

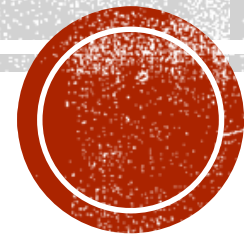
# MSR COACH AWARD

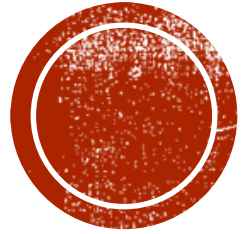
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Department of Education, Sport and Culture

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# WHY GET INVOLVED IN COACHING?





Develop new skills and gain experience



Boost confidence and self-esteem



Make new friends and network with other coaches and volunteers



Stay active and healthy while coaching



Learn the importance of teamwork and leadership skills



Gain a sense of purpose and fulfilment from helping others

# HOW CAN COACHING BENEFIT YOU?





It can increase access to sports coaching for hard to reach communities



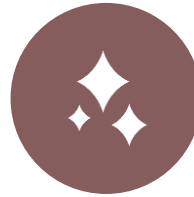
Improve community health and wellness by encouraging physical activity



Create a positive and supportive environment for young people to learn and grow



It can create community connections and relationships between coaches, athletes and families



Provide opportunities for younger people to develop new skills and experiences



help build a stronger and more vibrant community through volunteering efforts

**HOW CAN YOU COACHING BENEFIT THE COMMUNITY?**





# WHAT IS THE MSR COACH AWARD?

- **10 month** programme from July – April
- **No leadership experience necessary**
- The programme is split into **4 stages:**  
*(all of which must be completed)*

**Stage 1** – Training Week (July)

**Stage 2** - Coach Mentoring (Summer)

**Stage 3** - Voluntary Coaching Hours (Sept – Apr)

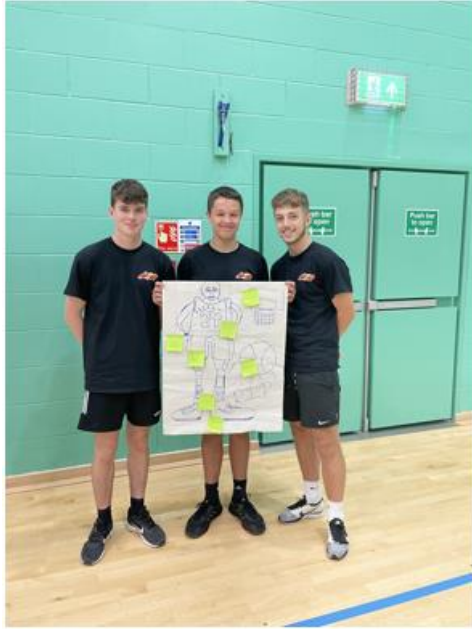
**Stage 4** – Coach Education Workshops

(October Half Term, Christmas, February & Easter)





- Introduction to elements of coaching
- Multiple workshops linked with practical sessions to give coaches chance to put the information they receive into practice
- **Professional Qualifications**
  - Safeguarding & Protecting Children (Sports Coach UK)
  - Emergency First Aid (Royal Life Saver Society - RLSS)
- **Purpose of the LEADERS WEEK = to provide KNOWLEDGE & UNDERSTANDING of leadership and coaching.**





- This is for you to put into practice what you have learnt at Stage 1 by taking part in 2 Full Days of the MSR Holiday Activity Programme over the Summer Holidays
- This is an opportunity for you to try and deliver sports to children alongside full time and part time coaching staff :
- Group of 12 – 15 children
- You choose the sport
- 20 minute session
- Assistance / Feedback from MSR Coach Mentor
- **Purpose of the MENTORING stage = to provide opportunity to begin DELIVERING sports sessions to children with the SUPPORT of qualified, experienced MSR Coaches.**







- You will receive a Log Book in Sept 2021 to keep a track of all the volunteering and coaching that you do
- Hours can be logged for:
  - **ANY** voluntary leadership or coaching sports activities for children
  - **Minimum requirement – 28 MSR** Coaching Hours (School Holiday, After School Clubs at Primary Schools)
- **Purpose of the VOLUNTARY COACHING stage = to improve CONFIDENCE and gain valuable EXPERIENCE in different environments**



# INCENTIVES



- All Island Competition...
- **£100 / £75 / £50** Sure Vouchers
- These are awarded **EACH TERM** (autumn/spring) to the **3 Sports Leaders** who have completed the most voluntary hours.
- An iPad is awarded to the overall **'Sports Leader of the Year'**
- The **'Sports Leader of the Year'** is also invited to collect their award at the **IOM Sports Awards**





- At each half term we have additional workshops for you to complete in order for you to complete the coach award
- Each workshop will add more detail around the roles and responsibilities of a coach as well as enhancing your practice
- This is also to encourage coaches to be constantly reviewing their work, learning and improving all the time
- **Purpose of COACH EDUCATION stage – to update SKILLS AND KNOWLEDGE and maintain best practice**

# ADDED BENEFITS OF TAKING PART IN THE AWARD?

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Improve communication skills



Improve confidence



Certificates to add to your CV



Employers & Universities look favourably on volunteering



Opportunity to apply to become a paid MSR Coach in the future

**(NOT** a guarantee of a job though!)





HOW CAN I GET  
INVOLVED?

- Send an E-mail to the course co-ordinator/  
Sports Development Officer Sam Caine asking  
for the programme specification and  
application process
- E-Mail [Sam.Caine@gov.im](mailto:Sam.Caine@gov.im) for more  
information.
- Application forms will be posted out after  
Easter
- **Cost of Programme is £200**
- Subsidised by MSR & Sure sponsorship to keep  
costs down (actual cost - **£340** per person)



# DATES FOR YOUR DIARY

- The Online Application is **OPEN NOW!**
- Closing date for applications – **FRIDAY 28<sup>TH</sup> JUNE 2024**
- Training Week – **15<sup>th</sup> to 19<sup>TH</sup> JULY 2024**
- Mentoring (2 days) – between **22<sup>ND</sup> JULY TO 30<sup>th</sup> AUGUST 2024**
- Additional Workshops – 1 day during each Half Term
  - **OCTOBER 2024**
  - **CHRISTMAS 2024**
  - **FEBRUARY 2025**
  - **EASTER 2025**
- Programme ends – **EASTER 2025**





**There are only 24  
places available**

**Applications are  
available now!**

**Places will be accepted  
on a first come, first  
served basis**