



## **Ultimate Sport Leaders Programme**

Are you over 16? What do you want to achieve in 2011/12? Would you like to progress further in sport through volunteering? What could you make happen next year if you had some support and the opportunity?

Can you commit to 60hours volunteering over the next 12months? Do you want to be part of Ultimate Sport Leaders?

### **ACTION PLAN & LEARNING OUTCOMES:**

The programme will support you in creating, managing and completing an individual action plan over the next 12months. You will be set a number of challenges and learning outcomes to achieve. You will be asked to produce evidence to show that you have achieved the following:

**Training & Development**

**Helping others**

**Do something different**

**Taking responsibility**

**Organise an event**

**Evaluate performance**

**Take on a challenge**

**Share learning**

### **Key Skills:**

Throughout the programme we are looking to develop a number of key skills that will allow you to progress in your sport, coaching and in your career.

**Communication**

**Confidence**

**Creativity**

**Commitment**

**Planning**

**Leadership**

**Organisation**

**Team work**

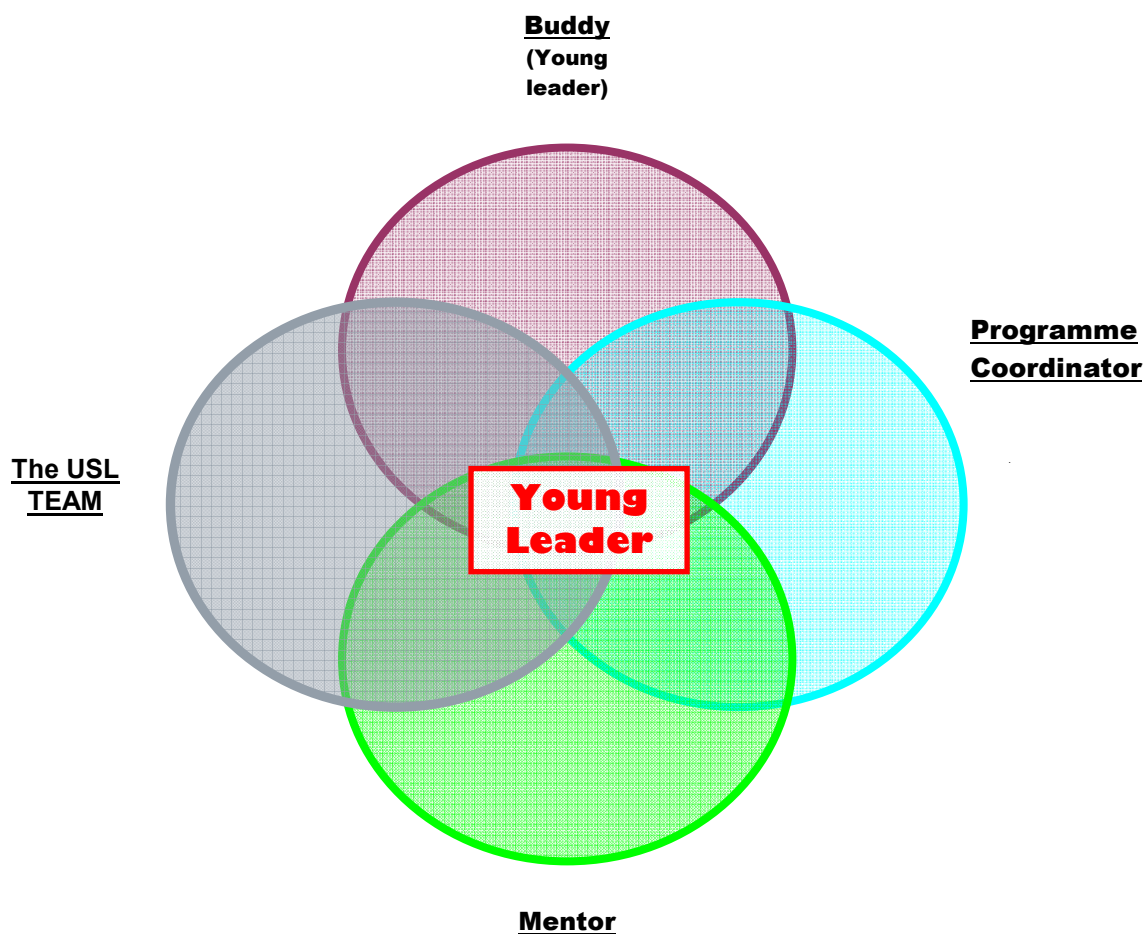


## **Programme Support**

Once you have created your own action plan it will be up to you to manage your time and ensure you are making progress against your own aims. But you will have lots of support along the way. You will also be assigned a mentor who will work with you on a regular basis, they will be able to provide you guidance or answer any questions you may have as you work through your action plan. Your mentor is likely to be someone you know already either from your club or school.

As a team of young leaders we will meet every 3 months to discuss progress and identify some exciting opportunities. By working as a team you will not only learn about your own development but you will have the chance to work with young leaders in different sports and from various areas of Perth and Kinross.

As a volunteer in the programme you will also have contact with the sport development team and specifically with the Young Leaders Programme coordinator, Fiona Campbell.





