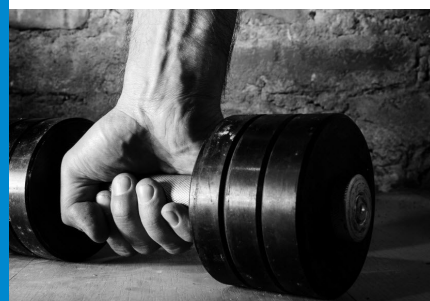




NEW! **Community Coaching Programme for Jobseekers**



Are you interested in becoming a
Weightlifting & Barbell Instructor and Athletics Coach
and receiving other valuable sports and career development training?
If so, you may be interested in our new Community Coaching Programme.

Who can apply?

- ▶ Over 18 male and female jobseekers
- ▶ Must have a genuine interest in sport
- ▶ Must have basic understanding of weightlifting
- ▶ Social welfare payments NOT affected
- ▶ Only 12 places on offer
- ▶ Programme participants will have to undergo Garda Vetting

When & where?

- ▶ 10 week training programme
- ▶ Commences 5th April 2016
- ▶ 10am to 4.30pm 3 days a week
Tuesday/Wednesday/Thursday
- ▶ Regional Sports Centre,
Cork Road, Waterford



Application Form & Further Information

For Further Information and/or an Application Form
please contact: Mary Doyle, Waterford Sports Partnership,
Regional Sports Centre, Cork Road, Waterford.
Tel. 0761 10 2619 or mdoyle@waterfordsportspartnership.ie.
or download from our website at www.waterfordsportspartnership.ie.

Closing date for receipt of applications is 5pm Monday 14th March 2016.
Shortlisting may apply | Informal interviews will take place week beginning 21st March 2016.

Community Coaching Programme

PROGRAMME INFORMATION

Waterford Sports Partnership is facilitating a Community Coaching Programme for Jobseekers in County Waterford, to enhance employment, volunteering and further education opportunities. Funding support has been provided at national level from Dormant Accounts through Sport Ireland.

OBJECTIVE:

- to successfully assist jobseekers to gain qualifications in sports coaching (Weightlifting & Barbell Instructor and Athletics Coaching qualifications) and other sports coach training thereby providing opportunities to work or volunteer as coaches in the community/sports area.
- provide participants with practical and theoretical sport-related skills to help find relevant work experience, employment or volunteering opportunities in their local community.
- provide a platform and motivation for further education opportunities and career progression in the sports sector.
- contribute to the promotion of both physical and mental health and wellbeing amongst programme participants and in the wider community through the subsequent employment and/or volunteering work carried out by participants.

PROGRAMME OUTLINE:

STRAND 1 - Eleiko Weightlifting & Barbell Instructor Course and Weightlifting Ireland Coaching Award

Weightlifting Ireland Coaching Award (Level 1) accredited by Sport Ireland and Eleiko International Coaching Award (Level 1).

STRAND 2 – Athletics Coaching Award and Sports Coach Training

Athletics Leader Coaching Course and Athletics Assistant Coaching Course accredited by the Athletics Association of Ireland and Sport Ireland. A range of sports coach training will be provided including Child Welfare & Protection – Safeguarding 1, First Aid, Disability Inclusion Training and an Anti-Doping Compliance workshop.

STRAND 3 – Work Placement

Placements in local sports club gyms, sports clubs, NGBs etc. A completed logbook of work placement experience will be required at the end of the placement.

STRAND 4 - Career Planning and Progression

This strand will focus on Job Readiness Skills Development, Career Planning, Start Your Own Business Skills & Education Progression Opportunities relevant to the sports sector. It will include a focus on CV writing, job seeking skills, interview skills, social media for business and business development. There will also be guest lectures from others working/volunteering in the sports area.

STRAND 5 – Personal Development

This strand will focus on self awareness, confidence building, communication and leadership skills and will include a focus on resilience, identifying skills and planning for progress.

PARTNERS

This programme is being facilitated by Waterford Sports Partnership and funded at national level by Dormant Accounts through Sport Ireland. The programme is being supported locally by Dunhill Multi Education Centre, Waterford City & County Council, Weightlifting Ireland and the Athletics Association of Ireland.