

JANUARY 2024

# MSR COACH AWARD

# SPECIFICATION





# WELCOME

to the MSR Coach Award



Are you ready to unleash your inner coach and set the stage for success? Look no further than the MSR Coach Award 2023/4, brought to you by SURE and The Sports Development Team at Manx Sport and Recreation!

This is not just any ordinary coaching program. It's a once-in-a-lifetime opportunity to be part of a revolutionary success story. For the past 11 years, the program formerly known as the Sports Leaders program has been paving the way for young coaches, equipping over 200 individuals with recognized qualifications, invaluable coaching and leadership experience, and essential life skills that have helped many of them land full-time employment with Manx Sport and Recreation.

But it's not just about the qualifications and experience, the Sports Development Team at Manx Sport and Recreation is dedicated to creating a fun and positive experience in sport for young people in a safe and secure environment. And with the MSR Coach Award, you will be equipped with the knowledge and expertise to lead effective, high-quality sports activities while ensuring the safety of participants at all times.

Whether you're an aspiring young coach, looking to make a full-time career in sports, further your education with a BTEC or degree, or simply looking to gain valuable sports-related qualifications and experience, the MSR Coach Award is the ultimate launchpad to success.

Don't let this opportunity pass you by, take the first step in becoming a top-notch coach and leader, make a real difference in the lives of young people and give yourself the competitive edge in the sports industry. Enroll in the MSR Coach Award today, and let's make history together!"



# AIM & PURPOSE

The MSR Coach Award is a once-in-a-lifetime opportunity for Year 11 students with a passion for sport to jumpstart their coaching careers. This 10-month program from July to April offers aspiring young coaches the chance to gain valuable experience and qualifications in the field of sports, from BTEC and degree level studies to grassroots coaching on the Isle of Man. The program will challenge participants to push their limits, sharpen their leadership skills, and build their confidence as they lead high-quality coaching sessions. If you're ready to take your love of sports to the next level and make a meaningful impact on the youth on the Isle of Man, the MSR Coach Award is the perfect program for you. Apply now and be a part of a community of like-minded individuals who will inspire and support you along your journey to becoming a top-notch coach!



The MSR Coach Award is the chance to become a part of something truly exhilarating: the opportunity to shape the future of young people through the power of sports! By completing this award, you will join a team of elite coaches who are dedicated to providing an unforgettable, safe and enjoyable experience for young athletes. Not only will you be able to apply for paid employment with MSR, but you will also have the opportunity to grow and advance within the organisation. Who knows? You may even follow in the footsteps of current MSR coaches who started off as Sports Leaders and are now making a real impact on the lives of young people in the Island's Primary Schools. So, why wait? Take the first step towards an exhilarating career in coaching and apply for the MSR Coach Award today!

\*Please Note\* Employment is not guaranteed, candidates must be successful at application and assessment

# STRUCTURE

## STRUCTURE OF THE AWARD

STAGE 1 - TRAINING WEEK	STAGE 2 - MENTORING
<p>An introduction to coaching and leadership through a range of workshops which represent multiple elements of coaching practice.</p> <p>To provide leaders with the basic <b>KNOWLEDGE &amp; UNDERSTANDING</b> of coaching and leadership.</p> <p>10 x 3 hour workshops over 5 days intensive training week</p> <p>40 hours of contact time</p> <p>35 hours of content on workshops/professional courses</p>	<p>This will be the coach's first attempt at coaching and opportunities to have support from a full time sports coach.</p> <p>To provide opportunities to begin <b>DELIVERING</b> sports sessions to children with the <b>SUPPORT</b> of qualified, experienced MSR Coaches.</p> <p>2 x 3 hour sessions on an MSR holiday scheme with a coach mentor</p> <p>6 hours of contact time</p> <p>4 x 20 min planning session 4 x 20 min practical delivery 4 x 20 min review session</p>
STAGE 3 - VOLUNTEERING	STAGE 4 - ADDITIONAL WORKSHOPS
<p>This is to allow coaches to find clubs and opportunities to coach in their local area or in sports that interest them.</p> <p>To improve <b>CONFIDENCE</b> and gain valuable coaching and leadership <b>EXPERIENCE</b>.</p> <p>Mandatory completion of a minimum of 28 hours on MSR programmes</p> <p>Opportunity to volunteer in the community</p>	<p>In order to complete the MSR Coach Award we provide participants with further opportunities to develop their knowledge and understanding of coaching.</p> <p>To aid <b>COACH DEVELOPMENT</b> through supported workshops and practice from full time professional coaches.</p> <p>5 x 3 hour mandatory workshops during each school holiday between September and April</p> <p>5 x 3 hour planning, delivery and reviewing sessions with support from a coach mentor</p> <p>35 hours of contact time</p>

