full First Aid Course-** commitment 4 days (four Sundays in February)

**Sport Coaching Demonstration Placement-** commitment 10 hours

*Course cost per participant valued at @ £230.00*

**Start Date**

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## **Benefits**

**Here are just a few of the many benefits of a Sports Leaders UK award or qualification:**

### **For the learner:**

- A fun and practical course that focuses on leading rather than technical ability.
- Potential stepping stone into employment, further education or training.
- A good foundation to progress onto other Sports Leaders UK awards or qualifications, and/or a National Governing Body award.
- Develops generic leadership skills that will be vital in other areas of life.
- Allows those who are not sports superstars to take a full and active role in sport and physical activity.
- Increased self-confidence that comes through taking responsibility for own and others learning and enjoyment.

### **For the Community:**

- Provides trained volunteers who can assist with the delivery of sport and recreation initiatives within their community.
- Increases the awareness of sport and recreation within the community.
- Provides training for young people: keeping them engaged, increasing their responsibility and developing their confidence and self-esteem.
- Improved relationships between community groups, schools and other local organisations.
- Provides a stepping stone on the pathway to lifelong volunteering.

### **For the organisation:**

- A nationally recognised qualification which complements the delivery of other programmes of study such as Key Stage 4 National Curriculum in Physical Education, 'A' Level PE, BTEC in Sport and Recreation.
- Complements other Government agendas such as 'Every Child Matters', 'PESSYP', Healthy Schools etc.
- Provides training for volunteers who can lead sport and recreation activities within lunchtime and after school clubs, sports festivals and tournaments, holiday schemes, community sports events.
- Creates an army of experienced and enthusiastic volunteers to help within your organisation.
- Improves behaviour through increased self-confidence and self-worth.
- Gives learners the opportunity to take responsibility, creating young people who are able to act in a mature and responsible way.
- Increased understanding and empathy with others helps to create a supportive and co-operative atmosphere.

If you wish more information on this programme than please contact me on the telephone or email/ not Text please - Number 077591592 or 01698884083 email [nlsqbc@gmail.com](mailto:nlsqbc@gmail.com)

Bob Reid