



# GIRLS COACH ACADEMY

AGES 15 - 17

**GIRLS! YOU HAVE A MISSION TO...**

**IMPROVE P.E &  
SPORT IN YOUR  
SCHOOL**

**ENGAGE LESS ACTIVE  
GIRLS IN YOUR SCHOOL  
IN PHYSICAL ACTIVITY**

**MAKE A LASTING  
IMPACT ON GIRLS  
IN YOUR SCHOOL**

## **WORKSHOP 1 - STARTING YOUR COACH ACADEMY JOURNEY**

**Tuesday 12th February 2019, 4pm - 5.30pm @ Greenwood Academy**

## **WORKSHOP 2 - UNDERSTANDING YOUR PARTICIPANTS & PLANNING & LEADING SESSIONS**

**Wednesday 20th February 2019, 10am - 2pm @ Stockland Green School**

## **WORKSHOP 3 - COACHING PHILOSOPHY & ETHICS, GIRLS ACTIVE TRAINING & PLANNING YOUR COACHING PROGRAMME**

**Thursday 21st February 2019, 10am - 2pm @ Stockland Green School**

### **Your role as a Coach Academy participant...**

- \* Attend & give your all at all three Coach Academy Workshops
- \* Use your new-found knowledge to engage the least active girls in your school in an 8-10 week Coaching Programme
- \* Inspire & encourage girls to become more active & take part in sport

### **Outcomes...**

- \* A professional support network from school P.E staff; & national & local sporting organisations: Youth Sport Trust & Kingsbury SSP CIC
- \* Potential to attend Youth Sport Trust's Girls Active Coaches Camp at Loughborough University
- \* The confidence to pursue a career in sport & an experience you can tell others about (e.g. College/University applications)

**To sign up or for more information please contact:**

Andrew Hopcroft (School Sport Officer, Kingsbury SSP CIC)  
t: 0121 373 1080 ext. 202 or e: [schoolsportofficer@ksspcic.co.uk](mailto:schoolsportofficer@ksspcic.co.uk)