All stages must be completed if all candidates are to achieve the MSR Coach Award. This would be required if a candidate applied to become an MSR Coach in the future, should this be a route that they would like to pursue.

# CAREER PATHWAY

THIS IS THE POTENTIAL PATHWAY A COACH COULD TAKE WITHIN MANX SPORT AND RECREATION

## MSR COACH AWARD

Upon successful completion of the training week and mentoring sessions throughout the summer MSR program, candidates advance to the next phase of the program, which includes volunteer coaching within the community.

This may take place at various clubs, schools, or through MSR activities. Candidates will track their hours and document their progress as they continue to develop their skills and knowledge.

## CASUAL COACH

MSR Casual Coaches lead different programs offered by MSR, specifically the school holiday program. They can also lead any activities organized by MSR during the school term. Occasionally, external organizations may also request MSR's help with activities and Casual Coaches are eligible to lead those as well.

To improve their skills, MSR Casual Coaches are encouraged to participate in ongoing professional development and earn National Governing Body (NGB) Level One or higher qualifications in various sports that MSR offers.

## LEAD COACH

MSR hires Lead Coaches for all holiday activities to ensure the safety and effectiveness of the activities. These coaches manage the day-to-day operations and oversee the Casual Coaches.

Lead Coaches are typically our most experienced and qualified coaches, with many years of delivering MSR activities and various recognised coaching certifications on their resumes.

## COMMUNITY COACH

MSR's Community Coaches are employed to deliver physical education and games as part of the primary school curriculum on the island, utilizing their numerous and various qualifications from national governing bodies at levels one and two in the program of work.

## SPORTS DEVELOPMENT OFFICER

A significant portion of our Community Coaches have risen through the ranks to take on the esteemed role of Sports Development Officers within the MSR team.

These dedicated individuals are tasked with expertly overseeing the execution of a diverse array of sport development programs and initiatives.

# THE ASSESSMENT

To pass the MSR Coach Award, candidates will need to complete a Coaching Portfolio, which will be used to assess their coaching capabilities.

Throughout the program, candidates will need to document their progress and skills, and provide practical demonstrations of their ability to coach in a fun, safe, and effective manner that achieves desired objectives.

The portfolio, along with practical delivery and session plans, will be evaluated by peers, tutors, and mentors, who will provide feedback and assess whether the candidate has met all of the outcome criteria outlined in the program.



The assessment for the MSR Coach Award will be based on the participant's completion of each unit of work. To pass, participants must complete the workshops and practical tasks. Evidence of completion will be provided through attendance at workshops, completion of practical tasks and worksheets.

To keep track of their coaching progress, participants are required to maintain a coaching portfolio. The portfolio should include:

- **Session plans:** These should include details such as the day, time, venue, and number of children present. The main focus should be on the structure and progression of the session, including arrival activities, objectives, coaching points, progressions, tasks, and participant feedback. Coaches should also reflect on and review their session plans.
- **Observations:** The coach mentor will observe each session delivery and provide feedback based on different aspects of the session, such as the environment created.
- **Reviews:** Coaches will review each session after delivery, focusing on areas of success and areas for improvement. They will also incorporate feedback from the coach mentor.
- **Action plans:** The coach mentor will work with coaches to create action plans based on areas for improvement identified from the sessions. These plans will help coaches deliver better sessions in the future and adhere to the criteria required to pass the MSR Coach Award. Failure to address identified areas for improvement may result in failure to meet the award requirements.



# Contact us for more information

[msr.gov.im](http://msr.gov.im)

[sam.caine@gov.im](mailto:sam.caine@gov.im)

01624 688557