## **Expectations**

To maximise the opportunities available on the Young Leaders Programme we ask that you:

**Commit to 12months on the programme**

**Make your own targets and goals for the year**

**Create, organise and manage your own action plan**

**Identify training opportunities to further your own development**

**Volunteer in a school/club/group to accrue minimum 60hours of contribution**

**Attend meetings with your mentor, the programme coordinator and the USL team.**

**Work closely with your identified mentor**

**Contribute and support as part of a team of young leaders**

**Communicate with programme coordinator and the team to support any ideas, challenges or opportunities that may arise throughout the year. Keep us informed and we will help wherever possible.**

**Be a role model for the programme and to other youth involved in sport.**



In 2012 we are making some changes to the programme to take forward our learning from the first year of the Ultimate Sport Leaders programme and also to better accommodate the requirements of the young people involved.

We hope to run two groups within the Ultimate Sport Leaders programmes; one comprised of pupils currently in school and the other of candidates working in the community or with a local club. Details of the proposed programmes are below:

### **Ultimate Sport Leaders : In School**

#### **Criteria:**

#### **Over 16 years of age by 1<sup>st</sup> January 2012**

Completed 10 hour volunteering as part of School Sport Coaching Project &/or Be nominated by PE staff or Active Schools Coordinators to represent your school in the programme.

What the programme can offer:

#### **Volunteer Awards:**

#### **Millennium Volunteers Awards**

50 or 100 hour award

#### **Young Achievers Awards**

S4/5 Bronze Award

S6 Silver

NB: Your sport volunteering hours can count towards **Duke of Edinburgh Awards**.

#### **Qualifications:**

Safeguarding & Child Protection

1<sup>st</sup> Aid

Positive Coaching

Community Sport Leader Award (Day/L1/L2)

Working towards UKCC L1 in chosen sport\*

#### **Development Programme:**

Minimum 4 Challenges to complete (15hrs volunteering in each challenge):

- Develop coaching ability (Taking Responsibility)
- Gain experience in disability sport (Help Others)
- Learn about event management (Take on a challenge)
- Do Something Different

**ASSIST → LEAD**

**SCHOOL → COMMUNITY**



## **Ultimate Sport Leaders : In The Community**

### **Criteria:**

**Over 17 years of age by 1<sup>st</sup> January 2012**

Shown sustained volunteering in club/community programme

Committed to developing their coaching and sport-related skills

Interested in a career in sport

Nominated by Sport Development Officer or club official to represent your school in the programme.

### **Volunteer Awards:**

**Millennium Volunteers Awards**

100 hour award

**Young Achievers Awards**

Silver or Gold Award

NB: Your sport volunteering hours can count towards **Duke of Edinburgh Awards**.

### **Qualifications:**

Safeguarding & Child Protection

1<sup>st</sup> Aid

Positive Coaching

UKCC L1 (all candidates should be working towards L2, where applicable)

### **Development Programme:**

Minimum 6 Challenges to complete (15hrs volunteering in each challenge):

- Develop coaching ability (Taking Responsibility)
- Gain experience in disability sport (Help Others)
- Organise an event (Take on a challenge)
- Do Something Different
- Share Learning
- Gain specific work experience

Developing, evidencing and showcasing skills that will stand in good stead for a future career in sport.

**Application Form**



**Personal Details:**

Name of young leader: .....

Male/Female: .....

School/college/university: .....

Affiliation to any sports club:.....

Date of Birth: .....

Address:.....

.....

.....

Postcode: .....

Telephone: .....

Email:.....

**Please write a short personal statement about why you would like to be involved in the Ultimate Sport Leader Programme. Consider your sporting, coaching and any previous volunteering experiences.**



**I have read and understood the expectations detailed above and therefore give permission for myself (if over 18) or my son/daughter (if under 18 years of age) to participate in the Innovations Young Leaders Programme selection event.**

- I give permission for my child to be filmed / photographed for media (local and national), DVD and publicity relating to the Innovations Young Leaders Sport programme.
- I have outlined all medical conditions / injuries and medications my child has on the sheet below. It is my responsibility to inform the organiser/tutor if there has been a change in medical history/recent injury.
- I give permission for my child to receive first aid should this be required.
- I understand that my child will only be supervised during the scheduled course timings. Should my child leave the course venue without permission they will be unsupervised.
- I understand that my child will be dismissed from the course venue and after this time my child will be unsupervised.

Signature (Young Leader/applicant) .....

**Medical/ Injury Details:**

GP Name: .....

GP Telephone Number:.....

Detail any medical conditions/allergies/injuries that we should be aware of?

.....  
.....

Please provide details of medication your child has prescribed:

.....  
.....

**Emergency Contacts:**

Contact 1

Contact 2

Name: ..... Name: .....

Address: ..... Address: .....

.....  
.....

Postcode: ..... Postcode: .....

Relationship: ..... Relationship: .....

Tel (m): ..... Tel (m): .....

Tel (h): ..... Tel (h): .....

This form must be signed by a parent/guardian if the young leader is under 18 years of age on the 1<sup>st</sup> January 2012.

Parent or Guardian Name (block capitals):.....

Signed: ..... Date: .....

**Please return Application Form & Emergency Contact details to Ultimate Sport Leaders, 79 Dunkeld Road, Perth. PH1 5DH by the 15<sup>th</sup> December.** If any parent/guardian have any queries or to provide further confidential details please contact Fiona Campbell on 07768810355 or alternatively email [fionacampbell@pkc.gov.uk](mailto:fionacampbell@pkc.gov.uk)