

# ISLE OF MAN SPORT COACHING DEVELOPMENT PROGRAMME



## The Vision

*To create a coaching culture where the athlete is the focus of the coaching activity.*

*Coaches are forward thinking and well informed on how to make training fun whilst allowing competitors to achieve their potential, at whatever level this may be.*

*Coaching is seen as a key component within the sporting infrastructure.*

The Isle of Man Sport Coaching Development Programme (IOMSCDP) has been created to provide essential opportunities to develop local sports coaches and give better support to them as they give their time and expertise to help deliver enjoyable and rewarding coaching sessions to the islands sporting community.



The programme is a legacy of the IOM Sporting Excellence Programme delivered by Kelly Holmes Education from 2012-2014. This initiative supported coaches and athletes across a broad range of performance factors including psycho-behavioural, nutrition, media and injury prevention.



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**sport** COACHING DEVELOPMENT PROGRAMME

### KEY OBJECTIVES

- Provide support to local sports coaches and teachers
- Increase the percentage of coaches who engage in continuous personal development
- Keep the Island abreast of developments in coaching best practice
- Develop a culture of continuous improvement
- Encourage sharing of knowledge and expertise among coaches
- Promote a growth mindset in coaches and athletes

### KEY OUTCOMES

- Improved standard of coaching practice
- More coaches and athletes that embrace challenges and overcome setbacks.
- Greater retention of active coaches and participants in sport
- More sports people achieving their potential at whatever level that may be
- See more people, more active, more often
- A significantly healthier nation

# WHAT WILL THE IOMSCDP LOOK LIKE?



Using a variety of coaching and other experts the IOMSCDP will deliver a series of workshops and seminars to the islands coaching and teaching fraternity, spanning many of the areas on the coaching and performance wheel on the diagram to the left.

The IOMSCDP will focus mainly on the generic elements of the wheel that have relevance to all sports. For example, technical and tactical aspects of coaching will not be covered in this programme as they can more often than not be very specific to a given sport. Elements such as physical conditioning, nutrition, psychology and lifestyle are arguably more transferable between sports and relevant to all coaches and athletes. The IOMSCDP will have open

and closed elements. Many of the lectures and seminars will be open access and made available for all coaches and PE teachers to attend subject to venue capacities. Running in tandem to this will be a structured support programme for a smaller number of coaches in what could be likened to Sport Aid support but with coaches as the recipients.

## Sport Aid for Coaches

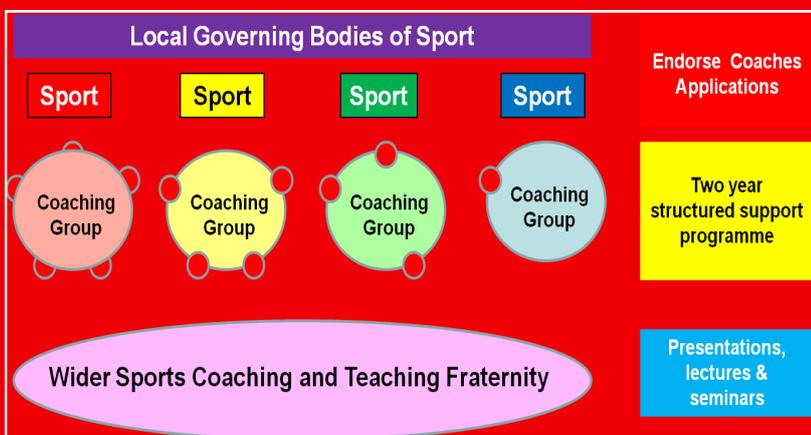
Any coach at any level can apply to be a part of the supported coach programme element of the IOMSCDP.

Applications need to be submitted to your sport's local governing body for their endorsement before being forwarded to the Sports Coaching Coordinator (SCC). You may be invited to an interview before a final decision on your acceptance is made.

Supported coaches will access further bespoke support from the coaching experts who will be delivering the series of lectures and seminars.

Coaches will engage in planning and review sessions with the SCC and their fellow peers on the programme. These sessions will be key to maximising their learning from the lectures, thus ensuring that the essential take home messages from our guest presenters are successfully applied in the practical coaching environment to benefit our local sportsmen and women.

Support will initially take the shape of a two year programme with the potential to evolve beyond this depending on the desires and needs of the coaches.



STRUCTURED SUPPORT PROGRAMME					
Continued Networking Opportunities	YEAR ONE				Access to the IOMSCDP FACEBOOK group
	Bespoke PDP	Access to Expert Coaching Lectures	Key Reflection & Review Meetings	Inter & Intra Sport Peer Review	
	Ongoing Support from the Sports Coaching Coordinator				
	YEAR TWO				
	£500 Support for Off Island CPD	Access to Expert Coaching Lectures	Coach Developer Training?	PDR & Peer Review	
	Ongoing Support from the Sports Coaching Coordinator				
	YEAR THREE and beyond???				
	Support will hopefully continue in some form beyond year two!				
	Develop Future CDP Coaches	Create Coaching Forums	Devise Coaching Strategies	Develop Mentor Programmes	

## HOW CAN I GET INVOLVED?

### Get on the list!

- Be the first to find out who our guest presenters will be on the programme by signing up to the IOMSCDP mailing list!
- Be the first to receive the IOMSCDP application form when it is released in April?
- Receive quality coaching information, articles and vlogs to update you on the latest developments in coaching and accelerate your development as a coach.



Email - [trevor.christian@gov.im](mailto:trevor.christian@gov.im)  
Subject - Get on the list

### Who Should Apply?

- Coaches at any level from entry to expert
- Coaches with a growth mindset, who embrace challenges and deal positively with setbacks
- Coaches eager to improve their knowledge and expertise to best serve the athletes they coach
- Coaches open to new ideas and ways of thinking and to challenging their views and philosophy on coaching and talent

## Speak to your Governing Body of Sport

Your local governing body of sport will be making a financial contribution of £200 per year, for the two years of the programme as it is currently set out and they may request that you contribute fully or in part to this fee. They will also be required to endorse your IOMSCDP application form so it is vital to let them know that you want to be a part of this programme. They will also have copies of the application form once released and will assist in the distribution of forms to coaches within their sport.

If you are not sure who to contact at your governing body or if you have any other questions about the Isle of Man Sport Coaching Development Programme then please call the Sports Coaching Coordinator on 688590 or email him on [trevor.christian@gov.im](mailto:trevor.christian@gov.im) for assistance.