



Monday 9th March

**ADDRESSED TO:
SOUTHLAND REGIONAL SPORTING ORGANISATIONS**

In 2014 and 2015, following on from the consultation with Southland's Regional Sport Organisations (RSO) Forums and the commissioned report – *The Southland Talent Development Strategy (Oct 2013)*, Sport Southland and Academy Southland partnered with Sport New Zealand to run a pilot in Southland for a Regional Coach Development programme.

The feedback during the consultation process was very clear that coaches play a significant role in growing athletes in the region. Southland RSO's are experiencing increasing difficulty in recruiting and retaining good quality coaches. This impacts, not only on playing numbers, but on the quality of athlete performance. Also evident was experienced coaches coaching multiple teams in one season leading to higher risk in coach burnout and teams and players without coaches at all.

Academy Southland has continued to deliver the Academy Southland Coach Programme from 2016 - 2019. The feedback from the intakes of the programmes were positive with coaches citing a number of beneficial outcomes including the value of networking with other coaches and sharing common experiences, the development of a coaching philosophy, the value of personal energy management in order to be your best for your athletes and time and opportunity to effectively reflect on best practice.

We are pleased to announce that we are now able to seeking applicants for the 2020 / 2021 programme.

Overleaf is the programme outline which covers objectives, commitments involved by coach and Regional Sporting Organisation, costs and benefits.

Regional Sport Organisations are invited to apply to the two year programme. Applications will need to be in by Wednesday 8th April 2020, to Academy Southland Coach Programme, c/- Sport Southland, PO Box 224, Invercargill. If you have any questions or would like to discuss this project further, please contact Jason McKenzie.

Regards,

Jason McKenzie
Academy Southland
E: jason@academysouthland.co.nz
P: 027 283 2113



Southland Performance Coach Programme Outline

Objectives:

- To increase the capability of coaches in Southland
- To develop a network for performance and development coaches in Southland
- To develop stronger and more innovative RSO coach recruitment, retention, recognition strategies

Programme Outline:

Academy Southland's Performance includes, but is not limited to, the following:

- Targeted towards your regions next upcoming performance coach, this programme is designed to increase your coach capability
- Coaches will have opportunities to develop their own personal coaching philosophy along with a future development plan
- Coaches receive opportunities to attend a range of workshops, seminars and opportunities for shadowing, peer review and small group learning
- Opportunities to use these performance coaches to support the development of upcoming coaches in your sport

Coach Benefits:

- A focus on you and your coaching needs for a change
- Development of personal coaching philosophy and future development plan
- Networking with other like-minded performance coaches in the region
- Access to specialist services such as psychology, nutrition and strength and conditioning
- Opportunities for small group learning, peer review and shadowing of other performance coaches
- Attendance at a Sport Education Conference (one held per year in either the South or North Island)

RSO Benefits:

- Improved coach capability at a performance level
- Opportunities to use your coaches to support the development at the next level down (for example, age group representative coaches, high school coaches)
- Opportunities to review existing RSO coach recruitment, retention and recognition strategies and develop innovations for your sport

What are the commitments for the Coach?

- Attend regular workshops / networking groups (one per month)
- Attend one-to-one sessions with Academy Southland to develop personal coaching philosophy and development plan (one per month)
- Be available to attend other opportunities as they become available

How are the coaches selected?

Coaches will be selected in consultation with RSO's and based on their ability to engage with the programme and maximise the benefits to them as individuals and their sport. The final decision will be made by a panel including representatives from Academy Southland and Sport Southland.

Costs:



\$1,000 per coach per year

Timing:

- Friday 13th March – Applications open. These will be emailed to RSOs or can be found on the Academy Southland Facebook page.
- Wednesday 8th April - Applications Close
- 20th – 24th April - Shortlisted applicants interviewed
- Tues 28rd April - Notifications to all successful and unsuccessful applicants
- Monday 4th May 7am – 9am – Programme Commences
- Monday 8th June 7am – 9am – Programme Seminar
- Monday 6th July 7am – 9am – Programme Seminar
- Monday 17th August 7am – 9am – Programme Seminar
- Monday 7th September – 7am – 9am – Programme Seminar Programme Seminar
- Monday 5th October - 7am – 9am – Programme Seminar
- Late November – Connecting Coaches Conference Dunedin



APPLICATION FOR PERFORMANCE COACH PROGRAMME

Regional Sport Organisation: _____

Name of RSO Board Chair:

Contact Phone: _____

Contact Email: _____

Name of RSO Manager:

Contact Phone: _____

Contact Email: _____

Full Name of Coach to be considered:

Please outline the above coaches' experience with coaching. Please be specific in regards to the level of the teams or athletes coached over which years and what successes they have experienced over that time:

Please attach the following:

☐ Supporting letter from RSO

☐ Letter of application from coach (including their motivation as to why they wish to be included in the programme)



Signed: _____

Signed: _____

Name: _____

Name: _____

Position: Board Chair / Board
Representative

Position: RSO Manager

Date: _____

Date: _____